МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ

НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ

КАФЕДРА ФІЗИЧНОЇ РЕАБІЛІТАЦІЇ ТА ЗДОРОВ'Я

«СУЧАСНІ ТЕНДЕНЦІЇ СПРЯМОВАНІ НА ЗБЕРЕЖЕННЯ ЗДОРОВ'Я ЛЮДИНИ»

присвячено пам'яті професора О.В. Пєшкової

21-22 квітня 2022 року, м. Харків

Збірник наукових праць

Випуск 3

Харків - 2022

GENDER DIFFERENCES IN EXTREME SPORTS AND THE FORMATION OF THE PSYCHOTYPE OF AN EXTREME ATHLETE

Горошко В.І.
Horoshko V.I.
Національного університету «Полтавська політехніка імені Юрія Кондратюка», м.Полтава, Україна

Abstract. The study of the motivational sphere of extreme athletes is necessary, firstly, in connection with safety issues - direct communication with the natural environment or technical means, which is a prerequisite for practicing extreme sports, often leads to injuries and sometimes death. Secondly, in connection with the commercialization and fashion for these sports, because this is a branch of the economy with a fairly large financial turnover. Thirdly, in connection with the promising penetration of extreme sports into the system of higher education. And finally, the disclosure of this phenomenon will allow us to solve a number of social problems related to the adaptation of the individual in society. In this regard, the object of the study was men and women aged 14 to 65 years old involved (experimental group) and not involved (control group) in extreme sports.

Keywords: extreme sports, gender differences, athletes, comprehensive psychological testing, regression analysis.

Today, extreme sports are gaining popularity. In Denmark, there are close to 3 dozen species: aquabike (race on water motorcycles), base jumping (parachute from non-destructive objects), Moto Extreme-BMX bike (stunt or cross on a bicycle), alpine skiing (climbing from mountains on special skis), hang-gliding (flying on hang-gliders), parkery and wild big (dolaty different crossings), snowboarding (snowboarding with lower skis and mountains) is thin. An analysis of the literature showed that in modern society, extreme activity in peacetime (after the First and especially after the Second World Wars) began to take shape in various sports, which still do not have a unified classification, but the number of these sports continues to grow. The number of adherents of extreme sports is also growing. According to the International Association of Sporting Goods Manufacturers SGMA International in 2004 in the United States,

7,110,000 people were involved in snowboarding, 17,348,000 skateboarding, and 11,592,000 skateboarding. Over the past few years, the number of extreme sports in some sports has increased by more than 3 times. This increase is partly due to the arrival of a large number of children and teenagers in extreme sports - according to a study by the children's sports magazine Sports Illustrated for Kids, 57% of American children (12-19 years old) are interested in extreme sports. The average age of climbers in the US is 20 years old, and most wakeboarders are 12 to 24 years old. The picture is similar in the UK, where 22.7% of BMX (mountain bike) riders and 27.5% of skateboarders are teenagers between the ages of 11 and 19. The main factors in choosing extreme sports are: age related to genetics (up to 25 - 60% of cases); dynamic stereotype of behavior (up to 20%); place of residence (up to 2 - 25%); fashion (up to 70% in various social groups); autoaggression (1 - 2%). But the listed factors of choosing extreme sports, however, do not give an answer to the underlying motives, and their causes, patterns of

manifestation of these motives. In some cases, the analysis is based on everyday observations, and not on the clear rules of academic science. Therefore, this study is designed precisely from the standpoint of academic science to confirm or refute some of the above statements and to gain knowledge about the motives for choosing extreme sports [2].

Subject of study: Motivational features of men and women involved in extreme sports.

Research hypotheses: 1) It is assumed that with the help of paired and multivariate analysis of psychological testing data, psychological characteristics and differences between those involved and not involved in extreme sports will be revealed; 2) in men and women involved in extreme sports, the structure of motives that encourage them to choose this type of activity will be revealed; 3) the identified regression models of motives for choosing extreme sports can be practically used at various stages of the educational and training process, in particular, to identify psychological readiness for activity and readiness for competitions [3, c.3029].

The methodological basis of the study: firstly, scientific ideas about the motivating and guiding role of motives in activity and behavior (A. Maslow, B.C. Merlin, X. Heckhausen, R. Emmons, P.M. Jacobson, etc.), which were developed in in line with the personal-activity approach; on the motivation for achieving success and the motive for avoiding failure (A.K. Markova, G.V. Litvinova); secondly, ideas about heterosexual differences (T.V. Bevdas, S. Bern, E. Vardanyan, I.V. Vasilenko, O. Weininger, etc.); thirdly, the work of sports psychologists who touched upon the topic of extremeness (L.D. Gisssn, E.N. Gogunov, B.I. Martyanov, T. Cox, BJ. Creggy, R.A. Piloyan).

Research methods: 1. Theoretical analysis and generalization of literary sources; 2. Testing; 3. Mathematical and statistical analysis of quantitative data (MS Excel, SPSS 15.0 for Windows)

Multifactorial personality questionnaire R.B. Catgell (Form C); Questionnaire K Leonhard - N. Shmishek; questionnaire on volitional efforts of Yu. Kul; Achievement needs assessment scale; Methodology for diagnosing personality for motivation to avoid failures T. Ehlers; Methodology "Motives for sports" by A. V. Shaboltas to identify the dominant goals (personal meanings) of sports; Methodology for diagnosing value orientations in a career "Career Anchors" by E. Shein.

The scientific novelty of the work lies in the fact that for the first time, on the basis of paired and multivariate analysis of psychological testing data, an attempt was made to create a mathematical model of the motivation structure of persons (taking into account, among other things, the gender aspect) who have chosen extreme sports and apply this model to predict success in chosen activity, to identify psychological readiness for activity and readiness for competitions.

Research results. As a result of a comparative analysis between groups involved and not involved in extreme sports, it was revealed that extreme athletes have an original psychogram, statistically significantly different from "non-athletes" in a number of personal qualities: self-confidence, dominance, courage, risk appetite, richness of emotional reactions. , the ability to get along with people, to interact well in a team, radicalism, sometimes non-compliance with the rules, submission to one's passions; according to the type of accentuation, athletes are more likely to have an “exalted type” with manifestations of signs of “dysthymic”, “demonstrative” and a little (presence of signs for this type of accentuation) “hyperthymic type”. Gender differences between athletes and non-athletes in men and women have a number of similar parameters, but there are also differences [5].

Women-"extremes" are more characteristic of a relatively young age (in the range from 14 to 42 years, with an average value of about 21 years), self-confidence, the ability to get along with people, to interact well in a team; sometimes I show a rich imagination, but a certain

helplessness in practical matters; have some tendency to experiment, question existing principles, radicalism, submission to their passions; often show agitation, irritability, impatience, an excess of impulses that do not find discharge, agitation; men - "extremes" against the background of lower values than men of the control group, "intelligence B" have relatively high rates of emotional stability, demonstrate stability in behavior in difficult situations, self-confidence, dominance, courage, risk appetite, increased willingness to have business in unfamiliar things, craving for experimentation, doubt in existing principles, radicalism, independence in views, independent decisions, actions; it is not uncommon for athletes to fail to comply with generally accepted rules, to submit to their passions. Compared to female athletes, men are more calm and self-confident. According to the types of accentuations, athletes - "extreme", in comparison with "non-athletes", practically do not differ from women - they also predominantly have a more "exalted type" with the addition of a "dysthymic type". But the sportswomen showed themselves brighter on the “pedantic type” scale, which indicates the presence of signs (below average) in them of relatively increased rigidity of mental processes, a greater tendency to accuracy and pedantry.

The combination of high levels of neuropsychic stability in extreme athletes with the tendency of extreme athletes to be accurate and pedantic quite likely creates a state of "mutual attraction" and affects the specific atmosphere of extreme sports. A comparative gender analysis of data from athletes who have chosen extreme sports has shown that statistically significant differences between men and women are observed in terms of age - women involved in extreme sports are younger than their male counterparts, and the experience of playing sports in women is one and a half years on average, and men 4.38 years. This, apparently, explains the fact that the "level of sportsmanship" in men, on average in the group, is higher than that of women. Men have a stronger desire to prove themselves, which is expressed in the fact that playing sports and the successes achieved at the same time are considered and experienced from the point of view of personal prestige, respect from acquaintances, spectators. As for value orientations: in a career, against the background of higher rates for men on the scale of entrepreneurship, women gravitate more towards some kind of stability. At the same time, the predominant motive for women is the stability of their place of residence [1].

Correlation analysis of data from groups of women and men revealed numerous statistically significant relationships in each group. Moreover, the analysis of relationships with the variable "level of sportsmanship” showed that women have a more complex personal-motivational picture than men. Apparently this, to some extent, explains the more successful sports careers for men - while women need to satisfy a lot more conditions in order to become successful in extreme sports. A woman's career requires a high degree of independence, "pedantry", motives for mental and physical perfection, an internally socially significant motive, a motive for social self-affirmation, a motive for achieving success in sports. Studies of the structure and strength of the motives for choosing extreme sports in men and women, carried out using multivariate regression analysis, revealed that the dependent variable USM of women is affected by 17 variables. The following motives have the strongest positive impact (in descending order): challenge to society (1.22), physical perfection (1.05), aesthetic pleasure and thrills (0.98), work stability (0.87), entrepreneurship (0.60), civil-patriotic motive (0.45), improvement of well-being and health (0.41), motivation for success (0.11). Negative influence (in descending order) - the following motives: rational-volitional (recreational) motive (-0.20), motive for achieving success in sports (-0.09), motive for emotional pleasure (-0.09), motive for preparing for occupational activity (-0.09) The dependent variable USM of men is influenced by 42 variables. The following motives have a positive impact in descending order: improving well-

being and health (3.54), aesthetic pleasure and thrills (3.35), control over action in case of failure (2.34), communication (1.97) , knowledge (1.86), material goods (1.28), development of character and mental qualities (1.24), freedom and independence (1.14), internally socially significant motives (1.11), collectivist orientation (1 .11), stability of work (0.67), challenge to society (0.56), entrepreneurship (0.46), motive of social self-affirmation (0.42), integration of lifestyles (0.41), preparation for professional activity (0.40), motivation to avoid failures (0.40), management (0.36), motive for achieving success in sports (0.36), physical perfection (0.35), etc [4, c. 306-311].

The greatest negative influence (in descending order) is the following motives: acquisition of skills and knowledge useful for life (-2.04), civil-patriotic motive (0.95), approval (-0.74), internally individually significant motives (0 ,46), etc. The motives of women have a more internal, personal coloring than that of men, where external social motives prevail more. Experimental testing of regression models of motives for choosing extreme sports and the technology of psychological training created on their basis showed a positive effect in various extreme sports, which confirms our hypothesis about the use of regression models both at the stage of primary selection and at the precompetitive stage.

Conclusion. Thus, the study revealed that the development of extreme sports in the modern world is aimed at satisfying a fairly large range of human needs: people of different sex, age, interests can find, and find, their "ecological niche" here for maximum full implementation in society their needs of various levels of the hierarchy - both basic and higher. All this speaks of the high social significance of extreme sports, the prospects for their development in human society. The tasks of the study are fulfilled, the goal is achieved. In order to introduce the results of the study into the system of psychological selection, monitoring and control of readiness for activities in extreme sports, it is necessary to recommend that extreme sports coaches at the initial qualifying and pre-competitive stages conduct a comprehensive psychological testing of applicants in order to identify potential readiness for this type of activity.

References

1. Brymer E. Risk taking in extreme sports: A phenomenological perspective //Annals of Leisure Research. – 2010. – Т. 13. – №. 1-2. – С. 218-238.
2. Brymer E., Schweitzer R. Extreme sports are good for your health: a phenomenological understanding of fear and anxiety in extreme sport //Journal of health psychology. – 2013. – Т. 18. – №. 4. – С. 477-487.
3. Brymer E. et al. Understanding extreme sports: A psychological perspective //Frontiers in psychology. – 2020. – Т. 10. – С. 3029.
4. Young C. C. Extreme sports: injuries and medical coverage //Current sports medicine reports. – 2002. – Т. 1. – №. 5. – С. 306-311.
5. Zurin E. A., Shuvalova L. S., Kryuchkov A. S. Tolerance of Training and Competitive Loads in Sports on the Basis of Psychological Type: Theoretical Literature Review //First International Volga Region Conference on Economics, Humanities and Sports (FICEHS 2019). – Atlantis Press, 2020. – С. 856-858.

Information about the Authors/Відомості про авторів

Горошко Вікторія Іванівна, доцент, к.мед.н., зав. кафедри фізичної терапії та ерготерапії Національного університету «Полтавська політехніка імені Юрія Кондратюка», м. Полтава, Україна.

Victoria Horoshko, Faculty of Physical Culture and Sports, National University Yuri Kondratyuk Poltava Polytechnic, Pershotravnevyi avenue, 24, Poltava, Ukraine.

ORCID 0000-0002-5244-5648

e-mail: talgardat@gmail.com.