

Original Article

Influence of personal characteristics of pupils and students on the effectiveness of the relationship to the specific physical activities

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Published online: June 25, 2016

(Accepted for publication May 11, 2016)

DOI:10.7752/jpes.2016.02066

Abstract

Research objective – theoretical and experimental justification of a technology of influence of personal features of pupils and students from judo sports clubs on efficiency of their attitude to specific physical activities.

Material & Methods: The following groups of judoists took part in the research: group one (beginners, n=20); group two (junior categories, n=25); group three – adult judoists (category 1, n=15); group four (adult judoists, n=10); group five (masters of sports, n=10). Throughout the whole one-year training cycle sports motivation and emotional state were studied.

Results: It is found that both beginners and judoists of junior categories are characterized by low degree of manifestation of motivational and basic causes of their attitude to sports. It is shown that structure of beginners' attitude to competitive activity tends to commitment to avoiding failure (6.8 points) as compared to commitment to obtaining success (6 points). Indicators of sportsmen' emotional state (well-being, activity, mood) are much higher than for highly qualified judoists. Social and psychological characteristics (attitude to mates and coach) are not important in revealing their attitude to a work-out process and competition.

Conclusions. Analysis of individual characteristics of attitude to sports activity has proved that improvement of attitude to sports activity throughout a contest season is typical of medalist judoists. Structure of judoists' attitude to sports activity has the following tendency: to the extent that a level of sports mastery increases, orientation at a work-out session decreases and orientation at competitive activity grows.

Keywords: judo, junior sportsmen, competitive activity, attitude to sports.

Introduction

When studying characteristics and researching efficiency of attitude of judoists with different qualification to sports activity, we have supposed that influence of personal features of pupils and students from judo sports clubs on efficiency of their attitude to specific physical activities is interrelated with attitude to competitive and work-out activity. According to a researcher of motivation Il'in E.P. (Il'in, 2002), efficiency of sportsman's competitive activity can facilitate or weaken sports motivation. To prove this supposition we have studied attitude of judoists with different qualification to sports activities. The following characteristics of their attitude to sports activities have been revealed: commitment of sportsmen to satisfaction of particular needs, according to Piloian R.A. (Piloian, 1984) as modified by Babushkin G.D. (Babushkin, 2007); commitment of sports activity to obtaining success and avoiding failure; orientation of attitude to work-out and competitive activity; interest to sports (judo), attitude to a coming competition, according to Khanin Iu.L. (Khanin, 1980); aiming for achievement of high results (Babushkin, 2005); a need for self-improvement according to Babushkin G.D. method (Babushkin, 2005); emotional state according to Kiselev Yu.Ya. method called "Gradusnik" (Marishchuk, 2005), characterizing attitude to a work-out process and competitions.

A perspective direction in optimization of judo training is improvement of a level of the most important psycho-physiological qualities of sportsmen (Kozina, & Iermakov, 2015; Podrigalo, Iermakov, Galashko, Galashko, & Dzhyim, 2015; Podrigalo, Iermakov, Nosko, Galashko, & Galashko, 2015; Podrigalo, Iermakov, Alekseev, & Rovnaya, 2016). Every direction implies application of particular means and methods used in pedagogical purposes (Iermakov, Cieřlicka, & Muszkieta, 2015; Kuzmin, Kopylov, Kudryavtsev, Galimov, & Iermakov, 2015; Gaskov, Kuzmin, Kudryavtsev, & Iermakov, 2016). Optimization of loads (Khudolii, Iermakov, & Ananchenko, 2015; Khudolii, Iermakov, & Prusik, 2015; Kopylov et al., 2015; Iermakov, Arziutov, & Jagiełło, 2016), evaluation of children' motor development (Ivashchenko et al., 2015; Ivashchenko, Yermakova, Cieřlicka, & Zukowska, 2015; Ivashchenko, Yermakova, Cieslicka, & Muszkieta, 2015) and selection of methods of pedagogical control proper to an age (Zaporozhanov, & Borachinski, 2012; Prusik, Prusik, Kozina, & Iermakov, 2013; Zaporozhanov, Borachinski, & Nosko, 2015) can be a good supplement in

this case. The following researches can be singled out among other directions: training of psychic functions (Klymenko, 2010); influence of psychological stability on increase of a level of sports indicators and efficiency of competitive activity (Artemenko, 2009; Muntian, 2010; Lochbaum et al., 2016); optimal states determining a high level of reliability of sportsman's body system functioning (Rovnaya, Podrigalo, Iermakov, Prusik, & Cieślicka, 2014; Podrigalo, Galashko, & Galashko, 2015); measures of self-rating and a level of children' (Ivashchenko, & Yermakova, 2015; Yermakova, 2015; Krutsevich, & Marchenko, 2015) and sportsmen' (Jagiello, & Jagiello, 2015) physical development; building models enabling revealing of individual sportsmen' characteristics (Kozina, Jagiello, & Jagiello, 2015); degree of children' sports assurance (Lochbaum, Okafor, Brenner, & Cetinkalp, 2015); influence of interpersonal relations in a sports team on improvement and preservation of attitude to sports activities (Gonchar, 2012; Emshanova, 2013); influence of sportsman's self-rating on goal setting and participation in competitions (Vysochina, 2010; Romanowska-Tolloczko, & Piwowarczyk, 2015); cooperation of a coach and a sportsman (Chopyk, 2013); influence of positive emotions on a course of activity conducted by a person (Il'in, 2002; Malakhov, Puhach, Serebrjakov, Bakanova, & Druz, 2014; Kozina, 2015); problems of individualization of training (Ivashchenko, & Yermakova, 2015; Zhanneta et al., 2015; Pomeschchikova, 2016).

Preliminary results of studying these problems are given in Table 1. Structures of attitude of beginners and judoists of junior categories to sports activity have no considerable differences. Sportsmen of both groups have a low degree of manifestation of motivational (K1 and K2), basic (K3, K4 and K5) and procedural (K6 and K7) causes. Junior judoists (beginners) are not yet familiar with specificities of acute competitive struggle. Material and spiritual needs of junior judoists have not taken a leading place in structure of attitude to sports activities yet as compared to adult sportsmen – masters of sports.

Table 1. Manifestation of judoists' attitude to different aspects of sports activity ($\bar{x} \pm \sigma$), points

No	Attitude parameters	Groups of sportsmen					p between
		1. Beginners (n=20)	2. Junior categories: 1, 2(n=25)	3. Adults, category 1 (n=15)	4. CMS (n=10)	5. MS (n=10)	
1	K1 – commitment to spiritual needs	2.3±0.05	2.5±0.06	2.6±0.04	3.7±0.06	4.8±0.03	3 and 4<0.01
2	K2 – commitment to material needs	2.4±0.07	2.9±0.04	3.0±0.07	3.9±0.08	4.7±0.04	4 and 5<0.05 3 and 4<0.05
3	K3 – commitment to social living	2.8±0.03	3.3±0.06	3.6±0.08	4.2±0.04	4.3±0.06	1 and 3<0.05 2 and 4<0.05
4	K4 – commitment to knowledge acquisition	3.1±0.08	3.2±0.06	3.4±0.08	4.2±0.03	4.0±0.05	2 and 5<0.05
5	K5 – commitment to absence of pain	2.1±0.04	3.2±0.05	3.7±0.07	3.9±0.09	4.0±0.08	2 and 4<0.05 1 and 2<0.05
6	K6 – commitment to accumulation of data on a competitor	2.3±0.05	3.5±0.04	3.8±0.03	4.2±0.03	4.3±0.03	3 and 5<0.05 1 and 2<0.05
7	K7 – commitment to absence of psychogenic influence	1.9±0.09	2.5±0.05	3.5±0.08	3.8±0.04	4.1±0.03	3 and 5<0.05 1 and 3<0.01
8	Commitment to: -obtaining success -avoiding failure	6.0±0.45	6.3±0.08	6.7±0.07	7.2±0.06	7.2±0.07	3 and 5<0.05 1 and 4<0.05
		6.8±0.06	5.3±0.07	5.4±0.05	4.7±0.03	4.6±0.06	3 and 5<0.05 1 and 5<0.01
9	Commitment to: - a work-out session - a competition	6.6±0.08	5.8±0.09	5.0±0.07	4.1±0.05	4.4±0.05	3 and 5<0.05 1 and 4<0.01
		3.2±0.05	4.3±0.06	6.8±0.09	7.6±0.06	7.4±0.08	3 and 5<0.05 1 and 4<0.01
10	Interest to sport	26.8±2.3	27.5±2.1	28.8±3.4	31.3±3.1	32.1±3.3	3 and 4<0.05 1 and 4<0.01
11	Attitude to a coming competition: assurance - perception of competitors - a desire to participate in a competition - evaluation of a sportsman by other people	5.3±0.5	5.1±0.5	7.2±0.7	8.2±0.8	8.9±0.9	1 and 3<0.01
		5.1±0.5	5.3±0.4	6.3±0.6	7.8±0.8	8.2±0.8	1 and 3<0.01
		5.8±0.6	6.2±0.6	6.2±0.6	7.1±0.7	7.9±0.8	1 and 3<0.05
		3.5±0.3	3.1±0.3	3.1±0.3	2.7±0.3	3.5±0.3	3 and 4<0.05 4 and 5<0.05

Note: CMS – candidate master of sports, MS – master of sports, p – a level of significance.

With the growth of sports mastery of judoists, structure of their attitude to sports activity tends to improvement of their orientation at spiritual and material needs.

Thus, manifestation of masters of sports is quite high (4.5 and 4.7 points out of 5 possible ones, accordingly). Commitment to absence of pain and acquisition of special knowledge achieves quite high level for candidate masters and masters of sports. Whereby, commitment to acquisition of special knowledge in a group of beginners and juniors ranks higher in a structure of attitude to sports activity as compared to other components. Knowledge of moves, technology of move training, tactics of bout conduct, influence of pre-start state on efficiency of activity etc. are important for young sportsmen.

Adult qualified sportsmen already possess a required composition of special knowledge. That is why acquisition of special knowledge is not that important for them. Other coefficients reflecting procedural and basic causes are much lower than coefficients of motivational causes. It can be said that motivational causes form a nucleus of attitude to sports activity and are a “mover” of sportsman’s activity aimed at improvement in sports.

Research hypothesis lies in a supposition that efficiency of attitude to specific physical activities of pupils and students from judo sports clubs is interrelated with personal features and, thus, influences their success in competitive and work-out activity. Studying of influence of characteristics and personal qualities of judoists with positive attitude to sports activity will facilitate efficient performance of the sportsmen at competitions.

Research objective – theoretical and experimental justification of a technology of influence of personal features of pupils and students from judo sports clubs on efficiency of their attitude to specific physical activities.

Material & methods

The pedagogical experiment was made on the basis of Krasnoyarsk (Russia) sports school. The following groups of judoists took part in the research: group one – beginners, the first and the second year of training in initial training groups, n=20; group two – students from training groups having junior categories, n=25 (1 and 2); group three – adult judoists of category 1, n=15; group four – adult judoists with a rank of candidate master, n=10; group five – adult judoists with a rank of master of sports, n=10. Throughout the whole one-year training cycle sports motivation and emotional state were studied. Lesson observation was carried out at city and regional competitions in Krasnoyarsk. Immediate preparation of judoists for competitions at all the stages was conducted in accordance with a general plan used in wrestling. The research was made using the following methods: analysis of literature devoted to the problem under consideration; lesson observation; questionnaire methods; pedagogical experiments; mathematic-statistical methods (Lakin, 1995).

The research was conducted in compliance with WMA Declaration of Helsinki – Ethical Principles for Medical Research Involving Human Subjects, 2013. The study protocol was approved by the Ethical Committee of University.

Results

Researches carried out by Piloian R.A. (Piloian, 1984), Babushkin G.D. and Babushkin E.G. (Babushkin, & Babushkin, 2000) have shown that coefficients K1 and K2 (reflecting sportsman’s commitment to satisfaction of spiritual and material needs) in a group of sportsmen with high sports results are much higher than for sportsmen with lower sports results.

Analogous results are obtained in the present research. It seems that this fact can be deemed regular for sports activity, combat sports in particular.

Structure of beginners’ attitude to competitive activity tends to commitment to avoiding failure (6.8 points) as compared to commitment to obtaining success (6 points). Significant changes in a structure of attitude to sports activity are observed in relation to sportsmen with higher ranks. Manifestation of commitment to obtaining success is 7.2 points and to avoiding failure is 4.7 points for masters of sports and candidate masters. In this regard a coach shall diagnose a character of judoists’ attitude to competitive activity and form their commitment to obtaining success.

The following tendency is observed in a structure of attitude to sports activity. To the extent that a level of sports mastery increases, orientation at a work-out session decreases and orientation at competitive activity grows. Thus, young sportsmen are oriented at a work-out session and adult sportsmen with high qualification are oriented at competitive activity mostly. Such tendency can be deemed regular. Sportsmen with high qualification (groups three, four and five) have perfect command of technical moves, and competitions are the main component of their activity.

Research of judoists’ interest to sports has shown the following. It is unstable (26–27 points) for sportsmen with low qualification (groups one and two). This unstable character of interest to sports is a wastage factor for young sportsmen at the stage of initial sports specialization. According to our data, annual wastage in training groups amounts to 57% on the average. Only sportsmen with high qualification (candidates and masters of sports) have a stable interest. It seems that sportsmen with stable sports interest achieve a high level of sports

mastery. In this relation, one of the tasks on formation of young judoists' attitude to sports activities is formation of their stable interest to sports from the first days of training. According to Il'in E.P. (Il'in, 2002), it is natural that results achieved in sports improve interest to it.

Attitude to sports activities manifests in sportsman's emotional state. To study attitude to sports activities and emotional state we used Kiselev Yu.Ya. method called "Gradusnik" (Marishchuk, 2005). 80 judoists with different qualification took part in the research. Judoists were interviewed at a pre-contest stage. The results are given in Table 2.

Table 2. Judoists' attitude to work-out and competitive activity according to Kiselev Yu.Ya. method ($\bar{x} \pm \sigma$), points

No	Attitude parameter	Groups of sportsmen					p
		1.Beginners (n=20)	2.Junior categories: 1, 2 (n=25)	3.Adults, category 1 (n=15)	4.CMS (n=10)	5.MS (n=10)	
1	Well-being	6.8±0.7	7.3± 0.7	6.7±0.6	7.5±0.8	8.1±0.8	4-5 <0.05 1-2<0.05
2	Activity	7.0±0.7	8.2± 0.8	7.0±0.7	7.9±0.8	8.0±0.8	4-5 <0.5 2-3<0.05
3	Mood	7.2±0.7	7.8 ±0.7	6.8±0.6	8.0± 0.8	8.2±0.8	3-4 <0.05 3-4 <0.05
4	A desire to train	8.3±0.8	7.6± 0.8	7.3±0.7	7.4± 0.8	7.3±0.7	3-4 <0.05 1-3 <0.05
5	Satisfaction with a work-out session	7.5±0.8	7.2± 0.8	8.0±0.8	8.3± 0.8	8.2±0.8	2-5 <0.05 1-4 <0.05
6	Relations with mates	7.8±0.7	7.5± 0.7	6.8±0.7	7.4±0.8	7.1±0.7	3-5 <0.05 1-4 <0.05
7	Relations with a coach	8.2±0.8	8.1±0.8	6.7±0.6	7.2±0.7	7.0±0.7	2-5< 0.05 1-4 <0.05
8	A desire to compete	8.5±0.9	7.8± 0.7	7.9±0.8	8.5±0.9	8.3±0.8	1-3 <0.05 2-4< 0.05

Note: CMS – candidate master of sports, MS – master of sports, p – a level of significance.

We have supposed that attitude of judoists with different qualification to sports activities considerably varies. Results of the research have shown the following. Indicators of sportsmen' emotional state (well-being, activity, mood) are much higher for highly qualified judoists. There is no tendency in attitude of judoists with different qualification to separate aspects of work-out and competitive activity. At the same time groups of young sportsmen are more willing to train. Yet, their satisfaction about a work-out session is lower than for groups of sportsmen with higher qualification. Sportsmen with high qualification are more willing to compete.

It seems that unsuccessful performance of young judoists influences their attitude to competitive activity. Here coach's errors in preparation of sportsmen for competitions are in place. Young judoists were not ready for competitive struggle. Relations with a coach and teammates in a group of adults (highly qualified sportsmen) are much worse than in groups of young judoists.

We have supposed that some indicators of attitude to sports activity are interrelated. Identification of interrelation between separate indicators of attitude to sports activity for young and adult judoists has shown the following (table 3 and 4). Indicators of emotional state are interrelated both in a group of young judoists and in a group of adult judoists.

Table 3. A character of interrelation between components of young judoists' (beginners, junior categories, n = 45) attitudes

Attitude parameters	1	2	3	4	5	6	7	8
1. Well-being		0.8 **	0.7 **	0.75 **	0.25	0.75 **	0.23	0.65 **
2. Activity			0.73 **	0.8 **	0.46 **	0.37 *	0.29	0.73 **
3. Mood				0.7 **	0.35 *	0.27	0.38 *	0.68 **
4. A desire to train					0.69 **	0.57 **	0.64 **	0.56 **
5. Satisfaction with a work-out session						0.58 **	0.72 **	0.37 *
6. Relations with mates							0.24	0.31
7. Relations with a coach								0.68 **
8. A desire to compete								

Note: * - a level of significance of correlation coefficient, where $p < 0.05$; ** where $p < 0.01$

Table 4. A character of interrelation between components of adult judoists' (CMS and MS, n =20) attitudes

Attitude parameters	1	2	3	4	5	6	7	8
1. Well-being		0.65 **	0.72 **	0.68 **	0.67 **	0.25	0.33 *	0.62 **
2. Activity			0.68 **	0.58 **	0.66 **	0.27	0.49 **	0.71 **
3. Mood				0.58 **	0.46 **	0.23	0.27	0.58 **
4. A desire to train					0.59 **	0.24	0.34 *	0.66 **
5. Satisfaction with a work-out session						0.28	0.32	0.77 **
6. Relations with mates							0.04	0.11
7. Relations with a coach								0.28
8. A desire to compete								

Note: * - a level of significance of correlation coefficient, where $p < 0.05$; ** where $p < 0.01$

Indicators of attitude to a work-out session and competition are interrelated in both groups of judoists under consideration (accept for attitude to a coach and mates). Determination of a character of influence of the factors on attitude to work-out activity for young judoists by means of calculating Fischer coefficient has shown considerable influence of factors being analyzed (table 5). Important coefficients are highlighted in bold. Emotional and socio-psychological factors influence judoists' attitude to work-out and competitive activity. Judoists' attitude to competitive activity is influenced by emotional factors only (well-being, activity, mood).

Table 5. Attitude of young judoists (junior categories) to work-out and competitive activity (Fischer coefficient)

Factors	Attitude to work-out activity	Attitude to competitive activity
1. Well-being	F-calculated = 7.5 F-critical = 3.6	F-calculated = 4.5 F-critical = 4.3
2. Activity	F-calculated = 8.5 F-critical = 3.3	F-calculated = 4.3 F-critical = 3.4
3. Mood	F-calculated = 6.6 F-critical = 4.2	F-calculated = 5.5 F-critical = 4.4
4. Satisfaction with a work-out session	F-calculated = 8.5 F-critical = 3.6	F-calculated = 3.4 F-critical = 4.2
5. Relations with mates	F-calculated = 6.9 F-critical = 3.7	F-calculated = 2.5 F-critical = 4.4
6. Relations with a coach	F-calculated = 6.1 F-critical = 4.7	F-calculated = 2.4 F-critical = 3.7

Emotional components (well-being, activity, mood) in a group of judoists with high qualification influence attitude to work-out and competitive activity. Socio-psychological characteristics (attitude to mates and a coach) are not important in manifestation of attitude to a work-out session and competition (table 6). It seems that interpersonal relations are not important for sportsmen with high qualification.

Table 6. Attitude of adult judoists (CMS, MS) to work-out and competitive activity (Fischer coefficient)

Factors	Attitude to work-out activity	Attitude to competitive activity
1. Well-being	F-calculated = 5.5 F-critical = 3.6	F-calculated = 6.5 F-critical = 4.8
2. Activity	F-calculated = 7.5 F-critical = 3.9	F-calculated = 8.3 F-critical = 3.9
3. Mood	F-calculated = 8.6 F-critical = 4.8	F-calculated = 4.5 F-critical = 4.3
4. Satisfaction with a work-out session	F-calculated = 7.5 F-critical = 4.6	F-calculated = 4.4 F-critical = 4.7
5. Relations with mates	F-calculated = 2.1 F-critical = 4.3	F-calculated = 3.5 F-critical = 4.6
6. Relations with a coach	F-calculated = 3.1 F-critical = 4.8	F-calculated = 2.4 F-critical = 3.9

Discussion

Taking into account interrelation of motivation and emotions, and influence of emotions on motivation, we find it necessary to bring up for discussion a statement that identification of judoists' emotional state is necessary for its optimization in the process of formation of attitude to sports activity. For this purpose we recommend an operational method offered by Kiselev Yu.Ya. (Marishchuk, 2005), providing for identification of the following parameters: well-being, mood, desire to train, desire to compete, satisfaction with a work-out session, satisfaction with a competitive process, relations with mates, relations with a coach and readiness to compete. However, according to researches of other scientists, two main attitudinal aspects are manifested in competitive activity: commitment to obtaining success and commitment to avoiding failure (Babushkin, 2007; Baturin, 1988; Mc Clelland, 1972). At the same time our researches (Babushkin, Shumilin, & Bliznevsky, 2012; Bliznevsky, & Shumilin, 2012; Bliznevsky, Babushkin, & Shumilin, 2014; Bliznevsky, Shumilin, & Levickij, 2015; Kuzmin, Kudryavtsev, & Bliznevsky, 2016), as well as results of researches carried out by Babushkin

E.G. (Babushkin et al., 2000; Smolenceva, 2003) have shown that pronounced sportsman's commitment to obtaining success has positive effect on pre-start state of a sportsman, its conduct at the competitions and results of competitive activity. A decisive factor in formation of an achievement motive in children is a character of relations between a child and an adult. High motivation is formed in children whose parents constantly improve a level of their requirements and skillfully assist them, being gentle and tender. A low level of motivation is formed in children whose parents exercise too strict control and directive patronage over them, or are indifferent towards them. Taking into account these tendencies, you can advantageously form sportsmen's commitment to obtaining success. It is logical to suppose that particular relations between a coach and its students will have different influence on formation of their achievement motive.

Based on results of researches carried out by Mc Clelland D.C. (Mc Clelland, 1972) and Babushkin E.G. (Babushkin et al., 2000), we suppose that attitude of young judoists to obtaining success will be formed subject to the following conditions:

- 1) formation of an achievement syndrome in young judoists, i.e. prevalence of commitment to success over commitment to avoiding failure;
- 2) self analysis of results of one's activity. Contents of this work are specified above;
- 3) development of an optimal goal-formation tactics in judo classes;
- 4) interpersonal support on behalf of a coach and group mates.

Every of these directions imply application of particular means and techniques used in pedagogical purposes (Alschuler, Tabar, & Intire, 1970). Interpretation of our own research results and results of other researches convincingly demonstrate that organization of a process of formation of young judoists' attitude to sports activity during a contest season of a one-year training cycle is oriented at general provisions of the management theory. It is also oriented at results of researches and recommendations of authors involved in management of athletic training (Levickij, 2003; Bobrovskij, 2005; Kozina, Iermakov, Kuzmin, Kudryavtsev, & Galimov, 2016; Kuzmin et al., 2016). Specialists listed above prove validity of statements given in our research. The following tendency is observed in a structure of judoists' attitude to sports activity. To the extent that a level of sports mastery increases, orientation at a work-out session decreases and orientation at competitive activity grows. Thus, young sportsmen are oriented at a work-out session and adult sportsmen with high qualification are oriented at competitive activity mostly. Sportsmen with high qualification have perfect command of technical moves, and competitions are the main component of their activity (Babushkin et al., 2012; Bliznevsky et al., 2012; Bliznevsky et al., 2014; Bliznevsky et al., 2015; Kuzmin et al., 2016).

It is important to underline originality of our research results, which lies in development of an experimental method of formation of active-efficient attitude of young judoists to sports activity. It includes work in the following directions: identification and satisfaction of current needs; securing favorable cooperation with young judoists; securing positive emotional atmosphere at lessons and competitions; establishment of favorable interpersonal relations in systems "coach – sportsman" and "sportsman – team"; formation of an achievement syndrome in young judoists; analysis of competitive activity efficiency and identification of reasons of success and failures; improvement of efficiency quality; optimization of attitude to work-out and competitive activity with a focus on competitive activity; formation of adequate self-rating of own preparedness; balancing of a level of sportsman's aspiration and preparedness. To continue work in this perspective direction and further researches on a topic of formation of judoists' active-efficient attitude to sports activity, it is necessary to study trainings at a pre-contest stage: personal causality, updating mental activity and achievement motivation. It will be topical to study trainings on causal schemes and inner motivation at a post-contest stage. After that results of other researches and results of the present pedagogical experiment shall be actively discussed, since they prove and certify considerable increase in registered parameters characterizing influence of personal qualities of pupils and students going in judo on efficiency of their attitude to specific physical activities.

Conclusions

Studying influence of personal qualities of pupils and students going in judo on efficiency of their attitude to specific physical activities has shown the following:

Factors influencing their attitude to a coming competition are identified, and include: positive emotional background, presence of a coach at trainings and competitions during bouts, making systematic analysis of competitive activity, moral and emotional support on behalf of a coach, setting tasks and goals for a particular competition, familiarization with a plan of trainings for a micro cycle and the whole stage of pre-contest preparation, a sense of readiness to the competitions, favorable psychological climate at trainings, successful performance at previous competitions, conduct of important competitions in a home town. Factors weakening attitude to a completion include: frequent traumas, complicated or not established relations with a coach, monotonous training exercises;

Psycho-emotional factors (well-being, activity, mood) and socio-psychological factors (satisfaction with a work-out session, relations with group mates and a coach) influence attitude of young judoists to a training process. Psycho-emotional factors influence attitude to a competitive process. Only psycho-emotional factors influence attitude of judoists with high qualification to work-out and competitive activity;

Attitude of judoists to work-out and competitive activity at a post-contest stage depends on efficiency of competitive activity, location of the competition, personal features (self-rating, character, motives). Attitude to work-out activity improves at the fourth training after the competition; to competitive activity – at the sixth training;

Analysis of individual characteristics of attitude to sports activity has proved our supposition and showed that increase in components of attitude to sports activity throughout a competitive season (work-out, competitive, a desire to achieve high results) is typical of judoists placing high at the competitions. These components of attitude have weakened for other judoists;

Features of young judoists' attitude to work-out and competitive activity serve as independent characteristics. Relation between them improves together with growth in sports qualification. Types of relations for sportsmen with high qualifications are interrelated;

The following tendency is observed in a structure of judoists' attitude to sports activity. To the extent that a level of sports mastery increases, orientation at a work-out session decreases and orientation at competitive activity grows. Thus, young sportsmen are oriented at a work-out session and adult sportsmen with high qualification are oriented at competitive activity mostly. Sportsmen with high qualification have sufficient physical fitness, perfect command of technical moves, and competitions are the main component of their activity.

Conflict of interests

The authors declare that there is no conflict of interests.

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