

RELATIONSHIP AS AN ASPECT OF PSYCHOLOGICAL CLIMATE OF WOMEN'S SOCCER TEAM

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Annotation. *Purpose:* to determine the level of psychological climate of women's soccer team. Studied levels of interpersonal relationships in women's football team. *Material:* in the study, which lasted 2 years, 14 football players participated Kherson female football club "Crystal". *Results:* It was determined that the team is dominated by emotional (0.6) and cognitive components (0.5). Girls come to know and understand each other, training takes place on a good emotional background. Observations and indicators of behavioral component (0.35), found that football players often do not yield to their teammates in stressful situations. Sometimes this leads to conflict situations. *Conclusions:* recommend indicators of relationships in women's soccer team coaches of team sports in building healthy psychological atmosphere.

Keywords: football team, relationships, psychological climate, conflict situation.

Introduction

In functioning of every team special role is played by emotional-psychological climate. Coaches know very well that there are groups of sportsmen, with they would like to minimize contacts or avoid them at all. With it, just these sportsmen can be promising, mentally developed. Some people can often say: "in this team there is very bad climate", "terrible atmosphere".

Relationship with surrounding people are important and significant in any age. However especially important they seem to be in sport team, consolidated by mutual target.

The acuteness of climate problem in modern sport team is obvious. Optimal control of social-psychological climate in any collective (including sport one) requires special knowledge and skills from pedagogues. As special measures it is used: scientifically grounded selection, training and periodical testing of teachers' staff; completing of primary collective, considering psychological compatibility, application of social-psychological methods, facilitating formation of mutual understanding and cooperation by members of collective [7].

In modern psychology social-psychological climate is understood as qualitative side of inter-personal relations, which is manifested as combination of psychological conditions, facilitating or hindering cooperation and comprehensive development of personality in collective. By results of researches, which have been conducted during recent 10 years by Ye. Ilyin only 4% of sport teams have favorable psychological climate. Most of teams have unstable, contradictive climate (57% of tested groups), 16% had unfavorable climate; 22% of teams had moderately favorable psychological climate [6].

Besides, problems of inter-personal relations were elucidated in works by T. Adorno, A. Petrovskiy, Z. Freud, D. Scott, A. Makarenko et al. [2, 9, 15, 17, 18].

The problems of psychological climate in sport teams were reflected in works by G. Lozhkin (2003), V. Platonov (1997, 2002), A. Rodionov (2005), Yu. Khanin (1980) et al. [6, 12, 13, 15, 19, 20].

Some aspects of sport conflicts were elucidated in works by D. Ponsoby, M. Jafer, G. Lenk, R. Martens [11, 14, 15].

In opinion of specialists, proved by practice emotional welfare in team is one of the most important conditions of progressing of professional, ready for struggle, player [1, 3-5, 7, 8, 10, 16]. In our opinion the topic of psychological climate in sport collective is rather urgent.

Purpose, tasks of the work, material and methods

The purpose of the research: determination of psychological climate in women football team.

Material and methods: 14 football players took part in the research. Among them – 7 were candidate masters of sport (CMS), 6 – of 1st sport grade and 1 – of 1st junior grade. Average age of them was 18 years old. Half of team was students of Kherson state university. We used psychological tests and questionnaires for determination of inter-personal relations in collective.

Results of the research

For achievement of our purpose we carried out research, which passed in several stages.

At first stage (2011-2012) we comprehensively studied literature sources, generalized experience of advanced psychologists, familiarized with experimental base of research. At this stage we studied inter-personal relations in women football team. In the course of our work we used questionnaires for determination of football players' consolidation, their behavior in conflict situation, type of sportswomen's attitude to surrounding people.

At second stage (2012-2013) we researched level of psychological climate and factors, which influence on football players' functioning.

During all research we observed trainings of football players of WFC (women's football club) "Kristall" and their participation in competition functioning.

With the help of methodic “Coach-sportsman”, which was worked out by Yu. Khanin and F. Stambulova, we determined sportswomen’s attitude to coach by Gnostic, emotional and behavioral parameters. These parameters are very important for relationship in team. Results of questioning are presented in Table 1.

Table 1

Football players’ evaluation of coaches communication abilities

Football players	Gnostic (points)	level	Emotional (point)	level	Behavioral (points)	level	General (points)	level
Team in general	4.7		4.2		5.2		14.2	
Forwards	4.25		3.5		5		4.25	
Half-backs	5		5		5.75		5.25	
Backs	5		3.75		5.25		4.6	
Goal keepers	5		3		4.5		4.1	

With the help of this methodic we also controlled behavior of coaches and sportswomen in different situations. When fulfilling coach’s instructions, girls obeyed to him, tried to fulfill everything what was said by their coach. Only in some cases they had opinion different from the coach’s one.

In team of WFC “Kristall” behavioral parameter of attitude to coach prevails, with its mean value of 5.2 points. For girls it is very important if coach sees personalities in them. They are very sensitive to his opinion, to how just his attitude to them is, i.e. coach’s opinion is very important for all football players.

Gnostic parameter plays weaker role in relations, with mean value of 4.7 points. Girls do not doubt in coach’s qualification, in his ability to fulfill his work, they believe in his methodic and means.

At lower level (4.2 points) there is emotional component of coach- sportswomen relationship. Girls trust coach; it is pleasant for them to work with him. They say that coach feels their mood and uses different methods to increase their wish to work at trainings.

So, researching relationship between coach and sportswomen of WFC “Kristall” we can see that football players were satisfied with work with coach, feel respect to his work and follow all his instructions in competition and training functioning. Owing to this fact in team there are always good mood and working atmosphere.

As per methodic of A. Mikhaliuk and A. Shalit “Study of social-psychological climate in working collective” we determined emotional, behavioral and cognitive components of football players’ relationship in team. Owing to this methodic we determined “wish-absence of wish to work in this collective”, “wish-absence of wish to communicate with members of collective in leisure time”. Also we noticed how members of collective know each other or how sportswomen sympathize to each other.

The received data permitted to determine the structure of relationship in collective:

- Emotional component in team of WFC “Kristall” is at high level (0.6). Psychological climate is favorable; at level of this component girls understand each other very well. Trainings are conducted at good emotional level.

- Cognitive parameter is also high (0.5). Girls know each other very well; they know characters and behavioral manners of their partners in team.

- Behavioral component is on level close to middle (0.35). As it was noted above, football players know characters of each other, but often they do not yield to their partners in tensed situations that results in conflicts. However, knowing behavior of partners by team, football players try to avoid conflict situations and in case, if any, they try to solve them urgently and timely.

So, having analyzed relationship of WFC “Kristall” football players we can note that social-psychological climate in team is rather at high level that facilitates positive emotional state of team both on trainings and in competition functioning.

As per methodic “Type of behavior in conflict situation” (K. Thomas – N. Grishina) we determined type of relations and football players’ behavior in conflict situation.

Methodic has 12 pairs of judgments. Football players were offered to choose in each pair one judgment, which would be typical for them in conflict situation. With calculation every letter was replaced by 1 point, by 5 scales.

The research helped to determine that in case of conflict football players of WFC “Kristall” solve it with the help of competition (47.4%). On this base there appear some conflicts in team. But it should be noted that 42.2 % of football players strive for solution of conflicts with compromises and cooperation. Little percentage, but not less important (10.4%) belongs to adaptation and avoiding of arguing.

Besides, we determined the level of proneness to conflicts with the help of metaphors. This methodic was oriented on determination of the most frequent strategies in conflict situations, videlicet: strategy of achievement of ego-centric (personal) targets and strategy of preservation of favorable inter-personal relations.

He tested were given rather interesting task. It implied evaluation of application of the offered proverbs in their behavioral practice.

With the help of 5 metaphoric strategies we determined the following types of behavior of WFC “Kristall” football players in conflict situations.

- Type 1. "Tortoise" – strategy of hiding under shell. In team of WFC "Kristall" there is only one representative of this strategy – one of backs (7.1%). The player consciously rejects personal targets as well as orientation on favorable relations with surrounding people. Such type of strategy in conflict situation, in our opinion, is not promising for achievement of high results in sport.

- Type II. "Shark" – this power strategy is followed by three players of the team. They are: goalkeeper, forward and halfback (21.4%). For followers of this strategy achievement of target is very important, but relationship – not. For them it is not important, if they are liked or not. They think that all conflicts shall result in victory of one side and defeat of other. Such type is rather hard, but owing to their persistence, they usually achieve their target. Such people are often winners in life and sport.

- Type III. "Bear" – includes two forwards, one back and one halfback (28.5%). This is a strategy smoothing of acute angles. Relationship are important, achievement of target is not. Such people want to be accepted, liked; they are ready to sacrifice targets for the sake of these. In our opinion such type of strategy is not suitable for forwards, because forwards shall be committed and persistent.

- Type IV. "Fox" – strategy of compromise. This strategy is followed by 3 players (21.4%). They are goalkeeper and two halfbacks. For them it is equally important both targets and relationship; such people are ready to reject partially targets in order to save relationship.

- Type V. "Owl" – is a strategy, which is followed by two backs and one forward (21.4 %). This strategy is a strategy of open and honest confrontation. Sportswomen appreciate both targets and relationship. They openly determine positions and seek way out in mutual work on achievement of targets; they strive to find solutions, which would satisfy all participants.

Thus, studying types of relationship and behavior in conflict situations on example of WFC "Kristall" football team we can note that in this team players do not prefer any separate strategy of behavior in conflict situation. Players of the team are quite different by type of behavior. That is why the most important role in building of sound psychological atmosphere belongs to coach; considering that foundation of such atmosphere includes mutual understanding, mutual assistance, creating of favorable emotional state of the team.

Conclusions:

1. Psychological climate in football team to large extent depends on its structure – combination of formal and informal relationships, which appear in the process of collective functioning and communication. Factors, influencing on team's psychological climate, include: coach's personality and personalities of sportsmen (sportswomen); psychological compatibility and coach's ability to consolidate collective; sportsmen's and coach's satisfaction with labor conditions, status and professional role. Also, very important factors are quantity of members of collective, sex-age content, professional-qualification characteristics of collective.

The next important factors, which influence on climate in collective, are psychological skills of coach and players. Emotional climate is influenced also by psychological features of all members of football team. In group of psychological features important place is taken by temper, character and abilities.

2. When studying relationship in the team we determined that girls trust their coach, listen to his advices both on football field and in personal questions.

In team of WFC "Kristall" behavioral parameter of attitude to coach prevails, with its mean arithmetic value - 5.2 points. For girls it is very important how coach relates to them as to personalities; they worry how they would be evaluated by coach, how just his attitude is.

Gnostic parameter plays weaker role in relationship between players and coach (4.7). Girls do not doubt in coach's qualification, in his ability to execute his work; they are sure in correctness of his methodic and means.

At lower level (4.2) emotional parameter exists. Girls trust their coach; it is pleasant for them to work with him. They affirm that coach feels their mood and use different methods to increase their wish to work at trainings.

In general the team can be characterized by good mood and working atmosphere.

The prospect of further researches in this direction. Relationship in sport teams are of great importance. That is why determination of dependences between team results and mental state of football players as well as on their communication is very urgent. Besides, a significant component of work with modern football team is will training of sportsmen, its means, methods and forms.

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