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PSYCHOLOGICAL STATES OF ELITE ATHLETES IN DIFFERENT COUNTRIES

Modern sport characterized as important part of human society. Among different kinds of sport the wrestling is popular and spectacularity especially in younger's people. In last ten years the Olympic wrestling changes the competition rules. All of this changes concern the higher of intensiveness of wrestling fights [1, 6]. Due of this process the optimization of training preparedness of wrestlers is very topical.

The scientific and methodic support is a key component of the system preparedness of elite wrestlers [5, 10]. The main parts of scientific support of elite wrestlers are includes: functional, psychological and technical preparedness [7, 11].

The main tasks of psychological support of training process of elite wrestlers are: diagnostics of psychological condition, correction of negative conditions and psychology accompany of competition activity [2, 9].

The developed of modern wrestling happens with the involvement of mix from national schools and countries. The comparative analysis of psychological condition from different wrestling National teams may give the new information about future develop of training process.

Thus, the purpose of the study was research of psychological condition among elite wrestlers from different national teams.

The 32 elite of Greco-Roman wrestlers, age 20-27, members National Teams of Ukraine and Croatia were examined.

The instrumental study was approved by the Ethics Committees for Biomedical Research with accordance the ethical standards of the Helsinki Declaration.

The psychological condition of wrestlers was studied by test Lusher and test of decision making. The used methods are part of the "Multipsychometer-05" hardware-software. Mathematical processing of the obtained results was performed using the "Statistica 12" software. To present the data distribution, an interquartile range was used, indicating the first quartile (25% percentile) and the third quartile (75%).

The results of the study were showed the more high fatigue in wrestlers represented Ukraine. But the level of anxiety is bigger in Croatian wrestlers.

The results obtained that eccentricity in Croatian wrestlers significantly bigger for concerning Ukrainian wrestlers. The presence of significantly higher eccentricity in Croatian wrestlers indicates the insecurity and dissatisfaction with the present situation. This result is associated with high value of vegetative coefficient in Croatian wrestlers.

Obtained result indicates the activity of sympathetic autonomic nervous system in Croatian wrestlers possible due to strain and anxiety. The presence of low level of heteronomy among Ukrainian wrestlers to testifies about independence of behavior of athletes.

The higher level of heteronomy in Croatian wrestlers reflects compliance, compromise, humility and avoidance of failures.

Thus, the psychological state in elite wrestlers of different country teams reflects the various effects of training process.

The obtained results are showed the increasing level of capacity of visual analyzer among Ukrainian wrestlers.

The decline of time of decision making in Ukrainian wrestlers indicated the increase of speed of information processing and decision making during wrestling fight. The higher of time of decision making in Croatian wrestlers testifies the reduction of information processing performance.

The larger level impulsiveness in Croatian wrestlers indicates the low of emotional stability and presents the unprepared, spontaneous and premature actions. The low level of impulsiveness in Ukrainian wrestlers related with emotional stability.

The research of difference National schools of wrestling gives an addition the experience and knowledge for sport science in system of building of training process [4]. One of the part ways of training process system is scientific support [8]. Among different components of scientific support of elite wrestlers the psychological diagnostic is a key part of system of preparation [3, 12].

The results of study indicate the high level of anxiety, strain of autonomic nervous system and dissatisfaction with the present situation in Croatian wrestlers. The increasing of anxiety and impulsiveness correlated with low of ability to decision making in Croatian wrestlers. In Ukrainian wrestlers the comfort and optimal state of autonomic nervous system were observed. The high level of emotional stability corresponded with increase of decision making among Ukrainian wrestlers.

Conclusions

The psychological condition in elite wrestlers of different National teams reflects the various effects of training process. In spite of the fatigue, the Ukrainian wrestlers have prevalence the psychological comfort. In the Croatian wrestlers revealed of high level of anxiety, strain of autonomic nervous system and dissatisfaction with the present situation. As a result, the best decision-making values were found among Ukrainian wrestlers

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