

## STRESS MANAGEMENT IN WRESTLING

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### INTRODUCTION

The aim of sports activity is a high result in competitions of different levels, as well as effective preparation for them in the conditions of training activities. This process is accompanied by increased of psychological motivation, manifestation of individuality and the implementation of the athlete's functional capabilities.

Psychological training in wrestling involves the following stages:

- obtaining information about upcoming competitions and main competitors;
- used of diagnostics about level of fitness and mental state of an athlete at the different stages of preparation;
- determination (together with the athlete) of the goal, technique and tactics of the upcoming competition, taking into account the available information;
- development of a detailed competition program;
- preventive measures to overcome difficulties and unexpected obstacles in competitive activity;
- psychological orientation to improve the athlete's volitional qualities, confidence and methods of blocking psychical tension;
- the formation of personal and social motives for participating in competitions.

One of the main part of psychological support in wrestling are coping stress and motivation<sup>1,2</sup>.

The analysis of current sources is shown prevalent of psychophysiological studies in sport psychology related with elite athletes training support.

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<sup>1</sup> Raab M., Lobinger B., Hoffmann S., Pizzera A., Laborde, S. Performance Psychology: Perception, Action, Cognition, and Emotion. London : Academic Press, 2015. 152 p.

<sup>2</sup> Furley P. The nature and culture of nonverbal behavior in sports: Theory, methodology, and a review of the literature. *International review of sport and exercise psychology*. 2021. P. 1 6:1–26.

Modern Olympic<sup>3,4</sup> wrestling is characterized by development of spectacularity and intensiveness of fight<sup>5</sup>. In recent changes of rules of competition resulted to density and intensity of a wrestling match. This is process affect to revision of opinion about training and improvements of special wrestling preparation.

## 1. Stress and Coping

### *What is Stress and Stress Resistance?*

Selye considered stress as a state of nonspecific tension in the human body caused by any external or internal negative factor (stress). The action of the stressor increases the activity of the endocrine and nervous systems. Adaptive responses to a stress factor are accompanied by the stress of the body and the mobilization of internal resources to overcome the consequences of stress.

There are three stages of stress manifestation: anxiety, resistance and exhaustion. The first phase of stress is accompanied by an emergency response of the human organism to a stress factor (shock stage with anxiety manifestation). The second stage of stress is characterized by the mobilization of the adaptive mechanisms of organism aimed at resisting the harmful effects of stress. At this stage, various psychophysiological functions are switched on to prevent possible violations of the homeostasis of organism. If the effect of the stressor continues, then the third stage begins – the depletion of the organism's resources. At the same time, a breakdown occurs; the organism loses its ability to adapt to the conditions of life.

At modern stage, the wording of the term stress is defined as a nonspecific reaction of the body in response to any impact and as a holistic integral state of the personality that arises in a difficult situation with activity being performed. The nature of the impact on the body determines the type of stress – it is distress (acting negatively) and eustress (acting positively).

Stress can be both beneficial and destructive. Stress can contribute to the mobilization of a person, increase of adaptive capabilities in conditions of discomfort and danger (eustress), or can destroy a person, sharply reduce the work efficiency and the quality of life (distress).

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<sup>3</sup> Tünnemann H., Curby D. G. Scoring analysis of the wrestling from the 2016 Rio Olympic Games. *International Journal of Wrestling Science*. 2016. Vol. 6. № 2, P. 90–116.

<sup>4</sup> Mirzaei B., Faryabi I., Yousefabadi H. A. Time-Motion analysis of the 2017 Wrestling World Championships. *Pedagogy of Physical Culture and Sports*. 2021. Vol. 25. № 1. P. 24–30.

<sup>5</sup> Latyshev M., Holovach I. Improvement of the Technical and Tactical Preparation of Wrestlers with the Consideration of an Individual Combat Style. *SportMont*. 2021. Vol. 19. P. 23–28.

<sup>6</sup>Physiological stress arises from physical overload of the organism or exposure to harmful environmental factors.

Psychological stress is a consequence of a violation of the psychological stability of the individual, including the discrepancy between the expected event and reality. Psychological stress can be a consequence of cognitive overload. For example, with mental work of a large volume, as well as with prolonged monotonous activity.

<sup>7</sup>Emotional stress is a variant of psychological stress that occurs in situations of threat, danger and resentment.

Stress resistance is the leading psychological characteristic of competitive activity. Stress resistance reflects the characteristics of an athlete's ability to self-regulate in order to reduce the negative impact of stress on the body.

Stress resistance is associated with the activation of the adaptive mechanisms of the athlete's body, aimed at overcoming the negative impact of external stress factors on psychosomatic stress.

But it is impossible to prevent the influence of stress factors on athletes during sports. Better ways need to be found to minimize the impact of stress in a competitive environment.

#### *Correction or stress management*

Sports activity takes place in extreme conditions with stress factors: physical activity, psycho-emotional stress, factors of the sports environment.

Short-term stressors include:

- fear (previously injury with performing an exercise);
- physical suffering (pain, fatigue, injury);
- unreasonable pressure on sports results;
- information overload from the external environment;
- failures in the implementation of the athlete's technical skills.

Long-term stress factors also negatively affect to the effectiveness of sports activity. Long-term stressors include:

- risk and danger in the conditions of competitive actions;
- exhausting physical activity against the background of physical and mental fatigue;
- the need to change the technique and tactics of competitive activity;
- lack of contact during the competition with the coach or team members.

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<sup>6</sup> Korobeynikov G., Korobeynikova L., Potop V., Nikonorov D., Semenenko V., Dakal N., Mischuk D. Heart rate variability system in elite athletes with different levels of stress resistance. *Journal of Physical Education and Sport*. 2018. № 2. P. 550–554.

<sup>7</sup> Lane A. M., Beedie C. J., Devonport T. J., Stanley D. M. Instrumental emotion regulation in sport: relationships between beliefs about emotion and emotion regulation strategies used by athletes. *Scandinavian Journal of Medicine & Science in Sports*. 2011. № 6. P. 445–451

Overcoming the stress factor in the conditions of sports activity occurs due to the mobilization of functional reserves and the loss of energy resources of the athlete's organism.

The long-term action of the stress factor associated with psycho-emotional and physical strain. However, in professional athletes formed the functional system aimed at preventing stress by increasing stress resistance.

Athletes with extensive experience are more successful in coping with competitive stress. This fact is associated with the experience of competitive activity and adaptation to the effects of special stress factors in stressful situations.

At the same time, exposure to low-intensity stressors enhances adaptation to high-intensity stressors<sup>8</sup>. Based on this pattern, Meichenbaum developed a stress inoculation treatment approach.

In sports, stressors are of external origin. However, stress is associated with the emotional reactions of athletes to competitive activity. In other words, stress in sports is highly personal.

Pre-competitive states reflect of stressful conditions in athletes. There are three main reactions to pre-competitive stress: the predominance of arousal, the predominance of inhibition, or the balance between processes of arousal and inhibition. They are formed taking into account the individual-typological characteristics of nervous system.

### *Coping Stress*

The methods for coping stress have been developed in practical sport psychology. The exercises are recommended to be performed for 10–15 minutes in a calm environment.

Ways of distraction from a stressful situation of athletes.

If happening situation makes a strong impression on the athlete and he continues to think about it, he “gets stuck” in a stressful situation (losing in competition). Athlete constantly worries about the events that have occurred. To distract yourself from a stressful situation, you need to think about something else related to pleasant sensations and experiences (rest, pleasant event, sports achievements).

When athlete wants to reduce the subjective significance of the event that caused stress, he needs to reconsider your attitude to what happened according to the principle: “What is not done is for the better”.

One of the ways of optimize of emotional condition – not to keep in yourself the surging feelings and emotions that caused stress, but to throw out the accumulated energy outward. Athlete can engage in some even business

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<sup>8</sup> Meichenbaum D. The evolution of cognitive behavior therapy: A personal and professional journey with Don Meichenbaum. Taylor & Francis, 2017.

(switching to creativity, going to the cinema, theater, concert, etc.). The second way can be the practicing other sports, playing football, volleyball, basketball, etc can reduce the subjective significance of the event that caused stress.

<sup>9</sup>Stress causes general tension and an increase in the frequency of brain waves. Relaxation, on the contrary, reduces the brain waves frequency, which leads to a decrease in the level of excitation of the central nervous system.

Positive thinking – a positive way of thinking and the associated positive emotions of kindness, love, joy – this is the main personal tool for ensuring health and well-being.

Should be optimistic in any situation – another way to relieve stress and maintain mental health of athletes.

## 2. Pre-competition Stress

### *How to deal with stress*

Some athletes without attach importance to unpleasant moments and cope with stress relatively easily. Someone experiences stress itself rather painfully, but comes out of it with minimal losses for health. But, for someone another stress can lead to serious consequences even to a somatic illness.

Signs of stress:

- Physical: insomnia, chest pain, abdominal pain, back pain, high blood pressure, diarrhea, headaches, dizziness, chronic fatigue, nausea, frequent colds, etc.

- Emotional: excessive aggressiveness, increased excitability, depression, impulsive behavior, impaired memory and concentration, tantrums, nightmares, panic, irritability, frequent tearfulness, etc.

- Behavioral: alcohol abuse, constant search for various diseases, loss of interest in one's appearance, the habit of nails, tapping with a finger, heavy smoking, etc.

Self-regulation techniques that can be classified as “ambulance” include:

1. Self-monitoring as a basic technique of self-regulation.

2. Psychophysiological techniques: breathing relaxation and muscle relaxation.

3. Cognitive techniques: the technique of switching attention or “inhibiting thoughts”.

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<sup>9</sup> Dziembowska I., Izdebski P., Rasmus A., Brudny J., Grzelczak M., Cysewski P. Effects of heart rate variability biofeedback on EEG alpha asymmetry and anxiety symptoms in male athletes: A pilot study. *Applied psychophysiology and biofeedback*. 2016. № 2. P. 141–50.

Self-monitoring is one of the basic techniques that allow you to effectively regulate the psycho-emotional state. It is an indispensable element of psychophysiological support and is used for self-control and self-regulation of athletes.

The purpose of self-monitoring is to identify and voluntarily overcome emotional tension. Technically, it is carried out as follows.

It is necessary to mentally “walk” all over the body, asking yourself questions:

- “What is my facial expressions at the moment?”
- “How are my muscles? Are they not tense? ”
- “How do I breathe?”

Asking these questions to yourself and analyzing the state of your body – this will reduce the level of emotional stress and remove emotional clamps.

Accordingly, methods of self-regulation, external regulation, as well as special physical activity are used to regulate and correct pre-start stress states. The corrective warm-up that the athlete reproduces before the competition is the key to increasing the level of stress resistance.

Certain breathing techniques are very effective in self-regulation of the psycho-emotional state. By arbitrarily changing the parameters of breathing, its rhythm, depth, we form the functional state of the nervous system. Breathing techniques can serve the purpose of not only relaxation, but also activation.

In order to activate mental tone, need to breathe as follows:

- deep breath (duration not less than 3 seconds);
- sharp forced exhalation with difficulty through the nose.

To achieve the effect in one approach, it is necessary to repeat the technique at least 5–6 times in a state of fatigue, weakness, drowsiness. Thanks to the implementation, a fairly rapid increase in the general tone of the body is achieved.

Cognitive techniques provide a stop of thoughts that cause psycho-emotional discomfort and thereby, prevent the further development of negative experiences and sensations.

Need to learn to think less about unpleasant things. The habit of constantly thinking about something – “mental chewing gum” – is developed from childhood and is constantly stimulated in the future. And it does not matter whether it is useful for us to think at this moment or even harmful, thoughts continue to be present in consciousness. It is believed that looking at the flowing water and tongues of flame a person calms down.

If athlete a long time lives in psychological stress condition is not aware of the exhaustion of the nervous system and cannot prevent it. In this cause not worth the risk and not try to overcome stress on your own, but seek help from a psychologist or psychotherapist.

### *Pre-competition negative states arising in the wrestling*

In the period before the competition, against the background of mental tension, athletes may experience negative psychical states. In sports psychology the following psychical states of athletes are most often distinguished in conditions of competition:

- state of anxiety;
- a state of fear;
- a state of monotony;
- a state of psychical oversaturation;
- a state of uncertainty about a successful competition;
- a state of frustration.

Negative psychical states are classified according to various aspects of sports activity:

- in the training process: a state of aggression towards the coach or one of the team members; a state of apathy in relation to the training process, a state of chronic fatigue;
- pre-competitive states: fear of future competitions, fear of strong rivals, loss of the optimal pre-start state;
- competitive process: a state of excessively increased mental stress, state of “internal clamp”, loss of self-confidence, decrease in the severity of tactical thinking, the occurrence of excessive excitement or inhibition;
- post-competition states: distress after a lost competition, feeling of guilt towards the coaches and members of team;
- personal states: depression (family conflict), apathy (lack of further life goals).

Particularly relevant in the practice of sports is the question of the peculiarities of regulation and correction of the pre-competitive (pre-start) state of an athlete. The pre-competitive state is an emotional mental state, a conditioned reflex reaction of the organism, which arises in connection with the forthcoming participation of an athlete in competitions and mobilizes his body to perform responsible activities in the tense circumstances of the competition. The effectiveness and efficiency of an athlete’s competitive activity largely depends on it. The positive or negative influence of the pre-competitive state on sports performance depends on the degree of excitation of the nervous system.

<sup>10</sup>Traditionally, pre-competition states are divided into “combat readiness”, “pre-launch apathy” and “pre-launch fever”. The state of “combat readiness” for each athlete has personal peculiarities. But there are three main

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<sup>10</sup> Korobeynikov G., Korobeynikova L., Iermakov S., Nosko M. Reaction of heart rate regulation to extreme sport activity in elite athletes. *Journal of Physical Education and Sport*. 2016. № 3. P. 976–981.

components of manifestation of pre-launch states: physical, emotional and mental. Physical component correspond of feeling of physical qualities. The emotional component is characterizing the level of emotional excitement. The mental component relate with mental program of action.

Although, most athletes in preparation for the competition rely on two components at once, using them in different sequences and percentages.

For wrestlers, the ratio of the components of the pre-start state is as follows – physical – 50 %, emotional – 25 %, mental – 25 %.

Correction of pre-competitive states is to teach the athlete to regulate his own components in a state of “combat readiness” and to train him to consciously and regularly use the existing competitive and training experience.

For example, a psychological setting for a wrestler that includes a physical component: “I am light, powerful and fast as a tiger.” To include the emotional component: “the mood is excellent, fighting.” Activation of the mental component: “the head is clear, reasoning is clear.” The imaginary images generated by these words contribute to the necessary increase in the tone of the sympathetic nervous system and also optimize all psychophysiological qualities necessary to win in wrestling.

In the process of an athlete’s professional growth, psychological methods of correcting pre-competitive states may change somewhat. Some of method of psychological correction can be supplemented based on specific circumstances, for example, when exposed to external unfavorable factors.

Sports psychologists note that the coach has a motivating effect on the dynamics of the development of the psycho-emotional state of the athlete, as well as the atmosphere of friendship, optimism, purposefulness and efficiency.

<sup>11</sup>It is believed that elite athletes achieve the greatest success when two motives are equal – achieving success and avoiding failure.

It is possible to dose motivation:

- by influencing the level of aspirations – to reduce, if the athlete is inclined to overestimate it, to increase to adequate self-confidence;
- due to the challenge of a certain attitude of the athlete to the upcoming difficulties in the competition, assessing the threat of the task.

Thus, in the process of individualization of ways of correcting negative pre-competitive states of an athlete, it is necessary to take into account a complex of factors, especially: individual-typological properties of the nervous system (type of nervous system, temperament), level of anxiety, personal qualities, peculiarities of relationships with a coach, athletes, abilities

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<sup>11</sup> Korobeynikov G. V., Korobeynikova L. G., Romanyuk L. V., Dakal N. A., Danko G. V. Relationship of psychophysiological characteristics with different levels of motivation in judo athletes of high qualification. *Pedagogics, psychology, medical-biological problems of physical training and sports*. 2017. № 6. P. 272–278.



to self-regulation, the experience of an athlete, the peculiarities of his motivation, the peculiarities of training and competitive activity. In addition, the selection of ways to correct and normalize negative psychological states is carried out depending on the nature of a specific situation as well as taking into account the dominant factor of sports activity.

*Features of psychological support associated with stress factors.*

To overcome stress in sports practice the psychological support of an athlete is used. Psychological support is the activity of a sports psychologist aimed at improving or updating the mental properties, processes and states of an athlete to increase the effectiveness of the training process in preparation for competitions; as well as psychological assistance to an athlete in solving problems and difficulties at different stages of a sports career.

At the stage of initial sports specialization in young athletes may be discrepancy between the real training processes with the ideas about the chosen sport.

At the stage of in-depth training must use a pronounced increase in training loads. At the stage of the highest achievements – transition from youth sports to adult sport becomes the main business. At the stage of transition to professionals – an independent concern to maintain their sports form. At the stage of completing a sports career the sports results do not grow for a long time or begin to decline. The aim of advising an athlete focus to organizing a confidential dialogue with athletes and a coach, directing the analysis of a stressful situation and proposing options of exit. The main direction of psychological work in this stage – showing the consequences of one or another choice as well as helping an athlete in finding “inner support” for overcoming difficulties on his own. The methods of psychological preparation of athletes are: lectures and classes aimed at increasing the psychological literacy and competence of an athlete and a coach.

Psychological support of athletes in overcoming stress is implemented in two directions: all the work to help the athlete is done by the psychologist coordinating with the coach or by the coach.

Psychological and pedagogical influences are implemented by a coach according to diagnostic information and recommendations from psychologist. Many coaches communicate effectively with athletes and successfully solve emerging problems. However it should be borne in mind that the coach's abilities to provide psychological assistance are limited. The coach cannot fully assess the results of psychological diagnostics, conduct trainings to improve interaction, engage in psychological corrections.

The practice of sports psychologists shows that the most effective is psychological support for overcoming stressful conditions of athletes from

both of professionals – psychologist and coach. The sport psychologist work with athletes and gives the necessary recommendations to the coach.

Psychological support of athletes to overcome stress consists of psycho-diagnostics, psycho-prophylaxis and psycho-correction activities. Psycho-diagnostics is the receipt of information about psychological characteristics on the basis of which preventive and corrective measures are planned. Psycho-prophylaxis is the creation of conditions that prevent the occurrence of stressful conditions.

Psycho-correction is a psychological influence in order to optimize the manifestations of mental properties, processes and conditions of athlete. With the help of psycho-correction methods (suggestions, beliefs, psychotherapeutic conversations, psycho-regulatory training, relaxation sessions, etc.) can change motivation, increase stress resistance, stimulate the manifestation of courage, perseverance, and help enter a state of “alert”, improve reaction indicators and the speed of perception.

When carrying out psycho-prophylaxis and psycho-correction it is imperative to take into account: individual personality traits of athletes (character traits, skills, abilities); problem areas (insufficient development of the basic qualities of stress resistance, negative attitudes); experience overcoming stress in previous competitions; goals and objectives to be solved in specific competitions; dosage of the power of motive (the regulating power of motives is manifested in their activating influence, which supports and stimulates the intellectual, moral, volitional and physical efforts of a person associated with achieving the goal).

### **3. Competition Stress**

Different starts offer the athlete to correlate his level of training with the requirements of specific competitions. This includes mental readiness, fitness level and technical properness. The reason of formation of stress reaction in athlete related with ideas himself and real situation in training process. Moreover, this applies specifically to the subjective feelings of the athlete – the objective indicators of his readiness may be at a level that potentially allows him to demonstrate a high result in competitions. But the development of stress will not depend on this.

One of the factors causing competitive stress is the psychological pressure of major international competitions. This usually happens with athletes who do not have a lot of experience in participating in high-level competitions.

Stressors associated with an opponent are formed when an athlete evaluates an opponent as obviously stronger, known or experienced, as well as in the case of an unsuccessful experience of meetings with this particular opponent. Stress associated with personal superstition or ritual is very

characteristic of sports. An athlete creates rituals for himself that help to properly tune in and come to an optimal state over the course of his career.

In the basis of high resistance to competitive stress in athletes are personal properties of the nervous system and temperament.

For example, athletes with a weak nervous system, highly anxious, significantly emotionally excitable, are characterized by continuous detailed planning of future activities, increased control over it, a fixed daily routine, and an underestimated level of aspirations. These athletes have difficulty making decisions quickly and independently under stress. In this regard, they constantly seek help from their coach and teammates.

Athletes with a strong type of nervous system, low anxiety, emotionally stable, impulsive, non-rigid, are characterized by a constantly high level of goals, desires, and the predominance of executive activity on the target. Such athletes are highly self-stimulating and achieve high results in the presence of a very high (maximum time) level of stress. They make decisions easily and quickly, differ in relative independence and do not experience a constant need for the help of a coach and partners.

#### *Approaches to Dealing with High Intensity Stress*

One of the important approaches to the work of a sports psychologist is the purposeful formation of sports motivation, confidence in one's abilities, including through the "formation of internal supports" based on the creation of an athlete's confidence in the ability to make the right decision and implementation.

Training is aimed at developing self-hypnosis, self-belief, self-orders. They practice such techniques as "lifting the ban on error" (before fighting a relatively weak opponent, it is recommended to deliberately take risks in order to suppress his will to resist), "de-actualization of the opponent" (emphasizing the athlete's advantage over the opponent in effective tactical activity), "desensitization" (carried out with the participation of a professional psychologist – the athlete is invited to recall the cases when his competition plan came across a more effective opponent's plan, what an unfavorable condition arose, then this experience is worked out with the help of special psychological techniques).

The used of various means, methods and techniques of psychological training, based on the individual psychosomatic and personal characteristics of athletes, the specifics of their competitive activity and the prevailing stress factors of internal and external nature are contributes to the formation of the necessary personality traits that are responsible for successfully overcoming stress in sports competitive activity. On how timely and competently psychological assistance to an athlete will be organized sports longevity,

physical and mental well-being, success, satisfaction with himself and sports results, self-confidence and his abilities in sports and outside it depend (12).

### *Training Emotion Regulation in a High-Stress Environment*

In response to stress an athlete develops a state of anxiety, confusion. This condition is an automatic preparation for an active action: attacking or defensive. As a result, pronounced emotions arise. Emotional instability as mood instability leads to sharp fluctuations in performance of athlete.

The stress response can and should be controlled. The athlete should know that he cannot be a victim of stress. He may well rely on himself and is able to must defend himself. But for this athlete needs to know the means and methods by which you can control your physiological responses to stress impulses. First, athlete can consciously respond with relaxation, which can interfere with the influence of the stress impulse, prevent its appearance or reduce stress. Thus, this is a psychophysiological mechanism to prevent psychosomatic disorders in the organism.

The different method of stress management is anti-stress breathing. It is necessary to slowly take a deep breath through the nose, at the peak of inhalation, hold your breath for a moment, and then exhale as slowly as possible. This is a soothing breath. The person need to imagine that with each deep inhalation and prolonged exhalation, there is a partial release from stressful tension.

A moment's relaxation will also help. It is necessary to relax the corners of the mouth, moisturize the lips. Relax your shoulders. Focus on your facial expressions and body position: Remember that they reflect emotions, thoughts, and inner states. In this case, athlete can relax your muscles and breathing deeply.

### *An example of relaxation*

“Look around and take a close look at the room you are in. Pay attention to the small details, even if you know them well. Slowly, without haste, mentally “sort through” all the objects one by one in a certain sequence”.

Focusing on a rational perception of the environment can help to distract from internal stressful tension. You must a clear fixation on the quality characteristics of the surrounding world. If circumstances permit, change the environment. Go to another place where there is no one, or go out into the street, where you can be alone with your thoughts and the desire to look at yourself from the outside.

You can and should engage in any other activity, and especially physical labor, in a stressful situation it plays the role of a lightning rod – it helps to escape from internal stress.

Another effective method can be listening to soothing music, the one you love. It is necessary to listen to it, concentrate on compositions (local concentration). Concentration on one thing contributes to complete relaxation evokes positive emotions.

An effective way to relieve emotional stress can be a conversation on any frank topic with another person nearby: a coach, a comrade in sports. If no one is around call your friend. This is a kind of distracting activity carried out “here and now” and is designed to displace from consciousness the internal dialogue, saturated with stress and emotionally colored.

An athlete has the ability to consciously control breathing, use it to calm down, to relieve tension – both muscular and mental. Thus, auto regulation of breathing can become an effective means of dealing with stress and emotions, along with relaxation and concentration. Breathing exercises can be performed in any position. Only one condition is mandatory: the spine must be in an upright or horizontal position. This makes it possible to breathe naturally, freely, without tension, to fully stretch the muscles of the chest and abdomen. The correct position of the head is very important: it should sit on the neck freely and freely.

The one of the manual method of relaxation is massaging active, painful points which help to resist destructive emotions.

#### **4. Maintaining Athlete Motivation**

The sports motivation basis constitutes comparison of own results with achievements of others, realization of own capabilities and self-affirmation as well as cognition of the world<sup>12</sup>. Motivation in sport implies the presence of factors and processes which stimulate athlete to the action or inactivity in different situations. The key role of motivation lies in realization of abilities the “guided training” and forming athletes’ behavior by means of structural components of motivation.

Motivation occupies a leading place in the structure of personality and is one of the main manifestations, explains the driving forces of behavior. One of the leading places in the system of training athletes is occupied by the manifestations of various levels of sports motivation. With the same level of fitness of athletes, it is the factor of motivation that can play a significant, and sometimes a decisive role in the victory.

As a rule, the analysis of sports activity must be carried out taking into account the motivational components, namely: motives of behavior, peculiarities of regulation of activity, the specifics of the goals and objectives

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<sup>12</sup> Gustafsson H., Carlin M., Podlog L., Stenling A., Lindwall M. Motivational profiles and burnout in elite athletes: A person-centered approach. *Psychology of Sport and Exercise*. 2018. № 35. P. 118–25.

facing a person. Motivation to achieve the goal and motivation to avoid failure, their levels of manifestation – have a connection with the tactical and technical implementation of the athlete in the competitive period.

The formation of individual strategies in sports occurs against the background of the corresponding achievement motivation. Achievement motivation is one of the most essential properties of personality. The question of the relationship of individual psychological characteristics with the processes of motivation has a particular importance. The motive of achievement is one of the leading motives of the subject of sports activity. The motif is ambiguously associated with individual typological characteristics. The motive of achievement forms statistically significant positive relationship with the indicators: orientation to a certain activity; adaptability to external conditions; combinatorial thinking; spatial imagination. Motive of achievement forms statistically significant negative correlation with the indicators of: anxiety, emotional instability.

The choice of a strategy of behavior is marked by the dominance of achievement motivation. The relationship between the two, achieving success and avoiding failure, defines “pure motivation.” Motivation in sports activities among “successful” and “unsuccessful” athletes has its own characteristics and is associated with personal and volitional qualities. The study of these motives allows you to direct human activities towards the most successful implementation in order to achieve the highest result.

There is an opinion that the motive for achieving success is more pronounced among elite athletes than among athletes of average qualification or unskilled ones. But our studies are showed that motivation of the failure avoidance may be the optimality strategy of competition activity. Such strategy makes it possible to minimize exhaustion of vegetative resources in conditions of extreme sports activity.

In achievement motivation, it is advisable to single out three main components: motivational, personal and volitional. The peculiarity of the motivational component of achievement motivation is that its individual components have different degrees of severity in “successful” and “unsuccessful” athletes. In the first, the desire for success and the need to achieve high results dominate, in the second, the desire for success with avoiding all kinds of failures.

Motivation of achievements among representatives of combat sport, to a large extent contributes to the achievements themselves and determines the manner of conducting the fight. It is believed that wrestlers with a predominance of the need to achieve success prefer an attacking style of activity: the number of attacking actions is significantly higher than that of athletes with a predominance of the need to avoid failure, who are more likely to defend themselves and act on counterattacks.

Considering that motivation affects the formation of an individual style of fight in wrestling this determines the tactics and strategy in competitions of different levels.

## CONCLUSIONS

The psychological support in the wrestling is very importance. The stress factors are accompanies of sport activity, especially competition activity. That is why we must find ways of minimizing the impact of stress in a competitive environment. One of the stressful conditions is pre-competitive stress of athlete. All of stress reactions to competition activity related with personal characteristics of nervous system activity of athlete.

The forming in athlete of positive emotions is a main personal tool for ensuring of prevent of stress. Among different methods of stress correction in athlete the method of anti-stress psychological preparation is more efficient.

Simultaneously very important with psychology support the forming of motivation to achieve in wrestlers promotes of style of conducting the fight.

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