FORMATION OF PERSONAL STABILITY OF A TENNIS PLAYER IN THE PROCESS OF TRAINING

INTRODUCTION

Competitive activity is a difficult, stressful situation for the individual. Preparation for it requires not only the actualization of sports skills, the mobilization of physical strength, but also a certain psychological readiness. Psychological stability during competitions helps to cope with competitive stress and show healthy competition.

In the literature devoted to table tennis training, it is indicated that psychological self-regulation is one of the goals of the training process (BARCHUKOVA, 2010). The psychological regulators of performance in sports are suggested to be interests, values, current needs, aspirations, intentions, affective factors (KORNEENVA, 2019), and for some sports, for example, table tennis, the possession of secret game techniques (BUDYAKOVA, BATURKINA, 2019). Chinese scientists believe that meditation is an important tool for the psychological readiness of a tennis player, but do not disclose its techniques (JING, XIAOQUAN, 2017).

It should be noted that modern studies of psychological states in sports are mainly ascertaining. For example, a negative influence on the sports performance of communication styles (VASYURA, IOGOLEVICH, 2018), athlete anxiety (AVRAMENKO, POLYAKOVA, 2020) was revealed. There are also other negative emotional and personal states that cause dissatisfaction and failure in competitions: confusion, anger, uncertainty, grief, “pre-start fever”, “starting apathy”, etc. As an alternative, the “state of mental readiness of the athlete for competitions”, “combat readiness”, and “mobilization readiness” are put forward. At the same time, the formation of the motive of “self-affirmation” is proposed as a mechanism for correcting negative pre-start emotions, but the mechanisms of such formation are not disclosed. The methods of forming psychological readiness for competitions are also not disclosed (KALIMULLINA, 2009).

Criteria for evaluating the effectiveness of technologies for developing psychological stability are especially necessary in cases where ambivalent results are obtained in ascertaining studies. Thus, in particular, some studies describe the anger factor as negative for the success of an athlete (LEWIS, KNIGHT, MELLALIEU, 2017), but in other studies, suppressed anger is qualified as a source of failure of a tennis player (GONZALEZ-GARCÍA, MARTINEN, 2020).

Psychological states in sports are largely due to the presence of negative attitudes about the success of an athlete’s performance, fear of condemnation and stigmatization by fans and other persons affiliated with sports, in the event of a loss or low performance, that is, the presence of victim personality traits (victim – victim). The facts of depression in this regard are found even in elite athletes (SAGAR, LAVALLÉE, 2010; TAHTINEN et al., 2021). The prevention of such conditions will be effective if the anti-antimicrobial properties of the individual are formed (BUDYAKOVA, 2020). In this context, in our opinion, it is necessary to pay due attention to such a factor of psychological stability as psychological attitudes, including those that determine the readiness for effective contact with opponents and the readiness to accept defeat with dignity.

At the same time, there are works in the literature that give a list of effective attitudes for a tennis player: “play your game”, “rule 0:0”, “respect every opponent”, “do not be afraid of failure”, “be extremely attentive”, “study every opponent”, “kindness to the defeated”, “never give up”, etc. (STUKALO, 2010). However, it should be noted that almost all of them are aimed at the so-called “victory algorithm”. One can say that their common essence is to master the technique of the game that leads to victory. However, the number of winners in all tournaments...
is strictly limited. According to the theory of probability, all the participants in the competition cannot become winners. Because of this, you cannot limit the settings of participation in sports tournaments only to the settings of victory. In turn, the principle of “participation is the main thing, not a victory” does not focus on high-quality play. There is practically no work on the analysis and correction of ineffective attitudes that victimize losing athletes. As a negative result, in particular, in tennis, the desire to use doping is indicated (ZANDONAI, HOLGADO, 2020). At the same time, modern works on the psychology of sports training increasingly indicate that a coach should be not only a professional in the field of technical training of an athlete but also his coach (YUKHYMENKO-LESCROART, GILBERT, 2021). Athletes who need compassion in certain situations (CROZIER, MOSEWICH, FERGUSOND, 2019) also feel the need for such a coach function.

**MATERIALS AND METHODS**

**The purpose of the study:** scientific substantiation and approbation of the program of correction of negative and other ineffective attitudes of tennis players during training.

**Participants of the study:** a) tennis players-participants of regional and local level competitions in the number of 36 people (participated in the first stage of the study); b) 20 members of the tennis sports section of Bunin Yelets State University (participated in the second stage of the study).

**METHODS**

The study was conducted in two stages. At the first stage, the negative attitudes of athletes that prevent successful competitive performance and positive attitudes that contribute to the preservation of the emotional stability of the athlete, regardless of the result, were identified. At the second stage, the program of correction of negative attitudes and the development of positive attitudes in sports activities was implemented.

At the first stage of the study, the autobiographical method and the method of expert assessments were used. The experts were tennis players-participants of regional and local competitions. At the second stage, an experiment was conducted. We have developed an experimental program to correct negative attitudes during table tennis training, aimed at preventing anxiety and other negative emotional states in competitive activities.

The program includes several functional sections. At the same time, in each section, special attention is paid to the correction of negative attitudes and the formation of positive attitudes in sports activities. The first section is introductory. The section aims at a) acquaintance with the content of negative attitudes of the individual, explanation of their ineffectiveness; b) disclosure and justification of positive attitudes in sports activities; c) change of negative attitudes in competitive activities to positive ones.

The second section was conventionally called “Standards”. This section analyzes the facts (cases) of manifestations of unsportsmanlike and noble behavior in sports to form personal standards and anti-etalons in their own sports life. Goals: a) formation of attitudes to positive behavior in competitive wrestling; b) formation of a negative attitude to unsportsmanlike behavior based on the negative attitudes of the athlete.

The third section is ethical. Here, special rituals of relationships with the opponent are formed, which allow both to maintain a sense of self-esteem in a losing situation for the loser and to demonstrate a sense of respect for the opponent for the winner. In addition, there is training into correct behavior in controversial sports situations. The section aims at a) formation of a respectful relationship between the opponents, preventing the emergence of negative emotions; b) suppression and neutralization of negative behavior towards the opponent after a loss or in controversial situations.

The fourth section is “Psychological security”. Here is an analysis of the psychological techniques that are used by opponents and their fans to destabilize the psychological state of the opponent and ways to counteract such behavior. In addition, this section deals with the problems of defamation of the winning athlete, when, for example, fans or rivals try to devalue the winner’s victory, unreasonably challenge the results of the competition. This also includes the problems of negative commentary on sports matches. The section aims at a) actualization
of attention to the elements of deceptive behavior as a means of destabilizing the opponent; b) analysis of certain statements of the opponent and before the competition as a way to neutralize their destabilizing effect; c) formation of psychological attitudes that counteract the destabilizing actions of fans during and after the competition; d) formation of psychological resistance to negative comments of the press.

**Research material** - Below are the lists of negative and positive attitudes identified at the first stage of the study. These installations became the material for the second stage of our research. Negative attitudes were subject to correction, positive attitudes were subject to formation.

**Table 1.** lists of negative and positive attitudes identified at the first stage of the study

| S/N | The list of negative and ineffective attitudes to be corrected | The list of positive attitudes, alternatives to negative and ineffective ones |
|-----|-------------------------------------------------------------|--------------------------------------------------------------------------|
| 1.1 | Perfectionist attitude: I’m the best, I must win            | I need to prepare to show a high level of play, and not just strive for medals or winning |
| 1.2 | The one who fails is a loser                                | I lost, but I gained experience, I will continue to train, work on mistakes |
| 1.3 | When I lose, I always feel like everyone is judging me or feeling sorry for me | Do the right thing and let them say what they want |
| 1.4 | After losing, the coach will again arrange for me for a “blamestorming session” | When the coach scolds me, he does it for my good, and I should listen to his comments, not be offended. We must proceed from the rule: “The senior friend will tell me” |
| 1.5 | It is necessary to treat the enemy aggressively              | It is necessary to respect any opponent: both strong and weak |
| 1.6 | Negative emotions concerning the opponent contribute to calming down | Politeness is the strength of an athlete, regardless of the result of the match. Being polite in difficult situations is always stronger as a person |
| 1.7 | I can’t be the best                                         | I will show you a beautiful game in all variants of the match |
| 1.8 | This opponent with his antics will only bring down my mood for the game | I love surprises. The opponent’s provocations make me stronger because any provocation is a demonstration of the opponent’s weakness and uncertainty |
| 1.9 | This year I am the winner of the tournament and now I am afraid that I will not reach such heights again | In sports, there are ups and downs. It is necessary to accept defeats with dignity, but not to lower the bar. Whatever happens, I can handle it |

**Source:** Search data.

**RESULTS AND DISCUSSION**

The first section of the program was implemented through the use of the following teaching techniques: a) discussions on assessing the content of the effectiveness of different attitudes both for the development of the athlete’s personality and for the development of his professionalism; b) analysis of specific cases from the personal experience of the section participants, when negative attitudes prevented them from getting satisfaction from the game; c) analysis of specific facts when positive attitudes made it possible to get satisfaction from the game, even in case of failure.

The importance of the psychological attitudes of participants in sports events is also determined by the fact that they not only mobilize the athlete before the competition but also regulate psychological state during matches and even after them. It has already been noted in the scientific literature that the attention of scientists should be directed not only to the technical preparation of tennis players for competitions but also to regulatory activities, including during table tennis competitions (SÈVE, et al., 2007). In medical studies, it was found that in situations of warm-up and direct competition, tennis players significantly increase the level of cortisol in the blood, which means an increase in emotional reactions (EDWARDS, KURLANDER, 2010). British scientists have found that young athletes especially need such assistance (PUMMELL, LAVALLEE, 2019). Considering this factor, we can talk about additional argumentation in favor of the formation of special psychological attitudes, since attitudes as a whole remain independent of the strength of emotions.
The second section was a natural continuation of the first section. During its implementation, the participants of the section got acquainted with fragments of biographies of the world’s leading tennis players. For clarity, photos of famous masters of table tennis were posted in the training hall. According to the results of the second section, the participants of the section were supposed to know the sports biographies of several world table tennis champions, with an emphasis on the facts of overcoming psychological barriers in their sports career.

For the third section, the rules of the athlete’s behavior “before”, “during” and “after” training was formulated. The regulation included a system of verbal messages and non-verbal signs and symbols. In particular, before the start of the game, the opponents had to shake hands (during the pandemic, this technique was corrected by another means of showing respect - raising the racket) and inform that they are ready for sports communication. After training, everyone had to thank the opponent for the game and inform him/her of what (s)he was grateful to the opponent for, what (s)he learned from him/her, etc.

In the course of implementing the goals of the fourth section, psychological dependence on defeats decreased, methods of counteracting negative factors accompanying sports activity were formed. Here during the training, positive and negative attitudes, which were theoretically set at the first stage of the training program, were realized and fixed.

The diagrams below (Fig. 1 and Fig. 2) show the dynamics of the preferences of negative and positive attitudes before and after training. It can be seen that the share and severity of positive attitudes increased, and negative ones decreased.

Overall, this had a positive effect on the dynamics of attendance at the section; the dropout rate of section participants during the study under the program has significantly decreased compared to previous periods. If the dropout rate previously ranged from 55% to 70%, then during the training period the dropout rate dropped to 30% (Fig. 3). At the same time, the reasons for dropping out during the training period were associated with objective factors that did not depend on the training methodology (seasonal illness, the need for self-isolation, etc.)

**Figure 1.** The degree of expression of positive attitudes among the participants of the section before and after training.

![Diagram showing the degree of positive affirmations before and after training](source: Search data.)
Figure 2. The degree of severity of negative attitudes among the participants of the section before and after training

![Diagram showing the degree of severity of negative affirmations before and after training](image)

**Source:** Search data

Figure 3. Dynamics of dropout (rotation) of members of the section by year of study.

![Diagram showing the dynamics of the dropout (rotation) of members of the section by years of study](image)

**Source:** Search data.

At the same time, it should be noted that the program requires further improvement, in terms of the pace of getting rid of negative attitudes and replacing them with positive ones.
CONCLUSION
The effectiveness of the program developed by the authors for the correction of negative attitudes and the formation of positive attitudes replacing them in competitive activity was proved based on table tennis training activity. Demonstration of an anti-victim style in relations with rivals made it possible to increase psychological resistance to negative factors of sports activity: losses, negative aspects in the behavior of rivals, etc. An indirect result of the effectiveness of the program was a decrease in turnover in attending classes among participants in the tennis section.

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Resumo
O objetivo da pesquisa é fundamentar um programa para corrigir atitudes negativas e outras atitudes ineficazes no processo de treinamento de tênis de mesa. O material da pesquisa foi de atitudes negativas e ineficazes, bem como atitudes positivas, sendo que a lista foi obtida durante a primeira etapa do estudo utilizando o método autobiográfico e o método de avaliação de especialistas. Os especialistas foram 19 tenistas que participaram de competições regionais e locais. Na segunda etapa do estudo, foi realizado um experimento para corrigir atitudes negativas e positivas com membros da seção de esportes de tênis da Universidade Estadual de Bunin Yelets, para pessoas. Após a implementação do programa de correção de atitude negativa, sua eficácia foi demonstrada. A implementação do programa mostrou que o treinamento psicológico na forma de uma vontade de demonstrar um estilo anti-vítima nas relações com rivais também permite aumentar o desempenho geral durante os jogos de treinamento, quando o tempo não é desperdiçado em experiências desnecessárias de fracasso.

Palavras-chave: Tênis de mesa. Atitudes negativas na atividade competitiva. Correção de atitudes negativas. Personalidade anti-vítima.

Abstract
Substantiate a program for correcting negative and other ineffective attitudes in the process of table tennis training. The research material was negative and ineffective attitudes, as well as positive attitudes, a list of which was obtained during the first stage of the study using the autobiographical method and the method of expert assessments. The experts were 19 tennis players participating in regional and local competitions. At the second stage of the study, an experiment was conducted to correct negative and form positive attitudes with members of the tennis sports section of Bunin Yelets State University, for people. After the implementation of the program for correcting negative attitudes, its effectiveness was proved. The implementation of the program showed that psychological training in the form of a readiness to demonstrate an anti-victim style in relations with rivals also allows increasing overall performance during training games when time is not wasted on unnecessary experiences of failure.

Keywords: Table tennis. Negative attitudes in competitive activity. Correction of negative attitudes. Anti-victim personality.

Resumen
El objetivo de la investigación es fundamentar un programa para corregir actitudes negativas y otras actitudes ineficaces en el proceso de entrenamiento de tenis de mesa. El material de investigación fueron actitudes negativas e ineficaces, así como actitudes positivas, cuya lista se obtuvo durante la primera etapa del estudio utilizando el método autobiográfico y el método de evaluación pericial. Los expertos fueron 19 tenistas que participaron en competiciones regionales y locales. En la segunda etapa del estudio, se realizó un experimento para corregir actitudes negativas y positivas con miembros de la sección de deportes de tenis de la Universidad Estatal Bunin Yelets, para personas. Después de la implementación del programa de corrección de actitudes negativas, se demostró su efectividad. La implementación del programa mostró que el entrenamiento psicológico en forma de una disposición para demostrar un estilo anti-victima en las relaciones con los rivales también permite aumentar el rendimiento general durante los juegos de entrenamiento cuando no se desperdicia tiempo en experiencias innecesarias de fracaso.

Palabras-clave: Ping-pong. Actitudes negativas en la actividad competitiva. Corrección de actitudes negativas. Personalidad anti-victima.