

# Management of Preparation of Judokas for Competitions based on the Results of Psychological Preparedness Diagnosis

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## Abstract

It was found that the psychological preparedness of qualified judokas for the competition is between medium and high levels. However, a significant part of athletes (71%) corresponds to an average psychological preparedness level. A reliable relationship between the psychological preparedness of judokas for the competition and the competitive performance was established ( $r=0.57$ ),  $P<0.05$ . The closest correlation was found between performance in competitions and the motivational component (need) of preparedness ( $r=0.77$ ).

**Keywords:** Judo; Psychological preparation; Psychological preparedness

## Topicality

Theoretical analysis of scientific data and highly qualified judokas modern training for competitions requires the integration of modern theory foundations and sports training methodology, as well as the psychology of sports in the context of individual influence on the psychological preparedness of athletes [1-5]. Individualization of the influencing means on psychological preparedness of judokas for competition is achieved by identifying the formation components of psychological preparedness and developing individual programs of psychological preparation for judokas and their implementation in the pre-competitive process [6,7]. The purpose of the study is to find out the peculiarities of managing the psychological preparation of highly qualified judokas for competitions in order to ensure their optimal preparedness level.

## Research Methods

Theoretical analysis and generalization of scientific sources on psychological preparedness problem, observation, interviewing and analysis of training and competitive activities of judokas, questionnaires, method of expert evaluations, methods of mathematical statistics. The study was conducted among highly qualified judokas in the period of ranking international tournaments preparation.

## Research Results

The problem of preparing judo athletes to competitions is one of the most important in sports training. It has enormous practical significance [1,2,8]. It was established that the pre-competitive psychological preparation of athletes is a purposeful process that includes motivational, emotional, sensory-motor and reflexive components. The key component in preparedness is the motivational component, which has a significant impact on competitive performance success.

It was found that the formation of the optimal pre-start state is most effectively carried out on the basis of individual psychological characteristics diagnosis and a detailed study of objective and subjective pre-competition factors affecting proper athlete. Therefore, it makes it possible to design an individual psychological training program of qualified athletes in the pre-competitive period.

Therefore, the management methodology of pre-competition psychological preparation of qualified judokas should include: diagnosis of pre-start psychological preparedness; drawing up individual programs for mental preparedness formation in judokas, which should be based on the diagnosis of the athlete's mental state and behavior in competitions, the results of current preparedness control for competition, which contributes to the improvement of professionally important qualities and the effectiveness of competitive activities.

### Conclusion

It was established that the level of psychological preparedness of judokas at the pre-competition stage is expressed at an average level and is relatively stable. Among the main means that have a positive effect on judokas' preparedness before competitions are coach support and social environment; concrete setting of goals and objectives; systematic analysis of competitive results; diagnosis of individual psychological characteristics and current mental states; constant psychological support; use of psych regulation means, etc.

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