

RESEARCH OF THE ROLE OF SELF-CONSCIOUSNESS ON THE EFFICIENCY OF SPORTSMEN REHABILITATION

Tyshchenko V.A.

Lvov national agrarian university

Annotation. *Background:* empirically explain the role of the individual identity of the sportsman on the effectiveness of rehabilitation after injury. *Material/Methods:* The experiment involved 22 athletes, representatives of individual sports (weightlifting, Greco-Roman wrestling and gymnastics). All athletes had injuries of the musculoskeletal system and began moderate rehabilitation period. The study used specially adapted test evaluation grids to determine the level of anxiety. *Results:* It was determined that personified psychological work should be aimed at optimizing the internal installations of athletes. It affects the speed and quality of the rehabilitation process, improves the selective ability of the individual, positive impact on their career. Found that increasing the amount of information in the personal construct increases the level of personal development. *Conclusions:* It is advisable to include the theory of personal constructs in a program of psychological rehabilitation of athletes.

Key words: constructs, sportsmen, consciousness, psychology, rehabilitation.

Introduction

Nowadays one of global problems of sports branch is the problem of traumatism. High intensity of sports, with unfavorable and stressful for health situations, is connected with the whole complex of risks, consequences and results that leads to traumas [12].

Statistical data, received in different kinds of sports, show that traumatism level is still steadily high and have a trend to grow. As far back as 40 years ago the quantity of sports traumas in the world was a little more than 1% of total traumatism. At present, in different countries of the world the quantity of traumas in professional sports varies within 10-17% of total traumatic cases [9]. Trauma is a serious test of sportsman's will power of his inner settings. The way, how a sportsman response to trauma depends, first of all, on his individual features. Trauma results in compelled pause, the importance of which is not always understood by sportsmen. By its nature, such pause cannot be definitely related to destructive phenomenon, because it is ambivalent. It bears both: latent potential for self-cognition and rising of sportsmanship and it can undermine sportsman's faith in his self, bring to zero all previous achievements [11]. Malinauskas, R. studied correlations between the heaviness of trauma and its sensing and satisfaction with life [10]. Exactly, coming from the importance of psychological aspects of rehabilitation efficiency, we selected certain aspects of psychological rehabilitation, which are oriented on opening of traumatized sportsman's inner world and its rationalization [6]. Intellectual processes are so self-evident that to day actually all personologists IAE recognize their influence on human behavior [5]. Sportsman understands his inner world with the help of conceptual systems or models, which he creates and then tries to adapt to objective reality. It is not always successful. But still, without such systems the world would be seen as something so undifferentiated and homogeneous, that a person could not be able to comprehend it. Exactly these conceptual systems or models were determined by American psychologist Jh. Kelly in 1955, as personal constructs [1]. Personal construct is a special subjective evaluating standard, created by a person, valid in practice and helps to comprehend and understand surrounding reality, prognosticate and evaluate events. The more complex human personal system of constructs is the more suitable it is for description, analysis and estimation of objects in their contradictory unity. [8]. Personal constructs determine human self consciousness, thus, causing first priority interest for research [4,7]. Among recent publications, in which the importance of psychological work with traumatized sportsmen is grounded, the article by Yr.A. Melnikova and V.V. Voronov [3, pg. 73-74] should be noted. N.I. Kraynova and Ye.M. Fedoskina concentrate attention at the importance of psycho prophylaxis. The authors mark out four branches of psycho prophylaxis: optimization of social-psychological conditions of sportsman's training; individualization of training process; individualization of preparation to competitions, teaching of self regulation techniques. Besides the said above, they point that after receiving trauma, psychological work with sportsman shall have psycho-correcting character, oriented on increasing of sportsman's reserves [2, pg.116 - 118].

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Purpose and tasks of research

The present research is aimed to empirically clear up the role of sportsman's individual self-consciousness (by means of analysis and correction of his system of personal constructs) on efficiency of rehabilitation after receiving trauma. For this purpose it is necessary to previously solve a number of tasks, videlicet: to analyze theoretical approaches to the methods of sportsmen's psychological rehabilitation, role of personal constructs in human life activity; to chose valid diagnostic base and specialized techniques of psychological influence; to evaluate the obtained results with the help of statistic analysis. All these, in its turn, shall ensure maximal objectiveness of the obtained results.

For our researches we selected 22 sportsmen, representatives of individual kinds of sports (power lifting, Graeco-Roman wrestling and sport gymnastics), which started rehabilitation period after traumas of supporting motor system of middle heaviness. In the course of the research we used specially adapted test of “evaluation lattice”, which is oriented on determination of anxiety level.

Results of the researches

On the 1st stage of the present research, which was of constructive character, we evaluated the level of anxiety, because the first period after receiving of trauma is characterized by clear neurotic manifestations.

For maximal personification of psychological rehabilitation influence we applied specially adapted test of “evaluation lattices”, oriented on studying of personal constructs. The difference of repertoire lattices from many other scaling procedures lies in the fact that repertoire lattices are directed not to obtaining information about objects of scaling but to obtaining information about person himself, who fills in this lattice.

This method is a compromise between ideographic descriptive methods and standardized methods of measurements of mass application. Their individualized character is noticed in the fact that they create possibility for development of inner world of the tested [4, c. 151-157].

In the process of experiment, every respondent received cards, which were arranged in individual order and contained elements (in our case they were eight), which represented the type of role responding to emotionally significant situation. Besides, we gave respondent a card with one construct (in our case such cards were eight and they represented different stressful situations). Number of card with construct was on face side, number of card with elements – on back side. Respondent was asked, which of elements describes his response to situation in the best way. The chosen card with elements was taken away, and, further, the respondent was proposed to select the most suitable element from the remaining. The ranging continued up to the moment, when only one card was on the table. The ranging results were entered in special table, in which constructs were arranged in horizontal order and elements – in vertical (see table 1).

After ranging of all cards by the first construct, the cards with elements were shuffled and again spread on the table. It was made in order to exclude the possibility of occasional correlations. Further, respondent ranged elements in respect to the second construct. This procedure repeated until elements were ranged in relation to all constructs. After this procedure we obtained matrix of elements’ ranging. These elements we turned into range number of every element by each construct and it permitted to carry out statistical analysis of ranging.

Table 1

Table pattern for ranging results

		CONSTRUCTS							
		K1	K2	K3	K4	K5	K6	K7	K8
ELEMENTS	E 1								
	E 2								
	E 3								
	E 4								
	E 5								
	E 6								
	E 7								
	E 8								

The list of constructs and elements, which were selected for our research, is given below:

K1 (Construct 1) – situation, in which, by any reason, you will have to change your professional activity.

K2 (Construct 2) – situation, the result of which did not justify your hopes.

K3 (Construct 3) – situation, bringing a number of unpleasant events in your life.

K4 (Construct 4) – situation in which somebody has critical attitude to you.

K5 (Construct 5) – situation, in which you deal with authorized people or management.

K6 (Construct 6) – situation, the result of which pleasantly exceeded your expectations.

K7 (Construct 7) – situation, requiring stoppage of active actions.

K8 (Construct 8) – situation, requiring you to show maximal result.

E1 (Element 1) – I prefer to evaluate soberly, basing on realistic ideas.

E2 (Element 2) – I understand that not always depend on myself but many things depend on external circumstances.

E3 (Element 3) – in any situation I trust myself and rely, first of all, on myself.

E4 (Element 4) – in such situation I, most often, become nervous.

E5 (Element 5) – such situation can get me in state of stupor.

E6 (Element 6) – such situation makes me panic-stricken.

E7 (Element 7) – I rely on my luck.

E8 (Element 8) – in any situation I consider team interests as well as mine.

In connection with homogeneity, with analyzing, we took middle ranges of constructs by every of marked out elements. For every pair of constructs the range correlation coefficients of Spirman were calculated. Further, their

squares were summed for obtaining two constructs with the largest sum of points of interconnections. After it, all other constructs were located in the space of 2 axes (see fig.1).

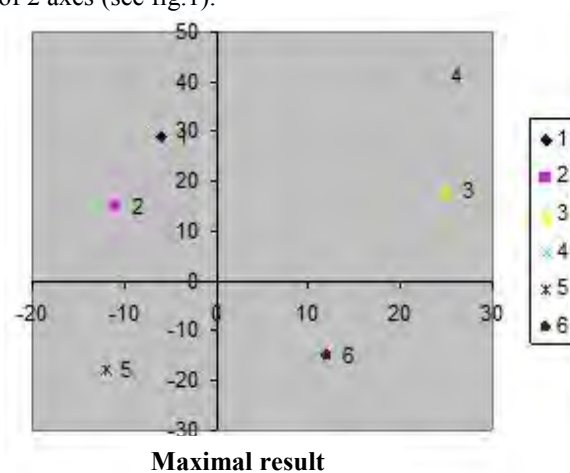


Fig.1. Location of constructs 1-6 in the space of two main axes in compliance with the points of interconnections

On axis X we put points of constructs' interconnections with main construct 8. По оси X откладывались баллы взаимосвязи конструктов с основным конструктом 8 (situation, requiring you to show maximal result) and on axis Y – the same with construct 7 (situation, requiring stoppage of active actions). Construct numbers on diagram coincide with their numbers in the list. These data reflect the most dominating general trends.

On the II stage of the research, after analysis of the data, which were obtained on the first stage, psychologists carried out individual psycho-therapeutic work, which was based on constructive alternative approach, with respondents. The results, obtained in processing of data of sportsmen before trauma and receiving it, are presented in fig.2.

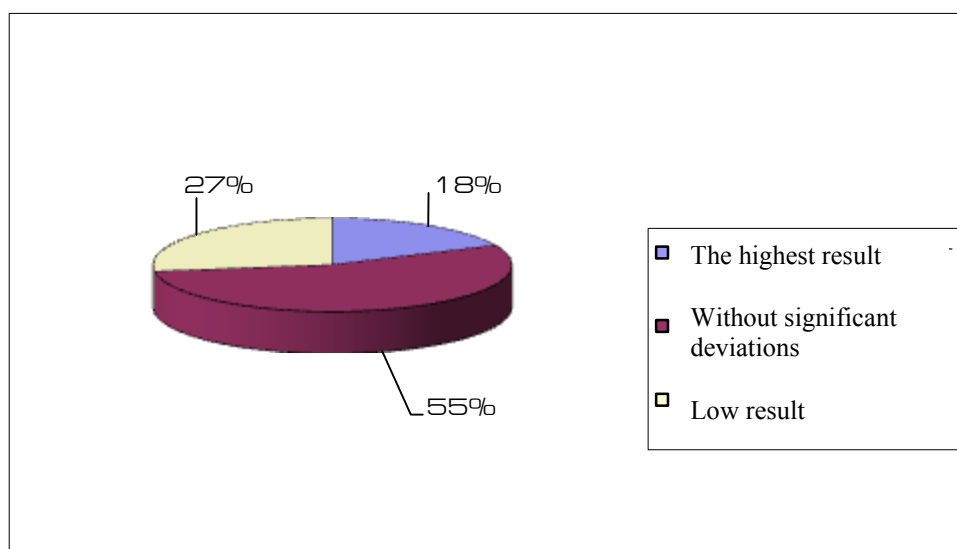


Fig.2. Results of comparative analysis of the tested before and after receiving traumas.

The characteristic feature of such approach is that the representatives of it avoid imperative moments, have respectful attitude to the wholeness of constructs system, which is intrinsic to sportsman at current moment, and collaborate with sportsman in searching new types of behavior; they are not in opposition to nuclear constructs of identity in existing systems. Psycho-therapist does not prejudice directly the value of sportsman's views, but the helps him to find new, may be more difficult and viable alternatives. Besides, for every sportsman we selected simple auto-suggestive formula, which could help him to overcome certain limiting moments [5]. Comparative analysis of results, obtained on different stages of experiment, is presented in fig. 3. We may state that for many sportsmen traumas result in rapid growth of anxiety, in misunderstanding of prospects, in instability of moral and world-outlook views. The programs of psychological rehabilitation, which are widely spread to-day, are directed to individual features of inner constitution of traumatized person.

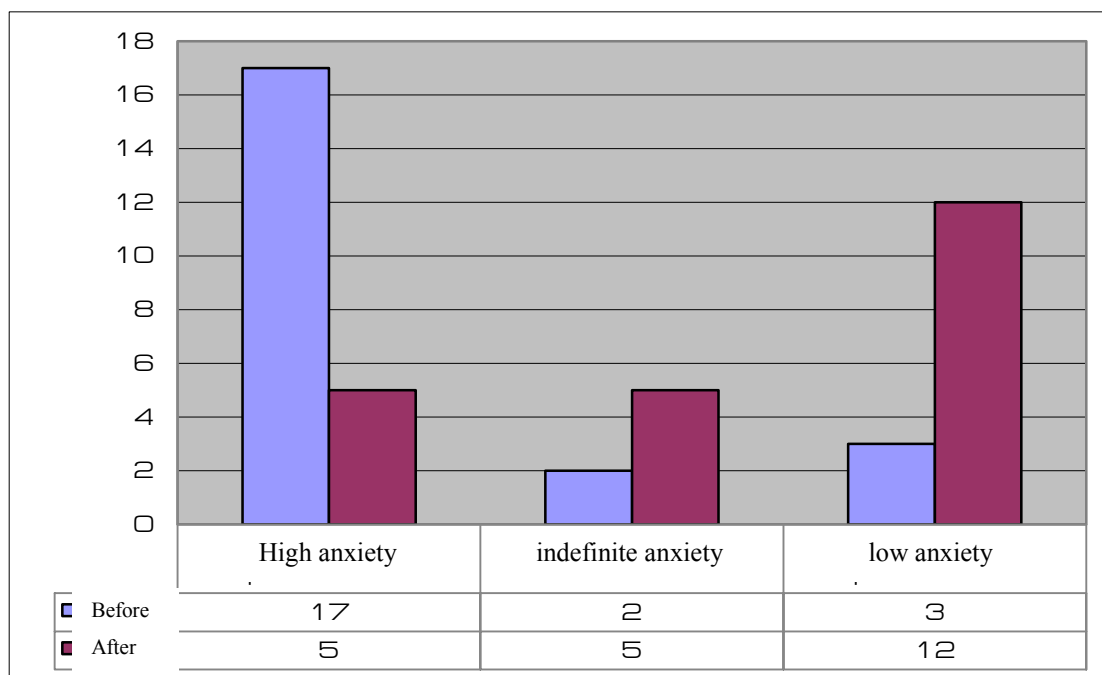


Fig.3. Results of comparative analysis of respondents anxiety levels before and after rehabilitation

That is why sportsman cannot always fully emotionally and mentally reconsider and “re-experience” trauma. This results in the fact that very often, after rehabilitation, sportsman spends much time for restoration of previously demonstrated results or receives new trauma.

Summary

It can be stated that the more information is integrated in personal construct (providing the wholeness and sense structuring are available) the higher is the level of personal development. The research showed dependence between cognitive complexity of personal construct system and sportsmen’s ability for analysis and evaluation, for sensing of objects and events in all variety of their unity. Basing on the above said, it would be purposeful to introduce the theory of personal constructs in the program of sportsmen’s psychological rehabilitation. In the whole, this is an up to date branch of cognitive approach to a personality and to mechanisms of personality’s study and development, because its influence on efficiency of rehabilitation is rather significant.

The prospects of further researches shall be oriented on psycho-prophylaxis of traumas by working with inner world of a sportsman. Besides, it is possible to study specific gender peculiarities of sportsmen’s personal constructs, methods of studying of a person and stimulating personal development.

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Information about the author

Tyshchenko V.A.: lera_gal@ukr.net; Lviv National Agrarian University;
Vladimir Great str. 1, 30831, Dublyany, Lviv region, Ukraine.

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