

The importance of typological characteristics in the realization and socialization of athletes

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Abstract

The practice of sports shows that in the sports of high athletic achievements, the result of the wrong choice of sports has a serious impact on the socialization process of the athlete. The wrongly chosen sports cause the indifferent attitude of young athletes to sports, which in turn results in a large number of children and long-term abandonment, which leads to their Stopping the growth of individual sports achievements.

The relevance of the work is determined by the insufficient development of the question of the influence of personal characteristics on the choice of a sport, there are no theoretically justified methods for determining the character and personal characteristics of adolescents involved in sports, and their inclination to a particular sport. Also, the importance of typological characteristics in the realization and socialization of athletes is less studied.

Keywords

Typological characteristics, selection, realization of athletes, socialization, somatotype, psychosocial characteristics, anthropometric data.

Introduction

The practice of sports shows that in the sports of high athletic achievements, the result of the wrong choice of sports has a serious impact on the socialization process of the athlete. The wrongly chosen sports cause the indifferent attitude of young athletes to sports, which in turn results in a large number of children and long-term abandonment, which leads to their Stopping the growth of individual sports achievements.

The wrong choice of a sport harms the child's psyche, leads to a large loss of the potential contingent of athletes or to the complete cessation of training, does not improve the quality of sports training for a significant part of young athletes.

It is important, first of all, to help everyone who wants to choose the type of sport that best suits their individual characteristics. This is the essence of sports orientation.

Success in the initial stage of sports training largely depends on the readiness to choose the type of sport. Therefore, it should be organically included in the structure of sports orientation.

Sports activities are different for different people. On the one hand, it can be associated with the attractiveness of sports, the athlete's status in society, on the other hand, with clear motivation and level of knowledge.

In general, the process of choosing a type of sport occurs spontaneously or as a result of the influence of parents, friends and coaches, which ensures the maximum realization of a person's abilities in sports activities. In addition, it is necessary to focus not only on prestigious sports, but also on other sports that correspond to the specific characteristics of the child, his needs and abilities. [3]

The relevance of our work is determined by the insufficient development of the question of the influence of personal characteristics on the choice of a sport, there are no theoretically justified methods for determining the character and personal characteristics of adolescents involved in sports and their inclination to a particular sport. Also, the importance of typological characteristics in the realization and socialization of athletes is less studied.

Based on this fact, we have developed a system for identifying the psycho-social abilities of adolescents and identifying their typology, based on the research of typological characteristics. The obtained results are important from the point of view of practical application and provide an opportunity to compare the typological characteristics of individual (wrestling) and team and team (basketball, rugby) sportsmen of different ages and sports qualifications with the standard parametric data obtained as a result of the research, and in a short period of time, high Reliability to determine, on the one hand, the quality of his current sports performance, and on the other hand - future sports results.

Material and methods

The aim of our research was to determine the social characteristics of the selection of athletes in different sports. Examination of the problems related to properly organized selection in sports, the elimination of which is necessary for the development of sports in general. Achieving success for an athlete Depending on many factors, properly organized sports selection based on scientific data is the basis for the training of highly skilled athletes. In the paper, there will be a discussion on the identification and determination of the causal problems related to the research topic, in particular, the selection, which affects the effective conduct of the selection process, and the ways of solving the problems will be outlined.

In the research process, I will use both the quantitative method ranking approach and qualitative research triangulation methods 1) focus group, 2) in-depth interviews with experts and system representatives and 3) document analysis. Quantitative research methods (such as: mass survey, content analysis) aim at the frequency of this or that social event, the structure of this method is highly structured and formulated, and the results obtained by this method are representative.

Discussion of obtained results

Morphological-physiological aspects in the selection of athletes. The methods used for determining sports orientation and selecting types for trainers are divided into: pedagogical (testing with special exercises), psychological and medical-biological (including morphological form) forms: for example, when testing non-exercising children, some may show unique sports qualities in speed, strength, etc. Sometimes their data is even close to the data of trained athletes.

In general, we believe that the task of selection should be solved if there is a data model of trained athletes in a given field, that is, a set of properties. This gives different images in different ways.

Sportsman's model is a set of various characteristics, the quality of which determines the success of a given person in the type of sport employed. When creating a model of an athlete, it is necessary to consider the benchmark characteristics of successful individuals in this type - to determine what would be recognized as a normative athlete. There are many such signs. There are signs that are not genetically determined and do not obey either the will of the coach or the wishes of the athlete.

The sign of the first group, unlike the second, is slightly determined by the genetic program of the person, and significantly by environmental conditions. e.g. Mass data almost does not depend on the hereditary trait, while body length is predominantly a carrier of this trait. The coach can adjust the mass of the athlete by reference when the height changes do not obey his will and determination, especially if the issue concerns an adult. They believe that it is possible to create two models of an athlete: 1. The first model contains high diagnostic signs, which are hardly subject to the training process and are considered hereditary signs; 2. The second model is determined by the determination of the athlete's condition on a given day and by which they judge him as a selection-determiner for participation in the competition.[7]

The signs of the first group allow selection among athletes according to genetic markers (data), even if they are not yet fully revealed in the process of individual development. This can be called genetic selection. In such a case, the somatotype or constitution of the person must be taken into account.

From the morphological signs for sports selection, as a rule, total body dimensions (first of all, height), body proportions, mass composition should be taken into account. Here, special importance is given to somatotype as a characteristic of a person's morphological condition. [6][A. Elerdashvili short course of human anatomy and sports morphology, part two, Tbilisi 2001, p. 207.]

The problem of the stability of athletic talent is related to heritability, since almost all stable characteristics are under significant genetic control. In recent years, many papers have been published, which gave rise to the scientific characterization of the selection and prediction system in sports. According to them, the selection of sports oriented children is still far from perfection. Currently, the registration of morphological signs has a great significance in the selection of children in sports sections and in predicting the process of growth of sports performance in young athletes. According to literary data, the majority of morphological characteristics are difficult to adapt to the influence of sports, that is, they are genetically determined.

We know that sports and sports activities are a specific socio-cultural institutionalized field of social relations and actions aimed at achieving great victories and high results.

Specific sports activities require certain, strictly selected personal qualities. In turn, only highly professional personal qualities can ensure the implementation of a specific sports combination of actions. In this case, we should not forget that human behavior is "significantly oriented" and subject to certain individual motives. Action can be considered social when there is a process of interrelationship of mutual expectations, goals, and means that are perceived as adequate to achieve goals ("purposive rational action") [3]. Personal qualities are formed as a result of hard work. Moreover, currently physical, functional loads have reached the limit in volume and intensity, many hours of daily training has become a common practice not only among adults, but also among young athletes.

The main thing in sports is a person who consciously regulates body movements, purposefully moves in space with his own efforts and, if necessary, with special devices, such as a sports pole. For this, he develops physical (strength, speed, endurance, agility and flexibility) and cognitive (intelligence, intuition, independence, criticality, quick wit, analytical) qualities, improves mental skills and abilities. He learns his control in various extreme situations, develops general and special technologies of actions necessary for successful implementation of physical and mental readiness.

Sports have a strong socializing power. Sport, as an important social phenomenon of modern life, is closely related to many value categories that it collects, develops and transmits. Sport, as a certain way of activity, is manifested not only in behavior, but also in other symbolic, symbolic, verbal, ideal, material forms. It includes norms, values, a system of social roles and institutions. That is why the victory in the competition, which is perceived both as going beyond the limits of one's own abilities, and in general as the realization of human potential to a level that no one has ever risen to, is experienced as acutely emotional.

In modern sports, there is a fierce competition between professional athletes, the goal of which is to achieve high sports results, to win the love and recognition of fans, to increase not only personal authority, but also the prestige of the state. In each sport, an athlete must have a set of personal

qualities as a conscious need for the full implementation of sports activities. Self-demand and masculinity, perseverance and determination, self-criticism and adherence to principles, the highest level of knowledge, skills and abilities - these are just a few of them. Sports training is aimed at forming those personal qualities that ensure the achievement of maximum sports results.

The qualities of a winning athlete are generalized, the most stable objective and subjective qualities, intellectual, voluntary, moral and communicative characteristics of thinking and behavior, which determine the social connections and relationships of individuals, which allow them to win in sports at any level. These properties should be understood as an integrated model of subjective characteristics, stable properties and subjective properties, which reflect the range of individual differences and help to increase the effectiveness of athletes of different levels in different situations.

Sport, in addition to affecting the body and psyche of athletes, actively affects their mental abilities, intelligence, not indirectly, but most directly. Physical exercise not only helps to keep in shape, but also improves the work of gray cells, and this, in turn, allows you to achieve good results in work and studies. According to many studies, physically active people think better than those who prefer not to do sports, the better the body is developed, the more flexible the brain becomes and the better the thinking and psychological state [4].

When summarizing the role and importance of sports in the socialization of the young generation, it is necessary to emphasize the indisputable truth: sports have a strong influence on people's thinking, consciousness, and behavior. So, sports can be considered as a unifying national idea of development and prosperity of the nation. Sports play an important role in personality formation. In the process of sports activities, many social situations are played out, which allows the athlete to accumulate life experience, to create a special system of values and objectives.[5] Coming to sports, a young athlete meets a new social sphere: coaches, referees, sports team - they are new agents of socialization, concrete people, responsible for upbringing and education, ensuring the assimilation of cultural norms and exemplary behavior, new social norms, in which the young athlete finds himself. Primary socialization is especially important for each person, when the foundation is laid on the basic psychophysical and moral qualities of the person. The social institution of physical culture and sports is involved in the primary socialization of the athlete along with the family and schools. Among the agents of primary socialization, not all play the same role, nor do they have equal status.

Research results: socialization in sports has a special content, which is determined by certain stereotypes of idealized "professional athletes" [1]. They are determined by a number of values: personal success, activity and hard work, efficiency and utility, success and recognition as a sign of well-being, sport morally and ethically develops a person, comprehensively develops a person. Studies have shown that socialization is a continuous process. It is carried out most intensively

through sports, it is manifested in the change of modes of thinking and concretization of basic value orientations.[2] In the process of socialization, athletes evaluate and assimilate norms of behavior. Sports play an important role in personality formation. Many social situations develop in sports activities, which allow the athlete to acquire his own life experience, to build a special system of values and attitudes.

After empirical studies, we can formulate the following main theoretical and practical conclusions.

Today, there are many different personality typologies that allow us to determine the most important, leading personality traits and predict human behavior using them. Taking into account the typology of the athlete's personality, his individual features, it is possible to fully develop and effectively use his abilities.

In the psychological support of sports activities, a special place is occupied by motivation, which encourages a person to engage in sports.

A successful combination of temperament, motives and character contributes to the development of capabilities, their effective implementation.

When orienting and selecting different types of sports activities, taking into account talents and abilities, it is reasonable and appropriate to start the selection with psychological and pedagogical tests determined by psychological and physiological criteria.

Thus, we can say that the success of sports activities is largely determined by the degree to which the type of sport chosen by the subjects corresponds to their inclinations, interests, motives, abilities and psycho-physiological structure of the person.

The results of empirical research have shown that children involved in individual sports activities are referred to as "individualists", and children involved in team sports are referred to as "collectivists". Thus, the hypothesis raised in this thesis: we assume that athletes involved in different sports have different personal characteristics - has been confirmed.

Therefore, the goal set by us in this work has been fully achieved.

Conclusions

The results of the research made it possible to formulate the following recommendations for sports managers and coaches:

1. Selection of athletes and prediction of results should not be done on an intuitive level, but using evidence-based methods (testing, observation, questioning, etc.).

2. The main characteristics, which are based on the realization and socialization of athletes in sports, are typological and psychosocial characteristics (temperament, character).
3. Based on the position that typological and psycho-social characteristics are formed in adolescence, we recommend that it is at this age that athletes are selected, results are predicted and the implementation program is carried out.
4. Typological and based on typological and psychosocial characteristics, an experienced coach will be able to individualize the training process, selection, attitude of athletes to responsible games, correct choice of motivation. Also to plan the sportsman's career and plan the socialization process of a successful sportsman after the end of his career, taking into account the psycho-somatic characteristics.
5. During sports selection, it is also necessary to pay attention to the morphological indicators of athletes: body length, thigh and lower leg, shoulder circumference, thickness of skin-fatty folds under the shoulder blade, abdomen and lower leg, muscle and fat mass indicators, constitutional somatotype.
6. When predicting sports results and selecting an athlete, the physical, psychological, mental qualities of athletes, character traits, which can be determined using psycho-social informational tests, should also be taken into account.
7. As a result of research, we have developed methodological principles for diagnosing sports abilities according to the morphological, constitutional typology and psycho-social characteristics of athletes.
8. We developed a selection and prediction model for individual (wrestling) and team (basketball, rugby) sports.

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