

**STRESS RESISTANCE IN SPORTS**

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**Annotation**

This article deals with stress resistance in sports. Revealed main approaches to its study. The general dynamics of sports stress is considered. Specific stressors are singled out in the conditions of sports activity.

Key words: sport, psychology, stress resistance, eustress, distress.

One of the most important forms of emotional stability in sports is stress resistance. Stress (from the English stress - pressure, oppression; load; tension) - a non-specific (general) reaction of the body to an impact (physical or psychological) that violates its homeostasis, as well as the corresponding state of the nervous system of the body (or the body as a whole). Physiological stress was first described by Canadian physiologist Hans Selye as a general adaptation syndrome. The term "stress" he began to use later. There are positive ( eustress) and negative ( distress ) forms. The concept of " eustress " has two meanings: "stress caused by positive emotions" and "mild stress that mobilizes the body." Distress is a negative type of stress that the body cannot cope with. It undermines human health and can lead to serious illnesses. The immune system suffers from stress.

The general dynamics of sports stress is as follows. After exposure to a very high training or competitive load, which usually combines physical and emotional components that act as a stress factor, a decrease in a number of functional indicators in the body begins (for example, a deterioration in immune reactivity ). Under the influence of a stress factor, body reactions begin, aimed at resisting it and characterized by the mobilization of functional reserves. This is a positive effect of stress on life and various types of work, a significant increase in a person's capabilities in stress - eustress .

If the action of the stress factor does not stop, then the stage of exhaustion begins- distress - a general drop in functional indicators, after which, if the stressful effect does not stop, pathological changes (peptic ulcers, hypertension, neurosis, diabetes, eczema, etc.) and death are inevitable. In the second stage of stress, cross-sensitization can sometimes occur, characterized by an increase in resistance to one factor at the expense of a decrease in resistance to another.



The complex interaction of external conditions (stressors) and internal characteristics (personality with the system of its relations) determines the state of the athlete in a stressful situation. Under stressors understand the factors of the internal and external environment, which most cause a state of tension, or stress.

Among stressors, a group with a short-term effect and a group with a long-term effect are usually distinguished. The following specific stressors are distinguished in the conditions of sports activity.

Short-term stressors:

- Stressors that cause fear (performing an exercise in which an injury was previously received, a meeting with a clear favorite, an unfavorable prognosis, etc.);
- Stressors that cause unpleasant physical sensations (pain, fatigue, bad weather conditions, etc.);
- Stressors of pace and speed (unreasonably overestimated settings for a record result, information overload, the need to demonstrate extreme strength and speed of movements, etc.);
- Distraction stressors (tactical maneuvers of the enemy, fears for health, family and domestic difficulties, etc.);
- Stressors Of failure (error in movement technique, unsuccessful start, "unsuccessful" opponent, etc.).

Long-term stressors include:

- Stressors associated with risk and danger ( moto and motor sports, hockey, mountaineering, ski jumping, etc.);
- Long-term stressors that cause fatigue (prolonged exercise against the background of increasing physical and mental fatigue, monotony of conditions, etc.);
- Wrestling stressors (competitive activity, the need to quickly change the style of activity, etc.);
- Stressors of isolation (impossibility of contacts during the competition, non-compliance with team requirements and condemnation, etc.).

Other stressors may also arise that cause complex responses and require adaptation to them: time limit (time pressure), biased refereeing, unexpected equipment malfunction, injury to a previously speaking comrade, etc. A significant stress factor can be the reaction of surrounding persons and the public, ideas about social reward or censure. With an increase in the rank of



competitions, the overall significance and responsibility (and hence the stressfulness ) of performances in them, reaching its climax at the world championships and the Olympic Games, is growing.

L. K. Serova defines stress resistance as a set of personal qualities that allow an athlete to endure significant physical, volitional and emotional loads (overloads) due to the characteristics of professional activity, without any particular harmful consequences for the activity, those around them and their health [10].

V. A. Bodrov in his studies showed that the mechanisms of regulation and the features of the manifestation of a person's stress resistance are determined by the characteristics of his

- Motivation and purposeful behavior,
- Functional resources and the level of their activation,
- Personality traits and cognitive abilities,
- Emotional-volitional reactivity,
- Professional readiness and efficiency [7].

The property of stress resistance at all levels of its regulation and manifestation means the stability of the functions of the body and psyche under the influence of stress factors, their resistance (resistance) and tolerance (endurance) to extreme influences; functional adaptability ( adaptation ) of a person to life and activity in specific extreme conditions and, finally, the ability to compensate for excessive functional shifts (disturbances) when exposed to stressors [8].

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