

79 - PSYCHOLOGICAL PROFILE OF ATHLETES IN PERFORMANCE IN SWIMMINGBRUNO BISPO MACHADO¹;FREDERICO FONTOURA^{1,2}.

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INTRODUCTION

In addition to the physiological factors there are indications that psychological factors influence and are influenced by physical activity. In ancient Greece, athletes were subjected to deprivation of psychological training to increase their resistance in future competitions already applying rudimentary principles of interaction between the psychological training to support the overall outcome of performance (Fontoura, F., 2007).

In performance, we can say that characteristics of personality were chosen to define the psychological profile described by Loehr (1982), namely self-confidence, control of negativism, attentional focus, mental imagery, motivation, positive thoughts and attitudes of control. Of the variables outlined above is presented to the first is the self-confidence, knowing that the task to develop successfully is a simple way to define self-confidence, believing that any coach knows the importance of quality for sporting success as stated Viana (1996). A big mistake is to associate the self belief that whether or will win, and the true self, which is based on realistic expectations about the success or, as it believes it can achieve. Coast (2007) says that apart from the physical level and the ability of an athlete, that to lose confidence in themselves, will cause your income is affected most dramatically (COSTA, 2007).

The control of negativism is the attitude to relate successfully with emotions such as fear, anger, frustration and not let them affect your competitive success (Loehr, 1982).

The attentional focus is the ability to maintain concentration on a continuous basis, focusing attention on factors relevant to the implementation of sporting ability. This psychological variable is considered a cognitive process that is the perception selective and directed. According to various settings Theoretical the attentional focus can be understood as the concentration of mental effort. (MAHL, 2005).

The Imagery to Coast (2007), the high-level athletes who use their imagination and mental imagery to improve their income. Despite all the athletes have the ability to use mental imagery effectively, not always to use on a regular basis, or to apply to sporting activity because they are not capable of controlling it. If the athletes are able to control your ability to view, they can, to some extent, plan your success. The greater the awareness on their part, about the state of humor estimated by the images, the greater the ability to use these images in their own benefit.

The Motivation is variable to be defined as simply the direction and intensity of our efforts, the motivation can be defined by factors of personality, social and cognitive impairments that come into play when a person performs a task in which it is to be assessed when it with others, or give your best, seeking to achieve high levels of performance (Weinberg and Gould, 2001). The thoughts are positive, according to Loehr (1982), the energy source that provides the athlete high levels of activation and the ability to simultaneously maintain the attentional focus, the calm and relaxation. The control of attitudes reflects the ability to think cognitively and emotionally to keep allowing these thoughts positive act.

METHODOLOGY

According Matos (2004) this is a direct search through the method descriptive exploratory study. The questionnaire will be used in the performance of psychological profile, the swimming activities created in 1986 by James E. Loehr and translated into Portuguese by Vasconcelos Raposo, to identify eight variables psychological performance: self-confidence, negativism, attention, mental imagery, motivation, positive thoughts, attitudes and control of mental strength. The questionnaire consists of 42 questions that are answered on a Likert scale of 5 points, (1 - almost always - 2 - often - 3 - The Times - 4 - Rarely - 5 - Almost Never). Each of the psychological variables, belonging to the psychological profile on performance, is calculated by the sum of six variables, and the mental strength the sum of them all.

When the values are below 19, it is considered a variable low or even nonexistent, between 20 and 25 is that, although there are not occur in a systematic way and above 26 are consistent psychological variables that will be present at all times during the activity. The sum of the values obtained in the seven scales gives us a new variable called mental strength that ranges from 42 to 210 (Loehr, 1982).

In talking with technicians from the swimming club Botafogo Futebol e Regatas, on the possibility of doing a search with the athletes of the swimming club and implement a questionnaire to obtain a psychological profile on performance, the technical Sylmar Teixeira was prepared to make a meeting with the heads of athletes, and asked permission to be applied to the questionnaire, therefore, the athletes are younger than 18 years, and know that the questionnaires are designed to draw a profile of practicing swimming, to better understand this group so special about heterogeneous.

RESULTS

The averages obtained from the questionnaires used with athletes in swimming and has the means obtained in the variables self-confidence, control of negativism, attentional focus, visualization, motivation, positive thinking, attitude and competitive strength of mind, respectively also has its standard deviation, arranged in Table 1.

Table 1: Results of mean and standard deviations of variables.

	average	standard deviations
self-confidence	22,88	4,840
Negativism	20,18	4,475
attention	21,33	4,484
mental imagery	20,06	4,507
motivation	24,21	3,887
positive thoughts	23,30	3,026
Attitudes	23,52	4,001
mental strength	155,48	21,813

The results show that athletes of swimming prepare themselves mentally for the tests, however they do not in a systematic manner. These athletes have higher values on motivation, positive thoughts and attitudes and less competitive in mental imagery.

According to results, the athletes of swimming, the positive thoughts need stimulation (20.18 ± 4475), for example stimulating the thought "I'm going to get a better result" as this was the second lowest scoring feature of PPP. The athletes are thinking about everything and all your back when they should be using the mental imagery (20.06 ± 4507) in a more systematic manner, thus improving its performance, because this is important increase the attentional focus. It is also the athlete begin to observe others who are on the same evidence, whom he will have to overcome. Indeed it should be part of each image proof, that is, from the block of departure he should consider swim to the other side of the pool, making the turn with the correct driving, swimming and doing a good arrival, concentrating on if trained in that.

It is important to the cultivation of positive thoughts (23.30 ± 3026) that promote excellent levels of physiological and psychological activation. To which a good athlete development, which is actually saying is that he developed more than the others. But that, according to their potential and the actual rate the person has reached its expected capacity, or came to overcome them.

The athlete who trains in the light of other experiences growth generally, not development. According to the results which should work in the swimming, this group, the motivation is mainly in the competition so that the athlete has self-realization. We conclude that the motivation (24.21 ± 3887) is one of the essential needs of all people, no matter their age or time in sports. With the motivation a person performs a task at which it is assessed, when competing with others or give your best, seeking to achieve high levels of income.

Many times in practice, the development of the athlete has no set limit, when the benchmark of training is the very potential. Even that, apparently, the person has reached the point of maximum muscular ability, the intellectual maturity and professional experience help in improving the performance in general and gestures sports in particular. An experience of exquisite technique always achieves a better utilization of physical resources of the athlete.

It is important to alert to the important role played by coaches and technicians during training, which in addition to focus on physical and technical factors, should always present some concerns about the mental preparation for training and for the competition. It is important to the implementation of psychological intervention among athletes, and investment in training them at this level, with a view to promoting their skills in order to deal adequately with the pressures and demands required in situations of competition.

Thus it appears that athletes have an excellent mental strength (155.48 ± 21.83) with the motivation being the most significant variable with (24.21 ± 3887), followed by competitive attitude (23.52 ± 4001), One can then say, that's motivation, higher value of variables, followed by positive thinking and attentional focus that is where the athlete sees the whole process of its evidence, is constantly used by athletes.

Admittedly, the greatest advantage of the development of the athlete as a complete human being, lies in the benefits it will be able to transfer your personal behavior for life outside, even after his days of practicing the sport at high level.

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PSYCHOLOGICAL PROFILE OF ATHLETES IN PERFORMANCE IN SWIMMING

ABSTRACT

This article aims to characterize the psychological profile on performance (PPP) of athletes from the swimming Club Botafogo Futebol e Regatas. According to Feijó (1998) psychological factors influence and are influenced in physical activity in which athletes are subjected. The PPP developed by Loehr (1982) identifies eight variables in psychological performance that are dependent variables in the study. Composed of 42 questions answered on a Likert scale of 5 points (1 - almost always - 2 - Often 3 - Sometimes 4 - Rarely 5 - Almost Never). The focus of this study are the characteristics of personality: self-confidence, control of negativism, attentional focus, mental imagery, motivation, positive thoughts, attitudes and control of mental strength, the sum of them all. It was concluded that athletes have to swim a drop in performance due to psychological factors.

WORDS - KEY: psychological profile, performance, physical activity.

ABSTRACT

Cet article vise à caractériser le profil psychologique sur la performance (PPP) des athlètes du Club de natation Botafogo Futebol e Regatas. Selon Feijo (1998) les facteurs psychologiques influencent et sont influencés dans l'activité physique dans lequel les athlètes sont soumis. Le PPP développé par Loehr (1982) identifie huit variables de performances psychologiques qui sont variables dépendantes dans l'étude. Composé de 42 questions répondues sur une échelle de Likert de 5 points (1 - presque toujours - 2 - Souvent 3 - Parfois, 4 - Rarement 5 - presque jamais). La taille de cette étude sont les caractéristiques de la personnalité: la confiance en soi, le contrôle de négativisme, attention se concentrer, imagerie mentale, la motivation, des pensées positives, les attitudes et le contrôle de la force mentale, la somme de tous. Il a été conclu que les athlètes ont à nager sur une baisse de rendement due à des facteurs psychologiques.

MOTS - KEY: profil psychologique, la performance, l'activité physique.

RESUMEN

Este artículo tiene como objetivo caracterizar el perfil psicológico en el rendimiento (PPP) de los atletas de la natación del Club de Fútbol Botafogo e Regatas. Según Feijó (1998) los factores psicológicos influyen y se dejan influir en la actividad física en la que están sometidos los atletas. El PPP desarrollado por Loehr (1982) identifica ocho variables psicológicas en el rendimiento, que son variables dependientes en el estudio. Compuesto de 42 preguntas en una escala Likert de 5 puntos (1 - casi siempre - 2 - A menudo, 3 - A veces 4 - Pocas veces 5 - casi nunca). El foco de este estudio son las características de la personalidad: la confianza en sí mismo, el control de negativismo, foco atencional, visualización, motivación, pensamientos positivos, las actitudes y el control de la fuerza mental, la suma de todos ellos. Se llegó a la conclusión de que los atletas tienen una caída en el rendimiento debido a factores psicológicos.

PALABRAS - CLAVE: perfil psicológico, el rendimiento, la actividad física.

PERFIL PSICOLÓGICO NA PERFORMANCE EM ATLETAS DE NATAÇÃO**RESUMO**

Este artigo pretende caracterizar o perfil psicológico na performance (PPP) de atletas de natação do Botafogo Futebol e Regatas. De acordo com Feijó (1998) fatores psicológicos influenciam e são influenciados, na atividade física em que os atletas são submetidos. O PPP desenvolvido por Loehr (1982) identifica oito variáveis psicológicas na performance que são as variáveis dependentes do estudo. Composto por 42 perguntas respondidas numa escala tipo likert de 5 pontos (1- Quase Sempre – 2 – Frequentemente 3 - As Vezes 4 - Raramente 5 – Quase Nunca). As dimensões deste estudo são as características de personalidade: auto-confiança, controle do negativismo, foco atencional, visualização mental, motivação, pensamentos positivos, controle de atitudes e robustez mental, soma de todas elas. Conclui-se que os atletas possuem uma excelente robustez mental com a motivação sendo a variável mais significativa com seguida pela atitude competitiva.

PALAVRAS - CHAVE: perfil psicológico; performance, atividade física.