E-ISSN: 2997-9439

American Journal of Education and Evaluation Studies

https://semantjournals.org/index.php/ AJEES

| Research Article

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Personal indicators of highly skilled boxers' readiness to achieve high performance in competitive activities under conditions with distracting factors

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Abstract: *According to the results of the study presented in the article, the personal characteristics and nervous system properties of highly skilled boxers, which ensure readiness to achieve high results in competitive activities under conditions with distracting factors, positively influence the management of motor operations, as well as the methodology for ensuring the speed of movements in conditions of choice at the level of motor activity in various extreme situations.*

Key words: highly skilled boxers, distracting factors, competitive activity, high performance, personal characteristics.

Relevance of the Research. Global practice demonstrates that in competitive struggles, only athletes with a high level of performance reliability under increasing extreme conditions can achieve superiority. The ability to resist distracting factors (tolerance to distracting factors) is a component of extremeness [V.N. Platonov, 2004]. Numerous studies dedicated to examining professional athletes' tolerance to distracting factors exist in global sports science, with their results discussed at scientific conferences, specialized publications, and dissertations in countries such as Germany, Great Britain, the USA, and Russia. Currently, scientific activity in this direction is also observed in Uzbekistan. One of the essential conditions for achieving success in modern sports and maintaining acquired positions is the development and implementation of new innovative technologies to optimize athletes' preparation for competitive activities in extreme situations.

Significant attention is given to the factor of reliability in sports activities and the preparation of athletes for competitions in the works of both Uzbek and foreign specialists in the fields of global sports theory and sports psychology [V.N. Platonov, 2004; R.D. Khalmukhamedov, 2006; G.Q. Rajabov, 2019; J.K. Kholodov, V.S. Kuznetsov, 2003; G.D. Babushkin, 2006; E.N. Gogunov, 2004; G.D. Gorbunov, 2006; E.P. Ilyin, 2016; A.Ts. Puni, 1984; A.V. Rodionov, 2004; P.A. Rudik, 1974; N.B. Stambulova, 1999; L.G. Ulyaeva, 2015, and others]. Analysis and generalization of most literature sources indicate that there is no unified approach to the issue of enhancing the effectiveness and reliability of competitive activities for individual combat athletes, including boxers. This is evidenced by the fact that in many studies

addressing tolerance to distracting factors, such tolerance is discussed as a characteristic (or a specific feature) of an athlete's psychomotor skills.

In modern sports, the scientific study and practical resolution of the problem of preparing individuals to maximize their potential in extreme conditions of activity are becoming increasingly important. From the perspective of the rapid development of high-performance sports and the sharp intensification of competition in the international sports arena, theoretically and practically substantiating the methods and means to enhance the effectiveness and reliability of sports performance results is of significant importance.

Purpose of the Research. To investigate the personal indicators of highly skilled boxers' readiness to achieve high performance in competitive activities under conditions with distracting factors.

Objective of the Research. To study the personal characteristics of highly skilled boxers' readiness to achieve high performance in competitive activities under conditions with distracting factors.

Object of the Research. The competitive activities of skilled boxers in various extreme situations.

Subject of the Research. The typical types of distracting factors affecting boxers' competitive activities.

Research Methods. To address the set objectives, alongside the analysis of specialized literature, the following research methods were employed: pedagogical observation, experience generalization, questionnaire surveys, theoretical analysis, motivational-effective methods, psychodiagnostic methods, pedagogical experiment, and mathematical statistics methods.

We utilized Cattell's 16 Personality Factor Questionnaire to study the individual psychological characteristics of highly skilled boxers. This method was additionally applied as a technique to identify and quantitatively assess personal characteristics significant for the effectiveness of athletes' competitive activities. This research stage creates the necessary conditions for the final study.

Athletes achieving high overall performance are characterized by the following personal traits: they exhibit a high level of volitional self-control (+Q3), a strong ability to mobilize volitional efforts (+"G"3), and low levels of "suspiciousness" (-"L"). They are distinguished by active, goal-oriented indicators aimed at achieving "victory," which is also confirmed by numerous errors recalled in "failure" situations. They show a tendency toward apathy (indifference) before the start, with the formation of the "SOB" (pre-start apathy) state, while the "SOST" (pre-start readiness) state is rarely observed.

According to temperament assessment data, they are characterized by the stability of nervous processes. In situations requiring maximum mobilization, reaction time accelerates. The stability of movement operations relative to the performance evaluation factor is evident (MR-1 methodology) (Figure 1).

In situations without distracting factors, the positive impact of tactical components of competitive activity is supported by specific personal conditions. The defensive tactics in situations without distracting factors (Figure 1) show a clear and reliable positive correlation with defensive tactics in situations with distracting factors, thus influencing athletes' performance.

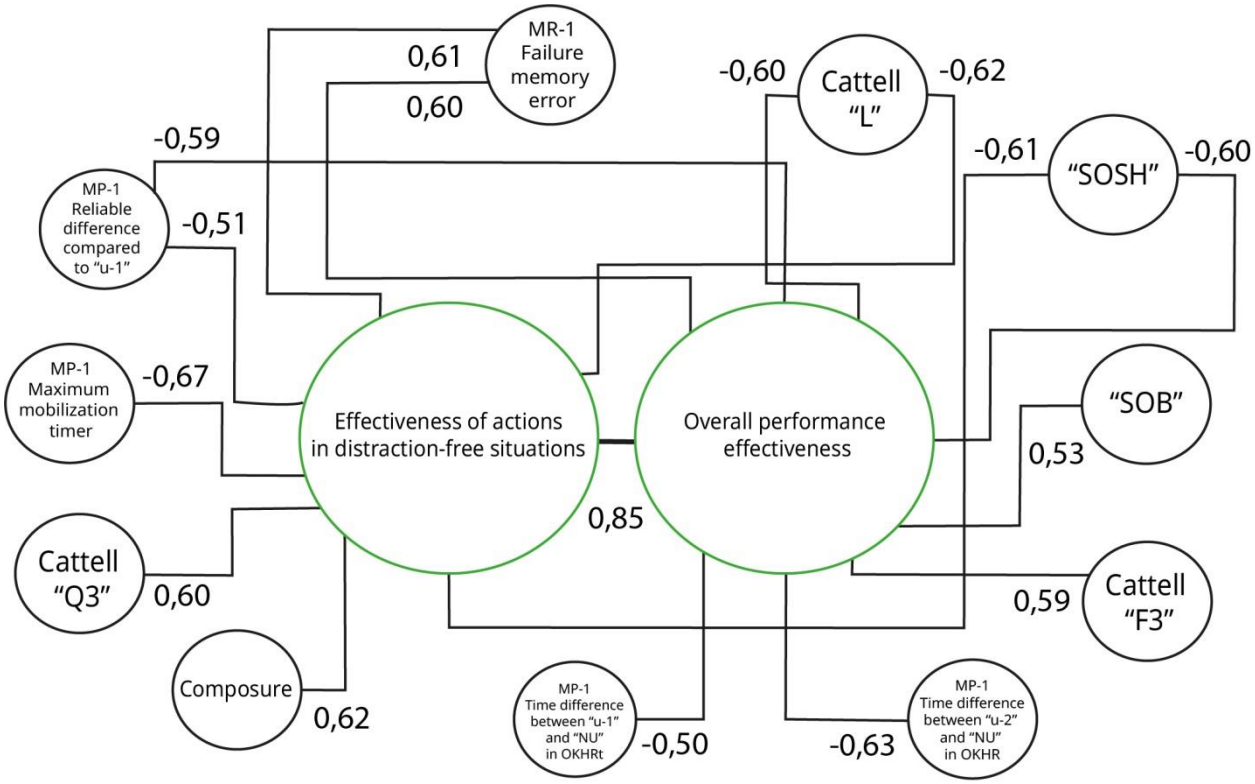

Figure 1. Correlation Relationships of Boxers' Performance Effectiveness

Legend:1. Indicators of performance effectiveness

2. Indicators directly related to 1.

The analysis of these direct correlations (Figure 1) reveals that the independence of defensive tactics is highly expressed (+"Q2"), with low levels of frustration (-"Q4") and introversion (-"F1") traits characteristic of the subjects. It is known, based on researchers' data, that psychological traits such as independence, determination, resilience, low psychological strain, calmness, composure, and a tendency for self-analysis are present.

According to the MR-1 methodology, when athletes were tested, a positive correlation was identified between the defensive technique and the "cautious" initial selection of tasks with varying difficulty levels in experimental conditions. It can be assumed that this indicator represents a form of defense in choosing tactical solutions under experimental conditions.

Athletes inclined toward defensive tactics tend to be susceptible to internally significant stressors ("IAS," according to V.E. Milman), which is reflected in anxiety about the emergence of unpleasant emotions during competition and fear of defeat. They often experience a state of "pre-start apathy (indifference)" ("SOB").

Despite some characteristics appearing unfavorable, the presence of defensive tactics, as a crucial component of an athlete's individual performance style, helps mitigate the negative impact of high sensitivity to stressors and enables the achievement of high sports performance.

It can be concluded that defensive tactics, on the one hand, are associated with an individual's positive emotional-volitional qualities that ensure emotional stability and decision-making consistency. On the other hand, their necessity is linked to certain subjective difficulties (high sensitivity to stressors) and unfavorable states ("SOB").

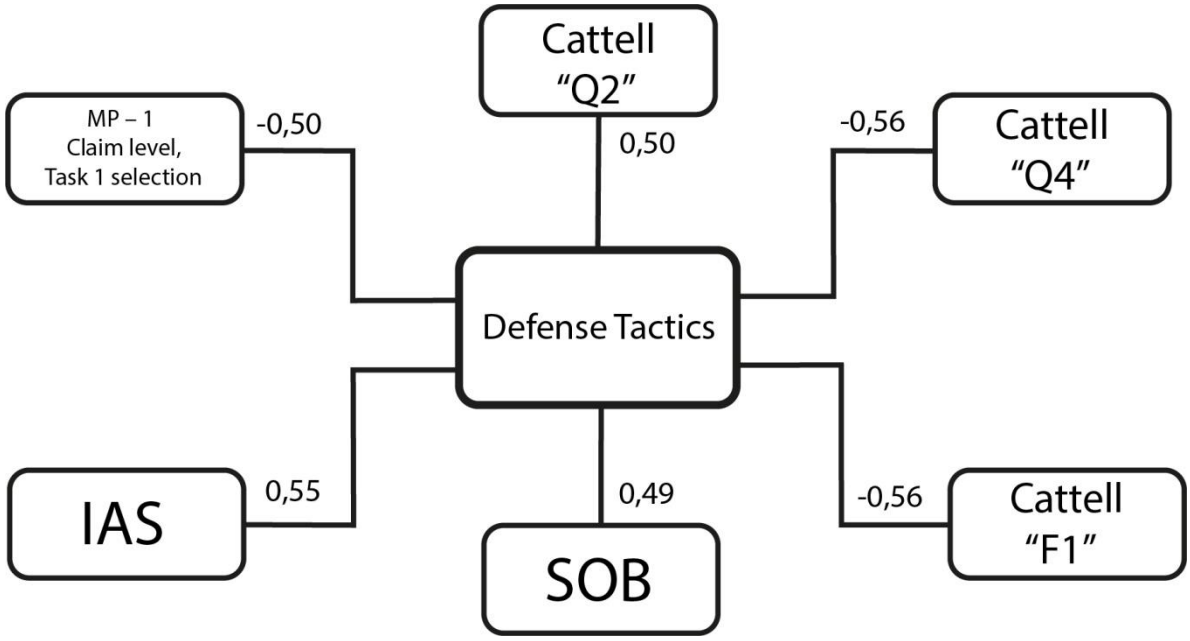

Figure 2. Correlation Relationships of Defensive Tactics in Situations Without Distracting Factors

Legend: 1. Tactical indicators

2. Indicators directly related to 1.

likely to arise due to the presence of personal characteristics. These can seemingly be overcome through the formation of an activity style where defensive tactics are broadly represented.

The positional tactics of conducting a fight positively influence the overall performance effectiveness of boxers, as evidenced by its indirect correlations and its connections with defensive tactics (Figure 2).

A number of indicators related to personal psychological characteristics are directly correlated with it. Among these, it is necessary to acknowledge a complex of characteristics indicating, primarily, low levels of anxiety (-"F2"), as well as high sensitivity to extreme factors and the likelihood of unfavorable states forming (sensitivity to internally significant stressors ("IAS"), sensitivity to externally significant stressors ("TAS"), low levels of "pre-start readiness" ("SHT"), and a tendency toward pre-start apathy ("SOB")). Additionally, high "sensitivity" indicators (+"I") of similar significance can be included here. It can be assumed that this complex of psychological characteristics determines the need to form a specific style of competitive activity. This style could potentially offset the adverse effects of the personal characteristics mentioned above. The positional tactics of conducting boxing matches could be such a style.

It must be acknowledged that a complex of psychological characteristics, similar in composition, becomes noticeable when examining the structure of defensive tactics.

As seen from the correlation relationships presented in Figure 3, athletes inclined toward positional tactics exhibit characteristics related to the execution of movement tasks.

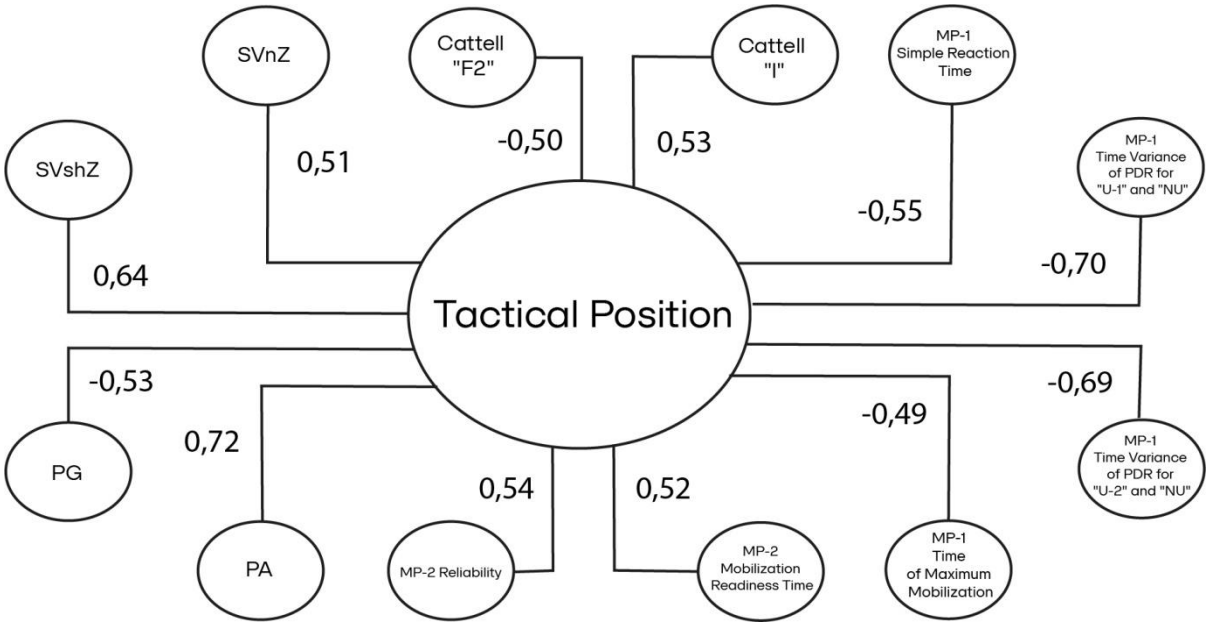

Figure 3. Correlation Relationships of Positional Tactics in Situations Without Distracting Factors

Legend: 1. Tactical indicators
2. Indicators directly related to 1.

demonstrate the ability to accurately differentiate the difficulty factor. This is confirmed by a correlation indicating a significant shift toward reliability in solving difficult tasks compared to easier ones (MR-2 methodology).

Several temporal characteristics of the operational level of activity were found to be directly related to conducting a fight in a positional style (MR-1, MR-2 methodologies): the speed of operational reaction time (OHR), the stability of movement operations relative to the performance evaluation factor, the ability to maximally mobilize movement operations, and the speed of selective reactions in solving the most challenging tasks.

The conducted analysis allows us to acknowledge that positional tactics are supported by the athletes' ability to predict probabilities, low levels of anxiety, and the degree of development of stability in evaluating the outcomes of victories and failures.

These qualities ensure the methods of conducting fights characteristic of positional tactics, which are "opponent-oriented": anticipating the opponent's erroneous actions, timely evaluating these actions, and making decisions to apply "punishing" actions for the opponent's mistakes.

The positive impact of positional tactics is supported by a high level of development of psychomotor qualities (the speed of movement reactions and the ability to highly mobilize the speed parameters of movement reactions). According to the research results, the presence of subjective difficulties that boxers must comprehend is crucial. These include high sensitivity to competitive stressors, a slight decrease in the "pre-start readiness" state, and a tendency toward "pre-start apathy." The formed positional activity tactics help mitigate the negative impact of these subjective difficulties and enable the achievement of high sports performance.

The indicator of waiting tactics is positively correlated with all indicators of boxers' performance effectiveness (overall activity effectiveness, the effectiveness of combat actions in situations without distracting factors, and indirectly with the effectiveness of combat actions in situations with distracting factors). This indicates a positive impact on the effectiveness of boxers' performance (Figure 4).

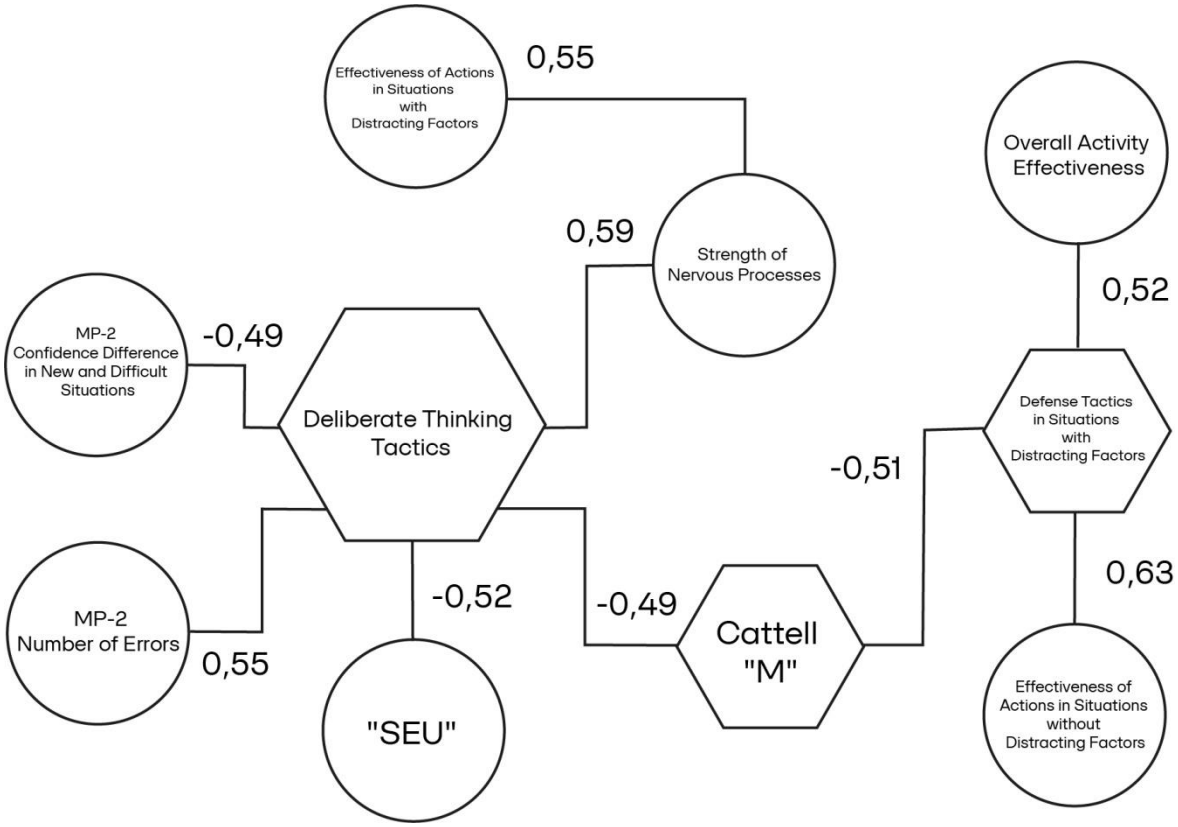

Figure 4. Correlation Relationships of Waiting Tactics in Situations Without Distracting Factors

Legend: 1. Indicators of combat actions' effectiveness
2. Indicators directly related to 1.

Such a tactical characteristic of conducting a boxing match is typical of athletes with more pronounced “imaginativeness” (-“M”) traits, which manifest in their honesty, inclination toward probability, attentiveness to actions, and ability to effectively control emotions in unexpected and uncertain situations. Boxers exhibit purposeful indicators for quickly executing movement operations (a tendency for fewer errors in difficult tasks, with the MR-2 methodology prevailing). The ability to confidently assess opportunities for solving difficult situations, reflected in low competitive stability (“PEB”) and a reduced confidence gap between difficult and easy tasks, influences the pronounced manifestation of waiting tactics (MR-2 methodology). It must be acknowledged that the latter indicator should likely be expressed with appropriate manifestation, as, based on the correlation analysis conducted earlier, excessively low confidence in achieving success in solving difficult tasks should lead to the transformation of positional tactics into maneuvering tactics, which, in turn, negatively impacts the overall performance effectiveness of boxers. Thus, confidence in solving difficult tasks should be expressed at a moderate level.

From the perspective of activity effectiveness, this ensures the purposeful alignment of the tactical components of competitive struggle (waiting, positional tactics). The strength of the nervous system indicator is directly related to waiting tactics.

Summarizing the above, it can be concluded that the primary personal conditions of the waiting style include boxers’ pronounced ability to solve practical tasks and typological characteristics of the nervous system, such as the strength of nervous processes. Confidence in

achieving success, particularly in solving difficult situations, and a somewhat low (but not excessively low) level of emotional competitive stability ("MEB") hold certain significance.

In conclusion, athletes with a stable individual activity style achieve high effectiveness in combat actions in situations without distracting factors. Such an individual style is expressed through conducting a fight in a defensive-positional-waiting style.

These athletes possess a range of personal traits that define both the characteristics of their individual style and the effectiveness of their competitive activity. Primarily, these include qualities reflecting a business-like orientation: "imaginativeness" (-"M"), low "suspiciousness" (-"L"). They are characterized by a number of emotional-volitional traits: active goal-oriented indicators toward "victory" and overcoming difficulties (MR-1 and MR-2 methodologies), the ability to mobilize volitional efforts (+"F3"), volitional self-control (+"C3"), independence (+"Q2"), low frustration (-"Q4"), and low anxiety (-"Fa"), as well as high confidence in challenging conditions (MR-2 methodology). These athletes possess a strong and stable nervous system.

The research also allows the identification of a number of objective indicators reflecting athletes' psychological activity: the speed of movement operations, the type of simple movement reactions and selective reactions, a pronounced ability to mobilize psychomotor activity in solving difficult tasks, particularly those requiring speed, and the evaluation of psychomotor activity movements (success and failure) (MR-1, MR-2 methodologies). These psychomotor characteristics indicate a high level of movement activity. They assist boxers in achieving high sports results.

Alongside the aforementioned personal traits, several aspects of an individual's psychological structure are identified that, at first glance, may negatively impact the state and effectiveness of activity. These include high sensitivity to significant stressors, low indicators of emotional competitive stability (V. Milman methodology), high "sensitivity," "introversion," low "pre-start readiness," a tendency toward "pre-start apathy" (V. Milman methodology), and a slightly reduced level of ambition (MR-1 methodology).

However, most of these indicators are primarily related to the tactical characteristics of boxing matches and directly correlate with sports performance. This suggests that they are more likely factors encouraging the emergence of a specific individual style in terms of quality rather than personal traits determining high activity performance. The formed individual activity style likely offsets the potential negative impact of these personal traits.

Conclusions. Thus, when thoroughly examined, this set of personal traits reflects a range of boxers' motivational characteristics: a high sense of responsibility, business-like orientation, imaginativeness, the ability to mobilize volitional efforts, honesty, a sense of dignity, low interest in self-promotion for prestige, and the subordination of personal interests to group interests. This collectively indicates the dominance of sports-team motivation. In the realm of attitudes toward sports activity, this is manifested in high discipline and proactivity. In the realm of attitudes toward achieved results based on personal capabilities, traits such as good independent control of arousal, independence, low psychological strain, and stability in social evaluation of personal actions in "victory" and "failure" are evident. In the realm of attitudes toward others and work, personal traits such as "low suspiciousness," mutual help, and care for others are observed.

In terms of the typological characteristics of the nervous system, boxers are characterized by strong and stable nervous processes.

This group of personal traits and nervous system characteristics positively influences the management of movement operations, ensuring the speed of movement reactions. In extreme situations, it ensures the speed of movement operations under selective conditions.

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