

Features of the Course of Professional Crises in Sporting Activities

O.V. Filatova

Vladimir state university
Vladimir, Russia
ofilvladimir@yandex.ru

V.O. Filatov

Vladimir state university
Vladimir, Russia

E.A. Vinarchik

Vladimir Law Institute of the Federal Service for the
Execution of Sentences
Vladimir, Russia
elena-vinarchik@rambler.ru

O.M. Ovchinnikov

Vladimir Law Institute of the Federal Service for the
Execution of Sentences
Vladimir, Russia
omo33@mail.ru

Ya.S. Chayukova

Industrial University of Tyumen
Tyumen, Russia
chajukovajs@tyuiu.ru

Abstract—The article overviews professional crises in sporting activities. Studies show that a professional sports career is a longstanding sporting activity aimed at demonstrating high sporting achievements and constant sporting improvement. Sporting activities are quite complex and carried out in extreme conditions of competitive nature. The mastery of sporting activity (professionalization) occurs throughout the whole sports career. This is a time-consuming and multi-stage process. And like any professional activity, it is always accompanied by a crisis. We conducted a research of the characteristics of professional crises among professional athletes. Several stages of the course of crises were identified and described.

Keywords—*professional crisis; professional sports; sporting activity; adaptation; professionalization*

I. INTRODUCTION

Studies in the field of professionalization of the individual were carried out by Russian (E.A. Klimov, A.K. Markova, B.S. Bratus, N.S. Prjazhnikov, E.Yu. Pryazhnikova, etc.) and foreign psychologists (B. Livehud, G. Shikhi and others). [1–3] Problems of crises in the process of professional development were handled by B.S. Bratus, N.S. Pryazhnikov, E.Yu. Pryazhnikova, E.F. Zeer, L.S. Vygotsky and other authors. Sporting activity is a kind of professional activity. By the definition of E.P. Ilyin, "sport is a specific kind of human activity and at the same time - a social phenomenon that contributes to raising the prestige of not only individuals but also whole communities, including the state" [6]. Currently, sporting activities are divided into three categories: mass sports, high-performance sports and professional sports. The main goal of people engaged in mass sports is health promotion, physical and mental development, leisure activities. In the high-

performance sports, the main thing is to identify and compare the extreme physical and mental capabilities of people in the process of performing a variety of physical exercises. The activity of athletes is a long-term continuous process of training and physical development, which is, training sessions with the use of large and sometimes extreme physical exertions [5, 6]. In combination with injuries, unsuccessful performances at competitions, all this can entail the formation and development of crises in a sports career.

II. METHODOLOGICAL FRAMEWORK

The methodology of our research is represented by the theory of activity and personality of K.S. Abulkhanova-Slavskaya, B.G. Ananov, A.G. Asmolov, B.F. Lomov, N.N. Nechaev, G.V. Sukhodolskiy, V.D. Shadrikov and others; concepts that reveal the psychological characteristics of professionalization crises of such authors as E.F. Zeer, E.A. Klimov, A.K. Markova, N.V. Pryazhnikova, E.Yu. Pryazhnikova, E.E. Symanyuk and others [7–13]. N.S. Pryazhnikov, E.Yu. Pryazhnikova distinguish seven types of professional crises: the stage of options, training, professional adaptation, stage of primary professionalization (3 to 5 years of work), secondary professionalization, the stage of expertise, leaving the professional sports and retirement. The crises distinguished are typical for sports professional activities. They were studied using empirical methods [14].

III. RESEARCH RESULTS

The purpose of our study was to study the features of the course of professional personality crises in sporting activities, which were singled out and described by N.S. Pryazhnikov, E.Yu. Prjazhnikova. The study had been conducted since September, 2015 to May, 2017.

The study involved college students-athletes, students-athletes of the Vladimir State University, the coaching staff of the "Muravei" sports complexes and the SCYSSOR of artistic gymnastics named after N.G. Tolkachev in Vladimir, "CREPCSC named after A.V. Paushkin", Gus-Khrustalny. The people under test were divided according to the classification of professional crises by N.S. Pryazhnikov, E.Yu. Pryazhnikova: stage of option (age of 14-18 years); stage of vocational training (learning process); stage of professional adaptation (1-2 years); stage of primary and secondary professionalization (3-19 years), the stage of mastery (after 20 years). The sample size is 80 athletes (50 men and 30 women) aged 16 to 79.

The research used methods of analysis of theoretical sources, the method of questioning, observation, testing (the questionnaire of terminal values (QTV) of I.G. Senin (scales of terminal values: Own prestige (OP), high financial standing (HFS), creativity (C), active social contacts (ASC), self development (Sd), achievements (A), spiritual satisfaction (SS), preservation of one's own personality (POOP), and their representation in various spheres of human life: professional life (PL), education and training (EaT), family life (FL), social life (SL), hobbies (H)). "The method of determining the

individual measure of reflexivity" A.V. Karpov, V.V. Ponomareva (scales: general level of reflection (GLR), self reflection (PR), communicative reflection (CoR)); "Assessment of communicative skills" methodology of Fedorishin B.A. (scale of communicative skills (SK); the method of the subjective control level of J. Rotter (scales: general internality (SGI), internality in the field of achievement (IFA), internality in the field of failures (IFF), internality in family relations (IFR), internality in the field of production relation (IFPR), internality in the field of interpersonal relations (IFIR), internality in health and disease (HD)); questionnaire "Efficiency of Activities" of O.V. Filatov (scale performance efficiency (E)); "Specificity of interpersonal relations in a group" of O. Pochebut (self-assessment scale of social and psychological climate in group (SSPC)); questionnaire "Scale of subjective well-being" adaptation of M.V. Sokolova (scale of general level of subjective well-being (LSWB)), methods of mathematical statistics [15].

The results of the study of the course of professional personality crises in sporting activities that are at the option stage are presented in Figures 1–3.

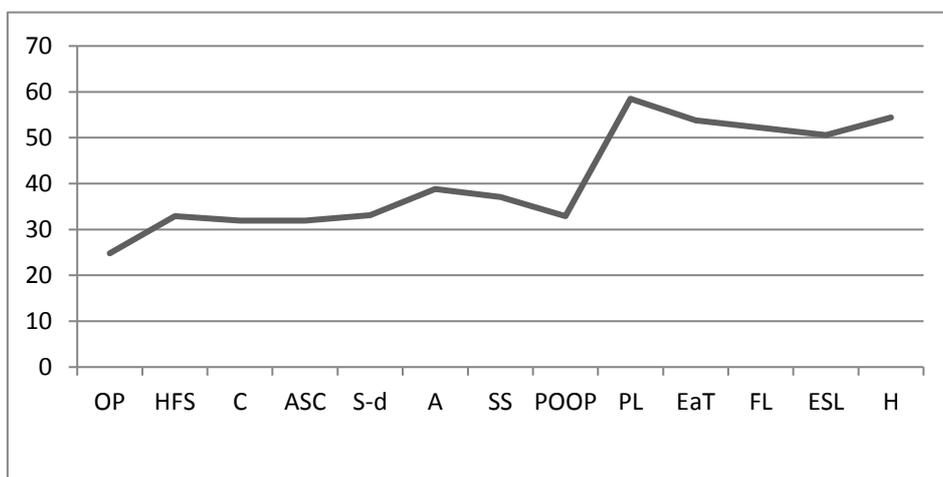


Fig. 1. The schedule of indices of motivation and terminal values in the subjects at the stage of option according to the "QTV" method of I.G. Senin (college students-athletes)

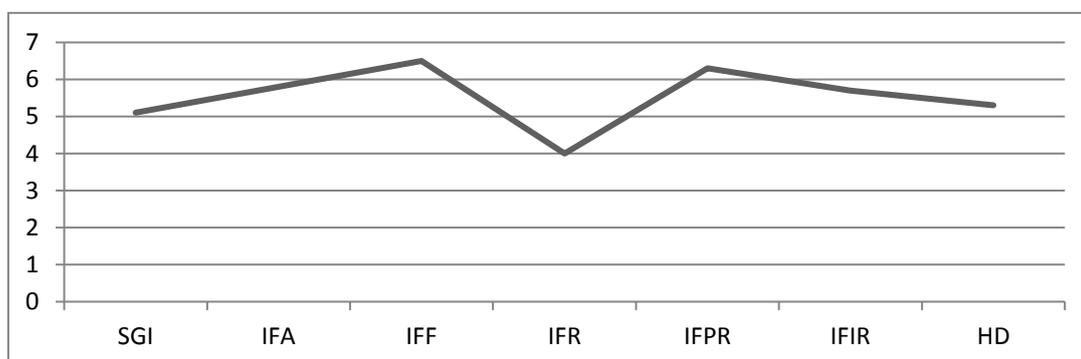


Fig. 2. The graph of the level of subjective control in the subjects at the stage of option using the method of "Level of subjective control" by J. Rotter (college students-athletes)

Analyzing the graph, we can note two scales with high indicators: the terminal value - achievements (9) and the sphere of public life (8). The data give evidence of the desire of student athletes to achieve concrete and tangible sports results at a particular moment in their lives, the ability to carefully plan their lives, set specific goals and, most importantly, achieve them. They are characterized by rapid engagement with social and political life and the high importance of the problems of society.

Analyzing empirical data on the level of subjective control in college students-athletes, it should be noted that the dominant

indicators are in the range of average values. Two scales with prevailing indicators of subjects: internality in the field of achievements (6.5) and internality in the field of interpersonal relations (6.3). Students-athletes are dominated by the internal type of control in situations and in interpersonal relations, externality in relations with teammates (4). They are able to control themselves in emotionally positive events and situations, in informal relationships with other people, to attract sympathy; at the same time, they tend to attribute great importance to external circumstances - leadership, teammates, luck and bad luck.

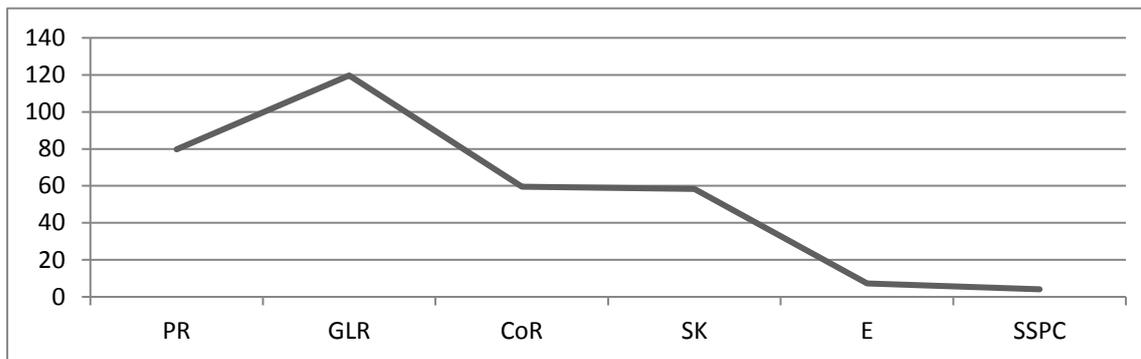


Fig. 3. The graph of the indices of the individual measure of reflexivity, communicative skills, the effectiveness of the activity and the specifics of interpersonal relations in the team at the option stage according to the methods "Methods for determining the individual measure of reflexivity", "Assessment of communicative skills", the rating scale "Operating efficiency", "Specificity of interpersonal relations in a group" (college students-athletes)

Students-athletes are sociable. The results show that this crisis is characterized by a reassessment of sports and training activities: depending on professional intentions, motivation and terminal values change.

Diagnostic data on the study of the course of professional personality crises in sporting activities at the stage of professional training are presented in Fig. 4–5.

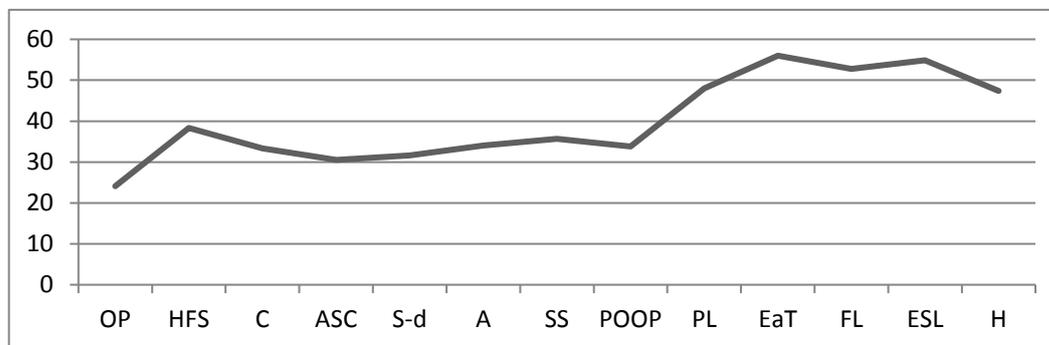


Fig. 4. The schedule of indices of motivation and values in test subjects at the stage of professional training in accordance with the methodology "The questionnaire of terminal values" (QTV) of I.G. Senin (university students-athletes)

Analyzing Fig. 4, indicators of motivation and values, one can note low indicators on the scale of "professional life" (3) and high ones - on the scale of "public life" (9). There is a devaluation of sports activity but at the same time, interest in the problems of society's life is high.

Analysis of the results in Fig. 5 showed an average level of severity of total externality (4.5), i.e. tendency to attribute responsibility for what happens to external forces; consider that sports results and significant events in life depend little on their activity.

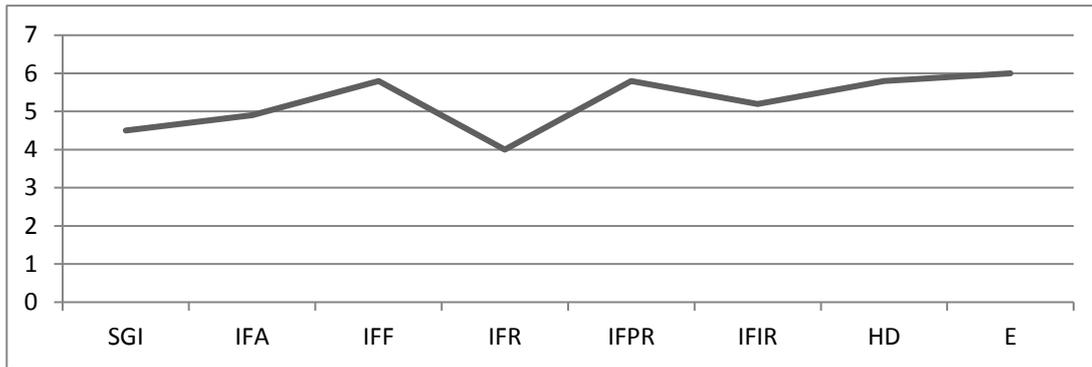


Fig. 5. The graph of the indicators of the level of subjective control and performance in test subjects at the stage of professional training according to the methods of the "level of subjective control" of J. Rotter, the rating scale "Efficiency of activity" of O.V. Filatova (university student-athletes)

Thus, this crisis is characterized by the experience of doubts about the correctness of the professional-sports choice, the interest in teaching and sports activities decreases.

Psychological features of the course of professional personality crisis in sporting activities that are at the stage of professional adaptation (1 to 2 years of experience) are shown in Fig. 6–7.

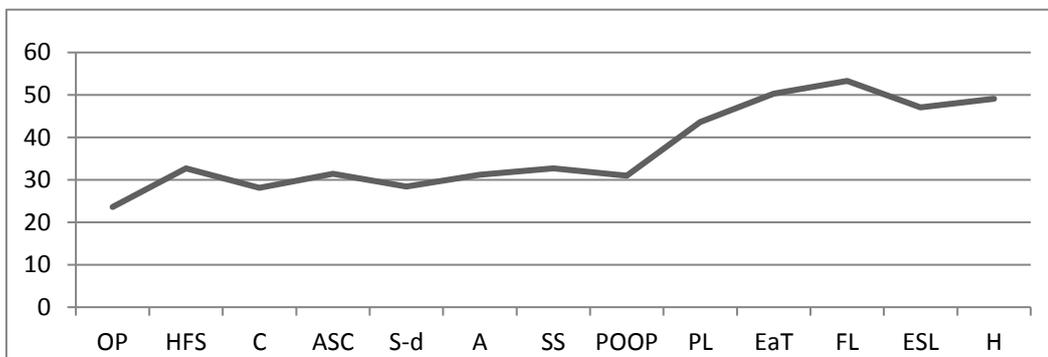


Fig. 6. Schedule of indicators of motivation and values in subjects at the stage of professional adaptation by "the questionnaire of terminal values" (QTV) method of I.G. Senin (1 to 2 years of experience)

The results obtained on the graph show low scores on the scales: terminal value of "self-development" (3) and the sphere of "professional life" (2). Athletes demonstrate a low interest in objective information about the characteristics of their nature

and abilities, other characteristics of their personality, do not seek to improve themselves. They devote less time to training, and are not included in the solution of organizational problems.

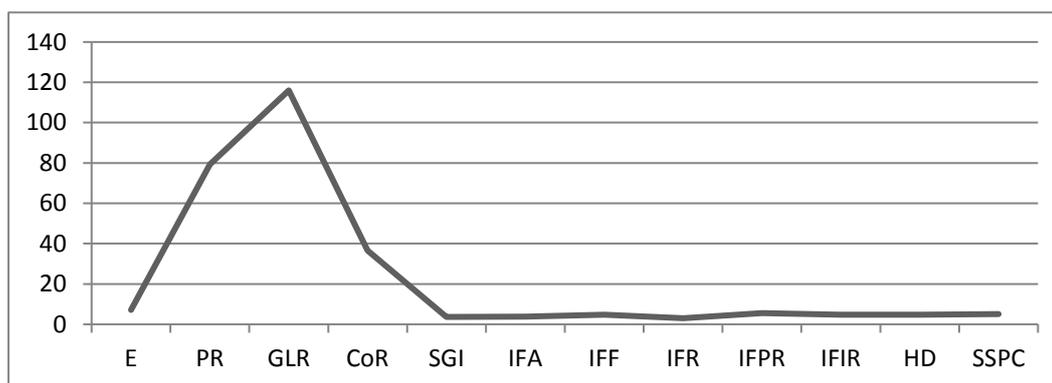


Fig. 7. The graph of operating efficiency indicators, individual measures of reflexivity, the level of subjective control, the level of subjective well-being in the test subjects of the stage of professional adaptation according to the methods "Methods for determining the individual measure of reflexivity"; "The level of subjective control"; the rating scale "Efficiency of activity", as well as "Scale of subjective well-being" (1 to 2 years of experience)

The results analysis of the level of subjective control makes it possible to state a low level of general externality (3.7), externalities in the field of failures (3.8) and externalities in the field of production relations (3). The data obtained indicate a predominance of the external type of control in appropriate situations. The predominance of thoughts that the results of activities and significant events depend little on their own activity; attribution of responsibility to other people. The tendency to attribute responsibility for what happens to external forces; attach more importance to external circumstances – managers, athletes in a team. This stage of the crisis is

characterized by the discrepancy between sports activities and expectations. This causes a crisis of sports expectations. The experience of this crisis is expressed in the dissatisfaction with the organization of training, their content, duties, relations in the team, working conditions.

The results of the course of professional personality crises in sporting activities that are at the stage of primary and secondary professionalization (3 to 19 years of experience) are shown in Fig. 8–9.

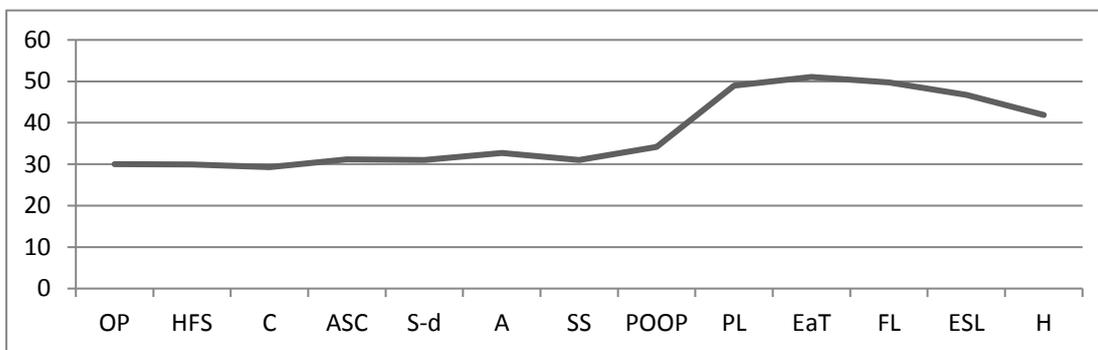


Fig. 8. The schedule of indices of motivation and values in test subjects at the stage of primary and secondary professionalization in accordance with the methodology "The questionnaire of terminal values" (QTV) of I.G. Senin (3 to 19 years of experience)

Analyzing the graph, one should note low scores on the scales "spiritual satisfaction" (3), "professional life" (3) and "hobbies" (3). The results reflect a low desire to receive moral satisfaction in all spheres of one's life; low importance of the

sphere of sporting activities; low involvement in solving organizational problems. Interests and hobbies associated with sporting activities are not uppermost in their lives.

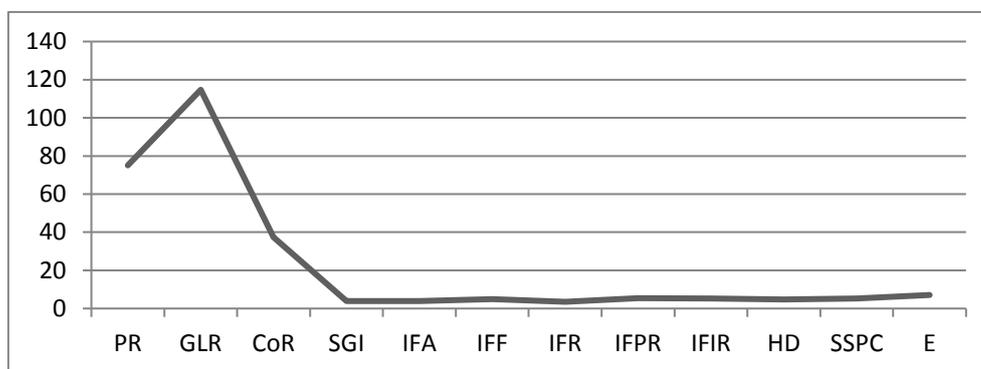


Fig. 9. Graph of indicators of individual measures of reflexivity, the level of subjective control, the level of subjective well-being and performance in test subjects of primary and secondary professionalization stages according to the "Method of determining the individual measure of reflexivity"; "The level of subjective control"; the rating scale "Operating efficiency"; "Scale of subjective well-being" (3 to 19 years of experience)

The analysis of the data made it possible to distinguish low scores on scales: "total externality" (3.9), "failure externality" (3.9) and "externalities in the field of production relations" (3.5). Professionals are dominated by an external type of control in situations. They tend to attribute responsibility for what happens to external forces. In their opinion, the results of activities and significant events of life depend little on their own activity. The predominance of external control is manifested in attributing responsibility to other people (management, colleagues at work) or is considered as the result of bad luck.

Externality increases at the transition to this stage of professionalization.

During this period of professional career, a person begins to feel the need for further professional growth, and career in sports. In the absence of prospects for professional growth, the athlete is experiencing discomfort, mental tension, there are thoughts of a possible withdrawal from the sport, a change of activity. A coach becomes a professional, but his dissatisfaction with himself and his professional position increases. A person feels the need for self-determination and self-organization.

Contradictions between the desired career and its real prospects lead to the development of the crisis of a professional career.

The results of the study of the course of professional personality crises in sports activities at the stage of mastery (experience of more than 20 years) are presented in Fig. 10–11.

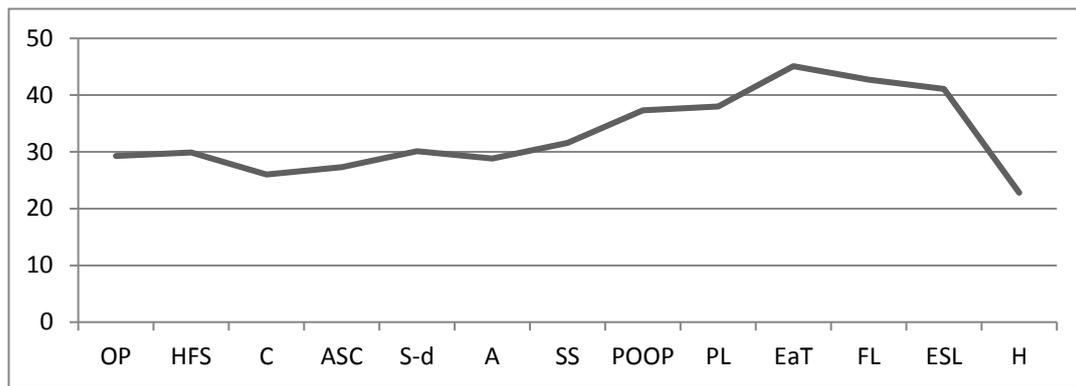


Fig. 10. The schedule of indices of motivation and values in subjects at the stage of mastery in accordance with the methodology "The questionnaire of terminal values" (QTV) of I.G. Senin (experience of more than 20 years)

The results of the study revealed extremely low scores on scales: "professional life" (1), "learning" (2) and "hobbies" (1); low - on "creativity" scale (3) and high on the scale of "maintaining one's own individuality" (8). Demonstrating low aspirations to realize their creative potentials, making various changes in all spheres of life, indifference to raising their level

of education and broadening their horizons, little interest in hobbies, devaluation of the sphere of sporting activity, they give less time to work, avoid participating in solving organizational problems. For them is important to maintain the uniqueness and originality of personality, views and beliefs. They demonstrate the desire for their independence.

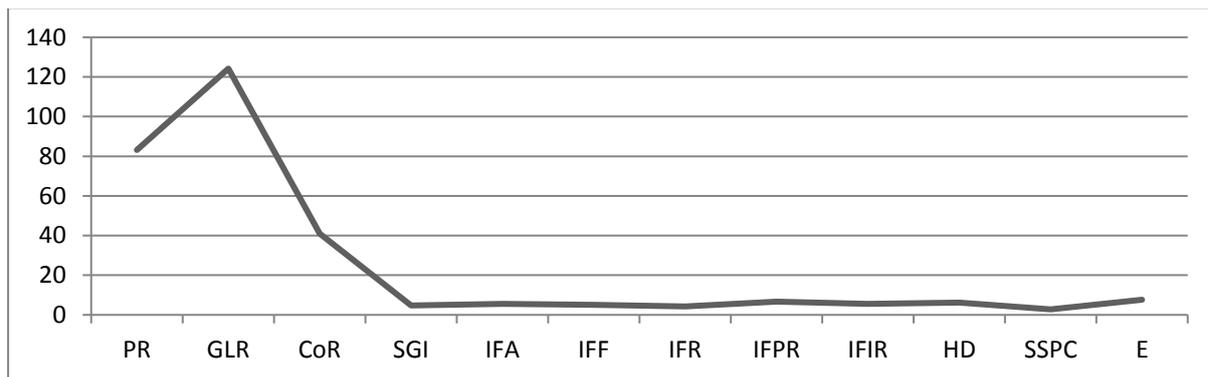


Fig. 11. The graph of indices of individual measure of reflexivity, the level of subjective control, the level of subjective well-being and activity efficiency in the test subjects at the stage of mastery by the methods "Methods for determining the individual measure of reflexivity"; "The level of subjective control"; the rating scale "Operating efficiency"; "Scale of subjective well-being" (more than 20 years of experience)

The graph of the results indicates the presence of indicators on the scales: "externalities in the field of production relations" (4.2), "internality in the field of health and disease" (6.2) and "internality in the field of interpersonal relationships" (6,7) in the range of average values. This characterizes athletes as people subject to attribute great importance to external circumstances (management, colleagues at work), luck - bad luck factors, considering themselves responsible for their own health. However, they believe that they are able to control informal relations with others, to cause respect and sympathy, etc.

Thus, for athletes experiencing a crisis, there is a need for self-realization. The crisis of unrealized opportunities, or, more precisely, the crisis of socio-professional self-actualization.

IV. CONCLUSION

The first crisis (option stage) is related to the motivational sphere and psychological features of the personality structure. We have identified the normative character of this crisis. This crisis is characterized by a reevaluation of sporting and training activities.

The second crisis (vocational training) is characterized by disappointment in sporting activities. There is a crisis of professional choice. The character of the crisis experience is normative.

The third crisis (the stage of professional adaptation) is associated with dissatisfaction with the organization of sporting activities, its content, job responsibilities, relations, conditions and wages. The character of the crisis experience is normative.

The fourth crisis (the stage of primary and secondary professionalization) is associated with the mismatch of sporting activities with expectations, as well as with the conditions of work organization. The crisis at this stage was also empirically confirmed.

The fifth crisis (the stage of mastery) is characterized by the need for self-realization. There is a tendency to be independent from others, to preserve the uniqueness and identity of the individual, views and beliefs. Low importance of the sphere of sporting activities. Thus, the main signs of the crisis are identified.

The survey data can be used by psychologists working in sports teams and clubs to effectively coordinate the work of leaders.

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