

EXPRESS-METHOD OF SPORTSMEN'S PSYCHOLOGICAL TUNE-UP

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Annotation. *Purpose:* to elaborate express-method of autosuggestion for neurotic reactions relieving and sportsmen's psychological tune-up. *Material:* 20 senior dancers participated in the research. The research was held 2 times a week within 4 months. The procedures with specially selected physical exercises and autosuggestion influence before training in sports dances were applied in the experimental group guided by psychotherapist. Mechanism of the short-time abasement or stupefaction of the testee was taken as a basis. It was achieved by way of the sportsmen's attempt to determine quickly surfaces of the parts of the body in contact or concentration of attention on the feeling during physical exercise. *Results:* in the experimental group it was necessary 10-20 sessions for neurotic reactions relieving. Psychological make-up for training was achieved within 1-5 sessions. Short-time improvement of the psychological condition in the control group arrived only after 30-60 minutes of training in sports ball dances. *Conclusion:* using the elaborated express-method of suggestion it's possible to effect psychological tune-up of sportsmen for training sessions and competitions. The method of autosuggestion elaborated by us is more effective than impact of the dance-motion therapy upon the organism. It is possible to use the offered method for sportsmen's neurotic reactions relieving and for make-up for training sessions and competition.

Keywords: autosuggestion, sportsmen, psychological tune-up, neurotic reactions.

Introduction

Ascendance on sport pedestal starts from trainings. High quality trainings depend on psychological adjustment of sportsman to fulfillment of physical exercises.

It is known that significant physical and nervous-mental loads can result in sportsman's neurotic responses. Pre-pathological state reduces efficiency of sportsmen's functioning, S. Fonty and G. Mazy (1965).

B.M. Sherpis specified 4 variants of sportsmen's neurotic responses:

1. "Troublesome expectation" for competitions, when sportsmen strives to isolate himself, answers amiss, is absent minded and fussy.
2. "Satiation". Sportsmen is bored with trainings and competitions; he loses activity, becomes atonic and indifferent.
3. Hypochondria. Functional disorders.
4. "Remonstrance".

Releasing of sportsman's neurotic responses is urgent because irritability, disorders of sleep as well as frequent disorders of nervous system do not facilitate successful increment of sport results [3,7].

Method of instant hypnosis for treatment of neurotic responses is well known. Disadvantage of this method is the fact that not everybody is instantly hypnotizable [6,9].

Ancient oriental method, called "koans", for improvement of health and obtaining of enlightenment, when solution becomes clear, is also known [5]. Koan is a short tale, question, dialogue, usually having no logic basis, often containing paradoxes, which can be understood only intuitively. Brain shall work on determination of sense of koan. Paradoxical response of brain to paradoxical question is caused. For example "how clap with one hand will be heard. The purpose of koans – is to give certain psychological impulse to disciple for achieving of enlightenment or understanding of discipline, but koans are not effective because they require numerous trainings with the help of meditations.

Also the method with application of the so-called «mudras» for improvement of organism's functional state, is known when it is considered that owing to certain contacting of fingers there happens energy exchange between meridians, though it has been proved that such meridians do not exist as anatomical formations. System of meridians is convenient for acupuncture treatment [2]. Faith in energy exchange brings certain psychological improvement of an individual. Improvement also comes owing to influencing on biologically active points. In Sanskrit "mudra" means "giving joy", "seal". Mudra is a special position of fingers in compliance with certain rules. Disadvantage of this method is that treatment effect can be obtained only in some weeks. Moreover one mudra shall be practiced up to 30 minutes.

It is known that in the course of ha-tha yoga exercises, Yoga practitioner concentrates attention on the exercise and sensations, caused by fulfilled exercise. But nor everybody is able to fulfill Yoga exercise owing top absence of proper flexibility and, besides, Yoga practice takes a lot of time: months and years are required to receive health related effect [8].

Express-methods, offered by Kh.M. Aliyev on the base of ideo-motor act require certain conditions; for example it is easy to practice them in transport, on lecture and so on. [1].

All these facts gave foundations for us to work out new express method of suggestive influence on sportsmen. The work has been fulfilled in compliance with SRW of School of Higher sportsmanship.

Purpose, tasks of the work, material and methods

The purpose of the research is to develop express-method of auto-suggestion for releasing of neurotic responses and facilitating of proper sportsman's psychological condition.

The object of the research: people, training sport ball dancing, category – “seniors”.

The subject of the research: the process of influencing on sport ball dancers with psychological method.

The tasks of the research:

1. Determination of influence of the worked out express-method of auto-suggestion on sportsmen with pre-pathological neurotic responses.
2. Demonstration of advantage of the worked out method in comparison with dancing-motion therapy in influencing of sportsmen's mentality.

The methods of the research: analysis of scientific-research literature, pedagogic observation and medical examinations, methods of psychological influence.

Organization of the research:

In the research 20 dancers (“seniors” category – 10 persons – experimental group and 10 persons – control group) with neurotic symptoms participated. The research was conducted in School of higher sportsmanship of Nikolayev, twice a week during 4 months.

In experimental group we applied procedures with specially selected physical exercises and auto suggestive influence before sport ball dances trainings under guidance of psycho-therapist., After elimination of neurotic symptoms sportsmen were recommended to practice prophylaxis series of procedures for some time.

In control group we conducted only sport ball dances trainings, twice a week, 2 hours every training.

The basis of new express-method was a mechanism of short term embarrassment of the tested, which was achieved by his attempts to quickly determine contacting body surfaces. At this moment it was necessary to pronounce short suggestion, for example: “I am quiet”. Formulas of suggestion shall be pronounced aloud or silently several times until progress becomes.

In examples with crossed finger it was necessary to determine sides of contacting fingers' surfaces and before correct answer is found suggestion shall be pronounced. The same technique is used in other examples, excluding those, in which “brain stun” is used, when brain is “embarrassed” in connection, for instance, with arbitrary breathing pause, dangerous muscles stretching.

In such cases attention is forcedly concentrated on sensations, connected with the procedure. Such embarrassment of brain facilitates suggestion.

In suggestion the following exercise were applied:

1. Crossing of fingers.
2. Connecting of hands behind back.
3. Twisting of backbone clockwise or counterclockwise.
4. Crossing of arms on breast.
5. Torso forward bent to floor.
6. Deep inhale with pause.
7. Full inhale with pause (suggestion at inhale and exhale, when slight tension becomes).
8. Pulling own hairs.
9. Maximal stretching of tongue out of mouth.
10. Bugging out of eyes.
11. Pulling in of cheeks.
12. Positioning of tongue in not physiological position (rolling, pressing to roof).
13. Pulling in of belly.
14. Protruding of belly.
15. Keeping water in mouth.
16. Swelling of air.
17. Pinching of own body.
18. Visualization of just seen with closed eyes.
19. Opening of mouth widely.
20. Curling up of body.

21. Taking of unbalanced position. For example sitting on a chair with bending back to dangerous position. Slight psycho-emotional tension shall be used as background for suggestion.

Every separate exercise shall be repeated for 5 times; if neurotic symptom reduced (but not eliminated) quantity of repetitions shall be increased. One course shall include 10-20 sessions; every session can consist of 5-10 repetitions; session can be repeated several times a day.

Example 1. Tested T felt weakness and indolence before training. With the help of exercise 1 he suggested: “I am strong”. Training was successful and cheerful.

Example 2. Tested Sh. had no wish to train. Using exercise 4 he suggested: “I want to train”. After several repetitions he started trainings in good mood.

Example 3. Tested S. felt uncertainty. She used exercise 6 and suggestion “I believe in myself”, “I can dance well”. Quality of her dancing significantly improved.

Example 4. Tested K felt anxiety, worry. Crossing of 2nd and 3rd fingers she pronounced: “I am calm”. After 3 repetitions she became quiet.

Example 5. Tested T felt headache. Crossing 2nd and 3rd fingers and 4th and 5th fingers several times reduced headache.

Example 6. Tested K. felt general weakness. He applied exercise 7 with suggestion: “I feel myself excellent”. After 2 procedures his self feeling improved.

Example 7. Tested S. had sleep disorder. In lying position, using exercise 10 she suggested “I am sleeping”. She became asleep in several minutes.

Results of the research

Experimental group proved effectiveness of the worked out express-method. For releasing of neurotic symptoms it was required to conduct 10-20 sessions. The obtained result preserved for long time; in case if symptoms appear again we conducted repeated sessions with the same or other exercise.

In experimental group psychological adjustment to training was achieved after 1-5 sessions.

In control group we registered positive result, connected with psycho-emotional influence of dance, but it was not durable and after several hours neurotic symptoms returned again.

Short term improvement appeared only after 30-60 minutes of sport ball dances training.

A person with closed eye is able with physiological position of hands to determine sides of fingers contact, but with crossing of them this task becomes a little difficult, if to solve it in short period of time – 2-3 seconds; there appears a kind of “brain embarrassment”, which is required for suggestion, for example “I fell better” or “Pain vanishes” with certain effect.

Advantage of offered by us method is that treatment if carried out by sportsman independently and can be practiced in any situation during 1-3 minutes. The task becomes more difficult, for example if to cross 4 fingers on one hand or 8 on two hands simultaneously. In other exercise positive effect is achieved by “brain stun” techniques.

One can choose only one exercise from list of offered by us exercises and use it, when required. For this purpose one shall strive to feel contacting parts of body or stretching muscles and simultaneously pronounce suggestion (suggestion shall be pronounced several seconds after felling of body sensations).

In our method we mean not solution of some problem, connected with adequate answers to difficult questions, with state of enlightenment, like it is stipulated by koans’ practicing; we mean only strive for calmness, psycho-emotional balance, restoration of physical condition, sleeping normalization, releasing of pain and irritability, psychological adjustment of dancers to trainings or preparation for competitions. In our method we consciously distract brain from problem for making suggestion. When brain actively solves the set task, it is not able to analyze information of suggestion.

Thus, any not physiological position of body and its parts can be used for successful suggestions, for example when practicing ha-tha yoga exercises [8].

Sudden slight push, pinch and etc can be used. Weak irritators, sometimes, are stronger, resulting in paradoxical responses. Influence of whisper in the process of suggestion is well known.

Example of calming of a patient with pinch is well known. Once, a man of average age tried to come to cash desk out of turn. People did not give him way. He outraged. Weak pressing of his hand skin caused paradoxical response of full obedience. With the help of two fingers, tenderly pressing his hand he was put out of turn, soft, calm and blemished.

Crossing of fingers distracts brain for solution of task which parts of fingers are in contact. Stretching exercises are accompanied by concentration of attention on sensations of stretching and on fulfillment of exercise, not to bring it to dangerous level.

We also attract attention to the fact that any haste gives no positive result.

In dance a person is distracted from painful state and releases psycho-emotional tension, feels positive emotions, caused by music and pleasant communication with partner, but, nevertheless, dance can not be related to express-method [4,10, 11-15].

In the base of developed by us method there is a mechanism, which is observed in hypnotizing, with effect of patient’s short-term embarrassment. Instant hypnosis can be caused by putting hands on patient’s shoulders, swinging him to and fro and pronouncing shortly “Sleep!”. V.I. Levi described method of hypnotizing of crocodile, when hypnotizer shall quickly jump on crocodile’s back. It is possible to hypnotize a hen if to quickly turn it on back.

By inhibiting human attention it is possible to suggest by TV, radio or telephone. For this purpose his attention shall be distracted with the help of concert translation and so on. It can be compared with TV commercials, in which suggestion is provided when attention is distracted on kitchen talks, play with a child and so on. You know interrupting of film by commercials. Often you come home being tired, you sit on sofa, relax and are in half dream state. This state facilitates suggestion. To avoid such kinds of suggestions one should be alert and analyze the received information.

Distraction of attention from main problem is used by hypnotizers, when they cause hypnotic state of a patient and command to feel heaviness in head, arms, legs, followed by sense of lightness, warm and etc., followed by suggestions.

Folk healers use words of praying, pronounced in low voice with certain ritual, burnt candles, icons and other attributes, facilitating distraction of attention from troublesome for patient problems with following suggestions.

Extra-senses tie attention to feeling in patient's body with hand passes, which are nearly the same as passes of a hypnotizer.

Conclusions:

1. With the help of our express-method of auto-suggestion it is possible to realize psychological training of dancers to trainings and competitions.

2. The developed by us express-method of auto-suggestion is more effective than influence of dance therapy on organism.

3. The offered method can be recommended to sportsmen for releasing of pre-pathological neurotic symptoms.

The further researches will be conducted for determination of this methodic effectiveness in other kinds of sports.

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