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ESSENTIAL CHARACTERISTICS OF FORMATION OF READINESS OF SAMBO WRESTLERS OF THE MASTERS CATEGORY FOR COMPETITIVE ACTIVITY

According to the results of a number of theoretical and empirical studies on the outlined issues, members of the research group found, that the question of determining the essential characteristics and structure of the formation of the readiness of athletes of the "Masters" category, who specialize in the fight against Sambo for competitive activities in the system of their long-term training – insufficient number of scientific and methodical works is devoted. This requires further research and is currently an important area of scientific research.

The main purpose of the study is to determine the nature and structure of the formation of readiness of Sambo wrestlers of the "Masters" category for competitive activities in the system of their long-term training. During the theoretical research the following methods were used: axiomatic, idealizations, historical and logical, convergence from the concrete, formalization, etc. In addition, the experience of many years of training of fighters of different age groups (weight categories) was used.

As a result of theoretical research, the members of the research group determined the essential characteristics of "readiness of Sambo wrestlers of the" Masters "category for competitive activities" – personal education which is formed by purposeful pedagogical influence (taking into account modern achievements in the field of physical education of various groups of the population, Olympic and professional sports, etc.) for the formation of Sambo wrestlers of older age groups (Masters) readiness to raise the prestige of Ukrainian sports in the international arena, conducting competitive activities in various extreme conditions (climatic and geographical features, psychological impact on the minds of fans, political motives, well-being, exacerbation of chronic diseases, injuries, etc.) and provides a combination of knowledge about the content characteristics of training and competitive activities, as well as the requirements of these activities to the level of established professional competencies (technical preparedness, tactical preparedness, psychological readiness, knowledge of the basics of pharmacology, general physical readiness, special physical readiness, etc.) with the opportunities and needs formed and realized by him in the process of development.

The results of the theoretical study are implemented in the system of long-term training of athletes of older age groups (Masters) who specialize in Sambo. Prospects for further research in the chosen field of scientific research include the development of an experimental program of long-term training of Sambo wrestlers in the "Masters" category, taking into account modern advances in science, technology, medicine and more.

Keywords: essential characteristics, Martial Arts athletes, mental Self-regulation, readiness, Sambo wrestling, Technical and Tactical training, Veteran athletes, Theory

Хацяюк Олександр, Височан Леся, Сивохоп Едуард, Семаль Наталія, Драгунов Дмитро. Сутнісні характеристики формування готовності самбістів-ветеранів до змагальної діяльності. Відповідно до результатів низки теоретичних та емпіричних досліджень з окресленої проблематики, членами науково-дослідної групи встановлено, що питанням визначення сутнісних характеристик та структури формування готовності спортсменів-ветеранів, які спеціалізуються в боротьбі самбо до змагальної діяльності в системі їхньої багаторічної підготовки – присвячено недостатню кількість науково-методичних праць. Це потребує подальших наукових досліджень і на сьогодні є актуальним напрямом наукової розвідки.

Головною метою дослідження є визначення сутності та структури формування готовності самбістів-ветеранів до змагальної діяльності в системі їх багаторічної підготовки. Під час теоретичного дослідження були використані наступні методи: аксіоматичні, ідеалізації, історичні і логічні, сходження від конкретного, формалізації тощо. Крім цього, було використано досвід багаторічної підготовки одноборців різних вікових груп (вагових категорій).

В результаті теоретичного дослідження членами науково-дослідної групи визначені сутнісні характеристики «готовності самбістів-ветеранів до змагальної діяльності» – особистісне утворення яке формується шляхом цілеспрямованого педагогічного впливу (із урахуванням сучасних досягнень у напрямі фізичного виховання різних груп населення, олімпійського та професійного спорту тощо) на формування у самбістів-ветеранів готовності до підняття престижу українського спорту на міжнародній арені, ведення змагальної діяльності у різних екстремальних умовах (клімато-географічні особливості, психологічний вплив на свідомість вболівальників, політичні мотиви, самопочуття, загострення хронічних хвороб, травми тощо) та забезпечує поєднання ним знань про змістові характеристики навчально-тренувальної та змагальної діяльності, а також вимог цієї діяльності до рівня сформованих професійних компетентностей (технічна підготовленість, тактична підготовленість, психологічна готовність, знання основ фармакології, загальна фізична підготовленість, спеціальна фізична підготовленість тощо) зі сформованими та усвідомленими ним в процесі розвитку можливостями та потребами.

Результати дослідження впроваджені у систему багаторічної підготовки спортсменів-ветеранів, які спеціалізуються в боротьбі самбо. Перспективи подальших досліджень у обраному напрямі наукової розвідки передбачають розроблення експериментальної програми багаторічної підготовки самбістів-ветеранів із урахуванням сучасних досягнень науки, техніки, медицини тощо.

Ключові слова: боротьба самбо, готовність, однокорці, психічна саморегуляція, спортсмени-ветерани, сутнісні характеристики, теорія, техніко-тактична підготовка

Articulation of issue and literature route. Today in Ukraine, as well as on other continents, there is an interest of different groups of the population to engage in various types of Martial Arts, in particular – Sambo wrestling. In our independent state, the development and promotion of Sambo wrestling is provided by the Sambo Federation of Ukraine (FSU) [1].

The main purpose of the FSU is to "promote the development and promotion of Sambo in Ukraine, protect the legitimate interests of its members, the implementation of sports, health, cultural, educational activities" [2 p. 5-6]. In addition, Sambo wrestling (hereinafter Sambo), "as self-defense (self-defense) without weapons, includes three recognized sports in Ukraine – Sambo, martial Sambo and beach Sambo" [2 p. 6].

It should also be noted that due to a number of organizational activities aimed at promoting and enhancing entertainment [1], the International Sambo Federation during a meeting of the Executive Committee of the International Olympic Committee in Tokyo (Japan, November 30, 2018) received temporary recognition as an Olympic sport [3] in accordance with paragraph 25 of the Olympic Charter [4]. Given the above, it is obvious that Sambo is in a constant process of transformation in accordance with today's requirements. It is also important that the international Sambo veteran movement covers a significant number of people, which attracts the attention of world-renowned sponsors who promote a healthy lifestyle and promote long-term competitive activities of wrestlers (representatives of other sports). In turn, the organization of competitions of various ranks in Sambo wrestling with the participation of highly qualified veterans motivates representatives of different groups to regular physical education and sports, which provides them with an idea and the need for a healthy lifestyle (motivates to physical self-development). Taking into account the results of the analysis of protocols of national and international competitions of different ranks among masters (veteran Sambo) [1, 3] it is established that the number of participants is constantly growing, this indicates high competition of Sambo among other Martial Arts, representatives of different population groups. Participation in competitions of various ranks in Sambo wrestling of former top athletes, high entertainment and mediocrity of the studied Martial Arts, as well as the financial component – is an important dominant that stimulates the continuation of sports careers of veteran athletes of various sports. Thus, today it is important to develop a specialized complex of scientific and methodological support for long-term training of veteran Sambo wrestlers, which will ensure the formation of their readiness for competitive activities (will contribute to their successful competitive activities). The research was carried out in accordance with the plans of research work: the Department of Tactical and Special Physical Training of the Faculty №3 (preventive activities) of Kharkiv National University of Internal Affairs, as well as profile departments of higher education institutions of Ukraine in accordance with agreements on interdepartmental cooperation (initiative research project "Martial Arts Theory", 2020-2022).

Analysis of literature sources. Analysis of recent research and publications in the chosen field of study (Stage 1, March-May 2020) – allowed to identify a number of scientists and practitioners: M. Albuquerque, E., Franchini, G. Lage, V. Da Costa, I. Costa, L. Malloy-Diniz [5], T. Yuldashevich [6], A. Zabora, S. Zamrozeych-Shadrina, V. Kolesnikov, O. Khatsaiuk, R. Pavlov [7], O. Khatsaiuk, O. Solodka, O. Surovov, N. Partiko, O. Polyakova, O. Kusovska, E. Lozovy, Yu. Beloshenko [8] and other specialists (M. Latyshev, A. Leonenko, O. Milaev, P. Rybalko, A. Kharchenko, S. Cherednichenko), who in their works highlighted topical issues of forming the readiness of athletes who specialize in Martial Arts for competitive activities.

In the future, our attention was drawn to scientific works: K. Ananchenko, O. Khatsaiuk [9], K. Ananchenko, V. Perebinyis, S. Pakulin, G. Makhankov [10], O. Khatsaiuk, S. Cherednichenko, A. Dyachenko, N. Partyko, A. Korolchuk, D. Stetsenko, Antonyuk [11], M. Biac, K. Hrvoje, D. Sprem [12] and other scientists and practitioners (G. Arzyutov, A. Alekseev, I. Kovalev, I. Matsai, M. Khasanov) – in which the topical issues of the organization of the system of long-term training of wrestlers of the "Masters" category (veterans) are covered. Interesting in their content and essential characteristics are the work of scientists: V. Julian, I. Ciba, R. Olsson, M. Dahlbom, D. Furthner, J. Gomahr, K. Maruszczak, K. Morwald, T. Pixner, A. Schneider [13], R. Melo Boff, A. Liboni, I. Azevedo Batista, L. Souza, M. Silva Oliveira [14], N. Boychenko [15], O. Goncharov [16] and other specialists (V. Golokha, V. Kostyukevich, I. Pasichnyk, Y. Stelmakh, B. Yadov) – who in their scientific and methodological work outlined the main and effective ways to form the technical and tactical skills of athletes of different ages who specialize in Martial Arts.

In the process of research and analytical work, our attention was drawn to the following works: O. Khatsayuk, K. Ananchenko, O. Khurtenko, S. Dmytrenko, N. Boychenko [17], S. Lazorenko, M. Chkhailo [18], I. Polyakov, R. Meleshchenko

[19] and other scientists and practitioners (I. Vasylenko, G. Veselsky, S. Bubyk, I. Kuznetsova, N. Pidbutska) – in which attention is focused on the use during the training process of wrestlers of different age groups of modern and effective programs, methods of their mental self-regulation. According to the results of the analysis of scientific-methodical and special literature (monitoring of Internet sources) it is established, that the question of determining the essential characteristics and structure (initial prerequisites) formation of readiness of veteran athletes who specialize in Martial Arts (on the example of Sambo wrestling) Insufficient number of scientific and methodological works is devoted to competitive activities in the system of their long-term training, which requires further scientific research and emphasizes the relevance and practical component of the chosen direction of research.

The purpose of the study is – determination of the essence and structure of formation of readiness of Sambo veterans (Masters) for competitive activity in the system of their long-term training.

To achieve the goal of scientific research it was planned to solve the following tasks:

- to analyze the scientific and methodological and special literature in the direction of forming the readiness of athletes who specialize in Martial Arts for competitive activities;
- to analyze the special scientific and methodological literature in the direction of organizing a system of long-term training of veterans;
- to monitor Internet resources and analyze scientific and methodological literature in the direction of forming the technical and tactical skills of athletes of different ages who specialize in Martial Arts;
- to analyze the special scientific and methodological literature in the direction of using during the training process of wrestlers of different age groups (weight categories) modern and effective programs, methods of their mental self-regulation;
- to determine the meaning of the concept of "readiness for competitive activities" of veteran wrestlers in the system of their long-term training;
- to carry out the analysis of scientific-methodical and reference literature in the direction of definition of components which open problems of readiness of the individual for professional activity.

Research methods: axiomatic, idealizations, historical and logical, convergence from the concrete, formalization, etc. In addition, the experience of many years of training of wrestler of different age groups (weight categories) was used.

Presentation of the main study material. The theoretical study is organized in two stages (March 2020 – May 2022). In the dynamics of the second stage of the study (May 2020 - June 2021) members of the research group (MRG) defined the content of the concept of "competitiveness" of veteran wrestlers in the system of their long-term training, as well as identified approaches that reveal the issue of readiness of veteran wrestlers to compete. According to the scientific plan, the first block of the second stage of the study involved defining the content of the concept of "readiness for competitive activities" of veteran wrestlers in the system of their long-term training. The organization of the system of long-term training of veteran Sambo wrestlers is carried out taking into account the current rules of competition [1], and in the direction of ensuring their readiness for competitive activities – in accordance with applicable regulations. It is also worth noting that today there is no single and unified program of long-term training of veteran Sambo wrestlers. Most trainers organize the training process according to their own experience and their own proven methods. Given the above, the key word is – "preparation". The content of this concept in the pedagogical encyclopedia is considered as "a set of special knowledge, skills, qualities, work experience and relevant norms of behavior that enable successful work in a particular profession", in addition, as a "process of awareness of relevant knowledge and skills". The Encyclopedia of Vocational Education defines the concept of "training" – «general term in relation to applied tasks of education, when the acquisition of relevant social experience is envisaged for the purpose of its further use in the performance of specific tasks of a practical, cognitive or educational nature». Thus, vocational training is a system of education that involves the formation of professional competencies that are necessary to ensure the relevant activities in order to obtain a specific qualification (professional specialization). In our understanding, "training" is a process in which professional knowledge (competencies) in selected Martial Arts and relevant skills, applied skills, personal qualities that are needed in future competitive activities are formed and improved. Given the current guidelines for the development of pedagogical and sports science in the direction of studying the problem of individual readiness for professional activity (including competitive), the following approaches are relevant today:

- 1) creative (K. Ananchenko, O. Dubasenyuk, P. Rybalko, V. Tataurov, O. Khutrenko, V. Shemchuk) – readiness for professional (competitive) activities involves the interpretation of professional skills as creativity;
- 2) personality (G. Vasyanovych, S. Glikman, I. Matiykiv) – readiness for professional activity is expressed through specific requirements to the personality of the specialist (athlete of appropriate sports qualification);
- 3) culturological (L. Rudenko, O. Savchenko, V. Starosta) – readiness for professional activity is carried out by forming a high level of professional culture (observance of competition rules and ethical norms by wrestlers);
- 4) mixed (R. Lyubchych, S. Mul, I. Ryabokin, O. Khatsaiuk) – a combination of different approaches (training concepts).

Competitive (professional) activity of wrestlers, in particular veteran Sambo wrestlers in combination with other types of competitive (professional) activity has its differences, therefore, we consider it appropriate to use the following concept – "readiness of veteran Sambo wrestlers to compete". It should be emphasized that the leading scientists and trainers-researchers in Martial Arts: G. Arzyutov, A. Alekseev, G. Makhankov, M. Khasanov (and other specialists) pay attention to technical-tactical and special physical preparedness of wrestlers for competitive activities, however, the full focus is not on the use of long-term training in combatants (including veteran Sambo wrestlers "Masters") modern technical means of education and applied psychotechnics, which intensifies the educational and training process and increases their athletic performance. According to the results of numerous theoretical and empirical studies of scientists: A. Balendar, O. Boyko, M. Dyachenko, L. Kandybovich, K. Prontenko in the chosen direction of scientific research, we believe that the concept of "readiness of veteran Sambo wrestlers to compete" – is derived from the concept of "readiness of the individual for professional activity". The results of the monitoring of

Internet resources (analysis of special scientific-methodical and reference literature) show that the interpretations proposed above by scientists and practitioners (trainers-researchers) coincide with the conclusions and scientific theories: O. Bulgakov, A. Isayev, I. Koval, V. Moskalets, V. Svistun, V. Ulich, that readiness is a personal formation, but it is not stable. It is also important that according to a number of leading scientists: G. Klovak, B. Maksimchuk, O. Marushcha, P. Rybalko, V. Yagupov (and other specialists) – "Readiness" is competence. In addition, "readiness" depends on the formed competencies of the individual, which ensure successful professional (competitive) activities (K. Ananchenko, S. Garkusha, S. Kubitsky, D. Stetsenko). Given the direction of research chosen by MRG members, the pedagogical influence is also important, which ensures the formation of readiness of veteran Sambo wrestlers for competitive activities (K. Ananchenko, O. Skirta, M. Khasanov, O. Yareshchenko). It should be emphasized that the "readiness" of the individual can be formed only if he has a clear idea of the content and structure of training and competitive activities (professional activities).

In accordance with the above, we propose the following definition "Readiness of Sambo veterans (Masters) for competitive activity" – personal education which is formed by purposeful pedagogical influence (taking into account modern achievements in the field of physical education of different groups of the population, Olympic and professional sports, etc.) to form in Sambo veterans readiness to raise the prestige of Ukrainian sports in the international arena, conducting competitive activities in various extreme conditions (climatic and geographical features, psychological impact on the minds of fans, political motives, well-being, exacerbation of chronic diseases, injuries, etc.) and provides a combination of knowledge about the content characteristics of educational and training and competitive activities and the requirements of these activities to the level of professional competencies (technical preparedness, tactical preparedness, psychological readiness, knowledge of the basics of pharmacology, general physical fitness, special physical fitness, etc.) with the opportunities and needs formed and realized by him in the process of development. In the process of further research and analytical work (the second block, the second stage of the study) we conducted an analysis of scientific and methodological and reference literature in the direction of determining the components that reveal the problems of individual readiness for professional activity. It is established that the main structural elements of readiness of Sambo veterans include: emotional, cognitive, motivational and volitional. In turn, the analysis of scientific-methodical and special literature in the chosen direction allows to allocate in its structure a number of components which are common (tab. 1):

Table 1

Analysis of the selection of components in the structure of an individual's readiness for professional activity

№	Scientist	Components			
		1	2	3	4
1.	K. Ananchenko	motivational	cognitive	activity	reflexive
2.	O. Boyko	motivational	valuable	cognitive	activity
3.	A. Sitsinsky	motivational	cognitive	operational	emotional
4.	O. Skirta	motivational	functional	activity	stress resistant
5.	P. Rybalko	motivational	meaningful	activity	emotional

Thus, according to the results of theoretical research we believe, that "readiness of veteran Sambo wrestlers (Masters) for competitive activity" contains the following components: motivational (understanding the difficulties and features of educational and training, competitive activities, as well as the choice of rational ways and methods of overcoming them, the organization of objective and reliable self-esteem in accordance with the existing psychophysical level); functional (formation of professional competencies: technical training, tactical training, psychological resilience to adverse factors of training and competitive activities, knowledge of pharmacology, development of general physical and special physical fitness, etc., which are necessary to perform training tasks in the system of long-term training and time of participation in competitions of various ranks); applied (formation of individual style of competitive fight according to individual-typological features of the individual taking into account modern achievements of sports science); stress resistant (formation of high psychophysical readiness of veteran Sambo wrestlers for training and competitive activities).

Conclusion. According to the results of the theoretical study, the members of the research group determined the essential characteristics of "readiness of veteran Sambo wrestlers to compete" – personal education which is formed by purposeful pedagogical influence (taking into account modern achievements in the field of physical education of various groups of the population, Olympic and professional sports, etc.) for the formation of veteran Sambo wrestlers (Masters) readiness to raise the prestige of Ukrainian sports in the international arena, conducting competitive activities in various extreme conditions (climatic and geographical features, psychological impact on the minds of fans, political motives, well-being, exacerbation of chronic diseases, injuries, etc.) and provides a combination of knowledge about the content characteristics of educational and training and competitive activities and the requirements of these activities to the level of professional competencies (technical preparedness, tactical preparedness, psychological readiness, knowledge of the basics of pharmacology, general physical fitness, special physical fitness, etc.) with the opportunities and needs formed and realized by him in the process of development.

The results of the study are implemented in the system of long-term training of veteran athletes who specialize in Sambo. Prospects for further research in the chosen field of scientific research include the development of an experimental program of long-term training of veteran Sambo wrestlers, taking into account modern advances in science, technology, medicine and more.

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IMPROVING THE BENEFITS OF SELF-REGULATION OF THE PSYCHOLOGICAL STATE OF STUDENTS-HOCKEY PLAYERS DURING THE HOUR OF PLAYING ACTIVITY

The article summarizes the theoretical data and further develops the methodological foundations of self-regulation of the psychological state of hockey students. It is revealed that the conditions for improving the means of self-regulation of the psychological state of hockey students in the process of their playing activities. The peculiarities of self-regulation of the psychological state of hockey students depending on the game role, which is steadily manifested in the game activity, are determined. The results of the study allow to expand the approaches to the problem of managing the psychological state of hockey athletes in the course of their playing activities. Modern science actively uses the methods of mathematical statistics to establish the degree of objectivity and reliability of life processes and ongoing scientific research. This circumstance, to a certain extent, can be attributed to the field of sports. The activities of athletes, sports teams, and the entire field of sports are based on many indicators that require an objective analysis and then adequately made decisions.

The tasks that professional activity sets for a future specialist in the field of physical culture and sports are basically related to the analysis of the influence of random factors and require decision-making under risk, choice and uncertainty based on the possession of mathematical knowledge and skills. An important role in the structure of professional knowledge of a future coach and teacher is played by the identification, forecast, prevention of crisis situations both in the personal formation of an