

# SITUATION OF COMPETITIVE PSYCHOLOGY CHARACTERISTICS OF ATHLETES IN NATIONAL WEIGHTLIFTING TEAM

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## Abstract:

We conducted research of the competitive psychology characteristics of athletes in National Weightlifting Team. The result shows that there is a significant difference in the psychological characteristics of male and female athletes in National Weightlifting Team. The result is important bases for coaches to have appreciate orientation in training to help athletes adjust their mental state when participating in tournaments.

**Keywords:** Psychological status, competitive mentality, Weightlifting athletes.

## INTRODUCTION

In high-achievement sport activities, competitive mentality is one of the extremely important factors that directly affect the athletes' performance. From the perspective of scientists on sport psychology such as RuDich (Russia), Mactin (USA), Ma Kaiwei, Wu Zhejian (China), Pham Ngoc Vien (Vietnam) ..., the "competitive mentality plays a decisive role in winning or losing. Especially for athletes in competitive sports, which require high psychological stability, the competitive mentality is more important. Therefore, in order to accurately assessing the psychological state of athletes, as a basis for selecting methods to adjust the athlete's competitive mentality, we conduct the research: "Situation of competitive psychology characteristics of athletes in National Weightlifting Team"

## RESEARCH METHODS

The methods used in the research process include: Document analysis and synthesis, interview method, statistical mathematical methods.

## RESULTS AND DISCUSSION

The research has evaluated the status of psychological characteristics of 17 athletes in the National Weightlifting Team at the time

close to the 2019 Asian Championships, including 8 females and 9 males. Survey results obtained were assessed according to 03 factor groups: Group 1 - characteristics of health status, positivity and emotion of athletes; Group 2 - characteristics of anxiety condition of athletes; and Group 3 - characteristics of psychological reliability of athletes. The results are presented in Tables 1, 2 and 3.

The results obtained in Table 1 show that: In general, psychological factors reflecting athlete's health status, positivity and emotion give good results; in which, the evaluation results of female athletes are significantly better than male athletes. It shows that it is important for coaches to focus on adjusting the competitive mentality of the athletes especially male athletes.

The results obtained in Table 2 show that: Although the results of comparing the score difference in assessing athlete's anxiety and confidence basing on Pes test and Scat test, shows that there is no significant difference at  $p \geq 0.05$ . However, the level of anxiety before competition of both male and female athletes in the National Weightlifting Team is average; in which, the anxiety of male athletes is higher than female athletes.

The results obtained in Table 3 show that, in

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Competitive mentality plays an important role in the performance achievement in general sports and weightlifting in particular (photo source: <https://www.24h.com.vn/the-thao/cu-ta-viet-nam-co-crab-wing-paintings-posters-in-2018-c101a940090.html>)

**Table 1. Current characteristics state of athlete's health status, positivity and mood in the National Weightlifting Team**

No	Psychological factors	Male (n=9)	Female (n=8)	Comparison		
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$	Difference percentage	t <sub>count</sub>	P
1	Health status	5.30±0.46	5.88±0.41	10.85	2.63	≤0.05
2	Positivity	5.20±0.45	5.78±0.72	11.06	1.92	>0.05
3	Emotion	5.58±0.68	5.93±0.44	6.23	1.22	>0.05
4	Average	5.36±0.46	5.86±0.44	9.31	2.28	≤0.05

**Table 2. Situation of athlete's anxiety state in the National Weightlifting Team**

No	Psychological factors	Male (n=9)	Female (n=8)	Comparison		
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$	Difference percentage	t <sub>count</sub>	P
1	Anxiety about personal failure	26.56±9.26	26.50±7.29	0.21	0.01	>0.05
2	Confident	33.78±12.50	36.00±4.21	6.58	0.50	>0.05
3	Anxiety about expectation	25.67±9.99	22.25±7.29	13.31	0.81	>0.05
4	Anxiety about body	23.78±7.63	17.38±4.47	26.93	2.14	≤0.05
5	Anxiety before competition	19.11±2.71	19.13±2.59	0.07	0.01	>0.05

**Table 3. Situation of psychological reliability of athletes in the National Weightlifting Team**

No	Psychological factors	Male (n=9)	Female (n=8)	Comparison		
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$	Difference percentage	t <sub>count</sub>	P
1	Competitive-mentality balance ability	-1.04±0.48	-1.02±0.31	1.56	0.08	≥0.05
2	Emotional-adjustment ability	-0.39±0.48	-0.50±0.42	28.57	0.51	≥0.05
3	Motivation	-0.07±0.85	-0.21±0.71	181.25	0.35	≥0.05
4	Anti-distraction ability	0.54±0.45	0.38±0.33	30.17	0.85	≥0.05
5	Emotional reaction	Prostrate (%)	22.22	37.50		
		Excited (%)	77.78	62.50		
		Neutral (%)	0.00	0.00		

the 3 evaluate factors (the competitive-mentality balance ability, emotional-adjustment ability and motivation), the evaluation results in both male and female athletes gave negative values. This result shows that the psychological reliability of both male and female athletes tends to decline. This will negatively affect the athletes participating in the tournament. Only the anti-distraction ability factor of both male and female athletes is positive. Thus, it can be seen that, although the athlete's psychological stability indicated through three factors tends to decline, the athletes still have the ability to maintain a certain stability of functional status, the stability of motor skills.

### CONCLUSION

The results of the status assessment show that the athletes in the National Weightlifting Team have some psychological characteristics. Firstly, in general, the athletes of the National Weightlifting Team have the fair-rated characteristics of health status, positivity and emotion; in which, the evaluation results of female athletes are significantly better than male athletes. Secondly, the athlete's anxiety is average; in which, the male athletes have a higher level of anxiety than the female athletes. Thirdly, the athlete's psychological stability tends to decline, the main reason is because the athletes have high excitement during the competition.

From the above characteristics, it is necessary to have appropriate psychological adjustment methods, applied in the training and competition process to overcome weaknesses and promote advantages in order to improve the training for athletes in National Weightlifting Team.

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