

RESEARCH ON THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN THE TEACHING AND TRAINING OF HIGH-LEVEL RHYTHMIC GYMNASTS

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Abstract: As a new type of women's competitive sports, rhythmic gymnastics is highly artistic and graceful, with large range of movements and high difficulty. The characteristics of gymnastics not only require high physical fitness of athletes, but also their psychological characteristics are one of the factors that affect the teaching and training of high-level rhythmic gymnasts. The psychological characteristics of high-level rhythmic gymnasts were analyzed from two stages: daily teaching and training and pre-match teaching and training. In the pre-match teaching and training, according to the survey results To assess the impact of seven variables: anger, confusion, frustration, fatigue, tension, energy and self-confidence on athletes during competition, and to study athletes' insecurities. The causes of good psychological state are analyzed in order to adopt targeted psychological adjustment strategies.

Keywords: Educational psychology; Rhythmic gymnastics; Condition adjustment

1. INTRODUCTION

Rhythmic gymnastics 1984 It was designated as a competition event by the International Gymnastics Federation in 2006 and is one of the Olympic Games entries[1]. Rhythmic gymnastics is a distinctive women's event in the Olympic Games. The main competition events include: rope exercise, circle exercise, ball exercise, stick exercise and belt exercise[2]. skill and ability [4]. Coaches and team leaders need to constantly find better ways to grasp the mental state of athletes and integrate teaching skills into Technical psychology and high-level rhythmic gymnastics are organically combined.

2. EDUCATIONAL PSYCHOLOGY IN TEACHING HIGH-LEVEL RHYTHMIC GYMNASTS ROLE IN LEARNING TRAINING

While enjoying the joy, glory and dreams in sports, you also taste the excitement of competition. The unexpectedness and surprises brought about by the unpredictability of technical sports. athlete Need to challenge the physical limits in the teaching and training process, educational psychology refers to Guidance is particularly important. However, at present, coaches do not require athletes to perform difficult movements The psychological characteristics of athletes are often ignored because of their high demands on sports, which can easily weaken them. The enthusiasm of athletes in training is not conducive to the subjective initiative of athletes sexual play.

High-level athletes face various challenges and tremendous psychological pressure force. Usually, psychological stress comes from when an individual is exposed to external The influence of factors and the tension generated in the psychology [7]. Ordinary The body can effectively stimulate its potential under a certain state of tension, but for The psychological pressure on high-level athletes when they participate in major sports events The power is beyond what humans can experience, far beyond the psychology formed by ordinary individuals. state of tension. Excessive psychological stress can reduce sports performance and create It is difficult to perform at a competitive level. Educational psychology has become the current high An important part of teaching and training for level athletes [8]. Educational heart Science mainly studies the psychological state in competitive sports teaching and sports training. state, especially the mental state of athletes before and during the game.

The most famous model in educational psychology is the famous American Psychological McClelland 1973 A famous iceberg model was proposed in [9], As shown in the picture 1 shown. Individual members are psychologically divided into parts above sea level and parts below sea level. Among them, the part above sea level It is the visible behavioral layer, an external expression that is understandable and measurable. now. The more obvious behavioral layer characteristics include a person's knowledge abilities and daily behavioral performance. And below the sea level is where individuals hide Traits and motivations, that is, psychological characteristic states. Psychological characteristics are individual A form that is intrinsic and difficult to measure. psychological characteristics state in a person It occupies a larger space in the entire life course of the body, and it also has a great impact on individual people. The behavioral characteristics and expressions of members play a key role. For example a People's life attitude, personality, morals and values, etc.

3. PSYCHOLOGICAL REACTIONS OF HIGH-LEVEL RHYTHMIC GYMNASTS DURING TEACHING AND TRAINING

Analysis of the psychological state of high-level artistic gymnastics from daily teaching The study was carried out in two stages: training and pre-match teaching and training. In daily teaching During the learning stage, the mental state of high-level rhythmic gymnasts is relatively stable. The main reason is that they do not enter the pressure state before the competition. Athletes usually train step by step, and coaches follow routine The training plan is taught, and the athletes follow the coach's requirements step by step. of training. At this stage, most athletes' mental states are relatively stable. Individual athletes may suffer from long and repetitive teaching and training. resulting in boredom, or due to the coach leader's failure in teaching and training. Improper methods, boring exercises, and excessive language may cause athletes to Generate resistance.

Changes in mental state can change with changes in environmental conditions, or can also be mental state migration, that is, a certain mental state of an individual transforms into another mental state under the influence of the external environment or under certain specific conditions.. High-level rhythmic gymnasts, like athletes in other sports, need to compete in multiple competitions at different levels each year. Before the game, this external environment and conditions cause movement Changes in employees' mental state. Professor Zhu Beili from China 1994 Year vs. Simplified POMS The scale was revised and it assesses seven subscales: anger, Confusion, frustration, fatigue, nervousness, energy and confidence [10]. According to five Answers are scored on a scale (0=Not at all, 1=A little bit, 2=Medium, 3=Quite a lot, 4=extremely high). Use a five-point scale to answer questions in the questionnaire, from "almost none " to " Very ", corresponding respectively 0-4 Score value. picture 2 Shown before the game 12 Hourly athletes' mental state, when athletes are about to take the field, they are higher in tension, energy and self-confidence.

In order to further analyze the psychological characteristics of rhythmic gymnasts, Use a comparative method to analyze its differences with other projects. because High-level artistic gymnastics events are purely women's events, with no men's events. The article uses men's floor exercise events that are closer to artistic gymnastics. Compare the psychological characteristics of athletes, as shown in the figure 3 and diagram 4 shown. male floor exercise 1911 It was listed as an international competition in 2004, and men's natural Gymnastics mainly consists of simple handsprings and somersaults, without equipment. This is different from women's artistic gymnastics. D 3 and diagram 4 Zhongke to see that before the game 12 Hours, Men's Floor Exercise Events The mental state scores of athletes in anger, confusion, frustration, fatigue and tension are lower than those of women's rhythmic gymnastics, that is, in terms of psychological characteristics adaptation, it is better than the women's project. And those who score higher in energy and self-confidence than women's names and other external data analysis personal or collective combination abilities will be significantly higher than the sub-items, It means that men have more energy before competition, Act more confident. The other party makes oneself overconfident. Athletes can easily make mistakes in using equipment due to slackness. The causes of overconfidence mainly include: personality factors, family factors, educational factors and teaching and training methods, etc. Competition negativity is a common psychological characteristic of some athletes with low competitive levels. When the technical level is significantly lower than that of the opponent or when major mistakes have been made in the game, athletes lose confidence in winning the game. A weak sense of honor and responsibility in the game is also an inducement for the emergence of this psychological characteristic [11]. Especially in rhythmic gymnastics team events, when a certain team member shows negative psychological characteristics during competition, it will have a serious negative impact on the entire group. In addition, the competition fear type also exists in the psychological characteristics of a small number of athletes. They are timid and panicked in competition. They are afraid that the competition will not satisfy the coach, parents and teammates, and they are afraid that their poor performance will affect the entire competition result. High-level rhythmic gymnasts have the same bad psychological characteristics as athletes in other sports, but they also have their own unique psychological state due to the characteristics of their sports. Analyzing their psychological state will help to adopt targeted psychological adjustment strategies.

4. CAUSES OF BAD MENTAL STATE AMONG HIGH-LEVEL RHYTHMIC GYMNASTS

Excessive nervousness before competition among high-level rhythmic gymnasts is a psychological symptom special characteristics, especially in some key competitions or when the movements are difficult. Excessive tension leads to uncoordinated movements, poor body stability, equipment exchange, throwing and catching errors, etc. Even a small mistake can easily cause psychological fluctuations in athletes and lead to a series of big mistakes. This phenomenon is especially obvious for athletes in younger age groups. In sharp contrast to being overly nervous, overconfidence in athletes can also easily lead to a bad mental state.

5. PSYCHOLOGICAL STATE ADJUSTMENT STRATEGIES

As all female rhythmic gymnasts, their psychological processes, psychological characteristics and psychological personalities are different. Even in the same environment, athletes will show different psychological characteristics. Therefore, in teaching and training, coaches need to adjust according to different psychological characteristics. Athletes adopt different psychological adjustment strategies for their psychological performance, especially in group events. If the coach or team leader can provide positive guidance and positive stimulation to the athletes in a timely manner, the result will be twice the result with half the effort, and the probability of winning in competitive competitions will be greater. If negative fluctuations in mental state occur during daily teaching and training, coaches should promptly adjust

teaching training methods and teaching content according to the athletes' psychological characteristics, so as to promptly change the athletes' bad mental state and enable the athletes to return to teaching and training. This is an excellent idea. Skills a coach must possess.

Rhythmic gymnastics is one of the most ornamental sports. Women's body shape requirements are higher, so athletes usually have graceful bodies material. Therefore, diet and other aspects are also strictly controlled, which results in The performance of female athletes in this event in terms of energy and fatigue is not only weaker than Men's events are also weaker than some other women's events. But this does not affect It affects the high level of artistic gymnastics athletes' explosive power and other aspects. The display of artistic expression. The team leader or coach should establish different strategies for different athletes. Physical status files to track changes in athletes' mental status in real time. in Japan During regular training, coaches should pay attention to their own training style and methods. Mode. Before a game, especially in major games, coaches should pay close attention to Pay attention to the mental state of athletes and build their self-confidence. When athletes compete When excessive tension occurs, coaches should relax training and arrange certain activities to divert athletes' attention. When an athlete is overconfident, the coach will appropriately increase the pressure to test the athlete's return to a certain sense of urgency. For athletes with fear before competition, coaches should try to avoid Leaders meet too frequently and avoid meetings with relatives and close friends.

6. CONCLUSIONS

Through the analysis of this article, it can be seen that in the daily teaching stage, high-level The mental state of horizontal rhythmic gymnasts is relatively stable. Before the competition, the mental state changes of high-level rhythmic gymnasts obvious. Analyze the seven psychological variables of athletes before competition through surveys: Anger, confusion, frustration, fatigue, nervousness, energy and confidence. Study the causes of athletes' bad mental state, and use positive guidance and benign stimulation to adjust athletes' mental state in a targeted manner based on the characteristics of their mental state.

COMPETING INTERESTS

The authors have no relevant financial or non-financial interests to disclose.

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