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FORMATION AND DEVELOPMENT OF STRONG-WILLED QUALITIES IN YOUNG KARATEISTS

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Annotation

The article touches upon the problem of moral and volitional training of young athletes, which remains relevant and requires further development. The effectiveness of volitional training, as well as the formation of volitional qualities, one of the most difficult in the psychological preparation of young athletes, is considered.

Keywords: strong-willed qualities, karate, psychology, athletes, volitional training.

Introduction

Practically all the scientific and methodological literature on sports karate that exists today is devoted to the issues of combat tactics and the corresponding technical training of athletes. It does not contain a description of a single training process for training karatekas, and in most cases, the tactics and methodology of such training are personal developments of specific coaches and schools and are not advertised by them [1, 2]. Of great importance is the analysis of competitive activity, aimed at identifying the reasons for achieving success by leading athletes [3]. This approach opens up new opportunities for developing and improving methods of teaching combat techniques and tactics [4].

In educational and training activities, there were many cases when talented students with good stretching, coordination, gifted with physical data did not achieve great success and quit classes only because they did not have the necessary volitional qualities and did not educate them during training, did not comprehend the essence of the students being studied. tactical and technical actions, inattentively perceived the advice and instructions of the coach-teacher, or, due to negative character traits, could not maintain normal relations with comrades and instructors [5, 6, 7]. And vice versa, students who were “average” in their physical qualities and abilities often achieved very high results in mastering the art of karate solely due to their will to win and perseverance.



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Therefore, volitional training, as well as the formation of volitional qualities, is one of the most difficult psychological preparations for young athletes [8].

The basis of courage is the will, aimed at combating the feeling of fear. The feeling of fear is characteristic of all people, but not all people can suppress it [9, 10, 11]. To overcome this feeling in the classroom, various kinds of exercises associated with some risk (jumping over obstacles, somersaults through a partner, elements of acrobatics), as well as conditional fights with a stronger partner, help [12, 13].

Successful solution of the tasks of sports activities is due not only to the perfection of special knowledge, skills and abilities, but also the ability to fully implement them in the event of extreme situations associated with high responsibility, the presence of real danger, and an acute shortage of time [14]. Advanced sports practice shows amazing examples of how, in the most difficult conditions of performance at competitions, you can regulate your mental state, mobilize additional volitional activity and achieve victory [15, 16]. Therefore, one of the essential sections of the training process is the volitional training of athletes. At the same time, volitional training is considered as one of the most difficult sections of the psychological training of athletes [17, 18].

The formation of athletes' volitional qualities or their volitional manifestations is aimed at increasing the effectiveness of sports activities [19]. However, the volitional training of athletes undoubtedly has a wider meaning for the upbringing of the personality of the younger generation [20].

Today, the problem of moral-volitional training of highly qualified athletes remains topical and requires its further development. Without a creative revision of the forms and methods of moral education, it is impossible to reach the level of high requirements for leading athletes. However, one cannot count, noted A.Ts. Puni that the methodology of volitional training in sports has been sufficiently developed. There are still a number of not fully clarified, primarily theoretical, issues, the solution of which is directly related to the improvement of the practice of volitional training of athletes. Moreover, the analysis of special literature showed that in scientific and methodological works of a psychological and pedagogical nature, interest in the issues of will, volitional qualities and volitional training of athletes has significantly decreased.

Thus, the relevance is due to the identified contradiction between the increasing demands made by sports activities on the level of development of volitional qualities and the insufficient development of pedagogical technologies for educating these



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qualities in young athletes. In search of means to overcome the contradictions that have arisen in the system of training sports reserves and the insufficient development of theoretical and experimental issues of educating the volitional qualities of young karatekas, we formulated the research problem as follows: how to ensure the effectiveness of the pedagogical process of educating the volitional qualities of young karatekas.

An analysis of the special literature, the existing practice of working with highly qualified athletes, as well as the results of our own scientific development of certain aspects of the problem, made it possible to formulate a research hypothesis: the effectiveness of educating the volitional qualities of young karatekas can be increased if the following conditions are met:

- a) the volitional qualities of young athletes will be determined on the basis of a psychological analysis of the sports activities of karatekas and the obstacles that arise on the way to achieving the goal (situational determinants) will be highlighted;
- b) education of volitional qualities of young karatekas will be based on their subjective sports experience and information about individual personality traits (personal determinants);
- c) education of volitional qualities of young karatekas will be carried out in the form of a personality-oriented training using the developed pedagogical conditions.

The leading volitional qualities of young karatekas are: endurance and self-control; courage and determination. They are formed and developed in sports activities under the influence of pedagogical influences, the social environment and in the process of self-education of athletes.

The effectiveness of the developed training for educating the volitional qualities of karatekas was expressed in a statistically significant improvement in the complex of physiological, psychological and pedagogical indicators of the indicated volitional qualities of the personality of the karatekas of the experimental group. This is a breath-holding test and the effectiveness of self-regulation of mental states, self-assessment of volitional endurance and self-control, courage and determination, as well as an integral self-assessment of willpower, and, finally, similar shifts were established according to indicators of expert assessment under the influence of psychological and pedagogical training. The indicator of endurance and self-control increased by an average of 34.4%, and courage and determination - by 31%.



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Conclusions

After the pedagogical experiment, the difference in the level of the studied volitional qualities of young karatekas in the control and experimental groups changed significantly. If before the pedagogical experiment, the differences between the groups in all indicators were practically insignificant, then after the experiment, the karatekas of the experimental group surpassed their comrades from the control group in most indicators by 20.2% in terms of endurance and self-control and by 22.4% in terms of courage and determination. in terms of self-assessment and by 27% in terms of expert assessment.

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