

Original Article

Formation of adequate self-esteem in tennis players in the system of psychological training

HELEN GANT OLENA ORLENKO¹, IAROSLAVA MALYK²

^{1,2}Kharkiv State Academy of Physical Culture, KHARKIV, UKRAINE.

Published online: February 15, 2017

(Accepted for publication December 27, 2016)

DOI:10.7752/jpes.2017.s1010

Abstract *Introduction and objective of the research.* For program development of adequate self-esteem of young tennis players in the process of their psychological training a complex psycho-diagnostic study was held, that is aimed at analyzing personal characteristics of athletes of 13-14 years and experimental study of influence of methods of art therapy on the formation of the optimal emotional state and personal potentials. *Goal* is based on the experimental grounding of means and methods of establishing an adequate self-esteem in tennis players of 13-14 years to develop practical recommendations for trainers and sports psychologists on psychological training of tennis players on the stage of previous base preparation. *Material and methods.* Within the ascertaining experiment personal characteristics of 31 tennis players, aged from 13 to 14 years were defined. Psycho-diagnostic method was implemented by the technique "Rate yourself", the technique by Yu.M. Orlova "Rating scale of needs in succeed", the technique "Self-esteem of the level of claims". There were 36 hours of correction work through psycho-methods of art therapy. During the study the effectiveness of exercises and techniques in formation of an adequate self-esteem of tennis players of 13-14 years was defined. *Results.* Often, the self-esteem of young athletes meets too high, medium or high level. Main directions of its development and correction to an adequate level, increasing of the adequacy of their own idea of themselves and the perception of others, growth of individual responsibility for achieving personal goals and decisions urgent sports goals. *Conclusions.* The main criterion for the selection of exercises aimed at forming an adequate self-esteem of tennis players of 13-14 years should be usage of resource techniques of art therapy. It is required to conduct work with young athletes' parents on the formation of an adequate self-esteem of young athletes. The effectiveness of the proposed exercises and techniques in creation of adequate self-esteem of tennis players of 13-14 years, proved by the study, allows to recommend their usage in a program of psychological preparation of athletes. **Keywords.** Personality, art therapy, psychology, teen's tennis.

Introduction.

Tennis is a sport that requires many qualities of those who are seriously involved in it. Strength, speed, flexibility, endurance and agility are the basic physical qualities necessary for sportsmen in competition. Year-round competitions require from tennis player not only excellent physical, technical and tactical, but a good psychological preparation. Effectiveness of competitive activities of tennis player contributes to the formation of "champion" character of athlete, a high level of concentration and stability of attention, careful observation of the actions of the enemy's ability to limit mobilize their capabilities to optimize training and actively perform (without error) successful actions on the court. In conditions of high psychological tension and physical fatigue for tennis it is important not to succumb to various unfavorable factors and preserve and increase the effectiveness of their actions (Alekseev, 2005; Vynohodova, 2011; Gant, 2013; Gant, 2011; Gant, 2014; Gushchin, 2006; Knight 2014). Currently, the sport psychological science lacks systematic understanding of the laws of formation of an adequate self-esteem of young athletes in their psychological preparation. Virtually unexplored are the question of self-esteem, commitment to success and the level of claims as components of effective sports and training of tennis players of 13-14 years. Relevance of the study also caused the need for the scientific development of psychological tools for integrated assessment of personal potential of children 13-14 years and the need to study and scientific study program of adequate self-esteem of young tennis players in their psychological preparation. Solving this complex range of issues it is necessary to conduct a special comprehensive psycho-diagnostic research aimed at analyzing the personal characteristics of children of 13-14 years old who are engaged in tennis. It is important to develop a program of adequate self-esteem of young tennis players in their psychological preparation, and for predicting the success of their professional activities.

Goal - based on the experimental grounding of means and methods of formation an adequate self-esteem of tennis players of 13-14 years to develop practical recommendations for trainers and sports psychologists on psychological training of tennis players on the stage of preliminary base preparation.

Material and methods.

The study was conducted at the tennis club "Unicourt" city Kharkiv, from September 2015 to March 2016. In the study took part 31 athletes, aged from 13 to 14 years. All study participants were informed about the purpose

of the study, gave written consent to participate in it. At the first stage was conducted theoretical research of the problem and ascertaining experiment. During ascertaining experiment personal characteristics of tennis players were defined. Probation of the program of formation an adequate self-esteem and its correction in tennis players of 13-14 years was conducted in the experimental group. In general 36 hours of psycho-correction work (12 lessons) were done. For a complete description of personality traits of tennis players of 13-14 years of study and grounding of the developed practical program of formation an adequate self-esteem of tennis players in the system of their psychological training, psycho-diagnostical method and experiment were used. The technique "Rate yourself" was used to study the self-esteem level and subjective evaluation of characteristics of individuality of children of 13 -1 4 years. The technique by Yu.M. Orlova "Rating scale of needs in succeed" was used to measure the needs for achieving goals, success and overall achievement. The procedure was standard. The technique "Self-esteem of the level of claims" helped to define the level of individual claims of adolescents. The procedure was standard (Burlachuk 1999).

Results.

At the first stage of the study, the high level of self-esteem was shown by 6 (19,35 %) adolescents, 5 out of them (21,31 %) – boys, 1 (8,33 %) – a girl. This result confirms the true idea of the studied teens about their abilities that is an important factor in personal development. 10 (32,25 %) tennis players of 13-14 years had a medium level of self-esteem, out of them 6 (31,57 %) -boys, 4 (33, 33 %) - girls. The very low level of self-esteem occurred in 10 (32, 25 %) participants of study , including: 4 (21,05%) – boys, and 6 (50,00%) – girls. 5 (16,12 %) teenagers rated themselves at the level of 100 to 90 points; these results indicate a high self-esteem and unrealistic, uncritical attitude of individuals to their capabilities. High self-esteem can confirm personal immaturity, inability to properly assess their performance, compare them with other. The higher an athlete self-esteem is, the more active and focused on achieving results he is.

As a result of the technique "Rating scale of needs in succeed" 6 (19,35%) athletes of 13-14 years who take up tennis, have a low level of achievement, all the girls. These athletes do not have persistence in achieving their goals, achieved satisfied, do not seek to do business better than before; not captured by training activity; they have no desire in any way to experience the pleasure of success; they lack spirit of competition.

The technique "Rating scale of needs in succeed". The level of achievement below average occurs in 10 (32,25%), sportsmen, 6 of them (31,57%) are boys and 4 (33,33%) are girls. These athletes do not have persistence in achieving their goals, training activities is not always their obsession; not invent new techniques in performing the most ordinary cases; rarely accept help and help others in solving complex problems, to experience the joy of success together. The average level of achievement of the results have 9 surveyed (19,03%). 5 of them (26, 31 %) - boys and 4 (33, 33 %) - girls. These athletes are able to invent new techniques in performing the most ordinary cases; are willing to accept help and help others in solving complex problems; sometimes have a desire to do business better than ever before and the need to invent new techniques in performing the most common, but these their characteristics are not constant, depend on the situation, interest, task complexity. 6 surveyed athletes (19, 35 %) have above average level of achievement. These tennis players admire work, have the desire to do business better than before, and in any case are ready to experience the pleasure of success; inventing new techniques in performing the most ordinary cases; always ready to accept help and help others in solving complex problems, try to share the joy of success; unhappy with easy success and surprising ease of the task.

The high level of claims is observed in 5 teenagers (12, 90%). These children, who are aware of their own importance, tend to create around themselves an aura of satisfaction. They are less dependent on the support and approval of others, as learned to stimulate themselves. These adolescents differ by initiative and enterprise, they force others to revolve around themselves and get many benefits from it. They are not upset when they are criticized and try to correct their mistakes and are not afraid of being rejected, expressing a fundamental point of view in certain areas. They are more willing to thank for "constructive advice." Having a rejection, they do not perceive it as a humiliation of the person; they see the cause of the incident not in themselves, but outside and then try to change external circumstances. So it is easy boys and girls to be optimistic. They can critically evaluate not only their actions, but actions around them, often reaching goals and rarely lose. The high realistic level of claims of athlete can be combined with confidence in the value of his actions with the desire for self-assertion, responsibility, correction of failures by his own efforts, with the presence of stable life plans. If tennis player has unrealistic high level of claims, it is usually accompanied by frustration, demands to others. Teenagers with this level of claims are hypochondriacal and have difficulty in carrying out their life plans.

10 surveyed tennis players (32, 25 %) had a moderate level of claims. This result confirms the true idea of the surveyed about their capacity, which is an important factor in personal development. Moderate level of claims is characteristic of sportsmen who are confident, friendly, not seeking self-configured success and count their forces and efforts according to value of achieved results.

The low level of claims occurred in 12 of surveyed participants (38,70%), and shows the extreme distress in personal development, and teenagers with such self-esteem are "at risk." Behind the low self-esteem can be hidden two very different psychological phenomenon: the "real" diffidence and "defensive" when declaring (to himself) own inability, lack of capacity and so on allows not make any effort. The low level of

claims depends largely on the guideline of failure. Individuals with low unrealistic claims often have vague plans for the future. Usually they are focused on conquest and often exhibit helplessness. One of the problems of these children might be planning their actions in the near future and correlate them with the prospect.

Inadequate level of claims can lead to maladaptive behavior, inefficiency of any activity, to difficulties in interpersonal relationships of adolescents (Khan, 2011). Undervalued level of claims because of deficiency developing of socially significant success, may cause a decrease in motivation, uncertainty and fear of global challenges. Correction of claims should be directed to harmonize ideas about the desired result with the capabilities and abilities of the student. 4 teenagers (12,90%) unrealistic highly rate themselves. These results indicate a high self-esteem and certify uncritical attitude to their individual capabilities. Unrealistic high level of claims can confirm personal immaturity, inability to properly assess their performance, compare themselves with others. In our pedagogical experiment we conducted psychological training with tennis players from experimental group to enhance self-reliance. Indications for psychological correction of self-evaluation by methods of art therapy in young athletes were: difficulty emotional development, current stress, reduced emotional tone, lability, impulsivity, emotional reactions, feelings of emotional rejection, loneliness, conflicts in interpersonal relationships, increased anxiety, fears, phobias, negative "self-concept", low distorted self-esteem, and low level of self-perception. Despite the apparent simplicity, art-therapy, it is a profound form of psychotherapy that supplements the basic therapy in the treatment of neuroses, depression, in stress situations, increased anxiety. From December 2015 till February 2016 12 sessions with athletes from experimental group were held. The total amount was 36 hours of psycho-correction work on formation of adequate self-esteem of tennis players of 13-14 years. To improve personal performance in the experimental group, we conducted active work on correction self-esteem and level of claims. The work was focused on development of the ability to express individuality by athlete, development of the need for self-knowledge, stimulation socially acceptable release of suppressed emotions, strengthen of own personal values. Also, the ability to allocate substantial sides, positive and negative qualities, its perception, realization of resource identity of the parties was developed. Classes were accompanied by quiet music that promotes, combined with the use of colors, rapid relaxation of the group. Each exercise and a whole class obligatory finished with reflection analysis of related feelings and thoughts. To realize the objectives of the program, the following materials were used: colored pencils and paints, markers, paper and drawing paper and others. The main aim of our work and we developed program was to harmonize individual young athlete through the development of the capacity for self-expression and self-discovery. Features of realization of the program on formation of adequate self-esteem of tennis players of 13-14 years in the system of psychological training are the following: The structure of the lessons of the proposed program was such that each class began with creation within the group of so-called "working" atmosphere – preparation of participants to spontaneous artistic activity and internal group communication. For this purpose uses warming moving activity, psycho-gymnastic elements and simple visual techniques were used. The next stage was creation by each group or individually a whole thematic figure. This step of the class slope to psych diagnosis. Verbalization of internal experiences helped to reduce their severity and to some extent get rid of them. Therefore, each participant was offered to show his work and talk about the thoughts, feelings, associations that arose in him during the activity. The final stage meant a reflective analysis of the situation in a secure environment of the group. It was usually used items spontaneous "mutual therapy" with the help of friendly expressions, positive programming, and support. The atmosphere of emotional warmth, empathy, care that was usually present at classes, allowed each participant to experience a situation of success in an activity that gave positive experience of self-esteem and self-acceptance, strengthened self-esteem.

After the end of the program a high level of self-esteem occurred in 6 (40%) of the experimental group athletes. At a control group, high self-esteem occurred in 3 (18,75%) students. In the second study, 9 (29,03%) tennis players of 13-14 years rated themselves at the average level (60 to 74 points), 6 of them (40%) were from the experimental group, and 3 (18,75%) athlete from the control group. Understated self-esteem, in the second study, occurred in 6 (19 35%) of study participants, 1 of them (6,66%) was an athlete from experimental group and 5 (31, 25%) – from the control group. 7 teens (22,58%) in the second study had high self-esteem, 2 of them (13,33%) were athletes from experimental group and 5 (31,25%) – tennis players from control group. It should be noted that at the first stage of the study, the level of self-esteem of tennis players 13-14 years of experimental group was $66,48 \pm 4,51$ points. During the experiment, after 6 sessions (18 hours of correctional) esteem of surveyed athletes slightly increased and, on average, up to $67,34 \pm 4,05$ points (the difference was not so significant ($t = 0,14$; $p > 0,05$)). After 12 sessions (36 hours of corrective work) self-esteem of surveyed from experimental group reached $82,81 \pm 4,57$ points, which was significantly higher than before the program ($t = 2,55$; $p < 0,05$). The level of self-esteem of tennis players from the control group, at the first stage averagely was $66,89 \pm 2,54$ points. In 2 months the self-esteem of surveyed athletes slightly increased, on average, up to $67,00 \pm 3,04$ points (the difference was not very significant ($t = 0,29$; $> 0,05$)). Thus, the surveyed tennis players of 13-14 years from experimental group had a positive dynamics of self-identity during the entire stage of the experiment, and generally were characterized by a high level, bigger adequacy in comparison with self-esteem of sportsmen from control group. The effectiveness of the proposed exercises and techniques of art therapy for the formation of an adequate self-esteem of tennis players of 13-14 years, set in the study, allows us to recommend their usage in the program of psychological preparation of athletes. Trainers are recommended to keep control of

the main indicators of self-esteem of the young athletes throughout the year in order to select effective means and methods of influence on their performance, because the level of development determines the readiness of children to high sport effectiveness.

Conclusions.

The analysis of the scientific and methodological literature showed that only successful usage of psychological qualities allows athletes to win the match and lays a solid foundation in training young tennis players to participate in professional tours. For successful performances in the competition tennis players should bring strength, quickness, endurance, flexibility and coordination abilities, and combat readiness, depending on the level of self-esteem. The study of features of personality of tennis players of 13-14 years showed that the level of self-assessment, submitted the following options: inflated self-esteem, self-esteem optimal level, the average self-esteem, diminished self-esteem. Often, the self-esteem of young athletes meets too high, medium or high level. Taking into account the results of a comprehensive psycho-diagnostic study of features of self-esteem of tennis players of 13-14 years, we have identified the main directions of its development and correction to an adequate level: increase the adequacy of their own idea of themselves and the perception of others, increase individual responsibility for achieving personal goals and decisions urgent sports. The program of formation of an adequate self-esteem of tennis players of 13-14 years and its adjustment to high (optimal) level should include: the development of reflection, a better understanding of themselves and others, learning ability to be at peace with themselves, creating opportunities for self-expression, correction of unwanted personal characteristics, behavior, mood. Development of teen's adequate evaluation activity which is aimed at analyzing their own behavior and actions of the people around them, developing in young athletes positive character traits that improve the level of self-control, developing potential abilities, reaction to internal conflicts, anxiety, aggressive tendencies, reducing anxiety, concern and guilt. Athletes from experimental group had a positive trend of self-identity during the entire stage of the experiment. Indicators of adequate self-esteem and emotional intelligence, the ability to contact and ask questions of the experimental group were significantly higher by the end of the experiment than in the control group. The main criterion for the selection of exercises aimed at forming an adequate self-esteem of tennis players of 13-14 years should be the usage of resource techniques of art therapy. With the formation of an adequate self-esteem (high and medium level) of tennis players of 13-14 years, it is necessary to work with parents of young athletes (conduct explanatory work on the formation of an adequate self-esteem of children of secondary school age and elementary techniques of stress). The effectiveness of the proposed exercises and techniques for creation an adequate self-esteem (high and medium level) of tennis players of 13-14 years, set in the study can recommend their usage in the program of psychological preparation of athletes.

References

- Alekseev A. V. *Психическая подготовка в теннисе* [Mental training in tennis]. Rostov n/D, 2005; 112 p.
- Vynohodova G., Gushchyn V. Y., Ivanova T. S. *Психологическая подготовка. Теннис: учеб. для вузов физ. культуры* [Psychological preparation. Tennis: a book. for physical culture universities]. Moscow, 2011; V.2.
- Burlachuk L.F., Morozov S.M. *Словарь-справочник по психологической диагностике*. [Dictionary of psychological diagnosis]. St. Peterburg, 1999; 528 p.
- Gant E. E., Golyh R. Yu. Характеристика скоростно-силовых качеств и психологических особенностей детей 14-15 лет [Characteristics of speed-power qualities and psychological characteristics of children of 14-15 years]. *Slobozhanskyj naukovo-sportyvnyj visnyk: nauk.-teoret. Zhurnal*, 2013 (2); p. 61-66.
- Gant E. E. Особливості психічної працездатності дітей середнього шкільного віку в умовах змагальної та постзмагальної діяльності [Features of mental disability of children of secondary school age in terms of competitive and post-competitive activity]. *Slobozhanskyj naukovo-sportyvnyj visnyk: nauk.-teoret. Zhurnal*, 2011 (2); p 215-218.
- Gant E. E. *Методи арт-терапії у роботі спортивного психолога: методичні рекомендації для студентів спеціалізації «Психологія у сфері фізичної культури і спорту»* [Methods of art therapy in the sports psychologist, guidance for students of specialization "Psychology in Physical Culture and Sports"]. Kharkiv, 2014; 52 p.
- Gushchin V. I., Shevchenko O. I., Vynohodova A. G. *Практика оптимізації психологічної готовності спортсменів: метод, рекомендації* [Practice of optimization of psychological readiness of athletes: method recommendations]. Moscow, 2006; 75 p.
- Khan Z. et al. Sports achievement motivation and sports competition anxiety: A relationship study. *Journal of Education and Practice*. 2011. V. 2: 4; 1-5.
- Knight C. J., Holt N. L. Parenting in youth tennis: Understanding and enhancing children's experiences. *Psychology of Sport and exercise*. 2014. V. 15: 2; 155-164.
- Lauer L. et al. How parents influence junior tennis players' development: Qualitative narratives. *Journal of Clinical Sport Psychology*. 2010. V. 4: 1; 69-92.