

## PSYCHOLOGICAL PREPARATION AS AN IMPROVEMENT FACTOR OF SPECIAL PHYSICAL TRAINING OF QUALIFIED VOLLEYBALL PLAYERS

**Kyrylo Ponomarenko**

Postgraduate Student, Prydniprovya State Academy of Physical Culture and Sports  
Dnipro, Ukraine

e-mail: ponomarenko.bdpu@gmail.com, orcid.org/0009-0000-4305-1391

### Summary

The article is devoted to the analysis of the influence of psychological preparation on the specialized training process of qualified volleyball players. The study used a comprehensive approach, which included a thorough analysis of psychological and pedagogical literature - the study of scientific papers, articles and other sources of information on the problem under study, as well as analytical work with information sources - synthesis and systematization of the knowledge gained, a clear formulation of key concepts and aspects of the topic.

The author notes that the psychological training of athletes includes the formation of the ability to control their psychological state, effectively respond to stress factors and maintain emotional stability, which is crucial for the success of training and competition. It is substantiated that the development of an effective system of psychological training of volleyball players is critical to ensure their resistance to psychological challenges that arise during the game.

In order to optimize the psychological climate in a sports team and increase the effectiveness of psychological training of qualified volleyball players, a set of psychological and pedagogical measures has been developed, including psychological education, methods of indirect influence, training in self-regulation methods, relaxation and recovery techniques, formation of pre-competitive rituals, psychological counseling and psychotherapy (if necessary), trainings, individual approach, interaction between a coach and a psychologist.

The results obtained may be useful for coaches, sports psychologists, volleyball players and other interested parties.

**Key words:** volleyball; athletes; psychological training; methods of psychological training of athletes; training process.

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### 1. Introduction

Volleyball, as one of the most dynamic sports, plays a key role in the ability of athletes to quickly adapt to constantly changing game conditions. They must instantly analyze the situation on the court, make informed decisions, choose the most effective tactical actions, and quickly move from one game activity to another. The game requires a high level of concentration, coordination, and well-coordinated teamwork, which allows players to maintain the pace of the game and respond to unforeseen situations.

The modern rules of volleyball require coaches to find new approaches to improve the game's performance. In this regard, a number of scholars and practitioners have formed a position on the need to optimize the system of training highly qualified athletes, in particular in the context of the importance of psychological training (*Glazyrin, 2018*). As noted

in the study (Artemenko, 2013): “Volleyball, compared to many other sports, is characterized by an extremely high level of emotional and intellectual intensity. Players often find themselves in situations that require not only physical endurance, but also quick decision-making, which requires a high level of cognitive activity.” This is due to the tactical thinking of the athlete, which involves prompt problem solving, critical analysis of their own actions and decisions, generalization of information and selection of the most effective tactical techniques at a particular moment of the game.

The emotional aspect in volleyball plays an extremely important role, as every game situation is associated with strong emotional experiences. These experiences can both contribute to performance by motivating athletes to achieve goals and have negative effects, causing loss of concentration and mistakes in key situations. That's why volleyball requires players to be not only physically fit but also have an appropriate level of psychological stability. Athletes must be able to control their emotions, maintain inner balance and keep their cool even in tense situations. Psychological training includes the development of stress resistance, the ability to quickly recover from unsuccessful actions, and maintaining team spirit, which is crucial for effective play (Oliynyk, 2020).

The purpose of psychological training of qualified volleyball players is to form a holistic personality of the athlete and psychological qualities necessary for the successful performance of training activities, preparation for sports competitions and successful performance in them.

## 2. Definition of “psychological training” in scientific works

In order to determine how psychological training influences the improvement of special physical training of qualified volleyball players, we will analyze the definitions of “psychological training” in the works of scientists.

The psychological preparation of a sportsman is defined as “an organized, controlled process of realization of his potential mental possibilities in objective results adequate to these possibilities” (Hassay, 2013). There are three main types of psychological preparation, which are interrelated but aimed at solving independent tasks: general psychological preparation, special psychological preparation for competitions, and psychological protection in a particular competition.

As noted in the monograph by N. Oliynyk and S. Voitenko, “...psychological training, as a key element of the training process, is becoming an important factor in achieving high results in competitions. In an environment where the rules of the game are constantly evolving and the level of competition is increasing, coaches must find new ways to adapt players to stressful situations, develop their internal motivation and ability to make quick decisions” (Oliynyk, 2020).

Psychological preparation of a volleyball player of the highest category is a pedagogical process, the success of which is conditioned by the observance of general pedagogical principles, among which the principles of educating, consciousness and activity, systematic and sequence, comprehensiveness and strength should be distinguished. These principles are interconnected and interdependent, so a high level of psychological preparedness of a volleyball player is provided by their unity (Hassay, 2013).

The term “psychological preparation” is most often used to refer to a wide range of actions of coaches, athletes and managers aimed at the formation and development of mental processes and personality qualities of athletes and are necessary for successful training activities and performances in competitions (Lysiuk, 2024).

Summarizing the above, we note that the concept of “psychological preparation” is an integral and equivalent component of the training process, which has a significant impact on the formation of the athlete's personality. Game sports place great demands on the mental qualities of the athlete, so achieving high and stable sports results is impossible without purposefulness, organization, endurance, confidence and determination in both individual actions and team interaction. With equal technical and tactical skills, the team whose players show a greater thirst and will to win wins.

### **3. Psychological and pedagogical measures of optimization of psychological climate in the process of physical training of qualified volleyball players**

The analysis of the results of modern scientific researches makes it possible to conclude that in order to optimize the psychological climate in a sports team and to increase the efficiency of psychological training of qualified volleyball players it is advisable to apply a complex of psychological and pedagogical measures, including

– *Psychological education.* Conducting systematic conversations, lectures and seminars aimed at forming knowledge of the psychological aspects of sports activity, in particular, the mechanisms of stress, emotional regulation, motivation, communication, team interaction, self-regulation and development of volitional qualities in qualified volleyball players. This helps to increase the psychological competence of athletes and a conscious attitude to their own psychological state.

– *Methods of indirect influence.* The use of methods of indirect suggestion, persuasion, creation of positive attitudes and formation of an optimistic attitude. It is also effective to use examples of successful athletes, stories of overcoming difficulties, positive affirmations and metaphors.

– *Learning self-regulation techniques.* Mastering the techniques of autogenic training, progressive muscle relaxation, meditation, breathing exercises, and ideomotor training. These methods allow athletes to consciously regulate their psycho-emotional state, reduce anxiety, improve concentration, and recover from physical and emotional stress. Ideomotor training helps to improve the technique of performing movements through mental reproduction.

– *Relaxation and recovery techniques.* The use of suggestive relaxation techniques, which involve creating a state of deep relaxation with a feeling of warmth in the muscles. This helps to relieve muscle tension, reduce stress, and improve overall recovery after training and competition. You can add elements of aromatherapy, music therapy, and other methods that promote relaxation.

– *Formation of pre-competition rituals.* Creating individualized pre-competition rituals to help athletes tune in to the competition, concentrate, and reduce pre-start anxiety. It is important that these rituals are positive and contribute to creating a sense of control over the situation, while avoiding the formation of negative rituals that lead to a deterioration in the psychological state of athletes.- Psychological counseling and psychotherapy (if necessary). Involvement of a sports psychologist to work with athletes individually to solve personal problems, overcome psychological crises, restore personal potential and improve sports performance.

– *Trainings.* Conducting special trainings aimed at improving interpersonal relationships in the team, building team spirit, developing communication skills and teamwork.

– *Individual approach.* Psychological characteristics, level of training, sport and other factors should be taken into account when developing psychological training programs for athletes.

– *Interaction between the coach and the psychologist.* The coach should support and encourage the use of psychological methods, and the psychologist should provide advice and recommendations to the coach on optimizing the training process, taking into account psychological factors.

The above-mentioned complex of psychological and pedagogical measures allows to create a favorable psychological climate in the team of qualified volleyball players, to increase the level of psychological readiness of athletes for competitions and to promote the achievement of high sports results.

#### **4. Interrelation of psychological and special physical training of qualified volleyball players**

The technique in each sport is characterized by high complexity and sophistication. In many highly coordinated sports, a significant part of the training process focuses on improving technical skills, mastering complex motor actions and automating them. Even in those sports where technique is not directly a criterion for evaluating the result, success largely depends on the continuous development of coordination, mastering the latest techniques, and adapting and individualizing the technique.

In team sports (soccer, basketball, volleyball), technique is the basis for performing tactical actions, so improving the technique of passing, receiving, hitting, and handling the ball allows the team to more effectively implement its tactical plans. In particular, in modern volleyball, where competition has reached incredible heights, the success of a team and an individual player depends not only on physical data and technical skills, but also on psychological readiness for competition.

The relationship between psychological and specialized physical training is a key factor in achieving high sports results. Intensive training and competitions are accompanied by significant psycho-emotional stress. The ability to control emotions, cope with stress, and recover quickly from physical and emotional stress is an important factor in successful special physical training (*Onishchuk, 2022*). Relaxation techniques, autogenic training, and psychological counseling help athletes develop stress resistance and emotional regulation. At the same time, successful special physical training has a positive effect on the athlete's psychological state, in particular, a sense of physical strength and endurance, awareness of progress in training helps to increase self-confidence and capabilities, and regular physical activity promotes the production of endorphins, which have a positive effect on the emotional state and help reduce stress.

The psychological preparation of athletes is inextricably linked to the management of training and competitive processes, since the psycho-emotional state of an athlete has a direct impact on his or her ability to demonstrate high sports results. The problem of psychological preparation of volleyball players of the age category 17–22 years is especially relevant in modern conditions due to the dynamism and variability of game situations faced by young players. In addition, a significant factor is the state of prolonged mental stress caused by the intensity and emotional intensity of competitive activity.

The development of an effective system of psychological training for volleyball players is an important condition for developing their ability to cope with stressful situations and neuropsychological stress that are characteristic and inevitable in the course of the game. This includes methods that help players maintain emotional balance, improve concentration, and prevent the occurrence of stressful conditions that can negatively affect the performance of competitive activities.

## 5. Conclusions

The analysis of a wide range of scientific sources on the studied problem allowed to establish that psychological preparation is an integral and significant component of the specialized training process of volleyball players, which is realized in interaction with other types of training of a sportsman, such as physical, technical, tactical and integral. The introduction of psychological training helps to optimize competitive activity, increase overall performance and ensure a stable level of performance under conditions of permanent physical and psychoemotional stress.

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