

# Self-control as pre-condition of success

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**Abstract – Presented research project . The article offers a look at the phenomenon of self-control in the sport activity, especially Chinese martial arts, as kung fu fighting style. In pilot study plan, the fighting is used as a training of skills of self-regulation. It is assumed that such sport activity allows the young men to develop the skills of self-control and self-regulation in the battle that they can carry out for the other spheres of their lives. As an important additional variables study will examine the fighting experience and the frequency of trainings. As a result, we expect to describe the efficiency of such sport activity as kung fu fighting. Research aim - to reveal the features of intercommunication of self-control development level with an emotional sphere, body motility, locus-control, volitional sphere and coping-strategies for people, which go in for sports.**

Key words – self-control, volitional sphere, emotions, locus control, coping-strategies, consciousness, personality.

## I. Introduction

Everyday life is filled with various stresses which are its inalienable part, which form stress reactions as a result of influence of non-standard terms on a human, which violate its homeostasis. Every stress reaction of personality is accompanied by strong destroying emotions which create a disorientation effect in flowing of higher psychical functions and body motility, where ability effectively to control own activity in a stress situation by using of self-control will determine the personal success. Control of activity appears as a result of studies on the different stages of life, as is the factor of previous education and self-education of personality. And one of the most stress experiencing is saturate sporting activity.

Strong feelings saturation of sport activity, what personality can control in everyday life - it one of major terms of positive influence of sport on human personality.

Going in for sports assists the change of bodily and psychical condition of man.

The correctly organized employments strengthen a health, improve physical and psychical development, promote physical preparedness, capacity, perfect the functional systems of man organism. Body and psyche practice, working with loading, expanding the limits of their possibilities, growing competence and adaptability of personality.

Therefore research actuality consists in development of the practical methods of effective application of sportsmen self-control in sporting and everyday activity.

## II. Description of the self-control phenomenon

People daily hear the most various interpretations of the self-control phenomenon in the different activity spheres. On the basis of scientific sources analysis of

investigated issues such determinations of self-control were found in the different spheres of activity.

*Self-control* is the continuous comparing to the corresponding biological standard, where the signal of inconsistency, which appears a push to proceeding in the broken equilibrium, appears as a result of collation. Psychophysiology (I. Sechenov, A. Bernstein).

*Self-control* is a strength of human fortitude, which helps to reduce unnecessary emotions, take under control the different feelings, words and actions, correct internal defects, correlate the necessities and financial possibilities, in an order to operate most correctly in accordance with an actual situation. Entrepreneurial activity (V. Kolyvay, K. Solov'yenko, V. Zelenin).

*Self-control* is regular supervisions on the state of the health, by physical development and physical preparation and their changes under act of the regular engaging in exercises and sport. Sport (P. Hotovtsev, V. Ilinich).

*Self-control* is human ability to realize and control own essence on the basis of higher psychical functions (in future - HPF) personal development, what helps to regulate superfluous emotions, control motility in activity, form a willingness in every situation to operate most rationally and correctly.

The most rational description of the self-control phenomenon is based on its objective characteristics. Kirichenko T., Konopkina O., Zinchenko V. distinguish such physiological characteristics of self-control, as ability to control own emotions, functioning quality and control of HPF, control of shallow body motility, attracting attention, locus control, motivation in success achievement, adaptiveness, will to victory, behavior in coping-strategies [1,3,4.]. Thus, psychological mechanisms form the aggregate of psychical properties of individual, which in accordance with the own development level, determinate quality of self-control functioning in acts, behavior and form group on standards, values, as the personal so public character.

However, the question remains not fully studied, *on how many training experience is able to change the physiological indexes of personality*, which determine the base constituents of self-control development during going in for sports, such as development of volitional sphere, emotional control, locus control, choice of behavior strategies in stress situations, attracting attention, control of shallow motility, level of internal motivation.

Before sparring of sportsman there is the strange state, when shaking is felt whole-body, anxiety, state of obtrusive ideas, doubts insinuate oneself for the result of the performance. Quality and intensity of this state depend on the level of physiological preparation. This state influences on an organism in two ways - from one side, considerably excites the nervous system and under its action sportsman loses self-control, or, vice versa, there is strong dormancy of the nervous system what conduces to the constraint and interferes with freedom of actions[2].

Distinguish such prelaunch states of sportsman: 1) alertness - psychophysiological ability to enter into sparring and conduct it; 2) prelaunch fever - excessive agitation, alarm, increased irritability, instability of mood, causeless fussiness, carelessness, weakening of HPF;

3) starting apathy - a low level of emotional excitation, somnolence, absence of desire to compete, dismal, uncertainty in the own forces [2].

Basis of self-control forming is a volitional sphere of personality - special form of man activity, what consists in that a man carries out effort above itself for the sake of obstacles overcoming in realization of beforehand formed plan of actions.

Self-control is related to development of volitional sphere and planning of purposeful changes personality in itself, capabilities to control emotions and is based on the personal experience of capture the internal psychophysiological mechanisms and backlogs which are sent to the most complete realization itself, and also provides the submission of reasons during all life, construction of hierarchy of reasons and resolve of various conflicts.

Destroying influence of stress, which strongly grows in the period of prelaunch fever, conditioned by influence of strong-destroying emotions, and characterized by dispersal and confusing of HPF, coordinated and causal activity, form non-adaptive automatisms. Thus, a mental estimation is an interlink between perception of a stress event and its overcoming, controlling the emotional states and behavior.

An important role in the process of self-control of sportsman before sparring is played by own emotions control, that determines the measure of capacity for the recreation of technique, which provides a capacity for effective counteraction to the rival.

K. Izard marks, that the most effective method of adjusting of the emotional state is a method of the directed consciousness : 1) through other emotion; 2) through the cognitive adjusting; 3) through the agile adjusting.

At the same time one of features of man activity is characterized by that the result of activity display not always coincides with its aim. At that rate a man is inclined to explain and search consequences reasons of the actions in external or internal reasons, that in turn characterizes an orientation and force of locus-control.

A mental estimation which was formed on the basis of subjective situation perception influences on the subjective form of stress experiencing event, but also accordingly, where on the basis of opinions analysis, models and behavior in a stress situation, forms intensity and quality of further reaction activation and selection of coping-strategies. Coping-strategies are formed in the process of socialization of personality and focus personality depending on its level of development and situation on the problem estimation, emotions, and accordingly determine behavior in stress.[2].

Quality of coping-strategies functioning connected with the level of self-control development and is the system of actions which are used by a man in the situations of threat to personality and social prosperity, in the cognitive, emotional and behavioral spheres of personal activity and conduce to successful or less successful adaptation. Especially saturated by stress events is sporting activity in which it is necessary to form result achievement, to develop and use effective coping-strategies. Self-control is carried out as an only process

which provides mobilization and integration of psychological features of man for aims achievement of activity and behavior. The process of self-control assists making of effective human behavior, that using it to manage on a way to realization according to the put aim.

### III. Research results

According to the research results *in relation to the self-control indexes such, as ability to control own emotions, shallow motility of body and attracting attention*, it is possible to come to such conclusions:

1) sportsmen before sparring demonstrate 9-10 errors in a counterbalance to 3-5 errors in the quiet state (methodology is "Labyrinth");

2) 70% sportsmen are shown the most intensive height of emotional tension before the fight - 4,33 in a counterbalance 0,58 in the quiet state (modified test of Luscher);

3) the least effectively for sportsmen to concentrate own attention before the fight - the relation index of revised symbols amount to the amount of errors presents 2,05 in a counterbalance 2, 62 in the quiet state (methodology "Proof work" N. Bourdon) ;

4) during sparring sportsmen with a 5-7 annual experience of training-contention activity do 3 errors, beginners with 6-monthly experience of training do to 9 errors (video-analysis) ;

5) quantity of errors in sparring depends on :

- concentration level of sportsman attention before sparring;

- normal level of sportsman attention attracting, what is directly proportional to the general amount of years of going in for sports ( $r=0,700, p\leq 0,05$ );

- control of shallow motility before and during sparring, depends on the normal level of shallow motility control, which strongly depends on the general amount of years of going in for sports ( $r= - 0,767; p\leq 0,01$ ) ;

-sport experience the key and prevailing element of which is fighter experience,

for a sportsman the amount of errors diminishes the height of self-control which a sportsman assumes in sparring ;

6) with the increase of self-control level, as in stress so in standard life situations grows:

- level of general self-government ( $r=0,584; p\leq 0,01$ ) ;

- general internality ( $r=0,519; p\leq 0,05$ ) ;

- internality in the sphere of attitude toward a health ( $r=0, 561, p\leq 0,01$ ) ;

- internal motivation ( $r=0,337, p\leq 0,05$ ) ;

- internality in the sphere of achievements ( $r=0,383; p\leq 0,05$ ) ;

- a capacity for creation of productive behavior model for achievement of the aims, which is formed on the basis of self-examination, realization of own possibilities and aims, where in future by using of developed HPF, forms and forecasts efficiency of plan component elements in case of personal realization of its success - realizes it on a way to gaining end.

Research results demonstrate direct connection between the level of self-control development and duration of training (See Table. 1).

TABLE 1  
INTERCOMMUNICATION OF TRAINING YEARS AMOUNT AND  
LEVEL OF CHARACTEROLOGICAL FEATURES DEVELOPMENT  
RESULTS OF CORRELATION ANALYSIS

$p \leq 0,01$

Character traits	Term of training		
	10 > years	2-5 years	0,5-1 years
Motivation	0,805	0,535	0,243
Combination of activity spheres	0,732	0,458	0,236
Quality of realization in the contiguous activity spheres			
A general capacity for self-government	0,698	0,368	0,087
General internality	0,719	0,478	0,287
Internality in attitude toward a health	0,756	0,308	0,190
Internality in productive relations	0,733	0,372	0,205
Internality in the achievements field	0,861	0,446	0,235
Application of coping- strategies			
Confrontation	0,601	0,472	0,201
Ranging	-0,446	-0,224	0,465
Acceptance of responsibility	0,530	0,335	0,130
Escape-avoidance	0,473	-0,231	0,273
Planning of problems decision	0,623	0,299	0,223
Goal setting	0,730	0,306	0,125
Self-control	0,765	0,332	0,215

These cross-correlation copulas show that a level, quality and frequency with which a sportsman elects self-control strategy in a stress situation, grows with the increase of training years amount. In the process of life activity basic responsibility in obedience to the exhaust actions plan a man undertakes itself, for quality of implementation of which answers personally. Solving problem tries to control own emotional impulsive gusts, plans the method problem decision, and tries to adhere it, inclined to depend upon the help of surrounding in difficult life situations. A man lays responsibility for a 1) State of own health only on itself, and in case of diseases origin first of all searches its reason in itself, and then in external circumstances. 2) Qualities of norms setting of behavior, as in stress so in ordinary terms in accordance with own persuasions. In stress situations inclined: directly to participate in the problem decision or conflict situations, not avoiding and not escaping from them, inclined to depend upon the help of near surroundings. As a result of mans self-control level increase grows its capacity for creation of productive model of behavior for the aims achievement, which is formed on the basis of self-examination, realization of own possibilities and aims, on the basis of what a sportsman forms and forecasts efficiency of own activity plan and in case of the personal realization of its success realizes it on the way of gaining end.

It is necessary to develop internal motivation which determines integral development of personality, and especially development of self-control. It must be

developed by self-examination of own essence, and by realization in those spheres of activity to which personality has senses and capabilities.

Going in for sports substantially promotes ability of sportsmen to self-control, as in quiet so in stress state, however not all sportsmen realize essence and application of psychophysiological skills domain, which they acquire during the systematic, exhausting and persistent training, that is why own more subzero capacity for combination of activity spheres. Hereupon is more successful in sporting activity and less successful in other spheres of activity. Intensive going in for sports and acquisition of practical experience straight related with ability to demonstrate the best skills of self-control, as in stress so in standard life situations, on condition of conscious internalization of the purchased skills.

At those respondents which combine the spheres of activity with the increase of years amount of going in for sports grows level, as general internality so internality in different spheres, general capacity for self-government and self-government in the different types of human activity, grows using frequency in stress situations of such coping-strategies as: self-control, planning of decision of problems, goal setting, acceptance of responsibility, and goes down the frequency of using such coping-strategies as: ranging and escapes-avoidances. Those respondents which do not combine the sphere of realization characterized by lower level of these indexes.

Therefore a successful sportsman is that which:

- systematic working on itself, develops, as unique creative personality which in most cases operates according to own persuasions and not yielding under ruinous konformisty influence, however operates adhering to the norms acknowledged in general lines.

- tries on the basis of permanent prosecution of itself and self-examination as possible deeper and completer to realize its calling, capabilities and inclinations, clearly to define the realization spheres, which will strengthen the formed motivation which is motive force for understanding of new levels development in turn .

- developing in obedience to calling, spares to it most time and efforts, operating in obedience to own persuasions most self-weighted and correctly, however not forgets to develop integrally in obedience to secondary and tertiary capabilities, on the basis of self-development, purchased experience and capacity for combination of spheres of realization. Living by such lifestyle a man develops completer, promoting its adaptive, internality, capacity for self-government and also accordingly the personal success.

## Conclusions

This research shows that a level and quality of self-control development straight depend on: tranning duration ; level of internal motivation ; capacities for high-quality combination of activity spheres ; level of locus-control ; general capacity for self-government, forming and quality of coping-strategy realization.

Research results can be productively applied in psychology of sport for groups with training experience

from 2 to 5 years as training in which most efficiency in a state of stress bring such exercises, as tuning on the maximal use of technical and tactical descriptions in combination with the arbitrary adjusting of breathing frequency and conscious control after own thought.

With the aim of training self-control indexes improvement, for realization of which was worked out questionnaire, which included the synthesis of psychophysiological technician, for adjusting of psychophysiological eigenstate and was based on methodologies adaptation of S. Dmitrov, O.P. Bludov, B. Pervanov, P. Bogomolov. From 18 used technician the most effective results are got and described, namely:

- adjusting of breathing frequency during strong emotional tension grows on - 5% ;

- ideas concentration for achievement of victory, high result - 10% ;

- tuning on the maximal use of own technical, tactical and physical possibilities, through realization of own opinions, actions, psychophysiological state, and to their control, with forming of the further positive setting on decisive successful activity, by means of order method which forms self influence - 47% ;

- making for the sportsmen the conscious control of : thoughts, emotional state and external signs of it manifestation, and also with the help of the special physical exercises on weakening and tension of muscles in combination with respiratory exercises - 23% ;

- self-suggestion - a sportsman convinces itself, that must win, applying : deep self-examination, high self-control, self-confidence, by activity - 5% ;

As a result of the training methods use by sportsmen, quantity of sparring errors during 3 - 4 months of

training went down from 8 - 11 to 6 - 7 for 63% of sportsmen.

These research results can be effectively applied in : commercial, military, political, educational and teaching activity.

Quantity of sparring errors, which testify to the level and quality of self-control features and sportsman technical, can go down only from 10 to 3 errors for 5 years of the intensive training.

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