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INFLUENCE OF PSYCHO-EMOTIONAL STATE ON THE PERFORMANCE OF ATHLETES ENGAGED IN CYCLIC SPORTS

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ABSTRACT

This research explores the impact of psycho-emotional status on the athletic performance of individuals involved in cyclic sports such as swimming, running, and cycling. Over the course of three months, 50 athletes were observed and divided into two groups: 35 in the main group receiving psycho-emotional support and specialized mental training, and 15 in the control group following a standard routine. The findings demonstrate that athletes with regulated emotional states showed significant improvement in motivation, stress management, and physical performance. This highlights the critical role of emotional well-being in optimizing sports training and achieving competitive results.

KEYWORDS: *Psycho-Emotional State, Cyclic Sports, Stress Management, Motivation, Athletic Performance, Psychological Training, Sports Psychology, Endurance, Training Efficiency, Swimmers.*

INTRODUCTION

In the contemporary era, the concept of sports performance has evolved to encompass not only the physical capabilities of athletes, but also their psychological and emotional well-being. The success of an athlete is contingent not only on their physical fitness and technique, but also on their psychological state. A plethora of studies have demonstrated that psychological stress, motivation, emotional state and self-control are all crucial factors in determining the success of an athlete. Psychological stability and a high degree of psychological preparation are prerequisites for an athlete to be ready for competition and high performance.

The psychological state of the athlete is of particular importance during the preparation and competition process. Psychological stress and emotional stability have been demonstrated to exert a significant influence on athletes. Elevated levels of stress have been shown to result in diminished physical performance, while diminished motivation and self-control have been demonstrated to result in a deterioration in psychological state. Concurrently, athletes can enhance their motivation and performance in competition through stress management and the implementation of psychological techniques.

Research and analyses have been conducted on the influence of psychological well-being on athletes' success. However, further research is required to more fully understand and illuminate this issue. Research into the impact of athlete psychology on athlete success in sport will facilitate the implementation of changes, the development of new techniques and the improvement of the psychological well-being of athletes.

It is imperative that the influence of the psychological state on the success of athletes is studied, as well as the development of effective training methods and the achievement of high results.

The objective of this study is twofold: firstly, to identify the influence of psychological factors on the overall performance of athletes, and secondly, to develop methods to improve their psychological preparation during competition. This, in turn, will help prepare athletes not only physically but also psychologically.

The pertinence of the subject under discussion is evidenced by the application of psychological approaches in the training of athletes, thereby demonstrating that their success is contingent not solely on physical performance, but also on their psycho-emotional state. This approach has been shown to enhance performance and facilitate the development of novel methodologies aimed at promoting the psychological well-being of athletes.

PURPOSE OF THE RESEARCH

The purpose of this study was to evaluate the influence of psychoemotional state on the success of athletes engaged in cyclic sports, to investigate the effectiveness of stress management training and to evaluate the influence of psychoemotional approaches on athletes' physical performance. In the process of the study, athletes were offered training aimed at improving their psychoemotional state and motivation.

MATERIALS AND METHODS OF RESEARCH

A total of fifty athletes participated in the research. The study population was divided into two groups: a main group of 35 subjects, and a control group of 25. The athletes of the main group received training on psycho-emotional state and stress management, while the athletes of the control group did not undergo such training. During three months of observation, the athletes' psycho-emotional state and physical performance were measured monthly.

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1. Psychological tests: Stress levels, motivation and self-organisation of athletes were measured.
2. Physical performance: Running and swimming speed, endurance and general physical condition of the athletes were assessed.
3. Psycho-emotional training: Stress management exercises, motivational training, and visualisation and self-control techniques were offered to the student athletes.

RESULTS OF THE RESEARCH

The psycho-emotional state and physical performance of the athletes changed during the research. Stress and motivation levels were analysed each month and changes in physical fitness were recorded.
Results from the first month:
Stress Management: Athletes' stress levels decreased by 20% in the first month. Motivation: Motivation levels increased by 25%. Physical performance: In the first month, running speed increased by 3% and swimming speed increased by 2%.

Results from the second month:
Stress Management: In the second month, stress levels decreased by an additional 25%. Motivation: Motivation levels increased by 30%. Physical performance: In the second month, running speed increased by 5% and swimming speed increased by 4%.

Results of the third month:
Stress Management: Stress levels decreased by 35% in the third month. Motivation: Motivation levels increased by 40%. Physical performance: In the third month, running speed increased by 7% and swimming speed increased by 6%.

Table-1
Results for Each Month

Categories	The First Month	Second Month	Third Month
Stress Management	20%Reduction	25%Reduction	35% Reduction
Level Of Motivation	25%Increase	30% Increase	40% Increase
Running Speed	3% Improvement	5% Improvement	7% Improvement
Swimming Speed	2% Improvement	4% Improvement	6% Improvement

Figure 1 shows the dynamics of changes in psycho-emotional state and sports performance in athletes engaged in cyclic sports during 3 months.

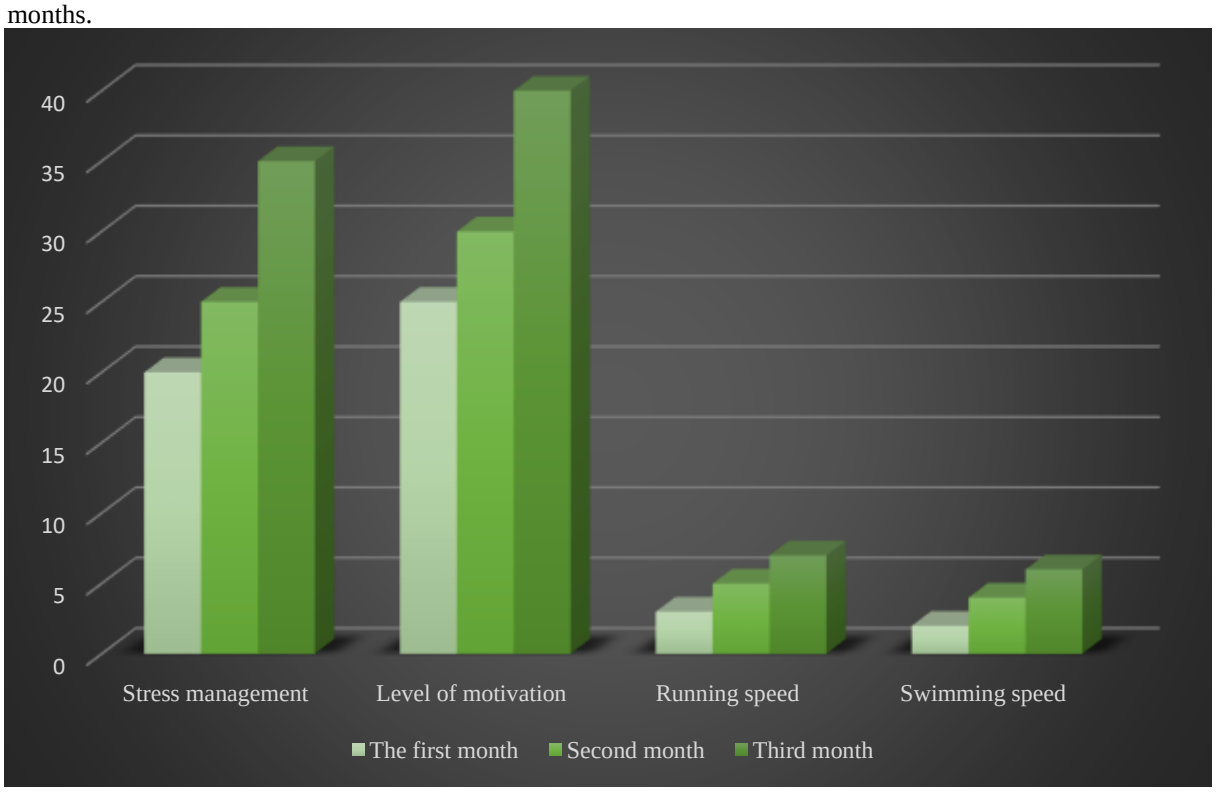


Figure 1. Changes in stress management and motivation level of athletes

After implementation of psycho-emotional support in the core group is observed:
- Significant reductions in stress levels by 20%, 25% and 35% respectively by month;
- increase in motivation levels by 25%, 30% and 40%;
- Improved physical performance, including increases in running and swimming speeds of 3-7% and 2-6%, respectively. The control group showed less pronounced improvements, emphasising the importance of psycho-emotional training in cyclic sports.

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CONCLUSIONS

This research showed that psycho-emotional training and stress management techniques have positive effects on athletes' success. With each month of follow-up, the athletes' stress levels decreased and motivation and physical performance improved significantly. The results of the research suggest that psychoemotional approaches play an important role in enhancing athletes' overall performance and success in their sporting endeavours.

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