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PSYCHOLOGICAL PREPARATION SYSTEM FOR JUDO ATHLETES BEFORE COMPETITION

Abstract. This article examines the psychological preparation systems for judo athletes before competitions through comprehensive analysis of existing literature. The study focuses on various psychological approaches, mental training techniques, and preparation methodologies used in high-performance judo.

Keywords: judo psychology, pre-competition preparation, mental training, combat sports psychology, psychological readiness, athletic performance

Annotatsiya. Ushbu maqolada mavjud adabiyotlarni har tomonlama tahlil qilish asosida dzyudochi sportchilarni musobaqadan oldin psixologik tayyorlash tizimlari ko'rib chiqiladi. Tadqiqot yuqori yutuqli dzyudoda qo'llaniladigan turli xil psixologik yondashuvlar, ongni o'rgatish usullari va tayyorgarlik usullariga qaratilgan.

Kalit so'zlar: dzyudo psixologiyasi, musobaqadan oldingi mashg'ulotlar, aqliy mashg'ulotlar, jang san'ati psixologiyasi, psixologik tayyorgarlik, sport natijalari

Аннотация. В данной статье рассматриваются системы психологической подготовки спортсменов-дзюдоистов перед соревнованиями на основе всестороннего анализа существующей литературы. Исследование посвящено различным психологическим подходам, методам тренировки сознания и методикам подготовки, используемым в дзюдо высоких достижений.

Ключевые слова: психология дзюдо, предсоревновательная подготовка, психическая тренировка, психология спортивных единоборств, психологическая готовность, спортивные результаты

INTRODUCTION

The psychological preparation of athletes in judo has become increasingly recognized as a crucial component of competitive success. This paper analyzes the systematic approaches to psychological preparation of judokas before competitions, examining both theoretical frameworks and practical applications documented in sports psychology literature.

The significance of psychological preparation in judo stems from the sport's unique demands, combining physical prowess with tactical thinking and emotional control [1]. Research indicates that pre-competition psychological state significantly influences performance outcomes in combat sports [2].

METHODS AND LITERATURE ANALYSIS

This review analyzes literature focusing on peer-reviewed publications, academic books, and official sports psychology guidelines. Sources were selected from major sports psychology databases and specialized combat sports publications.

The literature analysis concentrated on three main areas:

1. Psychological preparation systems and methodologies
2. Mental training techniques specific to judo
3. Pre-competition psychological intervention strategies

RESULTS

The analysis reveals several key components of effective psychological preparation systems. Research by Smith and Johnson [3] identifies visualization, breathing control, and attention focusing as fundamental elements of pre-competition preparation. Studies show that systematic implementation of these techniques can improve performance by 15-20% [4]. Williams et al. [5] demonstrate that emotional control techniques, particularly in the final weeks before competition, significantly impact performance outcomes. Their research indicates that structured emotional regulation programs reduce pre-competition anxiety by approximately 40%. Studies by Tanaka [6] reveal that cognitive preparation strategies, including tactical visualization and scenario planning, enhance decision-making capabilities during competitions.

ANALYSIS AND DISCUSSION

The systematic analysis of literature reveals several critical aspects of psychological preparation systems in judo that warrant detailed discussion. The findings demonstrate complex interrelationships between various psychological components and their impact on competitive performance.

First, the timing and periodization of psychological preparation emerge as crucial factors. Research indicates that psychological interventions implemented 4-6 weeks before competition show optimal effectiveness [4]. This preparation period allows for proper integration of mental techniques into the athlete's routine without creating additional stress close to competition dates.

The literature emphasizes the significance of individualized approaches in psychological preparation. While general principles remain consistent, the implementation methods must account for athletes' personality types, cognitive styles, and cultural backgrounds [7]. For instance, athletes with higher trait anxiety require different intervention strategies compared to those with naturally lower anxiety levels.

A notable finding concerns the integration of psychological preparation with physical training programs. Traditional approaches often treated mental preparation as a separate component, but contemporary research strongly supports an integrated model where psychological techniques are embedded within regular training sessions [9]. This integration enhances both the acceptance and effectiveness of psychological interventions.

The role of coach-athlete relationships in psychological preparation emerges as another critical factor. Studies indicate that coaches who actively participate in and support psychological preparation programs significantly enhance their effectiveness [8]. This finding suggests the need for coach education in sports psychology principles and intervention techniques.

Cultural considerations present both challenges and opportunities in psychological preparation systems. Different cultural approaches to mental training, particularly between Eastern and Western methodologies, offer complementary perspectives that can enrich preparation programs [8]. However, this also necessitates careful adaptation of psychological techniques to respect cultural norms and values.

The analysis also reveals gaps in current research, particularly regarding the quantification of psychological readiness. While various assessment tools exist, there remains a need for more precise measurement methods that can guide the timing and intensity of psychological interventions.

CONCLUSIONS

Effective psychological preparation requires a structured, systematic approach that begins well before competition and integrates seamlessly with physical training. Individual customization of psychological techniques is essential, considering personal characteristics, cultural background, and competitive experience level. The role of coaches in psychological preparation is crucial, suggesting the need for enhanced coach education in sports psychology. Measurement and monitoring of psychological readiness remain challenging, indicating a need for improved assessment tools. These conclusions emphasize that while significant progress has been made in understanding psychological preparation systems for judokas, continued research and development are necessary to enhance their effectiveness and practical application.

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