

## Another possible way to Rio


ATTILA SZABÓ 

University of Szeged, Faculty of Art, Graduate School of Educational Sciences, Hungary

### ABSTRACT

Szabó A. Another possible way to Rio. *J. Hum. Sport Exerc.* Vol. 7, No. Proc1 , pp. S17-S23, 2012. In our study we compared the psychology immunocompetence values of two groups. The participants are former kayak-canoe sportsmen, and teachers who don't do any sports. 50 former sportsmen and 50 teachers participated in our study. The participants filled four questionnaires. **Key words:** FLOW, HEALTH EDUCATION, INCREASING OF PERFORMANCE.

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 **Corresponding author.** Budapest, Viharhegyi út 2/B.

E-mail: sztorony@t-online.hu

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## INTRODUCTION

In sport competitive like feature is a very important and attractive motive. Sport can be one of the most effective activities of the improvement of physical abilities and addresses and it sets all-absorbing problems from the point of view of Pedagogy, Psychology and Sociology as well. Competitive feature in exponent sport involves more and more problems because achievements and results are continuously rising, which put to the trainers to start the regular trainings in younger and younger age. According to my survey children at the age of 12 kayak 2-3 hours a day. These exaggerated training quanta involve the possibility of the psychic and physical overburden and the impairment of health. This is one big dilemma of our days and then we haven't mentioned the appearance of dopes and the more and more wide-ranging spread of them, which are dangerous for certain sports. These arguments put to the outstanding representatives of sport science to try to analyse those possibilities in a more and more complex way (Pedagogy, Biology and Psychology) and with the help of these the effect of the negative factors can be removable or at least reducible.

### *Critical Analysis of Current Word Teaching*

We started our analysis because of the above-mentioned recognitions and in it we analyze the effect of the competition sport on personality from pedagogical aspect. The training courses can be such stages of the educational process where the personality development and together with it the attitude – and the activity framing can come true measurably. This is important because in kayak sport schooling already starts at the age of 10 and the sportsman spends 2 later 3-6 hours a day in close work contact with its trainer. According to Bábosik: “we can consider only such operations as functional parts of the educational process, therefore concrete educational operation, which provide the framing of the attitude and activity. It's important that the sport activity in this case the attendance of the kayak training be determined by inner motivation impetus. These arguments put me to analyze the educational effect of kayak sport and at the same time my personal inspiration was that I belonged to the crack of this sport for 15 years. This survey can bring out such hot and promising results, which can give valuable information to the trainers and competitors of kayak-canoe sport for the development of the effectiveness of their educational work and besides it in the initiation of a more successful competitor and trainer career. The latest trend of coaching is to enhance productivity as well as mental capacity. Therefore this study is based on two models, that is, the Flow theory of Mihály Csíkszentmihályi (1991) and that of Antonowsky's (1979). During trainings the body should be strengthened so as to be able to tolerate and bear strains and stress. A special tailor made training plan will enable competitors to cope with this flow while preparing sportsmen/women for competitions. It is evident that this stress and hard work bring about other personal/individual problems.

### *Presentation*

#### 1. Innate Conditions

These conditions determine the possibilities of a sportsman during his career, but they can be developed. The acquired abilities can be developed greatly with trainings and these features are the most determinant in the case of the preparation of a kayak-canoe sportsman. Characteristics of a talented sportsman: Due to trainings, he develops faster than his mates and gets better results. He responds advantageously to the increase of training load. Due to this fact, the amount and intensity of workload can be increased sooner for him. According to the planned training work his results improve continuously. He requires less time for automatization and the acquirement of basic technique. He successfully accomplishes the required technical and tactical instructions. For restitution time his body regenerates faster than his teammates do and that is why he can accomplish more and more intense training work.

## 2. Technical Skills

In order to reach a perfect technique, long-run instructions are required. Actually, a kayak-canoe athlete improves his technique with the help of his coach from the beginning of his career till the very end. I try to adapt new techniques to my own sportsmen experienced during a competition but this would be only copying! It is always necessary to attempt to work out and make up such new techniques, which fit to the individual and with which we are well before the front-rank of world! Among coordination abilities the most important is balancing ability. We already start developing it in childhood. We should deliberately train our competitor for it. The perception of movement and the space-orientation ability considering the nature of age is developed and cultivated with trainings. We can form the good technique for our athletes with the raising to ability level of these mentioned skills.

## 3. Physiological Ability

The most important abilities of the kayak-canoe sport are the conditional and coordination abilities which can be developed with high efficiency as a consequence of trainings. Basically, canoeing is an endurance sport therefore the main objective is the appropriate development of circulation. Most time should be spent to train the aerobic ability. In the case of young athlete the main objectives are: development of long term endurance, expansion of the aerobic capacity and evolvement of the capillarization. The maximum standard endurance of competitors of 1,000m should be worked out in the course of the trainings. Coordination of endurance and rhythm helps the development of an efficient movement technique. 200m was declared as an Olympic distance in 2009. 200m requires a special training plan and training work as well. For development of strength conditional abilities, maximal- and sub-maximal strength trainings are determining. The main aspect is the development of the strength and speed endurance. Special trainings are necessary to develop speed. This takes time since all types of it can be used in short distance. Practicing of reaction, movement speed or speed up, reaching the maximum speed requires respective training work. Appropriate time should be expended on the development of movement shift speed.

## 4. Mental Ability

On one hand it is a hereditary property and on the other hand it can be developed with a great efficiency. Remember the complexity of personality or character training. The professional coaches are doing a hard work as they have to work with already evolved personalities. Development of sport intelligence is important, and the coaches of adult sportsmen can progress in it. In the case of training of professional sportsmen, one of the most important points is to evolve a good mental condition. Remember the problems, were caused among athletes by the changing of the shape of boat bodies and introduction of Wing-kayak paddles. Recently the main question is what type of boat and paddle should be used. This is a professional question how the athlete can live with the conflict caused by that change. The goal is always to be positive and confident with the change. There is a problem if we don't have the most up-to-date instruments. Earlier the German developed a new boat body for each Olympic by which they mentally gained advantage over their competitors even at the beginning of the competition. The better properties of their boat compared with the others' was not always proved to be true but they gained a psychical advantage over the competitors.

## 5. High Level of Workload Toleration (Trainability)

During the training of a sportsman it is always an important task to be able to supply newer and newer stimuli. Incorporation of a new stimulus is almost 3 month which equals with a macro cycle. Workload can be increased with the cycles continuously thus the competitor can adapt better to that load. A higher training-stimulus can be incorporated into the preparation of a competitor by this method. There are numerous means methods that can be used for load increasing, e.g. long term and interval trainings.

Increasing the intensity, reduction and increasing the resting time, trainings with boat brake, course rowing, divided partial distance trainings, time attack rowing, etc.

## 6. Adaptiveness

This factor is very important especially in competitions. It is necessary to be adapted to e.g. weather, wind relations, warm, cold, sunshine, rain, etc. Warm water training camps and international competitions when e.g. the time difference, the climate, different meal customs, food, imperfect recreation, tiring journey appears as a plus load. Regarding these the sportsmen have to develop their own general surviving toolkits which help them in the adaptation process. Our competitors have to be educated in a way to be certain that usually it depends on them what happens with them in the various training and competition locations. The full-fledged sportsman concentrates to the full thus there will be no negative change in his performance but characteristically performs his personal maximum level. He has to be adapted to the new boat bodies and paddles which come out in almost every year and keep up with the professionals of the world. I know many successful competitors who became especially confused by such a change and this was the reason why his sport career was given up.

## 7. Personal Characteristics

Training plan is adapted always to the best athlete. Of course, if a coach has more than one successful competitors, trainings fit to personal needs can be solved by differentiation and setting up more trainings. In competition period many times occur that I hold trainings 8:00-12:00 a.m. till 3:00-6:30 p.m. to the C1-C2-C4. According to the new training methods large percentage of the trainings occurs in marked off courses. Without this method we wouldn't be able to be effective and successful in the international level. Cruel laws dominate in first class sport; the weak should always be adapted to the stronger. Many times this takes its toll since competitors with weaker abilities will end their sport career. However, the aim is to reduce the drop off process to a minimum level. Goal: Our sportsman should seek the opportunities of personal development in personal characteristics. To undertake challenges, to be engrossed with activities, to have an open mind to take up the new and to look for the change and development, these are the characteristics of first class competitors.

## 8. Lifestyle

In kayak-canoe sport many times we train 6-7 hours per day. Consequently, the right set of rate of workload and relaxing is also a main viewpoint. We have to teach the sportsmen to complete the high-level training workload he needs and also how to have an adequate relaxation as well. A certain rhythm of life should be formed from the beginning of the career. We have to teach the sportsmen to keep and create an adequate daily routine. Sleeping before midnight is the most important in point of relaxation.

## 9. Social Background

Appropriate family background is important as it ensures and helps the career furthermore, the development of a sportsman. Financial background of the family is an important factor since canoeing does not belong to the cheapest sports recently. Not all families can afford to undertake the costs of competitions and purchasing the equipment. It is important to gather and control appropriate friends. Absence of good friends can be the most damaging since it is easier to give head to the temptation than accomplish hard work. The financial situation of the club of sportsman is very important furthermore, it is not negligible what kind of professional, social and existential background the association can provide for its competitors. It is typical for coaches and teammates as well that they are capable to reveal and utilize the latent and hidden abilities in the course of thinking together. It has a role in forming of team boats! I have seen many times that a competitor solves his own problem if he had not enough personal knowledge in a way that he

organizes a team and find the solution together. These persons are committed and help the work of the coach.

## MATERIAL AND METHODS

### *Methods and Output of the Research*

- 50 kayak-canoe professional competitors;
- Control group with: 50 non professionals.

To gain data in relation to psychological immune competence the Questionnaire of Psychological Immune-system (Oláh, 1996) was used.

### *Aims*

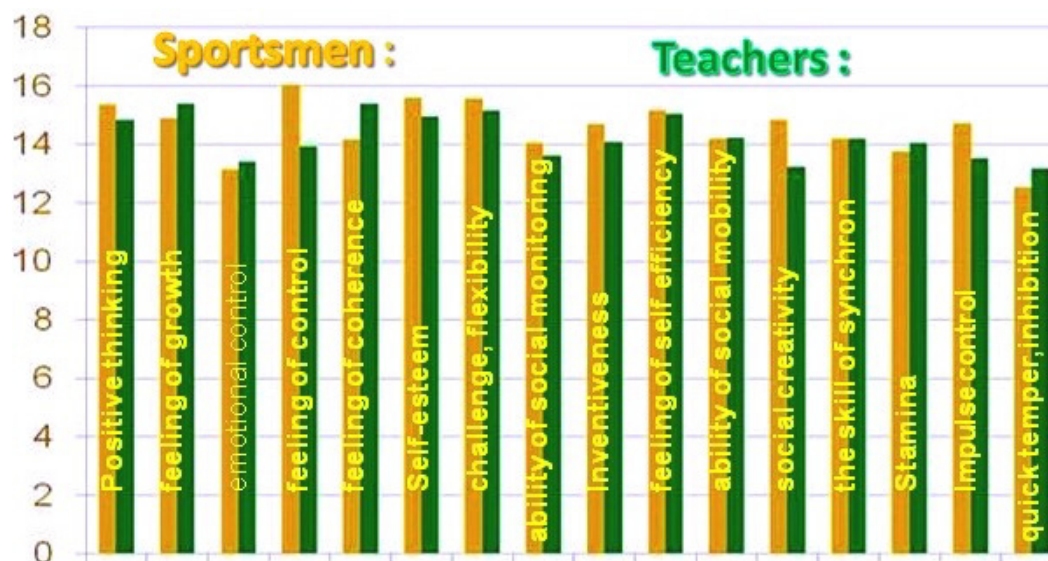
- To map up the protective factors developed by doing sports;
- To change trainers' attitudes on the basis of the outcomes;
- To work out methods supporting sportsmen/women to be able to adapt themselves into civil life.

### *The questions may be relevant for them:*

- Valid outcome can be gained only in the state of flow;
- Each successful professional has already experienced flow;
- This psychological immune system strengthened by trainings and competitions will support the individuals' life and career.

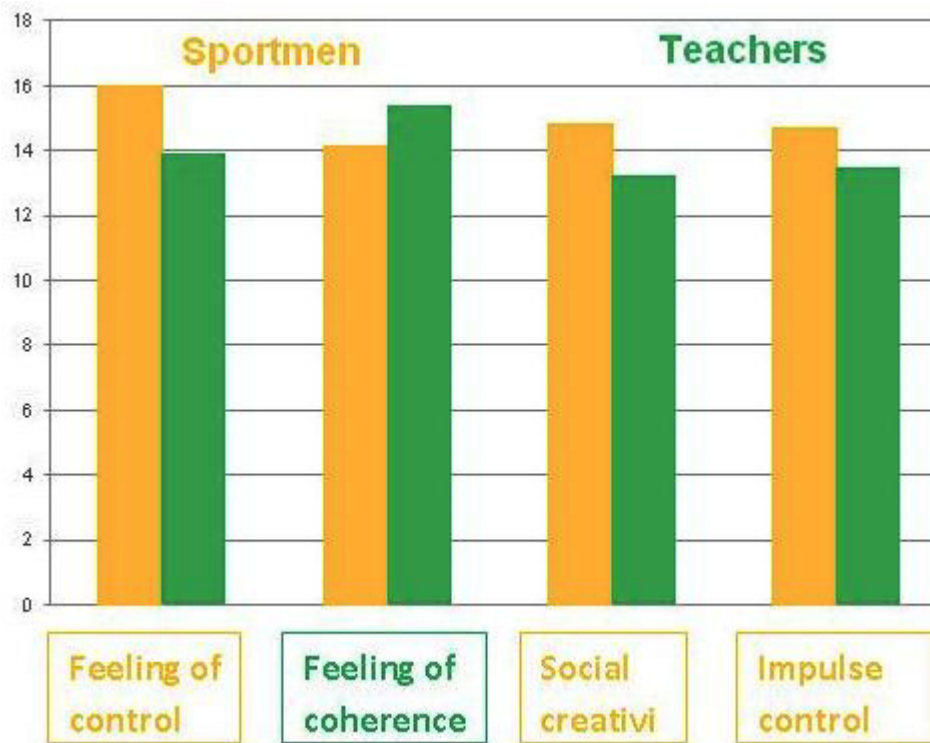
## RESULTS

The 16 scales (Figure 1) attempt to identify the interviewees' stress-resistance. Each scale has 5 items and the participants can indicate to what extent they think.



**Figure 1.** Outcomes of PIK scale.

In Figure 2, we can see the 4 dimensions where there are significant differences between the professional sportsmen and the control group. In the case of feeling of control, social creativity and impulse control the professional sportsmen achieved better result and in the case of feeling of coherence the teachers had higher scores. Unexpectedly sportsmen achieved worse results in the feeling of coherence. To me it highlights that with a special treatment I can expect an improvement of the performance. We can see the positive effect of the sport to the mental health.



**Figure 2.** Significant outcomes of the 4 factors.

## CONCLUSIONS

In case of educators there is a significant difference within the feeling of coherence due to the strict rules of sports. Sports do not support athletes in the third dimension of education. Actually rules will control their life (Gombócz, 2007). Bearing this fact in our mind indicate that we should develop the educative and pedagogic strategy of trainings. It is also crucial to make a plan that focuses on enhancing the awareness of the importance of experiencing FLOW as well positive thinking.

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