

GOAL-SETTING IN SPORT AND THE ALGORITHM OF ITS REALIZATION

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Abstract. *Relevance. In recent years, the level of sport results in elite sports and the intensity of training and competitive loads has been steadily increasing. Consequently, new methods for increasing the effectiveness of the training process should be discovered, one of them is the goal-setting process improvement, or the competitive goal setting. The aim: to substantiate the expediency of applying goal-setting in sports and to form an implementation algorithm for improving the effectiveness of competitive activities. Results of the study. The issues of increasing the effectiveness of competitive goal setting and its types are considered. The main components of the goal-setting process in sports were studied. An implementation algorithm of the goal-setting process has been developed. It includes tasks and methods of psychological influence for the goal-setting process optimization and increasing the effectiveness of competitive activities. Conclusions. The conducted researches show that the formation of the ability for effective goal-setting changes the athlete's attitude towards achieving a specific sporting result and makes his life strategies more rational and energy-saving. It contributes to the optimization of competitive activity.*

Introduction. In recent years, the level of sport results in elite sports and the number of competitions has been steadily increasing. At the same time, training and competitive loads are constantly intensifies. Consequently, new methods for increasing the effectiveness of the training process and new sources of athletes' capabilities reserves should be discovered.

One of the directions of psychological influence on the optimization of the process of athletes' preparation for competitions is the improvement of the goal-setting approach or the setting of a competitive goal.

Proceeding from modern requirements of sports, the goal setting is a system-forming element of competitive activity. It is a mental visualization of the planned result, which have been predetermined by an athlete. The goal-setting process includes the identification of prospective and intermediate goals, as well as the formulation of clear tasks for achieving them. The complexity of tasks is determined by the level of the athlete's qualification, his competitive experience, motivational component, personal needs and also, they are an indirect characteristic of the claims level. Simultaneously, the goals should be specific and be achieved by certain means and methods for the planned time.

Currently, in sports practice, goal-setting as progressive psychotechnology is practically not used because of its lack in training process for sports psychologists and lack of information

about the specifics of its practical implementation. The development and realizing of the implementation algorithm for goal-setting in the system of athletes' training should be based on an individual approach, taking into account the specifics of sports activities. It will provide an opportunity for increasing the effectiveness of athletes' performances, maximizing the potential opportunities and stimulation of the direction on achieving success. All this determines the current problem.

Analysis of recent researches and publications indicates that in the domestic literature, the main focus is primarily on the overall athletes' psychological preparation [6, 8, 10], and the problem of individual psychological impact on the athlete's personality is not sufficiently covered. Also, there are no recommendations about methods of the athletes' personality correcting within the optimization of their goal-setting.

Despite the single scientific papers in the direction of studying the athletes' goal-setting processes [1, 5, 13], there are no clear recommendations about psychocorrection methods in setting a competitive goal. At the same time, the problem has been studied by foreign authors rather deeply in the social aspect [2, 3, 7, 9, 15], as well as in sport practice [11, 12, 14, 16]. It should become the basis for the development of the domestic theoretical and methodological base and practical application of the successful foreign colleagues' experience [2, 3, 7, 9, 11, 12, 15, 16].

The aim: to substantiate the expediency of ap-

plying goal-setting in sports and to form an implementation algorithm for improving the effectiveness of competitive activities.

Methods: analysis of special scientific, psychological and pedagogical, methodological literature and experience of an advanced practice.

Results of the study. Both the competitive target setting and the level of emotional excitation (tension) of the athlete depend on the degree of expression his needs for achieving the goal [4]. The intensity of such a need is determined by the personal and social significance of the competition result. At the same time, the level of mental readiness for the competition depends on the athlete's assessment of his chances to achieve the set competitive goal. The probability of achieving the goal is connected with the reflection in the athlete's mind of a versatile readiness for competition, which includes functional, physical, technical, tactical and psychological preparation, as well as the anticipated conditions of the forthcoming competition, taking into account the strength of contestants.

In this case, the structure of the goal-setting process should include: determining the goal of participating in the competition, creating a posi-

tive attitude towards achieving this goal and formation the athlete's confidence in the high probability of such achievement.

To achieve successful implementation of the set goal, the athlete should evaluate the situation (based on his own capabilities) and plan future actions (based on the analysis of the personal results dynamics).

Setting the competitive goal involves overcoming by the athlete the obstacles on the way to it in the most rational and efficient manner. An important feature of the competitive goal setting is the athlete's conscious attitude to the goal-setting process, i.e. understanding and vision of all the complexities of preparation, the distribution of own forces, taking into account the stage of preparation and the significance of the goal. In this case, the competitive goal is formulated as concretely and definitely as possible. At the level of higher nervous activity, conscious goal-setting manifests in the form of certain reactions of the athlete's nervous system: it activate brain activity and nerve impulses, which even at the level of muscle microfilaments trigger the motor reflex. In accordance with this principle, the system of "ideomotor training" works.

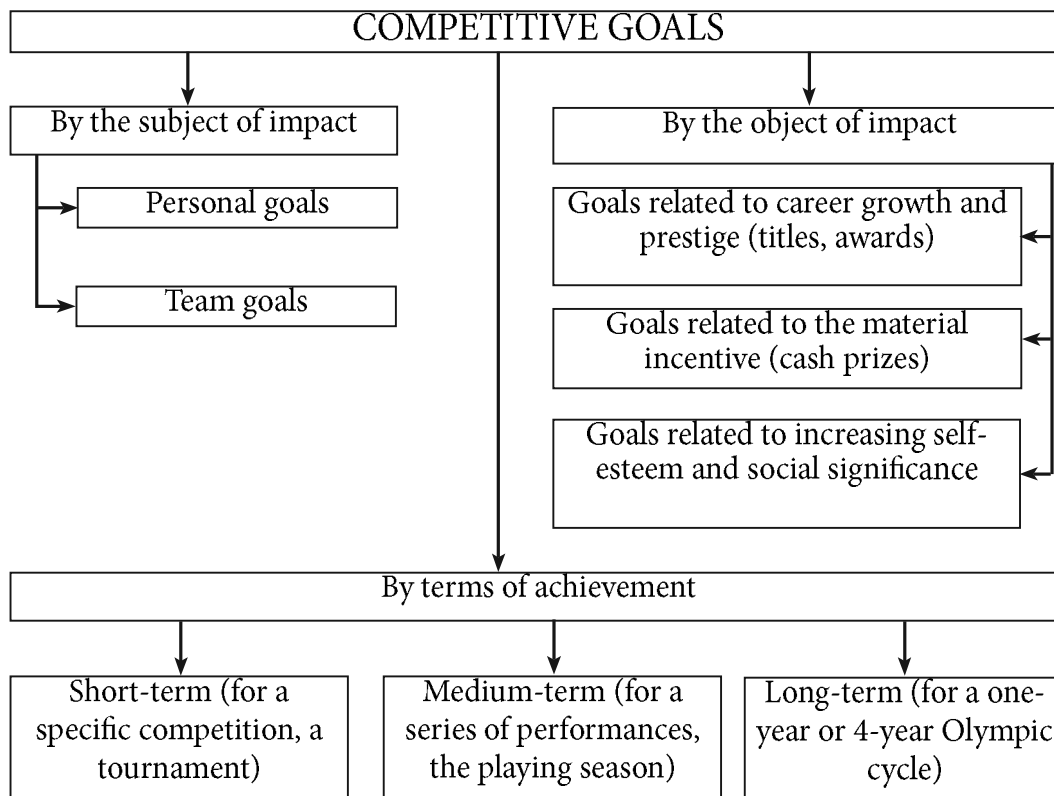


Fig. 1. Classification of competitive goals in the sport

The estimation of the time for the realization the goal is made solely on the basis of the athlete's own physical and mental capabilities, as well as his ability to recognize the direction and sequence of the target settings, taking into account the subject and the object of impact (Figure 1).

An important feature of this process is the lack of comparison of the athlete's own goals with other people, or methods that other athletes use to achieve their goals. In sports psychology, the setting of a competitive goal is an individual strategy of achieving success by an athlete, which allows to reveal the inner potential of personality and to activate his individual systems of motivation.

The basic principles, analogies and methods of goal-setting technology are taken from psychotherapy and sports training theory, and are based on the relationship between the coach and the athlete [7].

The tasks of goal-setting include the solution of three main problems:

- Estimation of own achievements (perception of them in a negative perspective) and changing attitudes towards them.
- Impossibility to achieve the desired goal.
- Inability to make radical changes in own live if athletes have an understanding of it expediency.

The effectiveness of the implementation of the competitive goal setting depends on:

- the complexity and immensity of the goal and obstacles to its achievement;
- the level of athlete's motivation;
- the intensity and regularity of work for achieving the goal;
- psycho-physiological athlete's characteristics (temperament, stress-resistance, etc.);
- features of the athlete's perception of information, etc.

A rational algorithm for setting a competitive goal helps to the athlete to obtain the desired result with the least efforts. The method and mechanism for its implementation include a block of successive questions concerning the attainment of the stated goal. In connection with this, we developed an algorithm for realizing the goal-setting process (Figure 2).

Questions are formulated in such way, that the athlete thinking over it can better, more fully and more clearly realize the problem situation, see

and feel his strengths and weakness. This process will help the athlete to make an independent decision on optimal disposing of the acquired psychological resource. It should be noted that the questions can be perceived by the athlete from his own perception, and this can be cause of the changing their wording.

As a rule, an athlete has all resources to realize the assigned goal, but often they are in the subconscious. And the main task of the coach and psychologist is to help the athlete to understand and teach him to use these resources.

Modern existing models for the competitive goal setting are progressive designs for the formation of the most effective for the athlete way of thinking. Moreover, consciously or intuitively, each athlete chooses his own unique scheme to achieve the goal. If he has tendency to active motions – more active, defiant – more defiantly, passive – more passive. In psychology this phenomenon is called a pattern (a repetitive way of acting or thinking). In fact, the goal-setting algorithm is built on conducting 4 stages interview: setting an effective goal, analyzing internal resources, analyzing external opportunities, and developing an action plan.

It should be noted that the specifics of the athlete's activity influence on the scheme of setting goals process. It takes into account the nature of the competitive activity; athlete's individual-typological characteristics, which have been formed under the influence of intense physical loads; competition's conditions, affecting on the athlete's emotional sphere (especially before the start); volitional qualities (athletes have higher level, than persons who do not engage in sports); suppressed instinct of self-preservation; the highest level of motivation, which is more common in the sport of higher achievements; concentration on sports activities (abstraction from other spheres of life, which is characteristically even for young athletes) and self-discipline.

In the structure of the proposed algorithm, an interesting feature of the goal-setting technology impact in sports – during the setting of a competitive goal the athlete independently finds the right decision in his opinion, searches for answers in himself, using his life experience and his own sensations. This allows him to reveal hidden abilities blocked by internal problems; overcome

fears, which often are results of injury or lack of confidence; believe in oneself; realize his fullest potential; and thereby to reach a new level of achievement. When an athlete discovers inner potential (mind, creativity, imagination, ability to feel), he is freed from the yoke of fear and doubt, removes psychological barriers and then shows

impressive results. This leads to the fact that he starts to see clearly his goals, which immediately reflects on its success. It appears an ability for do not stopping in achieved, to search ways to win, to solve problems creatively, to develop own style, to individualize the preparation for competitions.

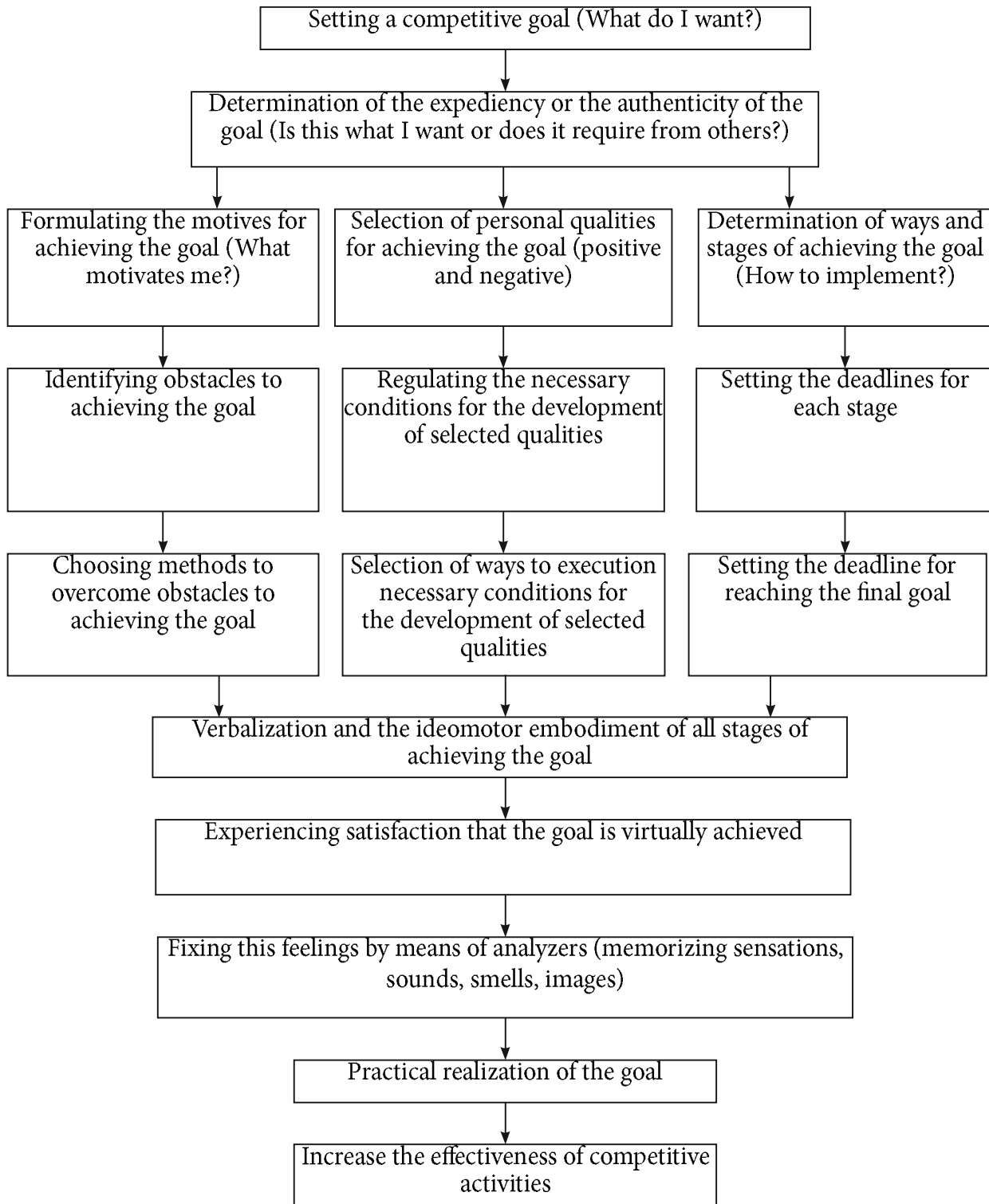


Fig. 2. Algorithm for realizing the goal-setting process in sport

In other words, the ability to competently set goals allows the athlete to escape from stereotyped thinking and to aspire for the final result, without noticing obstacles. It helps to reduce obstacles importance, and, thereby, reduces the influence of stress factors, and also increases confidence and focus on achieving success [4].

At the same time, the setting of a competitive goal allows to work through deep levels of the personality's consciousness: motivation, creativity, intentions, vital energy, cognition process and the potential disclosure, which affects the dynamics of the athlete's mental state. As a result, the athlete develops leadership qualities, as well as qualities that are important for successful performances in competitions (responsibility, ability to make decisions and manage own live).

Sports psychology determines the setting of a competitive goal as a training of the athlete's psyche. Therefore, training of the psyche should be regular like the training process. As well as the muscles become elastic and springy under the influence of physical loads, the optimal functioning of the psyche is associated with certain men-

tal loads. Such training is especially suitable for those athletes who are focused on achieving high sports results. During the training sessions, the athlete develops a special mindset, aimed at the result, making decisions and understanding his own internal and external resources. It must be recognized that the application of the goal-setting algorithm alters the athlete's attitude not only to achieving a certain sporting result, but also makes his life strategies more rational and energy-saving.

Conclusions. Analysis of scientific and methodological literature shows that the formation of the ability to effective goal-setting changes not only athlete's attitude to achieve a certain sporting result, but also makes his life strategies more rational and energy-saving. It should be expected that in the coming years this psychotechnology will be actively introduced into the elite athletes' training system, which will allow them to optimize the process of setting a competitive goal and, as a result, to reach the peak of physical possibilities.

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