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Inhaber: Marina Kisiliuk

Tel.: + 49 51519191533

Fax.: + 49 5151 919 2560

Email: [info@dwherold.de](mailto:info@dwherold.de)

Internet: [www.dwherold.de](http://www.dwherold.de)

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*marian.halas@upol.cz*

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*payfer@cu.edu.tr*

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*djtjohnson@earthlink.net*

**Satanovsky Leon** MD/PhD.  
Perio-odontologie, Israel  
*satleonid@gmail.com*

Lists of references are given according to the Vancouver style

**Andriets M.M.,  
Andriets V.I.**

*Higher State Educational Establishment of Ukraine "Bukovinian State Medical University", Chernivtsi, Ukraine,*

## PSYCHOLOGICAL ASPECTS OF PHYSICAL CULTURE AND SPORT

**Abstract. Abstract.** *This article describes the main psychological aspects of physical culture, these methods of psycho-diagnostics and psycho-prophylaxis in sport. The role of sports psychology.*

**Key words:** *sport, physical education, sports psychology, psychodiagnostics, psychological prophylaxis, hygiene.*

**Introduction.** Currently, the psychological aspects of physical education and training of athletes requires a search for ways, means and methods aimed at achieving the optimal state of the human organism, realization of its possibilities.

During the implementation of the training process it is necessary to consider that the persons engaged in sport activities often have problems of a psychological nature, since these individuals suffer not only physical but also psychological stress.

Various aspects of physical preparation and training athletes are reflected in the works of both foreign and domestic experts. So, G. D. Gorbunov noted that the concept of "psychological training" is the most common in sports psychology, but only a part of the professional support and identifies the following components: diagnostics, state management and behaviour of the individual in training and competitive conditions. And A. V. Rodionov in the process of psychological preparation includes complex of psycho-pedagogical and medico-biological influences, aimed at forming a high level of fitness, mental reliability and willingness to participate in responsible competitions. The works of scientists, which cover research on: - theory and methodology of physical education – L. Volkov, L. Dolzhenko, L. Matveev, V. Papusha; theory and methodology of training high-class athletes: G. Arzuov, A. Deminsky, N. Dutchak, V. Kashuba; training of specialists in physical education and sport - V. Hertsyk, O. Vatsaba, M. Isachenko, M. Pryymak, O. Tymoshenko deserve special attention [1-3].

But, the study of professional peculiarities of psychologists in sport shows, a complex and multifaceted activity of the psychologist in the field of sports, features of psychological readiness to professional activity are considered insufficient, which is reflected in the activities of

sports organizations in general.

Therefore, the relevance of the psychological aspects of training athletes has acquired a special significance.

**Objective:** the study of basic psychological aspects of sport, a review of the fitness psychological foundations.

**Materials and methods.** During the execution of the work the following research methods were used: comparative method, objective observation, introspection, and methods of psycho-diagnostics.

**Results and discussion.** The main objectives of sports psychology is the study of the athletes psychological patterns and teams, sportsmanship qualities necessary to compete and develop psychologically based methods of training and preparation for competitions (Millers), 1987) conservation, introspection and psychological diagnostics methods.

Achieving these goals involves the following specific tasks:

- psychodiagnostics;
- implementation of psycho-prophylaxis;
- solving the problems of mental health;
- implementation of psychotherapy.

Sports psychodiagnostics is the branch of sport psychology, where main task is the measurement and control of the mental athletes characteristics focused on problem solving. Practical use of psycho-diagnostics reduces the time and costs of training to enhance its effectiveness, reduces dropout of athletes to raise the level and stability of the results.

While solving psycho-diagnostics sports problems the central place belongs to the test – the specific measurement technique of individual psychological differences.

Psychological methods are divided into two large groups:

- 1- research;
- 2 – test

If the first task is to identify certain personality characteristics or interpersonal relationships, then the second goal is to provide answers to specific questions, to identify causes of specific psychological phenomena or disorders. At the same time diagnostics of the reasons is not for a psychologist in sport, an end in itself, it is always subordinated to the main task — the development of recommendations for the individual athlete mental development or correction of this development.

In sport there are three main areas of psychodiagnostic methods application: figuring out what sport is advisable to do for the beginner (child or teenager).

The formation of a sports team, competing in the competition as a whole (sports selection). Now most major League teams at the headquarters of the coaches have special scouts, who select the teams from other leagues of sportsmen, who, by their psychological, physiological and physical qualities apply for the role of the player (athlete) of the higher League.

The selection of athletes with the same high level of skills (picking teams) for inclusion in the national Olympic team.

Psychoprophylaxis is the branch of medical psychology, developing measures that prevent the emergence of mental illness.

Psychoprophylaxis in sport aimed at timely warning of deviations in the development of the athlete's personality and interpersonal relationships in sport groups, the prevention of conflicts between athletes and coaches.

Great attention should be paid to prevention of complications associated with a change of a sports team or group, and when changing coach in a sports team.

As modern sport imposes very high demands to the psyche of the athlete, he must possess certain psychological qualities: stress resistance, psychological stability, mental and physical stress, anxiety, excitement and so on.

Therefore psychologist should develop and consolidate these positive qualities of the athletes in the individual and group psychoprophylaxis.

The directions of psycho-prophylactic work in the sport:

- training athletes to psychology training;
- managing the dynamics of the athletes mental stress;
- the establishment of athletes motivational attitudes in training;
- regulation of mental athletes readiness for competitions; prevention of psychogenic and neurotic athletes reactions;

- prevention of alcoholism, smoking, drug abuse and so on.

The contents of the specific psychoprophylactic work is determined by the athletes individual characteristics and nature of the violations.

Thus, prevention is an integral element in the sport, which requires timely measures to prevent and taking into account the individual characteristics of athletes.

Analyzing the psychological literature on sport and sporting achievements, we conclude that the main directions of psychological preparation in sport include: the formation of sport motivation; education volitional qualities; ideomotor training; improving responsiveness; improve specialized skills; the regulation of mental distress; to develop a tolerance to emotional stress; manage starting conditions of the athletes.

The hygiene is the branch of medical psychology that studies the influence factors and environmental conditions, education and self-education on the mental development and mental state of a person, is developing recommendations for the preservation and promotion of mental health of society and individuals.

The main task of mental health in sport is also providing the right psychological athletes mood, adequacy and balance of their reactions to stimuli (external stimuli) of the environment in which it operates.

Psychogun measures may be intended to protect the athletes psyche from the influence of irritants, which can cause negative emotions, to do this ensures that players are not subjected to criticism from sports leadership, to long before the competition was set and communicated to the athletes the team that will help calm the athletes who have doubts in their abilities, but also eliminate the spirit of unhealthy rivalry in the team.

Account of all possible factors of negative psychological impact on athletes: a stimulating effect fans, the acclaim sports press thought about the possibility of obtaining victory team.

So, the main areas of psycho-hygienic work in sports are:

- psychological assistance in formation of harmonious personality of the athlete;
- study of the effect on the athlete psyche in the conditions of sport environment with the aim of improving sporting achievements;
- warning overloading the athletes nervous system, mental disorders and neurotic reactions;
- development and implementation of sports practice measures aimed at ensuring the mental

health of athletes;

- elimination of the athletes neurotic reactions;
- implementation of measures of psycho-hygienic training conditions and competitive cycle;

- teaching athletes the autogenic training skills for the solution of psycho-hygienic problems in sport.

Psychotherapy is the use of psychological interventions for the patient's treatment, to improve feelings of psychological well-being.

In the work of sports psychologist similar method of psychological help is called personality-oriented (reconstructive) psychotherapy.

It is aimed at:

1) the study of the patient's personality, his emotional reactions, attitudes, identifying the reasons for the occurrence and persistence of neurotic condition;

2) aid to the patient in the awareness of the psychological disease causes in the change of attitude towards stressful situations;

3) correction of inadequate reactions and behaviours.

In the process of psychotherapeutic conversation with the patient he is asked direct or indirect questions, about his behavior in different situations of life, peculiarities of relations system.

**Conclusion.** Thus, the analysis of scientific and methodological literature and best practice sports showed that the psychological aspects of physical culture provide for the implementation of such areas as diagnostics, sports selection, diagnosis as well as athletic abilities; prevention; hygiene; psychological education of athletes and coaches; psychological correction of negative conditions, reactions, and maladaptive behaviors of athletes; ensuring the sport psychological process; psychological assistance in the team's chemistry; psychological counseling of athletes and coaches and methodological work in the sport.

The methods of psycho-diagnostics in the system of physical culture and sport and the contents of psychoprophylaxis and mental health in sport were showed. We can summarize that the goal is the formation of psychological stability of athletes to defeat willingness to participate in the competition and the optimal effective functioning in sport.

The success of psychological support and psychological support of work on the athletes preparation is directly associated with the

diagnostic work in the field of sports.

**Prospects for further research.** Sports psychology is among very young applied branches of psychological science. The concept of "sports psychology" first appeared in articles of Pierre de Coubertin, the founder of the modern Olympic games. They were published in the beginning of the XX century and had descriptive character. In 1913, at a special Congress of sport psychology organized on his initiative the International Olympic Committee in Lausanne and received their "baptism."

In the history of Russian psychology by the time of the psychology birth of physical education and sport can be considered as the publication date of the first scientific papers. The first researches were in 1925-1926 performed by Professor P. A. Rudik at the Department of psychology ("the Influence of muscular work on the process of reaction", "reaction in the application the main issues of physical culture") and T. G. Nikitin ("the Value of suggestion and imitation in the case of physical education").

Socio-cultural and economic changes that occur in the state, can not touch the sports system, which in modern conditions is also in need of transformation and must change to meet the new social requirements. These transformations relate, in particular, professional activity of the psychologists in the field of sport, and provide qualitative changes in the system of sport psychologists training, the psychological readiness formation to professional activities with regard to its features [4].

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**CONTENT:**

Yasnikovska S.M. Peculiarities of pregnancy progress in women with corrected isthmic-cervical incompetence	3
Shkolnikov V.S., Zalevskiy L.L., Zalevska I.V. Structural organization of the cerebellum of 17-18 week human fetuses during intrauterine development	5
Khmara T.V., Okrim I.I., Biriuk I.G., Komar T.V., Khmara A.B. The specialization degree of wood-destroying basidial fungi on trees in samur-davachi lowland forests of azerbaijan	10
Tkachenko P.V. Clinical-morphological prognostic characteristics of prostate cancer	14
Sasina O.S. Psychohygienic aspects of training of disabled adolescents with pathology of the vision (literature review)	19
Banul B.Yu. Development of paramesonephric ducts and their derivatives at the end of embryonic period of human ontogenesis	23
Niankovskiy S.L., Gorodylovska M.I. Heterogeneity of esophagitis in schoolchildren	26
Yevtushenko I.Y, Padalitsa M.A, Goryainova G.V. Age features of cervical arch and height of human renal calyces in mature and elderly ages	32
Vepruk Y., Rohovyy Y., Tovkach Y., Rykhlo I. Characteristic of aluminum salts influence on indexes of ion regulative renal function in mature and immature rats against the background of the pineal gland hyperfunction	35
Zakharchuk O.I., Kryvchanska M.I. Chronoregulating and rhythm-stabilizing role of melatonin in seasonal structure of circadian rhythms of non-specific immunity indices with aging	38
Kachko G.O., Omelchenko E.M., Pedan L.R., Polka O.O. Characteristics of congenital pathology with inherited and multifactorial nature in children of Kyiv region	41
Kosilova S.Y. Metabolic disorders in women depending on menopause duration	44
Kotelban A.V., Godovanets O.I., Burdeniuk I.P. Peculiarities of administration of antiseptic drugs in children suffering from chronic catarrhal gingivitis under conditions of diabetes mellitus	47
Reshetilova N.B., Navarchuk N.M., Popeliuk O.-M.V., Glubochenko O.V., Kulish N.M. Topographic peculiarities of the anterior cerebral vesicle on the 4th week of the embryonic period	51
Fik V.B., Paltov Y.V., Lohash M.V., Kryvko Y.Y. Peculiarities of morphological manifestation of the periodontal tissue in experimental animals against the ground of a short-term effect of opioid analgesic	54
Khomenko V.G. Renal tissue fibrinolysis against the ground of stress and xenobiotics	59
Dudenko V.G., Vdovychenko V.Yu., Kurinnoy V.V. Spatial topography of the diaphragm in the sagittal plane in women	61
Avdieyev Oleksandr, Dziubak Sergii Epidemiological analysis of dental diseases among individuals exposed to unfavourable psychoemotional surroundings	65
Andriets M. M., Andriets V.I. Psychological aspects of physical culture and sport	68
Malanchuk L.M., Kryvytska G.O. Renal tissue fibrinolysis against the ground of stress and xenobiotics	71
Bambuliak A.V., Galagdina A.A., Boychuk O.M. Diagnostics of the frontal sinus development with adjacent structures in the prenatal period of human ontogenesis	73
Kryvetskyi V.V., Narsiya V.I., Kryvetskyi I.V. Blood supply of the cervical region of the vertebral column during the fetal period and in newborns	76
Pavlovych L.B., Bilous I.I. The indicators of stimulation electroneuromyography in patients with diabetic polyneuropathy	80



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