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THE RELATIONSHIP BETWEEN IDENTITY AND THE LEVEL OF SPORTS ACHIEVEMENTS IN ADOLESCENTS AND JUNIORS, ENGAGED IN BOXING

Specialty 5.3.5 – Social psychology, political and economic psychology

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Abstract to the dissertation for the degree of candidate of psychological sciences

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In conditions of uncertainty and permanent transformation of society, the problem of identity occupies a central place in social psychology and at the same time affects almost all age groups (E. Erickson, V.A. Yadov, G.M. Andreeva, N.L. Ivanova, L.B. Schneider, E.P. Belinskaya, etc.).So, recently, works have begun to appear more and more often abroad, where various kinds of interrelations between identity and the effectiveness of sports activities are recorded. However, the relationship between different types of identity (personal and social) and the results of sports activities in relation to adolescent athletes engaged in individual, "traditionally male" sports, for example, boxing, remains unclear. At the same time, there is a need to explore this issue not separately, but in the aggregate of all types of identity.

The most relevant at the moment abroad are the theory of social identity (TSI) by H. Tajfel and the theory of self-categorization (TSC) by J. Turner. In the structure of identity, the authors identify personal (PI) and social (SI) identity, which form the basis of the Self-concept. At the same time, contradictory judgments remain within the framework of TSI and TSC regarding the understanding of subspecies, structure and factors determining the development of identity.

Specialists widely study the specifics of the influence of sports activities on the development of the Self-concept and socialization of personality. Diagnostic techniques are being developed on the basis of research institutes, with the help of which it is possible to predict the success of the performance of professional athletes. The problem of the influence of individual psychological (motives, attitudes, self-control, emotional states, etc.) and socio-psychological (the nature of interpersonal and intergroup relations, etc.) factors on sports results was studied by V.A. Rodionov, Y.A. Kolomeitsev, T.V. Ogorodova, V.A. Sokhlikova, M.W. Bruner, L.J. Martin, R. Murray, et al.However, the question remains practically unexplored about the role of identity as a socio-psychological factor in increasing the effectiveness of sports activities among adolescent athletes engaged in individual sports (including masculine ones).

The purpose of the study– to identify the relationship between the components of self-attitude (as a central element of personal identity) and the components of social identity with the level of athletic achievements in adolescent athletes engaged in boxing.

The object of the study: the phenomenon of identity in adolescence.

The subject of the study: the specifics of the relationship between the components of identity and the level of athletic achievements in adolescent boxers.

Research hypotheses:

1. There are age and gender differences in the severity of identity components in athletes engaged in boxing, while:

1.1. Boxers in their senior teens (15-16 years old) The components of social identity are more pronounced, and in youth (17-18 years old) the components of self–attitude are more pronounced.

1.2. The components of self-attitude are more pronounced in girls boxers, and the components of social identity are more pronounced in boys boxers.

2. There is a relationship between the components of identity and the level of sports achievements (LSA) of boxers, which has gender and age specifics:

2.1. Boxers in older adolescence have a direct relationship between the components of social identity and LSA, in adolescence there is a direct relationship between LSA and the components of self-attitude.

2.2. For girls boxers, there is a direct connection between the LSA and the components of self-attitude, for boys boxers there is a direct connection between the LSA and the components of social identity.

3. In boxers, identity components contribute in different ways to the variability of LSA indicators, while there are gender and age differences in the amount of this contribution:

3.1. For boxers in adolescence, the components of self-attitude make a more positive contribution to the LSA than the components of social identity.

3.2. In boxers in older adolescence, the components of social identity make a more positive contribution to LSA than the components of self-attitude.

3.3. In boy boxers, the components of social identity contribute more positively to LSA than in girls.

3.4. In female boxers, the components of self-attitude make a more positive contribution to the LSA than in boys.

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The theoretical and methodological foundations of the study were:

- Epigenetic theory of personality (E. Erickson); theories of social identity and self-categorization (A. Tajfel and J. Turner);

- the theory of activity, as well as the concept of self-awareness and self-attitude developed on its basis (A.N. Leontiev, S.L. Rubinstein, V.V. Stolin, S.R. Pantileev);

- the concept of mental development (D.B. Elkonin); the concept of gender identity (L.B. Schneider); the concept of positive identity (M.Y. Grigorieva);

- a three-component model of social (group) identity (J. Cameron, M. Bruner, etc.); a three-component model of organizational identity (N.L. Ivanova, A.V. Sidorenkov, S.A. Gracheva, D.G. Kucherova, O.A. Uspenskaya, etc.);

The study involved a set of socio-psychological techniques:

1. The methodology of measuring the effectiveness of sports activity by V.A. Sokhlikova;

2. "Self-attitude questionnaire" by V.V. Stolin and S.R. Pantileev;

3. "Questionnaire of group identity" adapted by O.V. Vaskova;

4. "Questionnaire of organizational identity" by A.V. Sidorenkov.

The following methods of empirical data processing were used: the nonparametric U-Mann–Whitney criterion, the r–Spearman rank correlation coefficient, and the hierarchical (sequential) multiple regression method.

The main provisions submitted for protection and having scientific novelty are:

1. Within the framework of an empirical study, a three-component identity model was verified, which allowed us to conclude that it can be used in socio-psychological research in different types of social groups. It is determined that the identity structure includes three components: cognitive, reflecting the results of the process of self-categorization, affective, fixing positive and negative self–assessments and assessments of the in–group, behavioral, determining the degree of expression of attitudes to an individual's action (at the personal level - in accordance with one's own beliefs, at the social level - in thelogic of group and organizational accessories). The components of identity are unequally represented in athletes-boxers of adolescent and youth age (p. 11 of the Passport of scientific specialty 5.3.5.).

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2. The study obtained empirical data on gender and age differences in the severity of the components of self-attitude as a central element of personal identity, group identity (in relation to a sports group where athletes regularly train) and organizational identity (in relation to the Russian Boxing Federation) in older adolescent and adolescent athletes engaged in individual, "traditionally male" sports.

The most pronounced among boxers are the cognitive components of self-attitude (self-acceptance and self-interest), and the least pronounced are the affective components (expected attitude from others and self-blame). At the same time, indicators of self-attitude have age and gender specifics: in adolescence (17-18 years old) they are higher than in older adolescence (15-16 years old) and are more pronounced in female athletes. The greatest differences by gender in self-attitude indicators are observed in adolescence.

Group identity (GI) in boxers is represented to a greater extent by affective (cohesion and collective self-esteem) rather than cognitive (top-down comparison and centrality) and behavioral components (intergroup competition and pastime). At the same time, GI indicators have age and gender specifics: juniors have more pronounced affective and behavioral components compared to adolescents; adolescent girls have higher cognitive indicators than juniors. Gender differences in GI indicators are more pronounced in adolescence than in adolescence.

The organizational identity (OI) of young boxers is represented more by affective than cognitive and behavioral components. At the same time, the indicators of OI have age and gender specifics: the indicators of the cognitive and affective components are more pronounced in girls boxers, and the indicators of the behavioral component in boys boxers. At the same time, in girls, OI indicators are more pronounced in the older teenage period, in boys there are no age differences. Gender differences in OI indicators are more pronounced in adolescence than in adolescence (p. 16 of the Passport of scientific specialty 5.3.5.).

3. For the first time, the relationship between the level of athletic achievements (LSA) and the components of self-attitude, social (group and organizational) identity in adolescent athletes engaged in boxing has been revealed.

The cognitive, affective, and behavioral components of self-attitude are associated with the boxers' LSA. In older adolescence, this relationship is direct, and in adolescence it has a multidirectional character. Sexual differences are manifested in the fact that in girls this relationship is only positive, while in boys it is not so strong and at the same time multidirectional. Teenage girls have both direct and feedback connections, while juniors have only direct connections. In boy boxers, the correlations between the LSA and the components of self-relationship are both direct and inverse, while in adolescence the number of connections becomes smaller.

There is a direct relationship between LSA and all components of group identity. In older adolescence, the connections are direct, and in adolescence they are multidirectional. Girls have only direct connections, and boys have both direct and reverse connections, while with age they become more.

The cognitive, affective, and behavioral components of organizational identity are associated with boxers' LSA. In girls, LSA is directly related to the cognitive and affective components, and in boys with all the components of OI. The gender and age specificity is manifested in the fact that in girls this relationship decreases with age in terms of the cognitive component, and disappears in terms of the behavioral component; in boys this relationship does not change significantly (p. 16 of the Passport of the scientific specialty 5.3.5.).

4. The contribution of the components of self-attitude and social identity to the LSA of boxers is determined, including for the first time the gender and age differences of this contribution are revealed, and the ambiguity of the role of identity in the effective activity of boxers-boys and girls is shown.

In boxers, the cognitive and behavioral components of OI and the behavioral component of GI make a positive contribution to the change in the indicators of LSA, and the components of self–attitude make a multidirectional contribution: behavioral - positive, affective – negative.

In adolescents, the cognitive and behavioral components of OI make the greatest positive contribution to LSA, and in juniors, the cognitive component of OI and the affective component of self-attitude.

In adolescent girls, the cognitive component of OI makes a greater contribution to the LSA, and in juniors, the behavioral component of self-attitude. In adolescent boys, the components of self-attitude and OI make a greater contribution to the LSA, and in juniors, the components of GI(p. 16 of the Passport of the scientific specialty 5.3.5.).

Based on the results obtained, a number of conclusions were drawn in the study:

Theoretical and methodological conclusions:

1. Identity has a systemic structural structure and includes cognitive, affective and behavioral components. Cognitive components reflect the results of the self-categorization process; affective components consist of positive and negative self–assessments and in–group assessments; behavioral components determine the direction of an individual's actions: at the personal level - in accordance with their own beliefs, at the social level - in the logic of group and organizational affiliation.

2. In social and sports psychology, there is an acute shortage of research on the topic of age, gender and gender differences in the components of personal, group and organizational identity, especially in individual sports.

Empirical findings:

1. Differences in indicators of self-attitude and social identity are associated with the gender and age characteristics of boxers, while these differences are observed in all three components (cognitive, affective and behavioral). According to some components, boxers' indicators of identity (especially self-attitude) are fixed excessively overestimated or, conversely, underestimated, which, undoubtedly, should be taken into account by specialists when working with this category of athletes.

2. The components of a social (organizational) identity are more closely related to the success of sports activities among teenage and junior boxers. At the same time, the relationship between the LSA and the components of identity can be both direct and inverse.

3. Different types of identity can make both a positive and a negative contribution to the variability of LSA indicators, while the size and nature of this contribution is determined by gender and age differences.

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The results obtained in the study can be widely used by specialists working in sports organizations (managers, teachers, coaches, sports psychologists, etc.). Through the presented three-component model, it is possible to control the severity of the identity indicators of athletes preparing for competitions of different levels. This area of work requires special attention of specialists in the current conditions of sanctions and discrimination against Russian athletes of international class.

For coaches and sports psychologists, the information obtained can be both predictive in nature and become the basis for the development of programs for psychological preparation of their wards for competitions, including after the removal of currently existing restrictions. Based on the results of the dissertation research, it is recommended to develop training programs for socio-psychological training of athletes and individual programs for psychological correction and psychological counseling.

The results of empirical and theoretical research on the topic of the dissertation were discussed at scientific seminars and meetings of the Department of General Psychology of the Faculty of Psychology of the ION RANEPA.

Based on the material of the conducted research, 11 articles and abstracts were prepared and published in periodicals and collections of scientific publications, including 4 articles in recommended journals of the Higher Attestation Commission of the Russian Federation and the Federal State Budgetary Educational Institution of the Russian Academy of Sciences.

The text of the dissertation consists of an introduction, two chapters, a conclusion, practical recommendations, a list of references (includes 260 titles, 64 of which are in English), 5 appendices, 31 figures and 39 tables. The volume of the dissertation is 191 pages.