

COMPARATIVE ANALYSIS OF PRESTART CONDITION OF STUDENTS GIRLS IN OLYMPIC AND NON-OLYMPIC KINDS OF SPORT

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Annotation. It was studied prestart condition of students girls in Olympic and non-Olympic martial arts. With the help of SAN test and Spielberg-Chanin scale during the Championship in Lithuania among students of year 2011 was conducted 54 judo and 48 sambo athletes students girls ($n = 102$) aged 20.8 ± 2.4 years, their sporting career 5.2 ± 1.7 years. The hypothesis is not proved that before competition state of representatives of Olympic (judo) and non-Olympic (sambo) kinds of sport. Getting indexes shown that emotional state of the most of sambo and judo athletes students girls have high level of feeling of well-being, activity and mood. The most of the athletes (72.2% of judo and 64.0% sambo athletes) have very low level of situational anxiety.

Keywords: judo, sambo, students girls, emotional state, situational anxiety.

Introduction

In the dictionary of sports terminology of Lithuania [10] it is said that pre-start state of a sportsman is his psycho-physical adjustment and adapting of individual's organism to coming competitions, which are expressed in change of his psychic state (desire to start, faith in possibility of the highest result), rising (acceleration) of blood circulation, respiratory and metabolic systems' activity.

The level of sportsman's skillfulness to large extent depends on how his psychological features are developed, how he can control his emotional state during competitions. [5, 7]. In the opinion of A.N. Yerokhin et al. (2011), coach must determine emotional state of his trainees and use the most suitable methods of its monitoring. On the eve of competitions martial arts sportsmen feel high emotional tension [1, 2] but, the specificity of their pre-start state has not been studied sufficiently yet, it has been still remaining unclear, if pre-start state of representatives of Olympic and non-Olympic kinds of sports differs or not.

The work has been fulfilled within the frames of plan of scientific & research works of Lithuanian university of sports.

Purpose, tasks of the work, material and methods

The purpose of the research is comparative analysis of female students' – judo and sambo sportswomen- state in day of competitions.

The hypothesis of the present research was an assumption that the state of girl students, doing Olympic (judo) and non Olympic (sambo) kinds of sports is different in the day of competitions.

For achievement of the pointed target it was necessary to solve the following tasks: to reveal and carry out comparative analysis of peculiarities of self feeling, activity, mood and situational anxiety of representatives of Olympic (judo) and non Olympic (sambo) kinds of sports in the day of competitions.

The methods of the research. The main methods were questioning and statistical analysis of the obtained data.

For questioning we used CAH test [6], which studies self feeling, activity and peculiarities of mood of the tested and evaluation scale by Spielberg-Khanin [4].

Statistical processing of data was conducted with the help of program package of data accumulation and processing SPSS (Statistical Package for Social Science) 17.0. For comparing of the results of different groups of the tested we used χ^2 (chi-square) criterion. The confidentiality of differences of mean group data was determined by t – Student's criterion with the level of significance $< 0,05$.

Organization of the research. Anonymous questioning, in which 54 representatives of judo and 48 representatives of sambo ($n=102$) of all weight categories was carried out in 2011 during weighing procedure at Lithuanian championships in these kinds of sports. The time of questioning did not exceeded 10 minutes. Average age of the tested was $20,8 \pm 2,4$ years old, sport life period - $5,2 \pm 1,7$ years.

Results of the researches

As a result of the fulfilled research it was revealed that self feeling, activity and mood of girl-students both, doing judo and sambo are the highest in the day of competitions and are evaluated within 7,0-7,6 points. No confident difference between states of representatives of different martial arts before important starts was found ($p > 0,05$), (see fig.1).

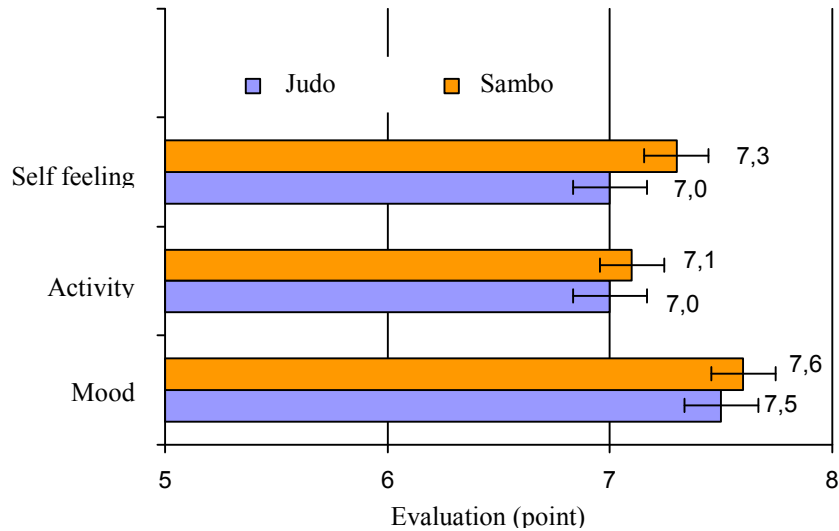


Fig.1. Evaluation of sportswomen's state in the day of competition ($\bar{x} \pm S\bar{x}$).

Evaluation

The self feeling of most judo representatives (76%) and sambo (60%) had high self feeling (see fig.2). Activity of high level is characteristic for 52% of the Olympic kinds of sports representatives and 68 representatives of non Olympic kinds of sports. High level of mood was manifested by 75.6% and 70% of respondents correspondingly. Low levels of self feeling, activity and mood were not registered at all.

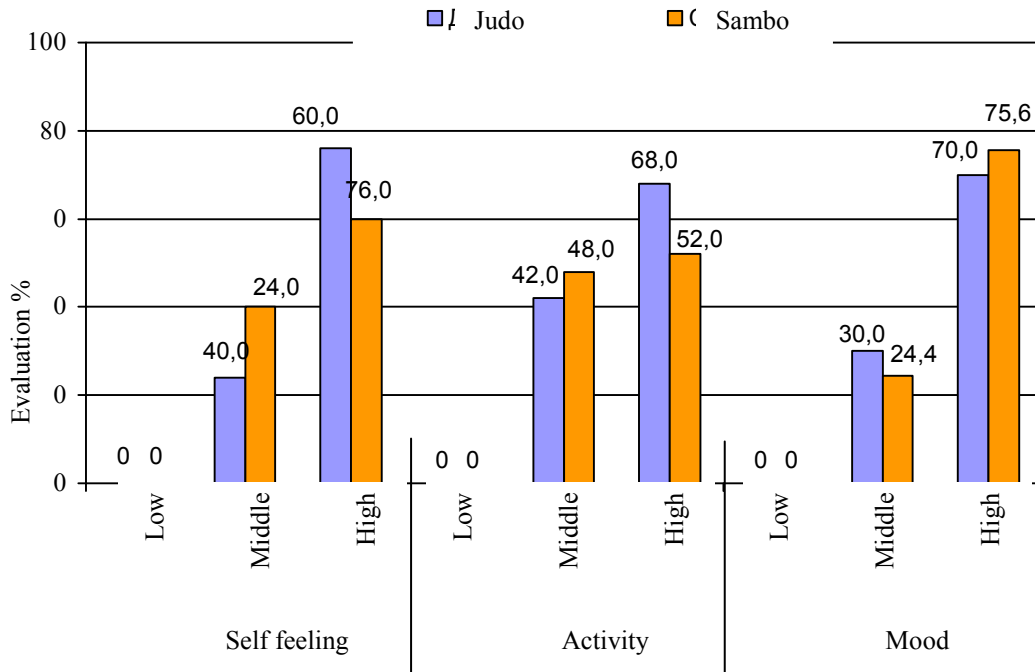


Fig 2. Evaluation of sportswomen's state in the day of competition (%).

It was found out that situational anxiety before important starts was intrinsic to 72,2% of judo representatives and 64% of sambo sportswomen and was on low level. Anxiety of middle level was felt by 25 and 32% respondents, of high level - 2,8 and 4% of the tested correspondingly (see fig. 3).

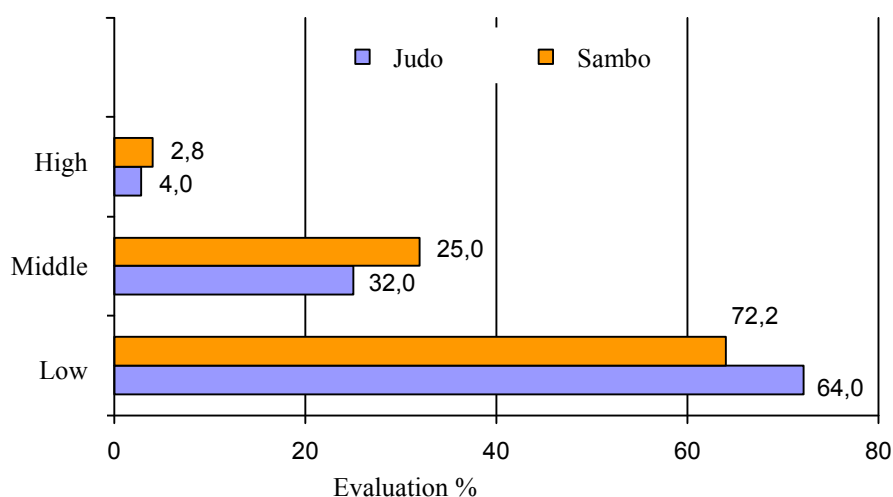


Fig. 3 Evaluation of situational anxiety of sportswomen in the day of competitions (%)

The hypothesis about different pre-start state of Olympic (judo) and non Olympic (sambo) kinds of sports representatives which initiated the present research has not been confirmed.

The data, obtained in the course of the research, witness that self feeling, activity and mood of girl-students, both: doing judo and sambo, mainly reach the highest level in the day of competitions. And situational anxiety of the most of sportswomen (72.2 and 64% correspondingly) is low.

Coming from the fact that in available sources we could not find researches, which would be devoted to study of pre-start state of girl-students, doing martial arts, we compared the results, obtained by us, with the data, obtained in analogous researches of men, doing martial arts.

The results, obtained by us practically are the same as the results of researches, which were fulfilled in Lithuania with boy-students, representatives of Graeco-Roman wrestling and box [8], judo and sambo [9], where it was also stated that self feeling, activity and mood of sportsmen are on high level while situational anxiety on low.

However the results of our research do not comply with the data of A.N. Yerokhin et al (2011), who established that Graeco Roman style wrestlers are characterized by moderate, close to transition from moderate to high level of situational anxiety and middle level of self feeling.

Such divergence can be the result of fact that contingent of girls, doing martial arts in Lithuania is rather limited and adversaries know each other quite well (including peculiarities of tactics and techniques, the most used techniques etc.). Exactly owing to this fact they are less sensitive to stress, having no unknown adversary, and their psychological state before start turned out to be better.

Summary

Most of girl students, doing judo and sambo in Lithuania have high level of self feeling, activity, mood and low level of situational anxiety.

The further researches will be oriented on studying of pre-start state of other martial arts' representatives. Besides, in our opinion, it would be interesting to compare pre-start state of sportsmen, participating in competitions of different level and by other indicators of psychological state and readiness.

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Cite this article as: Ivaskiene V.P., Skyriene V.V., Markevicius V.Z. Comparative analysis of prestart condition of students girls in Olympic and non-Olympic kinds of sport. *Physical education of students*, 2013, vol.4, pp. 27-30. doi:10.6084/m9.figshare.669683

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Received: 06.03.2013
Published: 01.05.2013