

Psychological actions to develop volitional qualities in soccer players of the youth category

Acciones psicológicas para desarrollar las cualidades volitivas en las futbolistas de la categoría juvenil

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ABSTRACT

The work with volitional qualities is currently prevailing for the soccer athlete due to its relevance in the acquisition of sports form. The nature of this work is to design psychological actions to develop volitional qualities, exploring the motivational sphere as an aspect of the will, evaluations were carried out to diagnose volitional-behavioral behavior and its consequences in the team, and from there to establish actions that favor its development.

Keywords: Volitional qualities; Youth footballers; Psychological actions; Motivational sphere.

RESUMEN

El trabajo con las cualidades volitivas en la actualidad es imperante para el deportista de fútbol debido a su relevancia en la adquisición de la forma deportiva. La naturaleza de este trabajo es diseñar acciones psicológicas para desarrollar las cualidades volitivas explorando la esfera motivacional como aspecto de la voluntad, se realizaron evaluaciones para diagnosticar el comportamiento volitivo conductual y sus consecuencias en el equipo, y a partir de ello establecer acciones que favorezcan su desarrollo.

Palabras clave: Cualidades volitivas; Futbolistas juveniles; Acciones psicológicas; Esfera motivacional.

INTRODUCTION

The importance of volitional qualities in sport is so evident that the concept of “athlete” is usually associated with that of a strong-willed person, although the essence of the will itself in both general and sports psychology has been interpreted so far in various ways.

Objectively, it is to understand that the property or capacity of the individual that is designated with that word is indispensable in the high degree of any sport modality, among the main qualities that athletes must present, the orientation towards an end, the spirit of initiative, decision, audacity, self-control, perseverance, among others.

Getting athletes to show high will is hard work, given that several factors influence, such as personality characteristics, their level and sporting experience, as well as motivation as a fundamental link in the athlete's behavior and its contribution to development. Low and medium volitional form in footballers, which tends to high demands given that training sessions will always be loaded with efforts and sacrifices that are sometimes not well interpreted by athletes more in the youth categories.

The volitional actions of man are those in which they consciously tend to achieve the determined ends, so the essence of the will lies in the ability of the subject to carry out premeditated actions, aimed at achieving proposed goals to regulate their activity and control your own behavior.

The psychologist Petrovsky reports that

"It is a special form of man's activity, which presupposes the regulation of his behavior, organizing operations in a conscious way, aiming to overcome both external and internal obstacles, backed by reflection and decision-making". (Petrovsky, 1988, p. 360)

For the psychologist Norma Sáenz the will

"It is part of the motivational mechanism. If the motive is the inducing element par excellence that marks the direction of the behavior, determining the necessary actions to be carried out to achieve the proposed objectives,

this is the one that allows said direction not to deviate when the first obstacles appear on the way ". (Sáenz, 2003, p. 16).

The set of the driving forces of the individual that acquire a motivating character of the actions, acts and forms of their activity, make up a special session, sufficiently important of the psychic life that is called motivational sphere. In it lie the premises of the activity that arise in the process of the complex relationships of the individual with the reality that surrounds him.

Two large fields of motives can be distinguished by which athletes mobilize their efforts. So are those who only display their will for narrow reasons of a personal nature and others who strive, above all, for collective motivations, with all the consequences that derive from these.

"It is understood by a special, superior and developed form of man's voluntary activity, characterized in addition to being regulated by conscious motives and objectives, by making efforts to overcome both internal and external obstacles supported by reflection and decision-making of the subject". (González, 2004, p. 52)

When the will is characterized in athletes, it is possible to perceive that they consciously manage to overcome the dissimilar obstacles that they encounter on the way to achieving their goals. Not always the same obstacles are reflected individually in athletes with the same degree of difficulty. While for some soccer players, endurance racing as part of their physical preparation is daily, easy to perform and sometimes represents a pleasant goal; for the rest of the players it is something difficult and negatively experienced.

This will naturally depend on the level of training, experience, the player's mood on that day, the temperature, and so on. From this it follows that those athletes of the team with less experience require individual treatment in the field of education of their volitional qualities, since they will always experience greater difficulties when faced with similar burdens and as such they will act; so it will never be possible to carry out equal work with all young people.

In many cases, decision-making is related to a strong internal tension that almost has the character of "stress" and the need to overcome the influence of other

important needs on oneself. This need to overcome an interior obstacle (the fight against some of one's own desires, deep-rooted vices, etc.) is related to the presence of the force of the will, which manifests itself as a characteristic quality of the volitional act.

In the field of sport, the will is of great importance since it allows the athlete to set goals to overcome obstacles and difficulties. Otherwise, it allows the athlete to overcome the great physical and mental loads and be resistant and spirited, both in training and in competitions.

During the investigative process of the youth category soccer players, it was found that they manifest discomfort when training loads increase, they are inhibited in situations that demand value such as technical aggressiveness called so by the coaches, fear of slipping on the floor in the moment in which explosiveness is required to avoid a goal in the case of goalkeepers, among other deficiencies found by all the above and taking into account the characteristics of the sport, the need to contribute to the improvement of volitional qualities in soccer players is raised. .

The following research aims to design a set of psychological actions to develop volitional qualities in soccer players of the youth category.

METHODS

The research methods and techniques used were: analytical - synthetic, inductive-deductive, systemic-structural-functional, which allowed to establish the structure, the contents, the psychological intervention actions that are proposed and to summarize the conceptions related to the objective of the study.

Taking into account the variables psychological actions and intrapersonal intelligence, as well as the indicators of the latter, using observation, a structured interview, the Volitional Qualities Test and the Butt Sports Motives Test for its evaluation. Likewise, the statistical-mathematical method was used to analyze the data set, in order to appropriately describe the various characteristics of the sample and compare the data to validate the actions.

Starting from the objective of this work and the results obtained in it, the psychological actions are given way, first presenting the particularities of the team.

Group characteristics:

The group is made up of 16 adolescents between the ages of 17 and 20.

Group Type: Closed

Duration: School year

Frequency: 1 hour

Sessions: 2 times a week

Methodology: General stage

Potentials of the group of athletes.

1. They manifest cohesive
2. Good interpersonal relationships
3. Preference for dance and music
4. Need for sports self-realization.

RESULTS

Set of psychological actions to develop volitional qualities in soccer players in the youth category

- Use self-orders organized in volitional verbal texts.

The words emitted in internal language in the form of immediate verbal commands, mobilize the dispositions and capacities in an explosive way, increase safety and promote the performance of athletes. To do this, it should be practiced systematically in the moments of greatest strength and in each execution, at the beginning of difficult or dangerous movements until this verbal orientation becomes a conditional stimulus that is part of the individual and collective program of actions during training and competitions.

Initially, the mandate will be issued making it coincide with the precise moment of effort or additional load, guiding in the same way that they must repeat it mentally in the future.

- Use persuasion as a method of increasing athletes' confidence in effort.

One of the best ways to develop the value of athletes, in addition to the executions they perform in training, for example, gradually facing obstacles in order to develop the form is necessary to use persuasion to improve or enhance their effect. The athlete is convinced that there is great confidence in her possibilities and that she

is capable of accomplishing the task. Develop in the athlete the desire to achieve the satisfaction that they will experience when they correctly execute a final phase of the exercise or the same in the whole of it and for them that feeling should be described as very gratifying.

Emphasize in detail all the fundamental movements and efforts that guarantee this result by persuading the athlete that success will be achieved when they gradually and correctly perform the action and when they mobilize their will to do so.

- Use of the equipment as verifier of the actions.

Athletes greatly value the opinions that their peers in the group may have of them, which is why the use of the group to evaluate any indiscipline or failure to comply with the tasks outlined, lack of decision, etc. It plays an important role in their awareness, at the same time it will be of great benefit to listen to the opinions of their own classmates because if sometimes they cannot influence the criteria of their teacher in their behavior, the opinion of their classmates influences.

It will be important as a result of these group meetings the analysis of the problems faced by a member of the team, individual commitments arise which contributes to improving the mobilization of the athletes to remain in this above all else the normal motivation for the team develops. success and the need to be valued positively by peers.

- Attract the attraction of colleagues towards the execution of movements.

If it is perceived that one of the athletes is sure of his chances of success and the coach is sure that he can achieve it, he will call the attention of the team to observe the performance of his partner, this will stimulate him to grow before the team and incite the rest to carry out the executions demonstrated by their companions.

Specific actions for each quality

To develop the decision: Requiring athletes to make quick decisions on a constant basis that forces them to be more focused and mobilize for immediate action.

To develop courage: Use persuasion as a method to increase confidence in the efforts of athletes, so that it can develop perseverance and self-control, teach the team to become an evaluator of the actions of each one.

To develop independence: Develop problem situations of free solution that especially favor individual and fundamentally collective fulfillment. Allow the athletes to carry out some training on their own initiative, where the coach does not intervene in a period of time and will only evaluate it at the end of the fulfillment of the tasks.

In order for this set of psych pedagogical actions to fulfill its objective, coaches are recommended certain measures or indications of compliance:

1. Persuade each team member of the need to perform these tasks.
2. Demand that each activity that begins must be completed.
3. Involve the group in the fulfillment of tasks.
4. Consider the real possibilities of each member of the team in fulfilling the tasks.

DISCUSSION

The results obtained after the application of the actions compared to the initial diagnosis show a favorable increase in the indicators. An enthusiastic, decisive team, with a desire for victory and whose members have achieved deep emotional bonds can encourage positive energy in any of its members or help control their anxiety levels. In this sense, the team is a kind of rearguard for the athlete; it is your safe haven in difficult times and one of the forces that can help energize you.

Athlete-teacher communication generally goes through the team, whether or not it is a collective sport. It is important not only as an instructive information channel, but perhaps much more, because of the motivational factors described as the setting and understanding of realistic goals, the athlete's self-assessment setting, and the disclosure of intrinsic motivators.

From the definitions provided by the authors Petrovsky (1988), Sáenz (2003) and González (2004) in relation to the term will, essential elements were taken into account that facilitated the elaboration of the psychological actions proposed to develop volitional qualities in female soccer players. the youth category.

From the definition provided by Petrovsky it can be interpreted that the different attitudes of the human being are stimulated by various motivators of their activity that psychologically appear in the form of inclinations, desires and aspirations that

under certain conditions acquire the character of vital objectives, which the individual try to reach. These vital objectives which man seeks to achieve become motivating, which is why there is no unmotivated action.

He agrees with Saenz (2003) in that the will is part of the motivational mechanism and that this mechanism marks the route to follow in order to achieve the proposed objectives, in this case aimed at female athletes of the youth category women's soccer team.

Regarding González (2004), the criterion is shared that the will is regulated by motives and objectives which favor the effort to overcome internal and external obstacles, elements that allow the athlete to obtain great sporting results during competitions.

The methods and techniques used allowed to know the essential elements to develop psychological actions that would contribute to the development of volitional qualities in soccer players in the youth category. After the proposal was applied, its effectiveness was corroborated, favorably modifying the levels of motivation, decision-making and willingness to fulfill the tasks.

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