

Psychological qualities of the qualified player into TT

TT is the complexly coordinated activity in the varieties situations. The uncertainty of the conditions of play activity is complicated by the rigid limit of time and by the low informativeness of the actions of rival, which represents the complexity of the technical- tactical tasks, continuously solved by athlete during encounter.

The specific structure of TT is characterized by the fact that each situation before each new exchange of impacts is received as pre launch state, capable of exerting powerful stressogenic influence on the organism of athlete. Controversial game, which takes place under the conditions of a constant rivalry, operational degradation of the intentions of enemy with placement of each separate ball. In the duels there are no professional athletes and there cannot be prolonged exchange impacts. This process bears complex conflicting nature and is characterized by large psychological stress.

The contemporary level of sport achievements is so high that justifiably arises a question about the limit of the human possibilities, which specify these achievements. Under the conditions, when the physical, technical and tactical preparedness of the athletes of the highest qualification reached approximately identical level, the result of sport duel is frequently determined by psychological factors. The mental reserves of athlete significantly determine the reliability of his actions, behavior under difficult conditions of competing fight and, first of all, in the sport of the highest achievements.

In TT the leveling off of the technical- tactical, physical preparedness of athletes is expressed in the significant dynamics of relationship in the calculation during the party, the emotional and mental tension, the sharply clashing nature of the game, where to the end of the drawing of point each of the rivals has a possibility to radically change directivity and a content of fight. The conditions indicated present serious requirements for the emotional stability of athlete, the possibilities of high fitness for work, the operational method, the data analysis, the adoption to the execution of the decision that in the complex the reliability of activity is determined.

Reliability - complex capability, which depends on the level of all forms of sport preparedness, many personal special features with the leading role of emotional-volitional stability for the influence of external and internal bringing down factors.

In connection with to TT - this is the ability to retain or to increase the individually high efficiency of competing activity, to retain or to increase indices, being oriented toward the already developed model characteristics during the party, in the opposition with rivals different in the special features of game.

In TT, where the technology and success is inseparably connected, and tactics is predominating component, the level and the content of mental activity determine first of all the professional qualities of athlete- tennis-player.

Composition psycho-grams is based on the structure of professional- important qualities, that in turn provides for with the creation psycho-grams the application of a systems approach, which connects different psychological phenomena into unified whole.

1. The motivational sphere of the personality of athlete composes the first block of the structure of the professional- important qualities any activity define the motives as dynamic tendencies, moreover in the game motive is moved to activity itself. Therefore the development of motivation is the first priority task of a study.

Motivational sphere is defined as the block of the motives of reaching high sport results. It includes such structural elements as interest in the game, level of claims, tendency toward the leadership.

2. The second basic building block of the structure of professionally important qualities form the components of the intellect of athlete considers intellect as the multilevel organization of cognitive forces, which has sensor motor, perceptive, mnemonic and cognitive aspects. Sport psychologists in detail studied each of the named aspects. In the sport games the intellect of athlete acquires decisive importance for the success in the contests. Intellectual block in the structure of the professionally important qualities of athlete - is defined as the sphere of operational intellect since cognitive abilities in this case they realize directly in the process of play activity.

3. The third basic building block form the components of emotional stability, which comes out as capability for the retention of professional fitness for work under the conditions of emotion-genic actions. Its role in the success of sport activity under the conditions of the competitions, in the opinion of sport psychologists, is decisive. The characteristic of emotional stability includes the following aspects: motor, sensory, intellectual.

On the basis revealed structure of the professionally important qualities of athlete is comprised the psycho-gram of activity based on the example of TT. Studies were conducted in the composite commands studies were conducted in the composite commands city of Leningrad - Saint Petersburg 1996 yr.).

1. Motivation of reaching. For its measurement they were used: the scale of the motivation of Maslow, the scale of leadership (Leevik, Serov), the color test (Lyushera). With the comparison of four groups of the athletes of different qualification, that the highest level of the motivation of reaching is discovered in the group of the masters of sport. It somewhat is reduced in MSMK, which corresponds to Yerkes- Dodson law.

2. Operational intellect. Sensory aspect was studied with the aid of the electro-reflexmeter, the tapping- test, the estimate of the magnitude of three-dimensional sections. Players into TT show the high level of simple reaction ($X = 0,219 .0,003$), complex reaction ($X = 0,263 0,13$), and also the high level of the rapidity of motions and accuracy of efforts. The high level of sensor motor system is ensured by mobility and liability of the nervous system of tennis-players. The perceptive aspect of intellect was studied with the aid of the black- red tables, the rings of Landholdt, clocking of play activity. It is revealed, what to the perceptive processes tennis-player in the game on the average spends 0.2 - 0,3 seconds, which requires the high rate of information processing. Tests confirmed the high level of information processing in players into TT. The mnemonic component of intellect was studied with the application of tests of word, number, figure. In players into TT visual memory is especially developed. Of 9 figures, presented during 30 seconds, memorization on the average - 8,42.0, 12 figures Cognitive component, or intellect in the narrow sense, was studied on the tests. Tennis-players showed the general intellect above average of level that the normal, high, average intellect corresponds to estimation.

3. Emotional stability was evaluated according to the tests. It is established that the emotional stability in players into TT is found on the low level that it does not correspond to the requirements, presented to the professional qualities.

The objective indices of competing activity give idea about the effectiveness of the separate technical- tactical actions of tennis-players. However, under the conditions of the intense competing fight the effectiveness of activity will in many respects depend on the personal special features of the athletes, who are manifested defined by example through the mechanisms of the mental regulation of competing activity.

In the opinion many authors game into TT presents a number of essential requirements for the personality of athlete - high moral level, a feeling of debt - factors, which characterize the interrelation of the motivation of reaching with the business motivation, directly connect strong-willed qualities with the motives of activity - tendency toward the rivalry, degree of orientation to the success with the high self-appraisal they are caused by the fact that the realization of the principle of active game as the determining feature of the effectiveness of tennis-player makes necessary the high level of competitiveness, a constant search for ways of seizing the initiative, the one creation of conflict situation with an indispensable orientation to the success;

leadership, domination - strong-willed and communicative quality, whose forming, reflect the contemporary trends of development of TT, the requiring manifestation activities, initiatives, persistence, confidences in itself, and also independences and inflexible determination in the fight with the rival of any rank.

emotional stability, endurance, the ability to actually estimate the situation - the emotional-volitional quality, on level of which depends the success in any form of the activity, which has conflicting nature;

insight, flexible, precise mind - are necessary athletes, since the effectiveness of activity intends the manifestation of the ability to operationally evaluate the content of game situation, to forecast the directivity of the actions of rival, to recognize his concepts and on the basis this estimation to build our own tactical line;

collectiveness, adherence to interests, to values and to the ideals of the sport association are important in TT as the command- individual form of activity for the solution of the problems of training process and competing activity;

extraversion, social adaptability, contractibility, sociability - are important since extravert more they are active and reactive, what is the prerequisite of dynamic game; by it to more easily remove the stress of competing fight, to what contributes the sociability, characteristic of the extroversive natures.

The above-presented special features of the personality of athletes determine the high activity of tennis-players, their tendency toward the seizure of initiative, orientation to the success of activity with the high self-appraisal, domination in the tactical and psychological relations, which is necessary for the effective completion of the concrete situation of single combat.

Together with the noted positive activity special features of effective tennis-players the authors indicate also the negative sides of their activities, which are the result of the influence of the specific special features of personality.

Expressiveness, superfluous uneasiness negatively affect the dynamics of the result of technical- tactical actions, activity, stability of game. The presence in the athletes of such special features of personality as indecision, uncertainty in itself, frequently predetermine the unjustified loss of initiative, the incapacity in the extreme situation to play to originally, effectively personify tactical concepts.

Examining the mechanism of the mental regulation of effective athletes under the conditions, which simulate competing activity, and also in the training and competing activity, notes the following.

To the athletes, whose activity is effective, inherent the realism, appeared in the process of setting long-range goal in adequate social standard by nature.

Effective athletes are capable of flexibly changing the level of target, if the latter does not realize, witches indicate the expressed in the process of play activity quality to rapidly reconstruct the tactics of sport fight in the case of its nonconformity to the specific objectives of single combat and as consequence - low effectiveness. This is manifested, in particular, in the fact that the so-called index of persistence proves to be relatively low.

The low variability of the level of confidence with its relatively high value with respect to the dynamics of the results of activity is characteristic of effective tennis-players. This speaks about the stability of self-appraisal, internal reliability, noise immunity of athletes, their active relation to the factor of failure in the process of game.

Self-appraisal by the athlete of the state of readiness for the solution of difficult engine problems is characterized by high criticality. The overstated self-appraisals of readiness unfavorably influenced the effectiveness of activity.

The aspects of the mental regulation of activity named above ensure manifestation with the athletes of the expressed capability for the mobilization of psycho-motor functions under the most difficult, extreme conditions.

To athletes with the effective flow of activity distinguishes the skill to expediently govern the dynamics of sport uniforms in proportion to approximation to main competition of season.

The specific character of the conditions of effective activity into TT, is characterized by the high price of separate technical- tactical action for the success as a whole, by the need for the demonstration of the steady level of emotional-volitional and behavioral reactions, the active search for uncommon means and methods of the realization of initiative in the extreme situation, by the skill of athlete from the beginning also to the end of the party to be in the state of mobilization for the purpose to limit the influence of negative emotional and psychological competing factors on the result of activity.

For many tennis-players the advantage in the glasses in the tail piece of party or last point manifested fear. Proximity of the real perceptible victory, its anticipation and preponderance in the calculation, fear to miss victory at the decisive moment - main reason for weakening the rate of game. The calculation, in the opinion of the authors, seemingly it presses to the player and prevents it from playing tail piece sharply, and the success, depends on the ability of athlete at the decisive moment of single combat, in his final phase, to act successfully on the basis of the complex mobilization of the possibilities of organism and psyche.

The basic purpose of the long-standing psychological training of athlete in TT is development and the stabilization of individual qualities and abilities, which ensure in the final analysis the reliability of their successful appearances on the critical competitions.

The critical competitions athletes greatly are disturbed. This period, furthermore, it is saturated by different measures. Athletes during these days sort out all possible and impossible versions of appearance, mentally they re-play with each of their rivals and solve a whole series of other questions. Not less complex and diverse feelings manage athlete, also, in the process of competitions themselves. Some preserve merry, optimistic mood, others emote itself depressed and oppressed. Athletes with the large force of will and the faith in the victory demonstrate on the competitions the indomitable combat spirit, completely are used their technical and tactical possibilities and they are achieved good results. But there are such athletes, moral and volitional level, as it is not high; they lose confidence, play bound, they make many simple errors.

Absence in these athletes of correct approach to the process of competitions prevents them from demonstrating those technology and tactics in the game, which they use in the usual training games. These psychological processes have the most direct effect on result of competitions.

Reaching the final goal of the psychological training of tennis-players - guarantee of reliability of the actions of athletes in the conditions of the bringing down factors of competitions, such, as the tense situation of games, the reaction of spectators, ambient conditions, behavior and the unexpected methods of the game of enemies, error in its actions and so forth

Decisive role in overcoming of emergent in the course of competition bringing down factors and different kind of difficulties (stress: game with the stronger enemies, against the background fatigue, mental injuries) play the strong-willed qualities of players.

To the complex of the strong-willed qualities, necessary for athletes for the successful game into TT, can be attributed: perseverance, patience to the prolonged and little emotional work, diligence, optimism, endurance, adaptability to the external factors, composure, courage, inquisitiveness, initiative.

CONCLUSION

The constantly growing craftsmanship of tennis-players ever more hardens fight for the victory in the competitions. In this case the equality of the forces of the competing athletes fairly often is observed. In this case the reason for defeat of one of the tennis-players lies in the weaknesses of the mental readiness of athlete for conducting of the sport fight under difficult conditions of competition.

It is possible to assert that in present development stage of TT the leading component of sport craftsmanship becomes the mental preparedness of athlete, understood as complex training and molding of the athlete of tennis-player, who possesses the necessary qualities of soldier, capable of successfully overcoming external and internal difficulties in the path to victory.

Different authors repeatedly undertook the attempts to give the scientific determination of concept mental condition and to develop the classification of states. As the authors note, all classifications bear conditional nature, and in some there is no clear differentiation between the states and the mental processes. The involuntary mixing of separate concepts as a result occurs.

Among the mental conditions, most investigated in the sport, it is possible to name the state of stress, anxiety, tiredness, monotony and mental satiety.

The description of these states, their semantic and quantitative characteristics are reliably different and they differently influence the effectiveness of training and competing activity.

Most frequently entire dynamics of states with the occupations by sport is described by terms excitation, anxiety, mental stress. In this case these are different manifestations in the dynamics of the activity of organism.

Stress as state is understood as the combination of physiological and behavioral components. Mental stress (state of stress) - this is the state of excessive mental tension and disorganization of behavior, which was developed under the action or real threat or the actually acting extreme stress factors of sport activity.

There are thousands of sources of stress. In athletes stress factors are the agitation apropos of appearance at the proper level, the financial expenditures, the time, necessary for conducting the training occupations, doubts relative to their abilities, and also no sportive factors, for example, death of the family member and others.

These thousands of sources of stress can be distributed by several general categories, determined by situation or personality.

There are two basic sources of the stress: the value of event or competition; and the uncertainty of its result or outcome.

The more important the event, the greater the stress it causes. Also the higher the degree of uncertainty, the greater the value of stress.

In sport psychology have long ago there been concept a starting fever, a starting apathy and the alert. By fever is understood the mental over excitation, which most frequently forges athletes, under the apathy - under-excitation, apathy, unwillingness to fight. But the alert - this is that golden mean, with which the athlete must appear especially well.

The overwhelming majority of the works, in which is emphasized the importance of the estimation of the mental condition of athlete in the forecast of the success of sport activity, is directed on a study of the state of readiness for the competitions. The composition of the signs of the state of readiness in different athletes not coinciding.

In TT are combined sport game with the single combat, individual form of sport with the command game (two-person games). The special features of game in combination with the lightning actions of athletes indicated present high demands for the psyche of athletes, for the most important indices and the qualities of the mental sphere of the activity of high-class players, to which can be attributed: temperament, strong-willed qualities, speed and the accuracy of muscular- engine reactions, the rate of method and processing of information, special feature of attention and specific perceptions.

The sport activity, which is characterized by high externality, imposes the increased requirements on the personality of athlete, especially to the sphere of self-consciousness and will. Attitude to the victory and strong-willed readiness to a considerable degree determine the effectiveness of the forthcoming activity. On the success of competing activity have an effect such important sides of personality as its temperament, typological storage, motivational special features, first of all directivity, and also the activity, technically performer possibilities of personality, its potential.

Specialists in the region of psychology and sport and physical culture have long ago studied the positive and negative action of excitation and anxiety on the physical activity. They did not arrive at the united conclusion; however, they explained many interesting special features, which have practical application. In last quarter of century the psychologists found more convincing theory inverted U. very recently they appeared new hypotheses, including the concepts about the zones of optimum functioning, the phenomenon of catastrophe and theory of reversibility. All authors of hypotheses concur in the opinion, that success and effectiveness of the activity of athletes it is possible only with the specific excited level and motivation; however, optimum combinations in the authors do not coincide.

Many psychologists count emotional stability and will - some of the most important characteristics of the personality of athlete, especially for the forecast of the transference of mental loads and success of activity under the extreme conditions. In a whole series of studies it is shown that the low emotional stability negatively affects reaching of high competing results.

The motivational qualities of athlete must correspond to the degree of preparedness, to their real possibilities. Otherwise excessive motivation will lead to the tension, and, correspondingly, to reduction in the result of activity.

In the opinion many authors, the temperament of tennis-player contributes to the individual storage of the manner of game and to the selection of one or other style or another; however, a study of the temperament of highly effective athletes speaks about the important role of the force of the process of excitation in an increase in the effectiveness of conducting duel.

The specific character of mental condition depends on the specific collection of the personal of the qualities. between the personal qualities and the result of play activity there exists the connection through the special features of the mental condition, which influence the manifestation of the special qualities, which lie at the basis the effectiveness of technical- tactical actions athlete.

the Technical- tactical characteristics of actions, strong-willed efforts and emotional background are mental component of the load of single combats and players, to the decisive degree of the determining complex action load on the athletes in the varieties conflict situations of trainings and competitions.

The neuro-emotional stresses, connected with the increased responsibility for the result of training, competitions, lead not only to an increase in the maximum indices of the frequency of the heart contractions, but also to a significant increase in the average value of the frequency of the heart contractions.

Sufficiently strong emotional stress, which contributes to the mobilization of the functional reserves of organism, contributes to the high result of activity. However, according to the data and the dependence of the effectiveness of competing activity on the force of emotional stress differs somewhat from that inverted V-curved and more greatly resembles trapezoid, i.e., break it begins not immediately, but through a certain time interval it is sufficient stable high stressed state, which ensures the success of the activity of athlete.

The optimum level of emotions is connected with the peak of physical activity. The optimum combination of emotions, necessary for achievement of the peak of physical activity, compulsorily is not fallen to the midpoint of the continuum of the excitation of anxiety state, but the interrelation between the excitation and the physical activity depends on the level of the cognitive anxiety state, inherent in athlete.

The obtained results of several works set the positive interrelation of the force of the process of excitation with an increase in the kinesthetic sensitivity under the conditions of competitions, the making more active of strong-willed manifestations under the conditions of stress, reaching of the best results with the motivation of the stress of large force.

The first block affects the motivational sphere of tennis-player, in connection with this to the personality the presence of these features is required: high moral level, a feeling of debt, tendency toward the leadership, interest in the game, degree of orientation to the success with high self-appraisal.

The second block affects the components of the intellect of tennis-player. Intellectual block is defined as the sphere of operational intellect; tennis-players possess the general intellect above average of level, that corresponds to estimation normal, high average intellect. Requirement for the tennis-player the presence of such qualities as: insight, flexible, precise mind.

The third block form the components of emotional stability. Requirements for the personality - presence of such qualities as: emotional-volitional quality, extraversion, contractibility, sociability.

Collectiveness, adherence to interests, to values and to the ideals of the sport association are important in TT as the command- individual form of activity.

The optimum model state of tennis-player is characterized by the following manifestations: by confidence in its forces, by energy, by composure, by optimism, by the exasperation of all feelings, by the automatism of actions, by the concentration of attention, by emotional control.

In studies of the authors the different favorable and unfavorable mental conditions, which the athlete in the competing activity experiences, are reflected, but almost all works do not give concrete indications and advice about how to remove the influence of unfavorable emotional experiences on the motion of competing fight.

At present acknowledged conceptual understanding of mental condition it is not formed. Is not examined the connection of the problem of mental condition with the activity generally and with its specific sections in particular.

Practical recommendations for the trainers regarding the work with the athletes for control of their mental conditions

Indices	Manifestation in the play activity	Means and the methods of the development
1. Personal anxiety (LT).	Tendency to experience uneasiness, fear, fear in many life situations.	<ol style="list-style-type: none"> 1. Reduction in the subjective significance of the forthcoming competing activity. 2. Forming of capability for self-control. 3. The formulation of the actually accessible problems and the forming of confidence in the fact that they will be successfully solved. 4. Forming of the optimum level of claims. 5. Creation of favorable atmosphere during the training. 6. Required instruction in methods of self-adjustment. 7. Tactful and comity of manner to the athlete on the trainings and the competitions.
2. Situational anxiety (T).	The reaction of athlete to the psychological stress factors (competitions, rival), which is characterized by different intensity, changeability in the time, the presence of the unpleasant experiences, which are accompanied by the activation of vegetative nervous system.	<ol style="list-style-type: none"> 1. The contraction of the circle of the significant people, to opinion of which the athlete is oriented with the self-appraisal. 2. Arbitrary switching of the directivity of thoughts in the process of competitions. 3. Switching in the course of the game of attention to the objects of different emotional value depending on the special features of personality and attention (technology of performance, the force of performance, accuracy).
3. Stability in the stress.	Reductions of the optimum level of the mental condition of athlete in the stress competing situations.	<ol style="list-style-type: none"> 1. Optimization of [predsorevnovatelnykh] states. 2. Training the strong-willed of qual. 3. Instruction in methods of self-adjustment. 4. Creation in training of the conditions of close ones in the mental tension to the competing. 5. Formings of the optimum level of claims. 6. forming of correct self-appraisal.
4. Self-appraisal.	Understanding its actions, the skill to estimate its possibilities, to control its actions, thoughts.	<ol style="list-style-type: none"> 1. Constant control of its actions, thoughts in the process of trainings, competitions. 2. Forming of confidence in its forces. 3. Molding of the correct estimation of competing situation, possibilities of rivals.
5. Level of	Level of stated problems.	1. Setting the specific problems and their constant

claims.		<p>complication with the subsequent control of their required realization.</p> <p>2. Planning promising tasks on the basis of the sober calculation of the state of athlete.</p> <p>3. Forming of the correct self-appraisal of understanding its actions.</p>
6. Motives.	All that which comes out as the internal stimulators of man to the activity.	<p>1. Orienting young athletes to the systematic occupations by TT.</p> <p>2. Forming of steady and great interest in the occupations.</p> <p>3. Setting the specific actually accessible problems.</p> <p>4. Information about the current events in TT in our country and abroad.</p>