

LEVEL OF ANXIETY AS ONE OF THE CRITERIA OF EFFICIENCY OF EMOTIONAL STABILITY IN SPORT DANCING

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Annotation. *Purpose:* improve the efficiency of performance of competitive sports dance in pairs due to the formation and improvement of indicators of emotional stability. The objectives of the study was to examine the personality characteristics of athletes in the dance couple, affecting their emotional stability. Also determine the conditions for the formation of emotional stability dancing. *Material:* the study involved 32 dancers aged 12-14 years old. Spielberger questionnaire was used. *Results:* it was found that the level of trait anxiety was 40.2 points. Athletes also met with high and low trait anxiety. The average level of situational anxiety at rest the dancers stood at 38.8 points. Before the tournament, this index increased significantly (54.5 points). *Conclusions:* for dancers with a high level of anxiety should generate a sense of confidence and success in their abilities. For dancers with low levels of anxiety requires waking activity, arousal of interest, a sense of responsibility in the task of training activity.

Key words: dance, emotions, stability, personality, athlete, activity, efficacy, anxiety.

Introduction

The ability to monitor one's own emotional experiences is very important in sport. It is not uncommon that athletes, when faced with the first failures in competitions, lose sense in playing sport, become despondent, refuse to compete and may suffer a defeat even by weaker contestants. It can be caused by athletes' inability to overcome unfavorable mental states in a competitive environment [1,2].

According to Kiseliov Y. A., dancesport's development trends require increased physical and mental stamina and a specially organized workout session. The peculiarity of dancesport is the relationship between the dancers in a dance couple, with a competitive environment causing additional psychological effects. That's why athletes' psychological compatibility issue is an unsolved problem in dancesport, as well as their emotional resilience which influences their sports outcome [3,5].

Yet at an early stage of training dance couples, competition performances take place in a tough competitive environment and are characterized by increased emotional tension [5].

It is for the first time that the necessity to elaborate the problems of development and formation of athletes' emotional resilience in dancesport has been marked by

N. Rubinshtein. In particular, she emphasizes that unfavorable emotional states impede high quality performance both training and competition [6,10].

Thus, prevailing negative emotions lead to mental activity disorganization, depletion of a mental resources pool of an individual and then to the substitution of the professional goal and search for a new one [7].

Despite the present scientific elaborations, Kosmolinskiy F. P. (1976) and Kovaliov L. H. (1970) focus on the absence of the common approach to studying the issue of emotional resilience criteria, as well as finding efficient methods for its diagnostics and regulation. In connection with it, Abolin L. M. states that it is not only the emotional state of an athlete, when taking the floor, matters but also the way he or she can regulate his or her performance taking into account this condition on the basis of dancers' own personality traits [1, 4, 12-20].

Many authors, such as Breslov H. M., Levitov N. D., Rodionov A. V. and others note that one of the most important personal traits of athletes which is interrelated with productivity in sporting activities is the level of personal and trait anxiety [7].

Anxiety is distinguished both as an emotional state and a stable personal trait. Having a definite level of anxiety is a natural and necessary peculiarity of an active personality. It is impossible to mobilize all body systems without it in order to achieve high sports results. However, an increased anxiety level serves as an unfavorable emotional state which is characterized by tenseness, anxiety and nervousness [3,5].

While investigating emotional resilience, Aleksandroskiy Y. A. pays attention to the fact that competitive activity efficiency depends on it, that, as a rule, influences greatly sports results and depends on the following criteria: [3,5] [7,11]

1. Interference resistance or the ability to resist external stimuli and internal disturbances.
2. Working efficiency or the condition when individual's physiological and mental body functions mark his or her ability to fulfill a desired amount of work of a certain quality within the required time frame.
3. Self-confidence, confidence in one's own resources and powers, that is inner perception of one's own powers and potential.
4. Lack of hesitancy and wavering [11].

Thus, it was found out that during the competition the emotional excitement of the athletes often reached an extremely high level, that, as a rule, affected technical elements being effectively performed and, consequently, had an adverse affect on sports results. A low level of anxiety reported during competitions, speaks of the athlete's protective factor which gives a dancer no possibility to bring out his or her full potential. It has a negative impact on sports

outcome. Every person is an individual and to fully take in the dancer's mental approach during competitive activities, as well as the change in his or her personal and state anxiety in different situations, is impossible.

Purpose, tasks of the work, material and methods

The *aim of the study* is to increase performance efficiency of dance couples in competitive dancesport by means of forming and improving emotional resilience indicators.

The *objectives of the study* are: 1) to analyse the recent scientifically-based and practical approaches to the formation of emotional resilience, as the criterion of competitive performance efficiency in dancesport; 2) to study athletes' personality traits in a dance couple that influence their emotional resilience; 3) to define the conditions for the formation of dance couples' emotional resilience.

The *methods of the research* are: 1) theoretical analysis of data obtained from professional literature, as well as from best practice experience; 2) pedagogical summative and formative assessment (using sports pedagogical and psychodiagnostic methods of anxiety level testing on the basis of Hanin and Spielberger's criteria; 3) mathematical statistics methods.

Results of the researches

While conducting this research, there has been made an analysis of young dancers' trait and state anxiety level assessment.

According to Spielberger, the level of trait anxiety in an examined population was 40.2 ± 0.8 scores. Among the tested athletes there were dancers who showed both high and low rates of trait anxiety that initially determined their response to competition. Hence, the following anxiety levels results have been obtained, with five tested athletes (16 %) having a low rate of trait anxiety (45 and more scores), eighteen dancers (56 %) having a moderate level (from 31 to 44 scores) and nine (28 %) having a high rate (45 and more scores). (See Chart 1)

When in a quiescent state, the dancers showed a moderate level of state anxiety of 38.8 ± 0.7 scores measured by Spielberger's questionnaire. Before the tournament this indicator increased solidly, reaching in average 54.5 ± 0.8 scores which speaks of a considerably high level of athletes' state anxiety before the tournament. Two dancers (6%) showed a mild anxiety level (30 scores and less), with twenty athletes (62 %) reporting a moderate level (ranging from 31 to 45 scores) and ten dancers (32 %) showing a high level of state anxiety (45 scores and more). (See Chart 2)

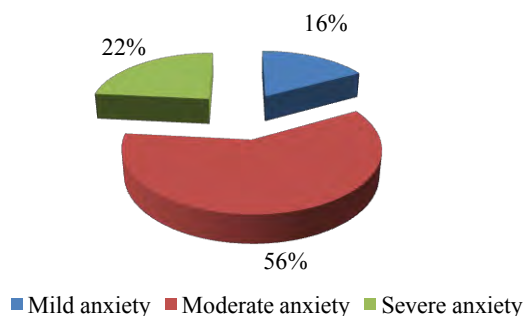


Fig. 1. Dancers' trait anxiety

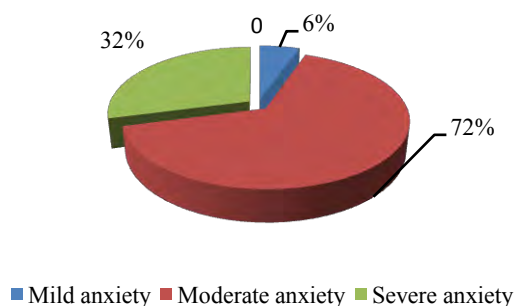


Fig. 2. Dancers' state anxiety

The obtained results show that one should pay attention not only to the dancers with a high anxiety rate but also to those notably showing excessive calmness or, in other words, those having a low anxiety level. As a rule, such insensitivity to troubles is usually of protective nature and impedes robust personality formation, as well as sports results achievement (as Kiseliyov Y. A. states in his works) [3].

Thus, high scores on the scale may speak of a specific call for help and, on the contrary, behind an excessive calmness there may hide increased anxiety which may trigger emotional shifts and influence emotional resilience of a dance couple [3].

Conclusions

1. The level of dancers' trait and state anxiety is one of the criteria of competitive activity efficiency.

2. In dancers who have a high level of anxiety there should be built confidence in success, their own abilities and a partner. Low alarm athletes need boosting their activity, triggering their interest and developing a sense of responsibility in solving various problems of training activity.

A further study should be conducted to substantiate and develop special psychological training programs in order to optimize training of dance couples for further competition.

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