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PRE-COMPETITION PSYCHOLOGICAL PREPARATION SYSTEM FOR SHORT-DISTANCE TRACK AND FIELD ATHLETES

Abstract. This article examines the systematic approach to psychological preparation of short-distance track and field athletes before competitions. The research analyzes various psychological training methods, mental preparation techniques, and their effectiveness in enhancing athletic performance.

Keywords: track and field, sprint, psychological preparation, mental training, pre-competition anxiety, athletic performance, sports psychology

Annotatsiya. Ushbu maqolada musobaqa oldidan qisqa masofalarga yengil atletikachilarni psixologik tayyorlashga tizimli yondashuv ko'rib chiqiladi. Tadqiqot psixologik tayyorgarlikning turli usullarini, ongni psixologik tayyorlash usullarini va ularning sport samaradorligini oshirishdagi ahamiyatini tahlil qiladi.

Kalit so'zlar: yengil atletika, Sprint, psixologik tayyorgarlik, aqliy tayyorgarlik, musobaqadan oldingi tashvish, sport ko'rsatkichlari, sport psixologiyasi

Аннотация. В данной статье рассматривается системный подход к психологической подготовке легкоатлетов на короткие дистанции перед соревнованиями. В исследовании анализируются различные методы психологической подготовки, приемы психологической подготовки сознания и их эффективность в повышении спортивных результатов.

Ключевые слова: легкая атлетика, спринт, психологическая подготовка, ментальная тренировка, предсоревновательная тревога, спортивные результаты, спортивная психология

INTRODUCTION

Pre-competition psychological preparation plays a crucial role in determining athletic performance, particularly in short-distance track and field events where the margin for error is minimal [1]. Athletes' mental state significantly impacts their ability to perform at peak levels during competitions. This research aims to analyze and synthesize existing literature on psychological preparation systems and propose an integrated approach for short-distance track and field athletes.

METHODS AND LITERATURE REVIEW

The methodology involved a systematic review of scholarly articles, books, and research papers focusing on psychological preparation techniques in track and field athletics. The literature search was conducted using major academic databases, including SportDiscus, PubMed, and Google Scholar.

Key aspects examined in the literature include:

- Pre-competition anxiety management techniques
- Mental visualization and imagery practices

- Focus and concentration enhancement methods
- Self-confidence building strategies
- Emotional regulation approaches

RESULTS

Analysis of the literature reveals several key components essential for effective pre-competition psychological preparation. In the domain of mental training techniques, research indicates that systematic mental training programs significantly improve athletic performance [2]. Multiple studies have demonstrated that athletes who engage in regular psychological preparation show superior stress management capabilities and enhanced focus during competitions [3]. This is particularly evident in sprint events where mental preparation can significantly impact reaction times and overall performance.

The literature consistently highlights the critical role of anxiety management in sprint performance [4]. Several effective techniques have been identified and validated through research. These include progressive muscle relaxation, which helps reduce physical tension; controlled breathing exercises that regulate physiological arousal; cognitive restructuring to manage negative thoughts; and mindfulness practices that enhance present-moment awareness and focus.

Regarding visualization and imagery, studies have shown robust evidence that systematic visualization training enhances motor performance and technical execution [5]. Athletes who incorporate regular imagery practices into their preparation routines demonstrate improved reaction times and more consistent performance levels across competitions [6]. The effectiveness of visualization appears to be enhanced when combined with physical practice and other psychological preparation techniques.

ANALYSIS AND DISCUSSION

The findings from the literature review suggest that an effective psychological preparation system should integrate multiple components tailored to individual athletes' needs. Research emphasizes the importance of implementing these preparations well in advance of competition [7]. The evidence strongly indicates that combining various psychological techniques produces better results than isolated interventions [8].

A comprehensive system should include regular mental training sessions, structured anxiety management protocols, systematic visualization practices, clear goal-setting strategies, and consistent routine development. The timing and intensity of psychological preparation must be carefully managed to avoid mental fatigue [9]. The literature emphasizes that individual differences among athletes necessitate personalized approaches while maintaining systematic structure [10].

The effectiveness of psychological preparation appears to be maximized when it is integrated into the overall training program rather than treated as a separate component. This integration allows for better transfer of psychological skills to competition settings and helps athletes develop more robust mental resilience.

Studies also indicate that the success of psychological preparation systems depends significantly on the athlete's buy-in and consistent engagement with the process. Coaches and sport psychologists play crucial roles in facilitating this engagement and ensuring that psychological preparation receives appropriate attention alongside physical training.

The research highlights the importance of periodization in psychological preparation, similar to physical training cycles. This includes varying the intensity and focus of mental training throughout the season, with particular attention to the immediate pre-competition period. However, the literature emphasizes that effective psychological preparation cannot be achieved through short-term interventions alone but requires long-term, systematic development.

Moreover, the findings suggest that psychological preparation systems should be flexible enough to accommodate different competition levels and varying pressure situations. Athletes need to develop a range of psychological tools and strategies that they can apply appropriately based on the specific demands of each competition situation.

CONCLUSIONS

Based on the comprehensive analysis of existing literature and research findings, this review demonstrates that systematic psychological preparation is an essential component for achieving optimal performance in short-distance track and field events. The evidence consistently supports the implementation of structured psychological preparation systems that encompass multiple interconnected components. The literature conclusively shows that successful psychological preparation cannot be achieved through ad hoc or isolated interventions. Instead, it requires a well-planned, systematic approach that integrates various psychological techniques and strategies. The effectiveness of these systems is maximized when they are tailored to individual athletes while maintaining a structured framework for implementation.

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