

5. E-cigarettes are the most common among teenagers, while dependence is at a higher stage than on cigarettes. With age, there is an increase in people with a higher degree of dependence, because in order to obtain the same effect, an increasing dose of nicotine is required, and the dependence worsens.

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УРОВЕНЬ ТРЕВОЖНОСТИ У СПОРТСМЕНОВ СИНХРОННОГО ПЛАВАНИЯ ПЕРЕД СОРЕВНОВАНИЯМИ

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Аннотация

Введение. Разнонаправленное влияние тревоги на итоговый результат выступления спортсмена является актуальной тематикой для исследований в области спортивной медицины и психологии. **Цель исследования** – анализ результатов оценки уровня личностной и реактивной тревожности у девушек 15-18 лет за 1 день до соревнований по синхронному плаванию. **Материал и методы.** Была применена методика Ч.Д. Спилбергера и Ю.Л. Ханина за день до всероссийских соревнований по синхронному плаванию. **Результаты.** По итогам исследования высокую реактивную тревожность имеет 58,33% обследуемых, умеренную реактивную тревожность - 33,33%, а низкую реактивную тревожность - 8,33%. Высокую личностную тревожность имеет 33,33% обследуемых, умеренную личностную тревожность - 41,67%, а низкую личностную тревожность - 33,33%. **Выводы.** Тревожность и ее уровень оказывает значительное влияние на результат спортивной деятельности.

Ключевые слова: тревожность, синхронное плавание, реактивная тревожность, личностная тревожность, спорт.

ANXIETY LEVEL IN SYNCHRONOUS SWIMMING ATHLETES BEFORE COMPETITIONS

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Abstract

Introduction. The influence of anxiety on the final result of the athlete's performance is a relevant topic for research in the sphere of sports medicine and psychology. **The aim of the study** is to analyze the results of assessing the level of personality and reactive anxiety in 15-18 year-old girls one day before the synchronous swimming competition. **Material and methods.** The method of C.D. Spielberger and Y.L. Khanin one day before the All-Russian synchronized swimming competitions was used. **Results.** According to the results of the study, 58.33% of sportsmen have high reactive anxiety, 33.33% have moderate reactive anxiety, and 8.33% have low reactive anxiety. According to the results 33.33% have high

personality anxiety, 41.67% have moderate personality anxiety and 33.33% have low personality anxiety. **Conclusion.** Anxiety influences an athlete, its level has a significant impact on the result of sports activity.

Keywords: anxiety, synchronous swimming, reactive anxiety, personality anxiety, sports.

INTRODUCTION

Anxiety plays an ambiguous role in an athlete's preparation for the competitions and the results achieved. It is a part of the holistic mechanism of the organism adaptation to the physical stress. Factors like mobilizing environment or increased attention of a large number of spectators, competitors can negatively affect the concentration, weaken attention and reduce the final sports result. Thus, the multidirectional influence of anxiety on the final result of the athlete's performance is a relevant topic for research in the field of sports medicine and psychology [1].

The aim of the study is to analyze the results of assessing the level of personality and reactive anxiety in girls 15-18 years old 1 day before synchronized swimming competition.

MATERIAL AND METHODS

In order to measure the level of anxiety in athletes the method of C.D. Spielberger and adaptation by Y.L. Khanin was used. It aims at evaluating the level of reactive and personality anxiety. The Spielberger anxiety scale is an informative way of self-assessment of the personal anxiety as well as the level of anxiety at the moment [2]. Research method - survey. The type of survey used for data collection was quantitative.

The study was conducted with a group of girls 15 – 18 year-old girls, engaged in Children's and Youth Sports. The plot was Yekaterinburg School №19, the department of synchronous swimming, the discipline "combined program". Measurements were carried out 1 day before the All-Russian competitions.

No special statistical programs were used to calculate the results. The sample allows you to calculate the results without the help of statistical programs.

The Spielberger test consists of 20 statements relating to anxiety as a state (state anxiety, reactive or situational anxiety) and 20 statements to define anxiety as a disposition, a personality trait (trait anxiety).

The Spielberger test is conducted using two forms: one form to measure situational anxiety, and the second form to measure the level of personality anxiety [3].

RESULTS

Table 1.

Indicators of anxiety in athletes

Anxiety levels	high	moderate	low
Reactive anxiety	58,33%	33,33%	8,33%
Personality anxiety	33,33%	41,67%	33,33%

According to the obtained data (Table 1), it can be stated that 58.33% observed have high reactive anxiety, 33.33% observed have moderate reactive anxiety and 8.33% observed have low reactive anxiety. According to the results 33.33% observed have high personality anxiety, 41.67% observed have moderate personality anxiety and 33.33% observed have low personality anxiety.

DISCUSSION

Personal anxiety is understood as a stable individual characteristic that reflects the subject's predisposition to anxiety and suggests that he or she tends to perceive a fairly wide range of situations as threatening, responding to each of them with a certain reaction.

Situational (reactive) anxiety is characterized by subjectively experienced emotions: tension, anxiety, concern, nervousness. It appears as an emotional reaction to a stressful situation and can differ in intensity and dynamic in time.

Personality anxiety is characterized by a stable tendency to perceive a wide range of situations as threatening, to react to such situations with a state of anxiety. Reactive anxiety is characterized by tension, restlessness, nervousness. Very high reactive anxiety causes a violation of attention, sometimes a violation of fine coordination. Very high personality anxiety directly correlates with the presence of neurotic conflict, with emotional and neurotic breakdowns and psychosomatic diseases.

The measurement of anxiety as a property of personality is especially important, since this property largely conditions the behavior of the subject. A certain level of anxiety is a natural and obligatory feature of an active active personality. Each person has his own optimal, or desirable, level of anxiety – this is the so-called useful anxiety. A person's assessment of his state in this respect is an essential component of self-control and self-education [4].

Anxiety levels in athletes of different sports have been described in the literature, but descriptions of reactive and personality anxiety specifically in female synchronized swimming athletes have not been investigated. Anxiety can affect their performance. Anxiety control and support from coaches and psychologists can help athletes to achieve better performance and overcome emotional barriers.

When analyzing existing research on anxiety levels in professional ice hockey athletes, a high level of reactive anxiety was found. These results help to conclude that in team sports the level of reactive anxiety will be increased [5].

CONCLUSION

Comparison of the results of both subscales makes it possible to assess the individual significance of the stressful situation for the subject. Due to its relative simplicity and effectiveness, the Spielberger scale is widely used in the clinic for various purposes: to determine the severity of anxiety, to assess the state in the dynamics, etc. The Spielberger scale is also used in the clinic.

The obtained results allow us to make some conclusions. Female athletes with a high level of personal and situational anxiety should form a sense of confidence and success in sports activities.

Synchronists with a moderate and low level of personal anxiety should also continue to try to maintain it at this level, to develop their own methods and ways of regulating competitive anxiety.

Personality anxiety is of great importance for the athlete. The level of its expression has a significant impact on the result of sports activity. The optimal level of anxiety will help a synchronous swimming athlete to concentrate on the upcoming activity and mobilize forces for the fight [6].

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ВЛИЯНИЕ ПРОДОЛЖИТЕЛЬНОСТИ И КАЧЕСТВА СНА НА АКАДЕМИЧЕСКУЮ УСПЕВАЕМОСТЬ СТУДЕНТОВ УГМУ МИНЗДРАВА РОССИИ

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