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**SELF-CONFIDENCE AS A COMPONENT OF PSYCHOLOGICAL
HEALTH OF PERSONALITY**

**ВПЕВНЕНІСТЬ У СОБІ ЯК СКЛАДОВА ПСИХОЛОГІЧНОГО
ЗДОРОВ'Я ОСОБИСТОСТІ**

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Formulation of the problem. Psychological health is a property of a developed personality. Human health as a complex, multifaceted phenomenon, which depends on many factors, is actively discussed in medicine, psychology, physiology, sociology and other sciences.

Psychology is interested in its aspect of the problem of health - psychological health, which is also considered in connection with the psychological well-being of man. It is the psychological well-being of a person is an indicator of his psychological health.

Psychological health is a psychological property of a developed personality. It is one of the most important states of personality and is associated with the moral development of man. A. Maslow wrote about two components of mental health. This is, firstly, the desire of people to be "all they can", to develop their potential through self-actualization, a necessary condition of which, in his opinion, is to find a person a true idea of himself. And, secondly, the desire for humanistic values. It must be remembered that the subjective (inner) world of the individual includes: language, intellectual, moral, volitional qualities, needs, motives, desires, feelings, emotions, relationships, knowledge, creativity, etc. In order to In order for students who play sports to be able to succeed in sports, the level of mental health must be high, and especially self-confidence as an important component of personality in sports.

The subject of sports is the athlete himself, who acts both as an object but also as a subject of activity in sports, the end product of which is a sporting achievement -

the fact that the athlete demonstrates his capabilities in a particular sport.

Competition is the culminating structural component of sports activity. In addition, it is the prestige of the university, the responsibility. In competitions, achievements are demonstrated and registered as official standards or records of various levels and scales. Competitive conditions, on the one hand, is a factor that stimulates the achievement of higher sports results, on the other - helps to improve the personality of the athlete, especially their will, as here we have to meet and overcome obstacles that are absent in the training process [7, 8]. During the period of preparation of students for a particular competition, and as we approach it, the competitive attitude is further strengthened due to the emergence of new motives of a more specific nature, related to the private relationship of the athlete to this start and, mainly, with clear goals of the speech.

Research has shown [9] that in the vast majority of students who play sports, the purpose of the performance usually begins to be planned from the moment they learn the timing of the competition. Finally, the understanding of the goal is formed at different times before the competition. It depends on the specifics of the sport, skills and experience of athletes, their individual characteristics.

A fully formed attitude, motivated by certain motives and specific goals, as an energy source, is discharged in wrestling in the form of an active desire to win.

However, the specific goal of the competition is always accompanied by a strong sense of confidence in the possibility of achieving it, which significantly affects the manifestation of the desire to win. As a result, the desire to win, which is manifested in wrestling, is a common result of the joint action of the following factors: the goals and motives of competitive activities and the confidence of athletes in the ability to achieve the goal.

In the system of psychological training of students engaged in sports, it is necessary to take into account the specifics of the chosen sport and individual personality traits, influencing them so that, along with other types of training, psychological factors contribute to success in competitive activities [1, 3, 5].

According to Emma Heron [4], the requirements for the psyche of the athlete by the conditions of competition are not addressed to the mental activity

involved in the performance of activities, and the behavior of the athlete, which expresses his attitude to this activity.

The athlete responds to the requirements set before the athlete by the conditions of the competition [2, 6, 13] with the behavior or attitude that can be called readiness for competition. It is necessary for every athlete, and therefore the psychological qualities that determine this requirement are called general psychological. These include:

1) confidence in their abilities, which is manifested in a high level of inspiration, in the desire and willingness to achieve high results, in the desire to participate in the competition;

2) concentration of activity, which can include such qualities as purposefulness, concentration, perseverance;

3) competitive spirit, which is manifested in fighting qualities, determination, ambition, competitive passion, the will to win;

4) mental stability, self-control, etc.

P.Yu. Palaima [6], identifies some types of states of confidence and insecurity in athletes. They are associated with the success of the fight for sports results. Self-confidence is based on prior testing, knowledge and assessment of their capabilities associated with the development of physical qualities, technical skills and tactics of the sport. It arises as a substantiated by objective, verified and confirmed facts of the state during training, when the athlete is convinced of his abilities. If confidence is not justified by the reflection of objective reality, is not based on real phenomena, it turns into a negative quality - self-confidence.

Self-confidence is characterized, above all, by an overestimation of one's strengths and capabilities, an underestimation of the opponent's forces, an underestimation of the difficulties inevitable in wrestling, some security and usually leads to poor results.

The accumulation of the athlete's experience of independent work on himself, without the unnecessary care of the coach, helps to better check and learn more about himself, his abilities, strengthens the sense of self-confidence.

This is needed not only by novice athletes who are beginning to learn new exercises or elements of technology. When achieving personal records, this result is often maintained even by masters of sports for a long time, and they have a fixed attitude to their achievement as a limit.

Based on the practice of his coaching experience, NG Ozolin [11] points out that jumpers often cannot exceed their personal record, although in some attempts they give higher results during training sessions. He explains this delay by the athlete's insecurity. This is confirmed by many observations of the process of training pole vaulters. While training, the jumper overcame a height of 3 m 45 cm "with a margin", and when the height of 3 m was set 50 cm (quite accessible for him), he could not overcome it. Another jumper jumped 4 m 15 cm when he thought he was jumping 4 m 10 cm (his record). Especially interesting experience conducted by NG Ozolina with one athlete. During training, this athlete believed that he was trying to overcome a height of 4m 25cm, and took 4m 57cm, which had not been given to him before.

Thus, strengthening the sense of confidence, NG Ozolin attached great importance in training to the completion of the exercise and always advised pole vaulters, starting the run, not to interrupt it, saying that to start the run and not to jump - worse than a failed jump. This interferes with concentration, does not enrich the experience of the athlete, weakens the responsible attitude to the implementation of decisions, and at the same time weakens self-confidence [11].

The system of pre-competitive psychological training follows from the general psychological training, forming an indivisible component of psychological influences, both on the part of the coach and on the part of the athlete. In particular, psychological preparation for future competition mainly includes techniques of self-regulation of emotional mental states and self-organization of attention [1, 3, 6, 12, 13].

In the event of unexpected situations, the ability of the individual to show willpower and concentrate consciousness (organize attention) on the most important components of motor action comes to the fore. In terms of future

competitive activities, these important components occupy a special place, as they depend on the organization of conscious activity of the athlete in the competition.

Thus, confidence is a component of mental health of the individual and is formed by increasing the physical, technical, tactical training of students, education of willpower and, especially, understanding the means and ways to achieve the goal. The leading personal determinants of self-confidence are self-acceptance, initiative and courage in social contacts, motivation for achievement, strong-willed self-control and the level of anxiety. Given that the personal qualities of the athlete are manifested as a reflection of some subjective aspects of sports motor activity, and all the above properties affect the psychological fitness of athletes, we can conclude that self-confidence plays a crucial role in shaping the personality of the athlete and his desire achieve high sports results. Література

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Annotation.The problem of the relationship of the subject's confidence with his activity is becoming increasingly scientific and practical significance. Confidence

mechanisms are included in decision-making processes, the study of which is the focus of foreign and domestic science. Competition in modern conditions of competition requires full mobilization, so at competitions, where the result depends on the ability of an athlete to manage his actions and behavior under conditions of the maximum level of physical and mental stress, self-confidence plays an important role, the level of which can significantly reduce or increase the effectiveness of activities athletes.

Keywords: confidence, psychological health, sports activities