

Research on the influence of psychological quality on the level of athletes' competition and the training approach

Song Xuemeng

School of Psychology, Bangor University, Bangor LL57 2EU, Wales, UK
201112072@csu.edu.cn

Abstract: In competitive sports events, the competitive ability, psychological quality and mental state of athletes are all important factors that affect the performance of athletes. However, on the basis of the equal strength of the athletes, having good psychological quality is the key to optimize the state, strengthen the strength and win the competition. It can be seen that having good psychological quality is particularly important for athletes in the event. This article first starts with the characteristics of athletes' psychological quality, and understands the influence of self-confidence, reaction ability, concentration and thinking on athletes' psychological quality. Then it analyzes the reasons that affect the mental state of athletes from multiple angles, summarizes the impact of internal and external factors on athletes, and analyzes the significance of psychological quality training on this basis. Finally, it puts forward the methods of training athletes' psychological quality.

Keywords: Psychological quality; Athletes; Play the level of competition

1. Introduction

Nowadays, with the development of The Times, competitive sports events have put forward new standards and new requirements for athletes. In addition to having a high standard of competition, players also need to have a good mental state. Therefore, the psychological quality of athletes is widely valued. In particular, the athletes' confidence, focus and agility will be the decisive factor in the competition. In contemporary competitive sports events, athletes integrate skills, tactics, physical strength and psychological quality organically to give full play to the highest level of individual players with a good mental state. When the skill level of athletes is equal, it is difficult to win, have a good mental quality will enable them to play to the highest level in mentality, spirit and body. Therefore, in order to meet the requirements of the new era, it is necessary to cultivate the psychological quality of athletes, so that they can quickly enter the best state in the game, play the highest level.

2. Characteristics of psychological quality of athletes

2.1. Strong confidence

As one of the characteristics of psychological quality, self-confidence has a profound impact on athletes. On the field, players with strong confidence will usually be easier to adjust their state in the competition and win with good performance. On the contrary, the players without confidence, on the premise of equal strength against both sides, may feel unable to defeat the other side psychologically, and fear and end in failure during the competition [1]. Therefore, athletes need to be aware of the impact of self-confidence on themselves, give full play to the power of self-confidence, maintain the best mentality in the competition, maximize their potential and achieve satisfactory results.

2.2. Sensitive identification and awareness

Because competitive sports have the characteristics of fast speed and large range of movement. Therefore, it is necessary for players to give full play to their subjective initiative in the competition, master the influence of time and space factors on themselves, accurately grasp every detail of the body, movement and speed, and enhance their coordination. Timely self-regulation to complete the race in

good physical condition [2]. In the course of the game, it is also necessary to judge the tactics of the other side by observing the other side's position, speed, distance, etc. On this basis, according to the other side's tactical changes to make accurate judgment, flexible use of countermeasures.

2.3. Rapid improvement and concentration

Concentration, as a special spiritual element, also has an important impact on psychological quality. During the competition, due to the uncontrollable environmental factors at the scene, the cheers of the audience and the commentary of the judges may directly lead to the inability of the players to concentrate on the competition site. In this regard, attention should be paid to improving the players' concentration and weakening the impact of noise on the players. Therefore, in the training process, the coaches should conduct noise simulation exercises for the contestants, reproduce the competition scene, and enhance the concentration and anti-interference ability of the contestants. Only in this way can athletes keep clear thinking at all times on the field, focus on the game, and not be affected by the outside world.

2.4. Positive thinking

In the process of competitive competition, players will organically combine what they hear, see, hear and feel, think and analyze, and get the information suitable for their own needs. Then the thought of discrimination and correction, strengthen its professionalism, accuracy, timely appropriate situation. For the changing situation in the arena, the athletes' own competitive state also needs to change quickly. Only by grasping every detail and every opportunity can we better play our personal level [3], seize the initiative and gain the upper hand.

3. Analysis of the causes affecting the mental state of athletes

In sports competition, players often face high intensity, high pressure rhythm, such mental pressure may inhibit the athletes' mental state, resulting in psychological problems. Therefore, the factors affecting athletes' mental state can be analyzed from the internal and external aspects.

3.1. External factors

3.1.1. The size of the sports competition and the problems faced by the players

In large-scale competitions, the contestants represent not only the spirit of the individual, but also the spirit of the country and society. So before the start of the competition, social media paid attention to and promoted the daily training life of the contestants, so that the athletes received close attention from the society, the masses and the media. Make the responsibility of the players turn into invisible pressure.

3.1.2. Comparison of the level of players from the two teams

In competitive competition, if the strength of both sides is similar, the potential of the players may be brought into full play. Take Liu Xiang as an example. If he and a strong player like Johnson are both sides of the competition, Liu Xiang's performance will be much better than that of ordinary players; On the contrary, if the strength of the other side is higher than that of the other side, it may cause psychological obstacles such as self-confidence and fear, which will affect the performance of the competition.

3.1.3. Impact of external environmental factors

The success or failure of competitive sports not only depends on the physical quality, mental state and professional level of the players themselves, but also has a close relationship with external conditions. On the court, for example, there is "home-field advantage". In their own home games, the athletes occupy the geographical location, people and familiar environment, athletes in mind and spirit will be relaxed, can better play their personal level, and then have a favorable impact on the performance of the game. In addition, the emotional atmosphere of the referee and fans is also an important factor affecting the state of the players. Athletes can be uplifted or negative by what others say or do.

3.2. Internal factors

3.2.1. Training and competition experience of competitors

Adequate preparation and training before the competition can help participants have a pleasant mood during the competition, thus enhancing their confidence and morale, and enhancing their ability to overcome obstacles. Some athletes who are not rich in competition experience are greatly affected by the site environment when they take part in the competition for the first time. The movement performance is ambiguous, the attention is unable to concentrate, and the reaction ability and thinking are affected.

3.2.2. Purpose of participating in the competition

The motivation and purpose of athletes participating in the competition may be different. Some people pursue personal reputation and rewards, while others pursue social responsibility and collective honor. People with noble social motivation can have a positive mentality and burst out a sense of mission and honor even in adverse circumstances. However, players with narrow individual motivation are prone to have negative psychological conditions under adverse conditions, which will make them fall into trouble.

4. The significance of athletes' psychological quality training

Nowadays, in the domestic and foreign scholars' research on athletes' mental quality, there have been a lot of examples on strengthening athletes' mental quality training. These cases of excellent performance in the competition by enhancing individual psychological quality undoubtedly lay a solid foundation for the further development of psychological quality training. On the basis of improving psychological quality, athletes' mental state and skill level can also play to the extreme.

4.1. Enhance the psychological quality of athletes

According to the research, a psychologist once conducted an experiment on the psychological quality of athletes. The result shows that in competitive activities, most athletes are in good mental state, which has a great relationship with their psychological quality at ordinary times. For example, young athletes, who have the upper hand in the competition, may become nervous because of excitement. At the same time, they may have stiff movements and other problems, which directly affect their mentality and cause mistakes. Therefore, paying attention to the cultivation of athletes' psychological quality will have a positive guiding effect on their mental state. In particular, when formulating relevant training plans, we should focus on the adjustment of mental state, adopt diversified psychological adjustment strategies, and fundamentally achieve the optimization of training plans.

4.2. Strengthen the psychological control of athletes

In the course of competition, the reaction speed of the athletes will directly affect the performance of the competition. Some athletes with poor mental quality will be directly affected by some interference factors in the competition, resulting in their own strength in the competition is not fully played. By strengthening the psychological quality of athletes, they can enhance their control of interference factors. When the psychological control is strengthened, when the athletes are disturbed by the environment and noise, the influence on their mentality will be small, and their own state can be adjusted quickly. This kind of psychological control is a basic skill in competitive sports.

4.3. Improve the competitive level of athletes

The strengthening of athletes' technical level is achieved by the accumulation of practice and experience, so when athletes' mental state is poor, it will directly affect the implementation of technology and strategy. In this regard, special psychological quality training is needed for the players. For example, when an athlete's training reaches the bottleneck and cannot be broken through, it can improve the athlete's mental state, strengthen the athlete's practical ability, and then improve the athlete's technical level.

5. Research on psychological training path

5.1. Improve the confidence of players

Good mental state plays a great role in the improvement of athletes' competitive ability. For example, athletes with high technical content not only need physical training and tactical practice, but also need to exercise their mental quality. This is mainly because the traditional physical and technical training is not comprehensive enough, the players do not have a good psychological state to withstand pressure. Therefore, in the training, athletes need to strengthen the psychological quality of exercise to improve their confidence. For example, hold regular discussion meetings to learn from each other and understand the gap between different players, and then summarize the corresponding situation and characteristics to find goals and enhance confidence. Or the coach innovates the connotation of training, sets the conquest of self as the goal, and integrates the cultivation of self-confidence and enhancement of psychological quality into the technical and physical training, so as to truly improve the psychological quality of athletes.

5.2. Improve the enthusiasm of athletes

Improving athletes' enthusiasm is an important means to strengthen their psychological quality. Therefore, coaches must formulate training plans according to the physical stamina and sports level of athletes, and use incentives, rewards and punishment and other measures to enhance the enthusiasm of athletes to participate in training and imperceptibly cultivate their psychological quality. While ensuring the effectiveness of training, it also optimizes the mental state and skill level of athletes. At the same time, coaches also need to have a clear understanding of the overall atmosphere within the team. If the team members lack perseverance and perseverance, this negative atmosphere will spread. On the other hand, if you train actively and prepare well before the competition, the enthusiasm of the athletes will also be stimulated, and the whole team will have a positive atmosphere.

5.3. Add simulation training

Simulation training is a kind of training to adapt and reduce pressure. The players are trained in a strange and complex environment so as to enhance their perception and adaptability and reduce the influence of the strange environment. Simulation can be divided into two categories: (1) simulated speech images; Using words and images, describe the situation in the game. (2) Field simulation: In practice, it is necessary to conceive the situation of the field and reproduce the competition situation.

6. Conclusion

In the process of competition, spirit, psychology and environment are important factors that affect the level of players. Therefore, in the process of daily training, it is necessary to pay attention to the mental state of athletes, strengthen the cultivation of their psychological quality, make full use of the guiding function of "sports spirit", so that athletes can cope with the competition with strong psychological quality, make their individual level get full play, highlight their perseverance and hard training spirit.

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