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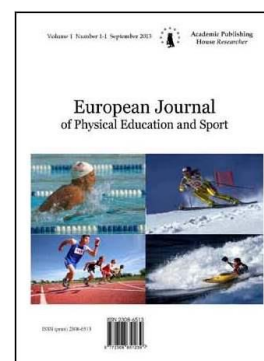
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## Psychological Preparation of the Sportsman in Snowboarding

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### Abstract

Our research is focused on the influence of the snowboarder psychological preparation and on the level of changes in personal features and character with the aim of increasing her sport performance during the trials. With the questionnaire SPIDO and the test TCI-R we will find out the personal features and personal descriptions, especially the level of her extroversion or introversion, emotional stability or instability (neurocentrism). With aimed psychological preparation realized during her preparation time we will try to influence her personal features (shortterm psychological statuses) to create a better sport performance on the trials. Our partial task shows a minimal difference between the TCI-R test results and questionnaire SPIDO that happened between the entrance measurement (realized at 10.2.2015) and final measurement (realized at 27.5.2016). During the control period there was not a big difference between the results. The reason is that the pedagogical experiment was applied during very short time.

**Keywords:** psychological preparation, snowboarding.

### 1. Introduction

The psychology as the scientific field exists for a long time. Nowadays, we have many proven facts and amount of the facts is increasing. These facts are used in many fields, for example pedagogical, clinical or sport. In this paper we will try to use the psychological facts from sport field. These days, increasing attention is paid on psychological preparation. Not only the successful sportsman find out that psychological preparation is the key of success. The psychological preparation makes difference between the good one and the best one. To be more concrete, in such risky field as snowboarding, the psychological preparation plays an important role.

Psychological preparation of sportsman is an aimed usage of psychological facts to improve the activity of training system. The goal of psychological preparation of sportsman based on the psychological facts is to increase the effect of parts of sport preparation. In competition it stabilizes the performance at the level of trained capacity of sportsman. Psychological preparation is preventing the fail of performance caused by psychological reason (Slepička, 2009).

Psychological preparation as well as technical role, physical condition or tactical preparation, plays important role (Jursík a kol., 1991). As Choutka and Dovalil (1987) say the psychological preparation is focused on developing the performance motivation, regulation of the emotional processes during the trials and forming the character of the sportsman. Moravec et al. (2004) divided the psychological preparation into longterm and shortterm. Longterm preparation is focused on forming the personality, developing the properties, increasing psychological resistance,

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also the level of properties needed for autoregulation of own behaviour, thinking and feeling, increasing the self-confidence and improvement of specific cognitive abilities. Shortterm psychological preparation is focused on step-by-step forming of the psychological preparation considering the concrete trial circumstances. The aim is to make optimal regulation of actual psychological conditions and processes before and during the trial.

Psychological preparation is a process aimed on development the personal features, psychological conditions the processes. It is focused on handling the difficulties of sport training and ability to realize the whole potential of sport performance during the trials (Starší, Jančoková, 2001). The proportions and the realization of different parts vary according to the age and increasing the sport performance. The training of the children is aimed on technical preparation and the physical condition, realized on the principle of versatility. With aging and increase of the performance, the part of tactical preparation is increasing (Bence et al., 2005).

As Ruisel says (2003), the aim of the sport psychology is to observe the relations between sport and human psyche. Its role is to solve the theoretical, methodological and practical questions of P.E. and sport activity.

There are three actual psychical statuses: before the trial, during the trial and after the trial. The regulation of these statuses is motivated by subjective inconvenience of these statuses and by their negative influence on sport activity and sport performance. The before trial status occurs when the sportsman realized his or her participation on the important trial. The during the trial status lasts till the beginning of trial and can also lasts through the whole trial. The after trial status are created by subjective valuation of the trial and its results and it lasts few hours (Slepička et al., 2009). The sportsman has a specific dissimilarity compare with a normal population. Cox (1994) named them as high emotional stability, extraversion, aggressiveness, self-confidence, psychological resistance, leadership, assertiveness, and lover neurocentrism.

## 2. Methodology

Our research is focused on the influence of the snowboarder psychological preparation and on the level of changes in personal features and character with the aim of increasing her sport performance during the trials. With the questionnaire SPIDO and the test TCI-R we will find out the personal features and personal descriptions, especially the level of her extroversion or introversion, emotional stability or instability (neurocentrism). With aimed psychological preparation realized during her preparation time we will try to influence her personal features (shortterm psychological statuses) to create a better sport performance on the trials. The subject of the tests was the professional snowboarder from Slovak snowboarding association (K.M.). She is 23years old. She has got many experiences from important international and world competitions. The racer claimed that she never asked for a formal consultation from a sport psychologist.

## 3. Results

### Entering Test TCI-R (10.2.2015)

**Table 1.** K.M. entering test Questionnaire TCI-R

Item	NS	HA	RD	PS	SD	CO	ST
Result	111	74	99	113	140	134	83
	Searching for a new	Avoiding damages	Reliance on the reward	Endurance	Selfleading	Cooperation	Self-overlap

Legend:

NS - Novelty Seeking

HA - Harm Avoidance

RD - Reward Dependence

PS - Persistence

SD - Self-Directendess

CO - Cooperativeness

ST - Self-Transcendence

The **Table 1** shows us the results from Coninger test. **The results that are normal are written with black colour. Results that are lower than the normal results are red and the results that are higher than a normal are blue.**

We find out that during the control period the test result in question about avoiding damages was lower. The people with this result seem relaxed, carefree, courageously, brave and optimistic even in the situations that for other people seem dangerous. In the field where our racer is a world top the success is achieved by a performance that is on the edge or even far. That's the reason why it is desirable to be carefree, relaxed, brave, and optimistic. That is the key for handling the new and difficult tricks. The lover test result is big advantage because when is there a challenge or danger she is self-confident, optimistic and full of energy. Disadvantage is when her self-confident attitude aimed lack of self-reflection can cause her a serious injury.

Higher result was in the category of self-overlapping. The people with these results are patient, creative and modest. They are enjoying the activity without the desire for controlling it or knowing the result. Other people are seeing them as modest persons who are aware of their failure. They are thankful for their successes and also for their failures.

The advantage for our racer is that she is facing the challenges without fear of failing.

Other results of Cloninger test during the control period were normal.

#### **Entering Test SPIDO (10.2.2015)**

The **Table 2** shows us the results of questionnaire SPIDO. **The normal results are black, lower results are red and higher results are blue.**

**Table 2.** K.M. entering test Questionnaire SPIDO

Item	KO	EM	RE	AD	OV	MH	KR	ER	KA	EA	FM
Result	6	6	8	5	3	8	8	5	9	7	6

Legend:

KO -Cognitive variability

EM - Emotional variability

RE - Reacting variability

AD - Adjustment variability

OV - General level of psychological excitability

MH - Motor motivity

KR - Cognitive regulatory variability

ER - Emotional regulatory variability

KA - Cognitive adjustment variability

EA - Emotional adjustment variability

FM - Feminity

In our case the lower results from SPIDO questionnaire was in the item cognitive variability. It means that her performance is not influenced by the external impulse. Lower results were also in category adjustment variability. This results leads to maladaptive behaviour. Lower result in SPIDO category emotional adjustment variability is characterized by lower self-confidence, pessimism and depression. This can cause a problem in achieving better results in trials. The higher result was in category cognitive-regulation variability. This is characterized by adventurousness and a tendency for risky behaviour. She is emotionally stable, spontaneous at average level and she is searching for changes also on average level. She has also the normal results in categories emotional variability and emotional adjustment variability. This means that she has a normal self-control behaviour and aspiration on normal level. From a life event point of view, she has a tendency for experience the situation not for solving them. The feminine features are on the higher level

#### **Final measurement TCI-R (27.5.2016)**

**Table 3.** K.M. after a control period (10.2.2015-27.5.2016) Questionnaire TCI-R

Item	NS	HA	RD	PS	SD	CO	ST
Result	108	89	99	113	102	134	83
	Searching for a new	Avoiding damages	Reliance on the reward	Endurance	Self leading	Cooperation	Self-overlap

Table 3 shows us the results from Cloninger test. **The results that are normal are written with black colour. Results that are lower than the normal results are red and the results that are higher than a normal are blue.**

We realized a change after a control period. The result in category searching for a new changed from lower result to a normal result.

Lower results were measured in category self-leading and cooperation. It means that the behaviour of our racer is influenced by reactions, incentives and external pressure and not by her aims and values. This adaptability can be good in the situation of entering the new community or environment. The success of a racer brings these situations. When we are speaking about lower result in category cooperation, it means that our racer is interested in her success. She can be seen as ruthless person. This makes her relationship with other racer more difficult.

The higher result in category self-overlapping was measured after the control period. It means that she is patient, creative and modest. She is capable with her failures. She is thankful for their successes and also for their failures.

Other results were normal. Same as it was in entering test.

**Final measurement SPIDO (27.5.2016)**

**Table 4.** K.M. after a control period (10.2.2015-27.5.2016) Questionnaire SPIDO

Item	KO	EM	RE	AD	OV	MH	KR	ER	KA	EA	FM
Result	6	6	8	5	3	8	10	5	9	5	6

Table 4 shows us the results from questionnaire SPIDO. The results that are normal are written with black colour. Results that are lower than the normal results are red and the results that are higher than a normal are blue.

Comparison these results with the results from entering tests bring no extreme changes. Increasing the result in category cognitive-regulation variability to 10 and decreasing the result in emotional-adjustment variability to 5 brings the same results.

The cognitive variability and reflecting the external impulses, the tendency to maladaptive behaviour, lower self-confident, higher result from cognitive-regulative variability, so adventurousness and risky behaviour, emotional stability, normal spontaneous and normal level of searching for changes are without changes. Also same are the results from categories emotional variability and emotional-adjustment variability. This means that she has a normal self-control behaviour and aspiration on normal level. The feminine features are still on the higher level

#### 4. Conclusion

Our partial task shows a minimal difference between the TCI-R test results and questionnaire SPIDO that happened between the entrance measurement (realized at 10.2.2015) and final measurement (realized at 27.5.2016). During the control period there was not a big difference between the results. The reason is that the pedagogical experiment was applied during very short

time. Based on this we can expect a big affectivity of this pedagogical experiment during the preparation training period (1.6.2016 – 18.11.2016) and the main competition season (1.12.2016 – 2.4.2017). The aim of this experiment is to increase the affectivity of sport preparation with the influence on the psychological preparedness of racer.

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