

List of references

1. *Бакешин, К. П.* Наглядно-образное моделирование как метод обучения студентов двигательным спортивным навыкам / К. П. Бакешин // Теория и практика физ. культуры. — 2020. — № 12. — С. 49—51.
2. *Барчуков, И. С.* Физическая культура и спорт: методология, теория, практика : учеб. пособие для студ. вузов / под общ. ред. Н. Н. Маликова. — 3-е изд. — М. : Академия, 2019. — С. 528.
3. *Барчуков, И. С.* Физическая культура и физическая подготовка : учебник / И. С. Барчуков, Ю. Н. Назаров, В. Я. Кикоть и др. ; ред. В. Я. Кикоть, И. С. Барчуков. — М. : Юнити, 2015. — С. 432. — Режим доступа: по подписке. — URL: <https://biblioclub.ru/index.php>.
4. *Письменский, И. А.* Физическая культура : учебник для вузов / И. А. Письменский, Ю. Н. Аллянов. — М. : Юрайт, 2020. — 493 с. — (Высшее образование). — ISBN 978-5-534-09116-8. — Текст: электронный // ЭБС Юрайт: [сайт]. — URL: <https://urait.ru/bcode/450258>.
5. *Прохорова, И. В.* Методика физической подготовки будущих специалистов таможенного дела / И. В. Прохорова, Г. А. Держинский, С. Г. Держинский // Ученые записки университета имени П.Ф. Лесгафта. — 2015. — №3 (121). — С.156—163.

UDC 159.9.019.3

V. S. Poklad, O. V. Dyshekova

Educational institution Rostov branch of the State state educational institution of Higher Education
"Russian Customs Academy" Rostov-on-Don, Russia

THE ROLE OF PSYCHOLOGY DEVELOPMENT IN THE HISTORY OF RUSSIA

Introduction. Psychology is an integral component of sports activity, and therefore a separate field in psychology stands out, which involves studying the effects of various psychological factors during a sports career. Sports psychology involves analyzing all areas of influence on an athlete, taking into account his condition, as well as third-party sources of influence in the form of judges or competitors.

Main part. The formation of modern sports psychology is based on the research of Candidate of Natural Sciences, Doctor of Medicine, and Nobel Prize winner I. P. Pavlov. His contribution was also made by V. M. Bakhterev, who opened the first laboratory of experimental psychology in Russia. But the works of all the scientists of that time were based on the works of I. V. Sechenov, who was the founder of the Russian school of physiology and materialistic psychology.

The importance of sports psychology in the history of the development of sports activity cannot be overestimated, as A.C. Puni wrote about, who noted Sechenov's work. The unity of internal and external mechanisms of mental activity, movement control and memory of acquired skills, all the merits of I. M. Sechenov, who worked extensively and fruitfully at the junction of medicine and psychology, were recognized by the international community, thanks to which in 1889 he was elected honorary chairman of the first International Psychological Congress in Paris [1].

Many experts give different names to the historical stages of the development of Russian sports psychology. For example, G. D. Gorbunov identified such a criterion as the leading problems, which gave reason to single out the following chronological framework (Table 1) [1].

Belarusian psychologists E.V. Melnik and J.K. Shemet give a different chronology, taking as the main criterion the features of the stage of formation of sports psychology as a science (Table 2) [1].

The 1920s became the foundation years for the development of a natural science approach to physical education and sports. This period did not yet involve the separation of physiological features and sports biomechanics, so the main focus was the theory of medical supervision, which considered sports training as an educational process. Psychology was rather considered a part of the educational process, but not a separate component that needs to be studied.

Table 1 — The development of sports psychology in Russia (according to G.D. Gorbunov)

Stages	Years	The leading issue
I	1920—1930	The effect of physical exertion on the mental sphere of a person
II	1940—1950	Formation and improvement of motor skills
III	1950—1960	Emotional and volitional training
IV	1970—1980	Psychological preparation for competitions
V	1980—1990	The problem of psychological support of sports activities
VI	XX—Until now	Studying the experience of the past years and integrating it into the latest knowledge

Table 2 — The development of sports psychology in Russia (by E.V. Melnik, J.K. Shemet)

Stages	Years	Stage Features
I	1920—1930	Descriptive and explanatory, defining the place of psychology in the study of physical education and sports
II	1930—1940	The formation of the psychology of physical culture and sports, related to the definition of the subject, problems, and the study of the psychological characteristics of sports activities
III	1945—1950	Recognition of the psychology of physical culture and sports as an educational, scientific and practical discipline
IV	1956—1980	Provision of sports practice, development of psychodiagnostics and social psychology in sports
V	1990—Until now	The transition from psychological support to psychological support of a sports career

Further, in 1930—1940, sports psychology began to systematize the accumulated knowledge, and by the middle of 1930, courses in this discipline appeared in institutes of physical culture. The All-Russian Scientific Research Institute of Physical Culture and Sports was chosen to open the first psychological laboratory and office of sports psychology, which demonstrates the rapid development of this field, the purpose of which was to form and improve the skills of the musculoskeletal process [1].

With the development of this scientific field, new aspects appeared for detailed study. So, in the 1950s, the psychological training of an athlete became an urgent area for study, which was worked on by Soviet psychologists A. C. Puni and P. A. Rudika. They developed the concept of forming strong-willed qualities and a sense of responsibility to society through moral and volitional training, which made it possible to finally separate the psychology of sports and physical culture into a separate discipline. Scientific schools began to form in Leningrad (under the leadership of A. C. Puni) and Moscow (P. A. Rudik). An important event was the unification of the achievements of these schools at the First All-Union Meeting in Leningrad in 1956.

From 1960 to 1970, all the collected works began to be published, in connection with which special attention was paid to the study of the emotional state of the athlete during the competition. Factors such as competition, misunderstandings and conflicts, pressure and tension of participants were taken into account when developing methods of influencing athletes using autogenous and heterogeneous techniques. In this regard, sports psychodiagnostics was developed using computer techniques, which was based on the social aspects of sports psychology and support for sports activity, taking into account the emotional state [1].

The hosting of the Olympic Games in Moscow in 1980 was a breakthrough for the development of sports psychology, as it was an ideal environment for exploring new aspects in the natural environment of athletes. However, the political crisis and difficulties in the socio-economic sphere were also reflected in the development of the discipline in this period, which led to stagnation, which lasted until the 1990s.

The 21st century has allowed us to expand the horizons of sports psychology from simple psychological support to comprehensive psychological support of a sports career at all stages. Thus, the relationship between all participants in the sports process is becoming an urgent area for the study and application of methods of psychological sports training. Mental training, hypnosis, neuro-linguistic programming and other techniques of psychotechnics and psychopedagogy are implemented in practice. Some studies are directly related to important problems of psychogenetics, psychomorphology, and management psychology [2].

To analyze the understanding of the relevance of sports psychology, a survey has been conducted among students of the Russian Customs Academy (Rostov branch). About 385 students took part in it. The survey included questions such as:

1. Can a sports psychologist help in the preparation of athletes?
2. Can the coach's words have a negative impact on the athlete before the start?
3. Do you think it is possible to set up an athlete for the next performance after a defeat using certain sports psychology techniques?
4. Does fear and anxiety affect the success of sports activities?

More than 90 % of the respondents are convinced that a sports psychologist plays an integral role in the training of athletes, and his words have a direct psychological impact. The result of the data analysis was reflected in the diagrams (Figure 1).

Conclusion. Thus, today the psychology of sports is considered an independent scientific discipline, having behind it a huge layer of research. Currently, it is impossible to imagine physical culture without studying and researching sports psychology, since it is an integral part of any participant in sports. The merits of sports psychology at all levels of the sports movement, including the Olympic movement, cannot be overestimated. And at the same time, as A. C. Puni noted, “the psychology of physical education and sports is one of the youngest specialized branches of psychological science. Her story has not been written yet.” [3].

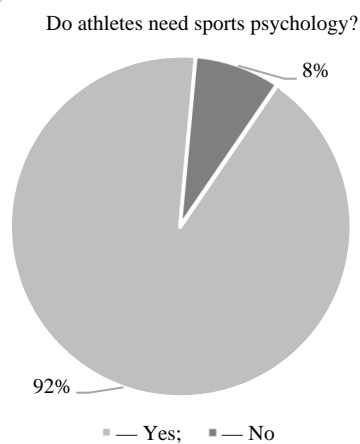


Figure 1 — The importance of sports psychology for athletes

List of references

1. Родионов, В. А. Спортивная психология : учебник для вузов под общей редакцией В. А. Родионова, А. В. Родионова, В. Г. Свищского. — М. : Юрайт, 2024. — С. 66—70.
2. Горбунов, Г. Д. Психопедагогика спорта. — М. : Советский спорт, 2006. — С. 196.
3. Пуни, А. Ц. Очерк истории психологии спорта / Спортивная психология в трудах отечественных специалистов // сост. и общ. ред. И. П. Волкова. — Спб. : Питер, 2002. — 353 с.