

CONTRIBUTIONS IN ADJUSTMENT OF PSYCHIATES TO EMPLOYEES TO IMPROVE PERFORMANCE

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Abstract: *Sports performance is a multifactorial condition and the work emphasizes, in longitudinal experimental research, concrete ways of individualized approach to psychological training in swimming. Fructifying the good practice experiences from the specialized literature, the content of the training, the tools for evaluation and monitoring of the emotional and performance behavior of the subject of the research in the 2017 competition year were elaborated. The results of the research, the performance progress in the contest, validate the methodology of the proposal, research and confirms the working hypothesis.*

Key words: *mental training, anxiety, concentration, training, performance*

1. Introduction

Most sports training specialists studied believe that performance is multi-factorial determined and mental training integrates with significant contributions to the equation of sporting outcome in competitions [1], [4].

In the vast majority of cases, the difference between athletes with similar physical capabilities is adequate mental preparation and correct use of psychological abilities that can be improved if they act regularly,[14]

Mental training / mental viewing gives the athlete the opportunity to successfully approach a scene, a test, a half before experiencing real or confrontational

encounters.[7], [12], [6]. These innovative techniques and methods have helped the athletes make corrections to the technique, they managed to break the speed barrier, to strengthen trust in their own forces and to imagine themselves triumphing at the greatest national and international competitions [13], [3].

Domain experts, romanian and foreign [4], [5], [6], [14] considers that in the sports training, regardless of sports, to achieve the development of mental abilities through mental training.

On the basis of these premises it was assumed that by introducing the mental training will break the speed barrier and increase the propulsive force

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I thought that by practicing the techniques of concentration, visualization and imagination, the athlete would acquire the optimization of the butterfly technique and implicitly increase the motivation and reduce the mental and physical effort in training and competition.

2. Objectives

The aim of the research is to improve the methodology of individualized optimization of psychic and technical qualities by introducing mental training methods to improve the results in the competition tests.

To achieve the proposed objective we set the following objectives:

- storage test battery and evaluation samples;
- laboration of swimming-specific means to optimize the concentration of the athlete in training and competition;
- developing mental training programs in accordance with the characteristics of the case study;
- Experimental verification of the effectiveness of the proposed training program.

3. Material and Methods

The research is an experimental longitudinal type, operationalized at the case study level, conducted in the competitive year 2017. The subject of the research, P. Al. is a swimmer, legalized by LPS Pitesti, competitor in the samples of 50m, 100m and 200m butterfly. The athlete experienced an episode of anxiety in a competition and since then this type of anxiety has repeatedly led to a speed barrier in the competition. The subject and the coach have contacted us for

counseling and psychological support sessions.

In order to obtain the necessary information that guided us during the intervention we used the interview method combined with the application of psychological tests the results to the control samples, the results in competitions, conversations with the coach teacher and the athlete.

The relevance of emotional variables, especially anxiety, was checked by using the following psychological tests and assessment scales:

- the Profile of Emotional States (POMS) - "Profile of Mood States" (McNair, Lorr and Roplemann, 1971);
- challenge, manifestations and strategies against anxiety in the face of a sport competition (Marques, 2004);
- the automatic thought argument; Practical Attention Skills (ATQ)
- the Prague test and the Toulouse-Pieron test.
- the personality, motivation, attitude of sport performance (PMEB-D);
- statistics Anxiety Situation for High Performance athletes (ANS-D);
- she Stress Duty for High-Competitive Athletes (STR-D).

In psychological intervention, it acted in accordance with the principles of good practice in the use of mental training [2], [1], [12], [11], [13], [6], [9], [10], throughout the competitive year 2017.

Based on the results of the initial evaluation, September 2016 sets out the objectives of physical, technical and psychological training, the main means, the volume and intensity of phased preparation. At the psychological level, the athlete has performed relaxation, meditation and visualization sessions, logical games, concentration tests, POMS -

Emotional States Profile, and Flexibility Thought Tests. At the end of each stage and in the competitions the parameters were evaluated and methodologically intervened accordingly.

4. Results and Discussions

The results of the experimental study highlight the quantitative and qualitative aspects of the case study strategy, in which the objectives of psychological training have been fully realized.

The use of Jacobson's progressive (analytical) relaxation technique, Schultz's neural and muscular relaxation techniques, combined with imaginative techniques in mental training, proved to be reliable for Athlete P. Al. Figures 1-3 show the values in the POMS questionnaire dynamically.

It has been found that the subject regulates psychic states, step by step,

during the preparatory stages and capitalizes on the level of training in competitions.

The athlete improves his anxiety level from 39 points in the beginning of the experiment to 34 in the last test, competing with an anxiety level that tends to fit in an optimal value (figure 1).

It was found at the end of the experiment that the vigor / mental / mental strength of the athlete has reasonable oscillations during training, but in competitions it increases, demonstrating a good mental / mental balance.

He level of concentration of the athlete has the most spectacular evolution (fig.3). The ratio goes from mediocre concentration points (27 points) and improves this parameter, in competitions its level is over 35 points, level of high concentration.

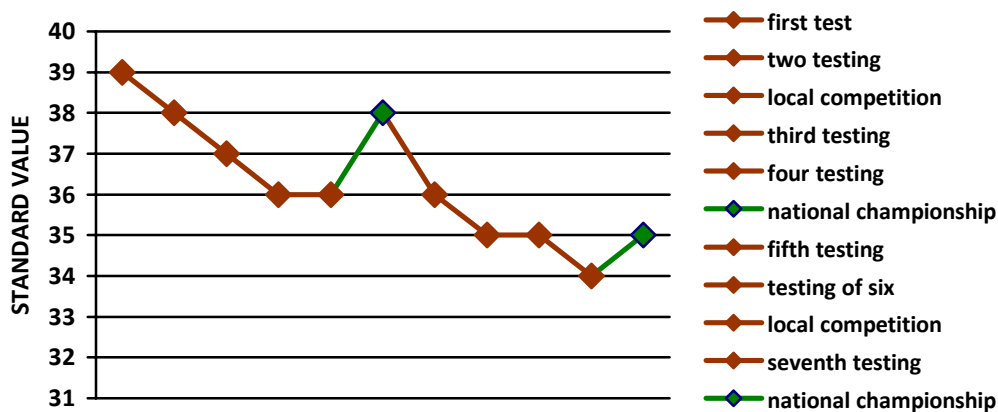


Fig.1. Education of athletes' level of anxiety in training and competitions

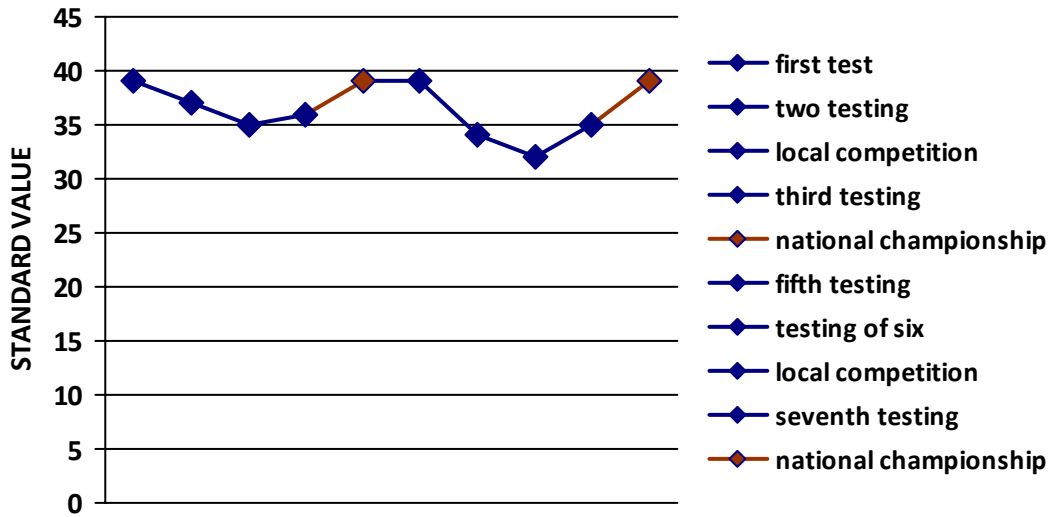


Fig.2. Evolution of athletic level in training and competitions

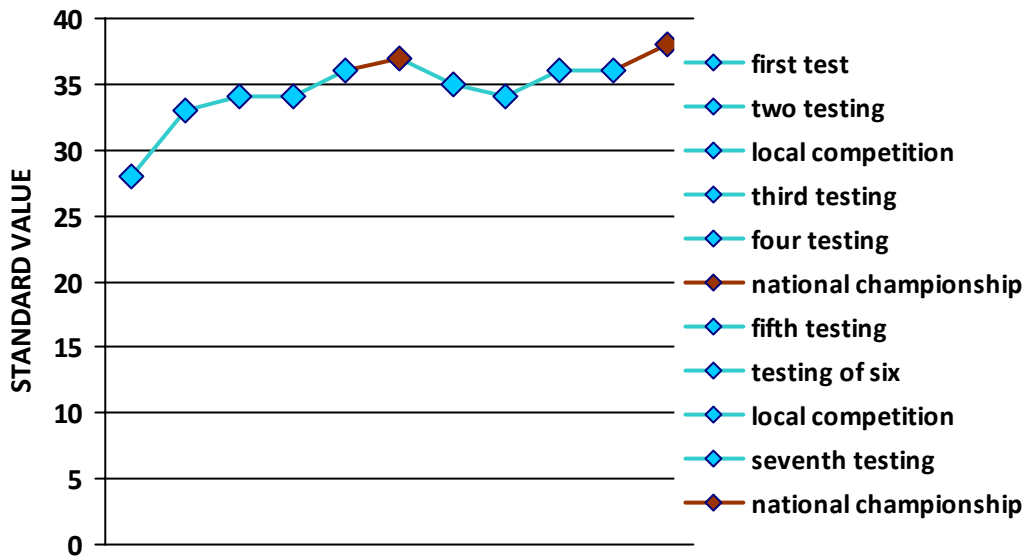


Fig.3. Dynamics of the level of concentration of the athlete in training and competitions

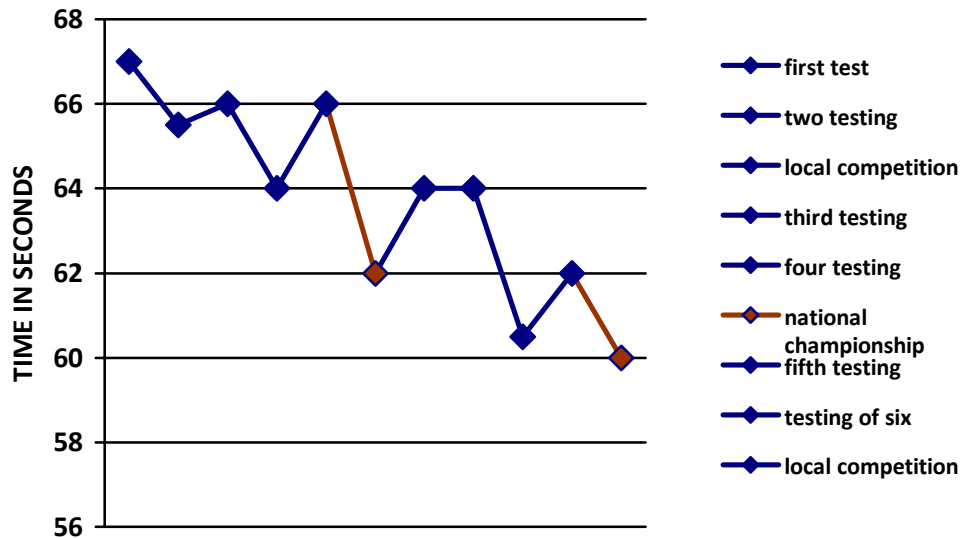


Fig.4. Dynamics of the results in the competition test, in the training and competitions

5. Conclusions

The qualitative development of the athlete's psychological regulation, good health, conscious and motivated involvement in training and competitions, diminution of anxiety level and increased concentration capacity influence performance performance, confirming the hypotheses of research (fig. 4).

The results point out that at the level of the case study, the psychological intervention, conceived and carried out during the experimental research, in conjunction with the other factors of the antenna, optimized the level of psychic regulation. Conic problems of the athlete in terms of a state of anxiety manifested in competitions have been regulated, the level of anxiety decreases, the athlete exhibiting a high level of self-confidence.

The general goals of psychological training for Athlete P.AI were properly operationalized in the various stages of training and competition and their

fulfillment played an important role in increasing the performance capacity.

At the goal competition, the athlete improves your result by more than one second in the base sample, a 100m butterfly.

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