

**THE CHARACTERISTICS OF CHINESE SPORTS PSYCHOLOGY OF
MANAGEMENT AND ITS APPLICATION IN TRAINING AND COMPETITION**

Anhelina Halynska, Ph.D., Associate Professor.

Associate Professor of "Management. Named after L.I. Mykhailova», Sumy National Agricultural University

Zhao Bingxu, Post graduate student.

Sumy National Agricultural University

Abstract: Sports psychology of management is the application of various psychological theories in sports and exercise. The research on sports psychology of management in China started late and developed slowly in the early stage, but with the economic and social development, especially the successful holding of the Winter Olympics and the Beijing Olympics, Chinese psychology has entered a period of standardized and systematic development. The application in training and competition has developed rapidly, and has made great contributions to the development of sports psychology in the world. In the future, there are still many problems that need to be solved in the theoretical and applied research of sports psychology. Competitive sports psychology of management research has always been a key area of sports psychology research. Most national sports teams have their own teams of dedicated support experts who provide services such as healthcare, physical training, rehabilitation, physiological and biochemical monitoring, nutrition, technical analysis, and more. Sports psychologists in the Institute of Science of the General Administration of Sport of China, Beijing Sports University and other institutions have provided psychological services for the national team for a long time. The main psychological problems of Chinese athletes in competitive competitions can be summarized from 8 aspects: cognition, emotion, willpower, attention, motivation and attitude, self-evaluation, interpersonal relationship and mental fatigue.

We will continue to focus on competitive sports psychology research and strengthen physical education and exercise psychology research. Maintain the traditional research theme of sports psychology and continuously expand new research areas. In terms of research methods, quantitative research and qualitative research should be combined, and empirical research and research methods should be strengthened. Challenges exist in: motion perception and decision-making in exercise, neural efficiency and neuroplasticity, self-control and exercise performance, mental health of athletes, dose effects of exercise on mental health, moderators in exercise to promote mental health, exercise The intention-behavior gap promotes mental health, and the neural mechanisms by which exercise promotes mental health.

Key words: Psychology of management. Sports psychology; Mental health; Training; Competitive sports.

Sports psychology of management refers to conducting in-depth research on the relevant psychological processes of athletes' bodies in sports, their psychological characteristics in daily training and competitive competitions, and their psychological states before and after competitions, and then finds out problems and guides athletes to maintain a discipline type of the method of good mental state. The research on sports psychology in China started late and developed slowly in the early stage, but with the economic and social development, especially the successful holding of the Winter Olympics and the Beijing Olympics, Chinese psychology has entered a period of standardized and systematic development. The application in training and competition has developed rapidly, and has made great contributions to the development of sports psychology in the world. It is necessary to analyze how to understand the connotation of sports psychology, the characteristics of Chinese sports psychology and its application in training and competition, as well as the development trend of Chinese sports psychology.

1. The connotation of sports psychology

Sports psychology of management is the science of applying psychological principles to manage sports or exercise situations. It studies the impact of psychological and emotional factors on athletic performance and exercise effects, as well as the impact of participation in athletics and exercise on psychological and emotional factors. It is a close connection between psychology and sports, and has a certain relationship with sports sociology and exercise physiology [1]. As a branch of psychology of management, its research objects can be professional athletes participating in sports or amateurs. The research content of sports psychology is as follows: 1) To study the process of people's psychological activities, personality characteristics and internal laws during sports psychology include people's perception and memory, people's thinking and emotion, people's will and endurance, etc. 2) People are independent individuals, and they will show differences in gender, personality characteristics and functional classification of temperament. Sports psychology studies the impact of these differences on the self-confidence, efficacy and motivation of participating in sports. 3) The daily training and competition activities of sports will have a certain influence and effect on people's state of mind and personality, which is also one of the categories of sports psychology research. 4) Research on the psychological laws of people's accumulation of sports knowledge, mastery of sports skills and how to overcome the "plateau phenomenon" in sports when they carry out sports training. 5) Research on coaches, athletes and sports related sports. The mental state of other support staff during the game, before and after the game [2,3].

Sports psychology of management should also focus on the physical and mental health of athletes. According to Konter [4], sports psychology is multifaceted, including social psychology, developmental psychology, clinical psychology, health psychology, and coaching psychology, while arguing that psychology subdisciplines may influence practitioner interpretation. The purpose and meaning of sports psychology [5], because while focusing on psychological strategies and techniques to improve performance, sports psychology also focuses on the overall health of the athlete. Beyond that, sports psychology is not just about how their mental aspects affect their training and their performance on the field, but also the broader aspects of mental health, just like their day-to-day health [6].

Over the past century, experts and scholars from more and more countries have joined the ranks of sports psychology research. Especially in the past ten years, China's research on sports psychology has reached a historical peak, and has entered a period of standardized and

systematic development. The development of sports psychology has made great contributions.

2. Characteristics of Chinese sports psychology

The development of Chinese sports psychology of management can be traced back to the 1926 paper "The Transfer Value of Sports" by Dr. Ma Yuehan, a famous Chinese physical education educator. Then there are Xiao Zhongguo and Wu Wenzhong from the National Institute of Physical Education. In 1942, he edited and published China's first textbook "Sports Psychology" [7]. It was not until the establishment of the Sports Psychology Society in the early 1980s that there was some improvement, but there were few research results, but its application was reflected in the psychological counseling and psychological training of athletes, the study of sports psychology, and the integration of physical education and psychology.

So far, thanks to the rapid development of China's politics, economy, science, culture and society, the discipline of sports psychology has made great progress in both academic and practical fields. Especially with the increasing emphasis on the development of sports in my country and the successful holding of the Beijing Winter Olympics, the research on competitive sports, especially the athletes' self-concept, sports cognition and stress regulation and other related issues will be the focus of future academic circles themes and directions of research.

There are two academic entities in sports psychology in our country (Table 1). One is the Professional Committee of Sports Psychology of the Chinese Psychological Society established in 1979. The other is the Sports Psychology Branch of the Chinese Sports Science Society. The National Sports Psychology Academic Conference, which is held every three to four years, has been held for seven sessions so far. It is highly recognized by the national peers and has become a brand academic activity of the Sports Psychology Branch.

The core scientific research institutions for sports psychology research in China are composed of Beijing Sports University, Shanghai Institute of Physical Education, and School of Physical Education and Health of East China Normal University. The core researchers are represented by Zhang Liwei, Ji Liu, Wang Bin, Zhou Chenglin, etc. At present, many important Chinese psychological and sports science journals in my country have published column papers on the theme of competitive psychology, such as Journal of Tianjin Institute of Physical Education, Psychological Science, Chinese Journal of Sport Medicine, Journal of Beijing Sport University. On the other hand, these publications are also a contribution of sports psychology to its larger field, although it is now more limited to applied work in competitive sports psychology. The research hotspots of sports psychology in the country mainly focus on improving the mental health level of various groups, and the research objects are constantly expanding. The research hotspot time zone presents two stages of exploration and reflection, expansion and innovation. Physical activity, exercise rehabilitation, etc.

3. The application of Chinese sports psychology of management in training and competitive sports

The theoretical research and practical demonstration of sports psychology of management in the development of sports at home and abroad are rich, and it has made great contributions to the development of the sports field, especially the development of competitive sports. The application of sports psychology to competitive sports training and competition is conducive to adjusting the psychological emotions of athletes, giving athletes positive psychological support, and promoting the improvement of competition performance.

Compared with the field of mass exercise and physical education, competitive sports have

received more attention from sports psychology. In competitive sports, athletes will inevitably have some psychological problems, such as a negative state of self-cognition, insufficient ability to regulate anxiety and tension, weak willpower, weak motivation and attitude for training, and inaccurate self-evaluation. Insufficient social support between psychological layers and psychological fatigue, etc., the manifestations of these psychological problems will be reflected in the usual training and key competitions to varying degrees, thus affecting the competition results. Therefore, the use of sports psychology methods in competitive sports to carry out diagnosis, monitoring, training, etc., is conducive to the effective solution of athletes' psychological problems, improves the athletes' psychological adjustment ability, and lays the foundation for the achievement of excellent competitive performance. Competitive sports psychology in China has a development history of more than 40 years. It has improved the professional and systematic level of psychometric technology and the accuracy of cognitive neuroscience in predicting sports performance.

The main psychological problems of Chinese athletes in competitive competitions can be summarized from 8 aspects: cognition, emotion, willpower, attention, motivation and attitude, self-evaluation, interpersonal relationship and mental fatigue. Each should correspond to behavioral ideological manifestations

Psychological problems common to athletes in training and competitive competitions often lead to a decline in the final performance of athletes. Based on this, the effective application of sports psychology in training and competitive competition is becoming increasingly important. Aiming at the application of sports psychology in training and competitive competitions, it is related to the following points: First, in the usual training process, sports psychology is used to strengthen the training of athletes' willpower, so that athletes can compete in actual competitions. maintain a normal mind. For elite athletes, strong willpower is one of the necessary psychological states. Through sports psychology, we can know that the willpower dominates the action process. First, we must generate motivation, secondly determine the goal of the action, then choose a reasonable action method, and finally overcome the existing difficulties. Therefore, in the process of training, the relevant personnel can train the mental state of the athletes in this way, and then improve the mental quality of the athletes, so that they can achieve good results in the competition. The second is to effectively train the athletes' self-confidence. Good self-information is not only conducive to athletes' performance in competitions, improving their psychological control ability, but also has a self-evident positive effect on improving the final competition performance. In this way, even if the athlete does not achieve good results in the competition, they will not lose confidence, but will sum up their experience and make persistent efforts in the next competition to play a better performance. Third, it is very beneficial to train athletes' attention and focus on the game to perform at their best.

Most national sports teams have their own teams of dedicated support experts who provide services such as healthcare, physical training, rehabilitation, physiological and biochemical monitoring, nutrition, technical analysis, and more. Sports psychologists in the Institute of Science of the General Administration of Sport of China, Beijing Sports University and other institutions have provided psychological services for the national team for a long time.

At the level of psychological technology, a series of sports psychological intervention technologies have been used in the Beijing Olympic Games, such as psychological

countermeasure library, biofeedback technology, psychological video and music, psychological website, multi-functional service vehicle specially designed for athletes to do psychological testing and rapid adjustment Wait. Leading techniques in the field of psychology such as electroencephalography (EEG), event-related potentials (ERP), and computerized quadrant diagrams (EEQG) are used to diagnose the mental state or training effect of athletes during exercise.

In the 1980s, psychological counseling and psychological skills training were introduced to China from Europe and the United States. Due to differences in culture and competitive sports programs between Eastern and Western countries, it is necessary to establish a cultural and psychological training model that is more suitable for Chinese athletes. Since 2010, the Research Institute of the General Administration of Sports of the People's Republic of China has held the "National Sports Psychology Training Course" every year, which is aimed at coaches of national, provincial and municipal teams, as well as sports psychology practitioners engaged in psychological training and psychological counseling.

4. Development Trend of Sports Psychology of management in China

Competitive sports psychology research has always been a key area of sports psychology research. We will continue to focus on competitive sports psychology research and strengthen physical education and exercise psychology research. Maintain the traditional research theme of sports psychology and continuously expand new research areas. In terms of research methods, quantitative research and qualitative research should be combined, and empirical research and research methods should be strengthened. Challenges exist in: motion perception and decision-making in exercise, neural efficiency and neuroplasticity, self-control and exercise performance, mental health of athletes, dose effects of exercise on mental health, moderators in exercise to promote mental health, exercise The intention-behavior gap promotes mental health, and the neural mechanisms by which exercise promotes mental health.

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Ангеліна Вікторівна Галнська, к.е.н., доцент.

(доцент кафедри «Менеджменту ім. Л.І. Михайлової», Сумський Національний аграрний університет)

ХАРАКТЕРИСТИКА КИТАЙСЬКОЇ СПОРТИВНОЇ ПСИХОЛОГІЇ УПРАВЛІННЯ ТА ЇЇ ЗАСТОСУВАННЯ НА ТРЕНУВАННЯХ ТА ЗМАГАННЯХ.

Анотація: Спортивна психологія управління — це застосування різних психологічних теорій управління у спорті та вправах. Дослідження спортивної психології управління в Китаї почалися пізно і повільно розвивалися на ранній стадії, але з економічним і соціальним розвитком, особливо успішним проведенням зимових Олімпійських ігор і Олімпійських ігор в Пекіні, китайська психологія вступила в період стандартизованого і систематичного розвитку. Застосування в тренуваннях і змаганнях швидко розвивалося і внесло великий внесок у розвиток спортивної психології у світі. У майбутньому залишається багато проблем, які потребують вирішення в теоретичних і прикладних дослідженнях психології спорту. Завдяки швидкому розвитку китайської політики, економіки, науки, культури і суспільства дисципліна спортивна психологія досягла великих успіхів як в академічній, так і в практичній сферах. У центрі уваги будуть дослідження спортивних змагань, особливо Я-концепції спортсменів, спортивного пізнання та регулювання стресу та інших супутніх питань. Більшість національних спортивних команд мають власних спеціалістів із підтримки, які надають такі послуги, як охорона здоров'я, фізична підготовка, реабілітація, управління та психологічна підтримка спортсменів, харчування, технічний аналіз тощо. Спортивні психологи Інституту науки Головного управління спорту Китаю, Пекінського спортивного університету та інших установ вже давно надають психологічні послуги національній команді. Основні психологічні проблеми китайських спортсменів на змагальних змаганнях можна узагальнити з 8 аспектів: пізнання, емоції, сила волі, увага, мотивація та ставлення, самооцінка, міжособистісні стосунки та психічна втома.

Ми продовжуватимемо зосереджуватись на дослідженні психології управління змагань і посилювати дослідження фізичного виховання та психології вправ. Зберігати традиційну дослідницьку тему психології управління спорту та постійно розширювати нові напрямки досліджень. З точки зору методів дослідження слід поєднати кількісне дослідження та якісне дослідження, а також посилити емпіричні дослідження та методи дослідження. Проблеми існують у: сприйнятті руху та прийнятті рішень під час вправ, нервовій ефективності та нейропластичності, самоконтролі та продуктивності вправ.

Ключові слова: Психологія управління, спортивна психологія; психічне здоров'я; навчання; змагальні види спорту.