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## THE ROLE OF WRESTLERS INDIVIDUAL PSYCHOLOGICAL CHARACTERISTICS IN COMPETITIVE ACTIVITY

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The article examines the role of individual psychological characteristics of wrestlers in their competitive performance. The study involved 45 Greco-Roman and freestyle wrestlers (aged 18-32), divided into three groups based on their qualification level. Using standardized psychological assessment tools, the research revealed significant differences in emotional stability, self-control, anxiety, aggression management, and motivational orientation between highly qualified and novice wrestlers.

The results showed that highly qualified wrestlers demonstrate higher levels of emotional stability, courage, and self-control, along with lower levels of anxiety and tension. They predominantly display instrumental aggression as a means of gaining competitive advantage, while beginners show more reactive aggression. The ratio of achievement motivation to failure avoidance motivation also differs significantly between qualification groups.

The results of the study with Armenian athletes were compared with similar works by Russian scientists, which made it possible to confirm the comparative analysis and substantiate the assessment tools.

Correlation analysis confirmed significant relationships between psychological characteristics and competitive performance indicators. The findings can be used to develop individualized psychological preparation programs for wrestlers, taking into account their personal characteristics, with special attention to emotional stability, self-control, aggression management, and optimization of motivational orientation.

**Keywords:** *psychological factors, emotions, mental processes, competitive, wrestler, mental reliability, emotional state, personal factors.*

**Introduction:** In modern sports activities, the role of individual psychological characteristics is becoming increasingly important. This is especially true in wrestling, where competitive activity requires not only physical but also high psychological preparedness. The ability to maintain psychological stability and self-control in competitive situations often plays a decisive role in achieving victory.

To achieve high results in international competitions and Olympic games, wrestlers need an effective model of psychological preparation process that includes modern approaches and methods in psychology [4,10].

The effectiveness of the psychological preparation process is mainly determined by the mental properties of the athlete's personality and the individual characteristics and peculiarities of the specific athlete [2,8].

Numerous studies in the field of sports psychology show that individual psychological characteristics of athletes have a significant impact on their sports results. For instance, Martens' studies have shown that the level of competitive anxiety can significantly affect an athlete's performance. According to him, a moderate level of anxiety contributes to optimal performance, while extremely low or high levels negatively affect results [7,9,15].

The process of psychological preparation, incorporating numerous specific issues, has become one of the leading directions in scientific research and practical work, as current sports impose new requirements on the athlete's psyche, which is constantly developing and improving—related to the popularity of sports, the scale of competition, and the annually changing regulatory requirements.

Bandura's social-cognitive theory and his proposed concept of self-efficacy are also important in the context of athletes' psychological preparedness. Athletes with high self-efficacy believe in their abilities and are more persistent in pursuing their goals [3,19].

Among the representatives of the Russian school of sports psychology, the works of Puni and Gissen emphasize the role of athletes' psychological preparation. Their research shows that psychological qualities such as willpower, purposefulness, self-control, and stress resistance are necessary for success in competitive situations.

Research on the psychological characteristics of wrestling has also been conducted by Tupontsov and Karpov [18]. Their works note that psychological qualities such as the ability to make quick decisions, self-control, stress resistance, and fighting spirit are particularly valued in wrestling.

Studies of individual characteristics in the field of wrestling have mainly focused on indicators of physical preparedness. However, interest in psychological factors has grown in the last decade. L. Gonzalez studied the psychological characteristics of elite wrestlers and found that competitive anxiety management and motivational orientation significantly correlate with competitive results [14].

Korobeynikov et al. have stated that the neurodynamic functions and psychophysiological characteristics of highly qualified wrestlers directly affect the effectiveness of competitive activity [12].

Despite this, the characteristics remain incomplete.

**Research Purpose:** To study the influence of wrestlers' individual characteristics long history of wrestling, comprehensive study of athletes' individual (psychological, physiological, technical) on the effectiveness of competitive activity and develop practical recommendations for optimizing the training process.

**Research Objectives:** To identify the most significant individual characteristics that determine success in wrestling and to study the interaction of these characteristics in competitive conditions.

**Research Methods:** Literature analysis on the topic, observation, testing, statistical analysis of results, correlation analysis.

The sample of participants was formed randomly from several wrestling clubs and sports schools in Yerevan and Gyumri practicing Greco-Roman and freestyle wrestling. The research was conducted during 2022-2023. The study complies with research ethics standards, and informed consent was obtained from all participants.

The study involved 45 Greco-Roman and freestyle wrestlers aged 18-32, who were divided into three groups according to their sports qualification:

- Group 1: Highly Qualified Wrestlers (n=15)
- Group 2: Medium Qualified Wrestlers (n=15)
- Group 3: Novice Wrestlers (n=15)

The following methods were used in the study:

Cattell's 16 Personality Factor Questionnaire (16-PF)

The Cattell questionnaire assesses 16 primary factors and 5 secondary factors of personality. The questionnaire consists of 187 questions aimed at evaluating various personality traits. For this study, the following factors were particularly important:

- C (emotional stability)
- E (dominance)
- H (boldness)
- (apprehension)
- Q3 (self-control)
- Q4 (tension) [6]

Spielberger's State-Trait Anxiety Scale, which assesses two types of anxiety: state (momentary anxiety) and trait (general level of individual anxiety). The questionnaire consists of 40 statements (20 for state anxiety, 20 for trait anxiety). Participants rate each statement on a 1-4 point scale.

State anxiety was assessed under two conditions:

Calm conditions (non-competitive situation)

Pre-competitive conditions (1 hour before competition) [18].

Buss-Durkee Hostility Inventory, designed to assess various forms of aggression. In this study, the revised version of the questionnaire was used, which includes 75 statements assessing 8 types of aggression: Physical aggression, verbal aggression, indirect aggression, anger, hostility, suspicion, instrumental aggression, reactive aggression [5]

Assessment of Motivational Orientation (SMS-II), which evaluates the motivation to achieve success and avoid failure. The questionnaire consists of 20 statements, rated on a 1-7 point scale. The questionnaire allows determining the type of motivational orientation of the athlete and the ratio of achievement/failure avoidance [17].

Statistical analysis of the data was carried out using the SPSS 25.0 statistical package. The threshold for statistical significance was set at  $p < 0.05$ .

**Analysis and Interpretation of Research Results:** The results obtained with the Cattell questionnaire showed that in the group of highly qualified wrestlers, compared to other groups, factors such as H (boldness), C (emotional stability), Q3 (self-control), and E (dominance) are more pronounced. Novice wrestlers showed high indicators for factors O (apprehension) and Q4 (tension) ( $p < 0.05$ ).

**Table 1.** Results of the Cattell questionnaire in different groups (mean values) (n=45)

Factor	Group I	Group II	Group III	F-criterion	p-value
A (Warmth)	5.2 ± 1.1	5.9 ± 1.2	6.5 ± 1.3	3.21	<0.05
B (Intelligence)	6.3 ± 1.2	6.8 ± 1.1	7.2 ± 1.0	2.17	>0.05
C (Emotional stability)	8.3± 0.9	6.7 ± 1.2	5.1 ± 1.0	18.92	<0.01
E (Dominance)	7.6± 0.8	6.9 ± 1.0	5.8 ± 1.1	12.45	<0.01
F (Liveliness)	5.5 ± 1.2	5.8 ± 1.0	6.1 ± 1.1	1.23	>0.05
G (Rule-consciousness)	6.1± 0.9	7.0 ± 0.8	7.4 ± 0.7	9.87	<0.01
H (Social boldness)	8.6± 0.8	7.2 ± 0.9	5.4 ± 1.1	25.63	<0.001
I (Sensitivity)	3.2± 0.6	3.8 ± 0.7	4.1 ± 0.8	6.32	<0.01
L (Vigilance)	5.1± 0.8	5.8 ± 0.9	6.2 ± 1.0	5.78	<0.01
M (Abstractedness)	4.8± 0.9	5.1 ± 1.0	5.4 ± 0.8	1.96	>0.05
N (Private Ness)	7.1 ± 0.6	6.2 ± 0.7	5.3 ± 0.8	21.45	<0.001
O (Apprehension)	4.3± 0.6	5.8 ± 0.8	7.4 ± 0.7	26.31	<0.001
Q1 (Openness to change)	5.6± 0.9	5.9 ± 0.8	6.3 ± 0.7	2.85	<0.05
Q2 (Self-reliance)	5.1 ± 0.7	5.8 ± 0.8	6.4 ± 0.6	13.24	<0.01
Q3 (Perfectionism)	8.1± 0.6	6.9 ± 0.7	5.2 ± 0.8	24.87	<0.001
Q4 (Tension)	4.2± 0.5	5.8 ± 0.7	7.3 ± 0.6	27.62	<0.001

Table 1 data shows that highly qualified wrestlers, compared to lower qualified athletes, have higher indicators for emotional stability (C), dominance (E), boldness (H),私ateness (N), and self-control (Q3) factors. At the same time, they have lower indicators for sensitivity (I), vigilance (L), apprehension (O), and tension (Q4) factors. This indicates that highly qualified wrestlers are more balanced, self-confident, and better at controlling and managing their emotional state.

The study of anxiety revealed that in the group of sports masters, state anxiety indicators are lower (mean score: 32.7 points) than in the group of first-category athletes (mean score: 42.3 points) ( $p<0.01$ ). Trait anxiety indicators also differ: 35.2 and 45.1 points, respectively ( $p<0.01$ ).

**Table 2.** Anxiety levels in different groups (n=45)

Type of Anxiety	Group I	Group II	Group III	F-criterion	p-value
State Anxiety	$32.7 \pm 2.5$	$36.4 \pm 2.8$	$42.3 \pm 3.2$	24.18	<0.001
Trait Anxiety	$35.2 \pm 2.6$	$39.8 \pm 3.1$	$45.1 \pm 3.5$	21.05	<0.001

Table 2 data shows that as qualification increases, both state and trait anxiety indicators decrease. This may be due to the fact that experienced athletes adapt better to competitive situations and feel less anxious during competitions.

The results of our study with highly qualified wrestlers (32.7 vs 36.4) according to the Spielberger test are consistent with the indicators obtained by Polikanov I.S., et al. (2019), where the group with high hyperthymia (according to the Shmishek-Leonhard test) is characterized by an initially lower reactive anxiety (before the load: 31.83 vs 36), but after intense physical exertion it is characterized by a strong increase in reactive anxiety, compared to group 2, which, on the contrary, has a decrease in anxiety (after the load: 38.3 vs 33.3) [16]. In another study, where the anxiety level was considered in connection with the level of athletic training of freestyle wrestlers, it was found that the average level of competitive anxiety was assessed most frequently: among masters of sports - 54%, among candidates - 80%, and among low-skilled wrestlers - 37% [1]. This circumstance allows us to judge the dynamics of State Anxiety in connection with the load tolerance of Armenian wrestlers.

The results of the Buss-Durkee questionnaire showed that in the group of highly qualified wrestlers, instrumental aggression is higher (mean score: 6.8 points), whereas in the group of first-category athletes, reactive aggression predominates (mean score: 7.3 points) ( $p<0.05$ ). In the group of candidate masters of sports, these indicators occupy an intermediate position.

**Table 3.** Aggression indicators in different groups (n=45)

Type of Aggression	Group I	Group II	Group III	F-criterion	p-value
Physical Aggression	6.7 ± 0.6	6.5 ± 0.7	6.2 ± 0.8	1.87	>0.05
Verbal Aggression	4.8 ± 0.7	5.1 ± 0.8	5.3 ± 0.9	1.32	>0.05
Indirect Aggression	3.0 ± 0.5	3.6 ± 0.6	4.1 ± 0.7	9.74	<0.01
Anger	4.2 ± 0.6	4.9 ± 0.7	5.6 ± 0.8	12.38	<0.01
Hostility	3.7 ± 0.6	4.3 ± 0.7	4.8 ± 0.9	8.65	<0.01
Suspicion.	4.2 ± 0.5	4.7 ± 0.6	5.1 ± 0.8	7.32	<0.01
Instrumental Aggression	6.8 ± 0.6	6.2 ± 0.8	5.1 ± 0.7	17.93	<0.001
Reactive Aggression	4.5 ± 0.5	5.8 ± 0.7	7.3 ± 0.8	25.14	<0.001

Table 3 data shows that in the group of highly qualified wrestlers, instrumental aggression is more pronounced, i.e., purposeful, controlled aggressive behavior used as a means to gain competitive advantage. Meanwhile, in the group of novice athletes, reactive aggression predominates, which is often uncontrollable and arises as a response to external stimuli. It is also interesting that as qualification increases, indicators of indirect aggression, anger, hostility, and suspicion decrease.

The average statistical results of aggressiveness in freestyle wrestlers according to the same method that we conducted with Armenian athletes (Bassa-Darki), in Russian athletes were distributed in the range of the average level: "Aggressiveness Index" (M=15.8) and "Hostility Index" (M=8.4). The authors claim that athletes have a tendency to control the manifestation of aggressive actions, suppress aggression, and an average predisposition to transfer aggression to another object not involved in the situation [13].

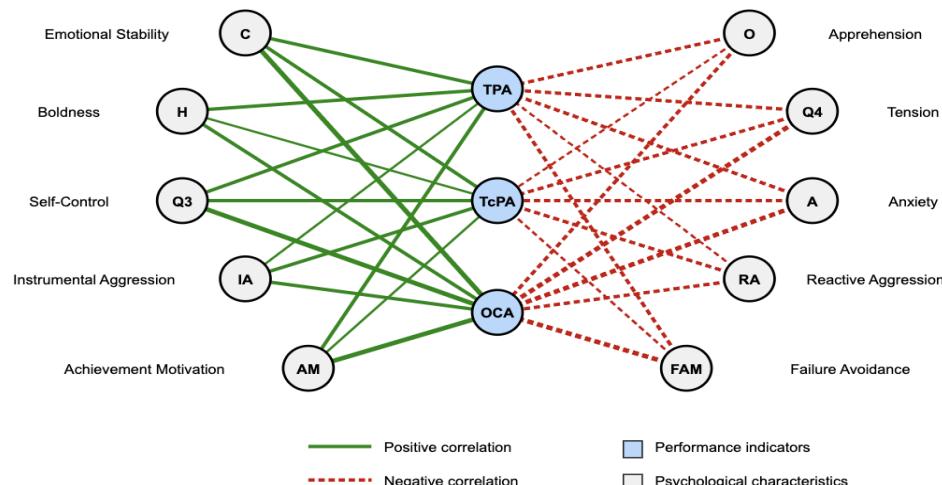
The assessment of motivational orientation showed that in the group of highly qualified athletes, achievement motivation is more pronounced (mean score:

17.2 points), whereas in the group of novice athletes, failure avoidance motivation predominates (mean score: 15.6 points) ( $p<0.05$ ).

**Table 4.** Indicators of motivational structure in different groups (n=45)

Type of Motivation	Group I	Group II	Group III	F-criterion	p-value
Achievement Striving	$17.2 \pm 1.3$	$14.8 \pm 1.4$	$12.4 \pm 1.5$	26.49	<0.001
Failure Avoidance	$10.7 \pm 1.2$	$13.2 \pm 1.4$	$15.6 \pm 1.6$	24.37	<0.001
Achievement/Failure Ratio	$1.61 \pm 0.11$	$1.12 \pm 0.09$	$0.79 \pm 0.08$	29.81	<0.001

Table 4 data shows that as qualification increases, achievement motivation grows and failure avoidance motivation decreases. It is notable that in the group of highly qualified wrestlers, the ratio of achievement striving to failure avoidance motivation is 1.61, whereas in the group of novice wrestlers, it is only 0.79. This means that highly qualified wrestlers are oriented toward success, while beginners mainly strive to avoid failures.



**Figure 1.** Correlations between psychological characteristics and competitive effectiveness indicators.

**(TPA)** - Technical performance effectiveness

**(TcPA)** - Tactical performance effectiveness

**(OCA)** - Overall competitive effectiveness

Correlation analysis revealed several significant relationships between psychological characteristics and competitive effectiveness.

The correlation (Figure 1) illustrates the significant relationships between psychological characteristics and competitive performance indicators. The diagram shows the network of correlations with solid lines representing positive correlations and dashed lines representing negative correlations. The thickness of the lines indicates the strength of the correlation.

As shown in the pleiad, strong positive correlations exist between emotional stability (C), boldness (H), self-control (Q3), instrumental aggression, and achievement motivation with the measures of competitive effectiveness (technical performance, tactical performance, and overall competitive effectiveness). This means that higher levels of these psychological characteristics are associated with better performance in competitions.

Conversely, significant negative correlations were found between apprehension (O), tension (Q4), anxiety (both state and trait), reactive aggression, and failure avoidance motivation with the performance indicators. This indicates that higher levels of these psychological factors are associated with poorer competitive performance.

Competitive effectiveness was evaluated based on the following indicators:

- Technical Actions Effectiveness (TAE) - was assessed using the following formula:  $TAE = (\text{number of successful technical actions} / \text{total number of attempted technical actions}) \times 100\%$
- Tactical Actions Effectiveness (TcAE) - was assessed using the following formula:  $TcAE = (\text{number of successful tactical actions} / \text{total number of attempted tactical actions}) \times 100\%$
- Overall Competitive Effectiveness (OCE) - was assessed using the following formula:  $OCE = (TAE + TcAE) / 2$

The assessment of competitive effectiveness was carried out by a group of experts (three highly qualified coaches and two judges).

The central placement of the competitive effectiveness indicators in the Figure 1 demonstrates their role as key dependent variables in the study, with various psychological characteristics influencing them from different directions. The pattern of correlations supports the hypothesis that specific psychological characteristics play a crucial role in determining wrestlers' success in competitive situations.

**Conclusion:** Based on the analysis of research data, we can conclude that:

1. Highly qualified wrestlers, in contrast to beginners, are characterized by high levels of emotional stability, boldness, and self-control, as well as low anxiety and tension.

2. Significant correlations have been found between individual psychological characteristics and competitive effectiveness indicators, confirming the hypothesis that psychological factors have a significant impact on wrestlers' competitive activity.
3. The research results suggest that psychological preparation should be individualized and based on the characteristics of the athlete's psychological profile. This requires a systematic approach that takes into account not only individual characteristics but also their dynamics and interaction.
4. A comparative analysis of the conducted study and parallels with the results of work with similar tests for assessing anxiety and aggressiveness of freestyle wrestlers allow us to more accurately substantiate the methodology and strategy of subsequent, more extensive research.

The results of the study can be used to develop individualized programs of psychological preparation of wrestlers for competitions, taking into account their individual qualities. Coaches and sports psychologists are recommended to pay special attention to the development of emotional stability, self-control, aggression management skills during the preparatory period, and also to apply a target psychological regulatory program based on the proposed assessment of psychological qualities.

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**ԸՄԲԻՇՆԵՐԻ ԱՆՀԱՏԱԿԱՆ ՀՈԳԵԲԱՆԱԿԱՆ ԲՆՈՒԹԱԳՐԵՐԻ ԴԵՐԸ**  
**ՄՐՑԱԿՑԱՅԻՆ ԳՈՐԾՈՒՆԵՈՒԹՅԱՆ ԸՆԹԱՑՔՈՒՄ**

*Իռա Պողոսյան (Երևանի պետական համալսարան, Երևան, Հայաստան)*

Հողվածում ուսումնասիրվում է ըմբիշների անհատական հոգեբանական բնութագրերի դերը մրցակցային գործունեության ընթացքում:

Հետազոտությանը մասնակցել են հոլնա-հոռմեական և ազատ ոճի 45 ըմբիշներ (18-32 տարեկան), որոնք բաժանվել են երեք խմբի՝ ըստ իրենց որակավորման մակարդակի: Ստանդարտացված հոգեբանական մեթոդների օգտագործմամբ հետազոտությունը բացահայտել է զգայի տարբերություններ հոգական կայունության, ինքնակառավարման, տագնապայնության, ագրեսիայի կառավարման և մոտիվացիոն ուղղվածության մեջ՝ բարձր որակավորում ունեցող և սկսնակ ըմբիշների միջև:

Արդյունքները ցույց են տվել, որ բարձր որակավորում ունեցող ըմբիշները ցուցաբերում են հոգական կայունության, խիզախության և ինքնակառավարման ավելի բարձր մակարդակ՝ տագնապայնության և լարվածության ավելի ցածր մակարդակի հետ մեկտեղ: Նրանք հիմնականում դրսնորում են գործիքային ագրեսիա՝ որպես մրցակցային առավելություն ստանալու միջոց, մինչդեռ սկսնակները ցուցաբերում են ավելի ռեակտիվ ագրեսիա: Հաջողության մոտիվացիայի և անհաջողության խոսափման մոտիվացիայի հարաբերակցությունը նույնպես զգալիորեն տարբերվում է որակավորման խմբերի միջև:

Հայ մարզիկների հետ կատարված ուսումնասիրության արդյունքները համեմատվել են ոռու գիտնականների նմանատիպ աշխատանքների հետ, ինչը հնարավորություն է տվել հաստատել համեմատական վերլուծությունը և հիմնավորել գնահատման գործիքակազմը:

Կորելյացիոն վերլուծությունը հաստատել է նշանակայի կապեր հոգեբանական բնութագրերի և մրցակցային արդյունքները կարող են օգտագործվել ըմբիշների հոգեբանական պատրաստության անհատականացված ծրագրեր մշակելու համար՝ հաշվի առնելով նրանց անձնային առանձնահատկությունները, հասովով ուշադրություն դարձնելով հոգական կայունությանը, ինքնակառավարմանը, ագրեսիայի կառավարմանը և մոտիվացիոն ուղղվածության օպտիմալացմանը:

**Հանգուցային բառեր:** հոգեբանական գործոններ, հույզեր, հոգեկան գործընթացներ, մրցակցային, ըմբիշ, հոգեկան հոսալիություն, հոգական վիճակ, անձնային գործոններ:

## РОЛЬ ИНДИВИДУАЛЬНО-ПСИХОЛОГИЧЕСКИХ ХАРАКТЕРИСТИК БОРЦОВ В СОРЕВНОВАТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ

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В статье исследуется роль индивидуальных психологических характеристик борцов в их соревновательной деятельности. В исследовании приняли участие 45 борцов греко-римского и вольного стиля (в возрасте 18-32 лет), разделенных на три группы в зависимости от уровня их квалификации. С использованием стандартизированных психологических методик исследование выявило значительные различия в эмоциональной устойчивости, самоконтроле, тревожности, управлении агрессией и мотивационной направленности между высококвалифицированными и начинающими борцами.

Результаты показали, что высококвалифицированные борцы демонстрируют более высокий уровень эмоциональной устойчивости, смелости и самоконтроля, наряду с более низким уровнем тревожности и напряженности. Они преимущественно проявляют инструментальную агрессию как средство получения конкурентного преимущества, в то время как начинающие проявляют более реактивную агрессию. Соотношение мотивации достижения и мотивации избегания неудач также значительно различается между квалификационными группами. Результаты исследования с армянскими атлетами были сопоставлены с аналогичными работами российских ученых, что позволило подтвердить сравнительный анализ и обосновать диагностический инструментарий.

Корреляционный анализ подтвердил значимые связи между психологическими характеристиками и показателями соревновательной эффективности. Результаты исследования могут быть использованы для разработки индивидуализированных программ психологической подготовки борцов к соревнованиям, с учетом их индивидуальных качеств. Тренерам и спортивным психологам рекомендуется на подготовительном периоде уделять особое внимание развитию эмоциональной устойчивости, самообладания, навыков управления агрессией, а также на основе предложенной оценке психологических качеств применять целевую психорегуляционную программу.

**Ключевые слова:** психологические факторы, эмоции, психические процессы, соревновательный, борец, психическая надежность, эмоциональное состояние, личностные факторы.

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**ԲՈՎԱՆԴԱԿՈՒԹՅՈՒՆ \* СОДЕРЖАНИЕ \* CONTENTS**

<b>ASTGHIK GEVORGYAN</b> DEVELOPING TEACHERS' CREATIVITY THROUGH SELF-REGULATION METHODS .....	3
<b>DAVID HAYRAPETYAN</b> UNDERSTANDING MARKET NARRATIVES: AN INTERDISCIPLINARY APPROACH TO IDENTIFICATION AND ANALYSIS.....	17
<b>IRA POGHOSYAN</b> THE ROLE OF WRESTLERS INDIVIDUAL PSYCHOLOGICAL CHARACTERISTICS IN COMPETITIVE ACTIVITY.....	38
<b>NVARD PETROSYAN</b> CASHLESS SOCIETY: THE MAIN PSYCHOLOGICAL FEATURES .....	51
<b>RAFIK PETROSYAN</b> THE PSYCHOLOGICAL CHARACTERISTICS OF SOCIAL NEUROTICISM.....	65
<b>VANANE MIRZOYAN</b> THEORETICAL CONCEPTS OF DETERMINATION OF PSYCHOSOMATIC DISORDERS: FROM THEORY TO PRACTICE.....	75
<b>Հոդվածներին ներկայացվող պահանջները</b> .....	92