



Shishkovskaya A.V.

Features of physical I of sportsmen of different sports specialization

In modern society appearance becomes one of factors of success of the person in the most different spheres of life. It assumes necessity of studying of psychological bases influencing formation of the person's idea about own body. In the article there are presented results of the research of contents of I-physical of professional sportsmen in connection with their features of self-control and personal features.

Key words: I-physical, contents of I-physical, psychological self-control, self-consciousness, self-relation.

In modern society and culture there prevails the idea that appearance and corporal beauty are important conditions of personal, professional, social success. These ideas along with beauty standards are dictated by mass media and establishments offering services in the sphere of industry of beauty, health and a fashion. Thus, in conditions of artificial overstating of the human body's importance, there appears need for formation of beautiful body. There is obvious tendency of growth of consumption of the services focused on satisfaction of this need: sports sections and halls, house training apparatus, educational literature, dietary food, services in figure correction by various methods. For men and women the main role in increase of the body's importance is played by perception of own body and relation to it, instead of real parameters. It assumes necessity of studying of psychological bases influencing formation of the person's idea about own body.

In a general view in psychology the person's idea about own corporal parameters, own appeal is reflected in concepts «I-corporal» or «I-physical». In the existing researches devoted to I-physical, its separate aspects are revealed through research of distortion of physical I-image within the limits of clinical psychology, studying of perception and change of appeal in frameworks of imagelogy and expression psychology, research of role of I-physical for development of normal consciousness and self-relation among children's and teenage age within the limits of age psychology. For psychology of personality there are important value bases and personal features which cause personality's ideas about self and about physical I. Such works are obviously insufficient.

In researches of self-consciousness and I-concept native and foreign psychologists name I-physical a source (R. Berns), basis (A.A. Nalchadzhyan) of development of I-concept, one of factors (I.I. Chesnokova, V.S. Merlin), links of self-consciousness (V.S. Mukhina). However, underlining the importance of I-physical as a basis for development of self-consciousness and I-concept formation, researchers insufficiently reveal functions of I-physical in self-consciousness of the adult person.

Establishment of contents of I-physical of the mature person will allow to expand



our ideas about I-physical. Our scientific work is directed on research of the contents of physical I of professional sportsmen. The choice of such target group as the research object is caused by a number of reasons: firstly, there have entered into sample the adult men who have reached a certain level of professional skill in own body possession; secondly, owing to their sports activity physical I appear actualized; thirdly, various sports specialization allows to research distinctions in the contents of the adult person's I-physical.

The research subject is the contents of I-physical of sportsmen and not sportsmen in connection with their features of self-control and personal features.

In a general view I-physical we understand as a self-consciousness product, one of measurements of the person's I-concept, reflecting the person's idea about the corporal parameters, own appeal. We understand the contents of I-physical as reflected in the person's idea significant characteristics related by him to own body. The comprehensive self-control is defined as «the organized in a system way process of internal mental activity of the person», directed on initiation, construction, safeguarding and management of different kinds and forms of any purposeful activity of the person (O.A. Konopkin). The phenomenon «style of arbitrary self-control» characterizes specific features of planning and programming of purposes, ways of account of external and internal conditions, estimations of results and correction of own activity. The concept of "style" joins also the subject's degree of development and comprehension of processes of self-control (V.I. Morosanova).

The research purpose is to establish and study the leading contents of I-physical of men differing on age, presence or absence of professional-sports specialization.

The research aims are: 1) the theoretical: to distinguish approaches to studying of I-physical and phenomena similar to it; to establish the contents of I-physical; to describe on the basis of the analysis of various approaches age dynamics of I-physical; to consider influence of features of self-control of personality on the contents of I-physical; 2) the methodical: to develop methodical set of tools for studying of I-physical; to choose the methodical set of tools for studying of features of self-control, personal features; 3) the empirical: to carry out the description of the contents of I-physical among sportsmen, to define distinctions in the contents of I-physical between groups, to establish interrelations between the contents of I-physical and the basic regulatory processes, intensity of psychological protection, base aspirations of life, indexes of life comprehension.

The research object consists of 120 men, at the age of 20–30 years, who presented verbal versions of I-physical (CMS, MS and MSIC on powerlifting); CMS on judo; sportsmen of I category and CMS on football and basketball; not sportsmen).

The research methods are: the analysis of the scientific literature on the research problem; psychological testing, questioning; methods of nonparametric statistics: criterion of Friedman, Wilcoxon, Mann-Whitney; the quarter procedure; the factor of range correlations of Spearman. Techniques: the technique of «Estimation-substantial interpretation of components of appeal» of V.A. Labunskay; the questionnaire «Style



of self-control of behavior» V.I. Morosanova; the test questionnaire «Research of willed self-control» of A.V. Zverkov and E.V. Eidman; the questionnaire «Index of life style» of Plutchik-Kellerman-Konte; the test of sense of life orientations, adapted by D.A. Leontyev; the «Base aspirations» technique of O.I. Motkov; the self-description technique; the content-analysis of self-descriptions; the questionnaire for measurement of self-appraisal of I-physical.

The research results

1. On the basis of review of the literature on the studied theme, we have theoretically and empirically established and described the contents of I-physical in which there are included ideas about own body, its functioning and features; ideas about individual borders of own body; relation to own appearance; ideas about separate parts of the body, their functioning; the way of self-relation to own body.
2. As empirical indexes of the listed components of the contents of I-physical there have acted: a) for ideas about own body, its functioning and features – preferences on primary frequency of occurrence in the contents of self-descriptions of mentions of the whole body and its functions, their primary verbal detailization, and also the data of the research of self-appraisal of subjective indexes of health and conditions of actualization of corporal self-consciousness; b) for ideas about individual borders of own body – preferences on frequency of mention of individual borders of own body in texts of self-descriptions, self-appraisal of a concrete arrangement and functions of individual borders of own body; c) relation to own appearance – the data of the research of parameters of relation to appearance; d) ideas about separate parts of the body, their functioning – preferences on primary frequency of occurrence in the contents of self-descriptions of either parts of the body, bodies and their functions, their primary verbal detailization, and also the data of research of self-appraisal of separate parts of the body; e) for the way of self-relation to own body – a degree of expressiveness of subjective and objective ways of self-relation to own body, self-appraisal of factors of change of self-relation to own body.
3. It is experimentally established that contents of subjects' I-physical differ depending on presence or absence of professional-sports specialization.
 - 3.1. By results of the content-analysis of self-descriptions it is established that in the contents of I-physical of sportsmen and not sportsmen there are included not only ideas about own body, its functioning and features, but also ideas about personal features in spheres of subjects' life activity.
 - 3.2. The additional data of questioning directed on measurement of self-appraisals of parameters of I-physical have allowed to reveal the following features in the investigated groups of respondents.
 - 3.3. As subjective criterion of health among all respondents there acts the general corporal state of health. At the group of not sportsmen there is also the criterion of subjective sensation of comfort, «transparency» of own body.



- 3.4. Conditions of actualization of corporal consciousness differ. For fighters and command players as leading there act situations of development of new movements and actions; for powerlifters it is a situation of somatic disease; for not sportsmen it is a situation of sports training.
- 3.5. There are revealed distinctions in ideas about borders of own body. Among powerlifters they are open and undefined. There prevails the idea about laying of body borders on external objects which are in close and long physical contact to the subject (clothes, a bag, an apparatus, etc.). The basic functions of the body borders consist in subject's bordering from environment and definition of his "location" in the body. Among fighters and command players leading is an idea that body borders pass on a skin and carry out functions of protection against external influences; command players also name function of estimation of growth, volumes, form and size of own body in comparison with other objects. Not sportsmen perceive borders of own body passing on clothes which are put on them, and carrying out functions of self-appraisal of growth, volumes, form and size in comparison with other objects.
- 3.6. Perception of own appearance is also different among respondents. Fighters show complete perception of appearance which is reflected in consciousness as general satisfaction in own appearance. For powerlifters and command players it is important to be satisfied in own appearance and to show in external shape gender features reflecting the accessory to a male. For not sportsmen it is important to show in appearance the accessory to certain social roles.
- 3.7. There are revealed distinctions between groups on a level of subjective importance of the body, functions of the body and separate parts of the body. For fighters functions of the whole body and its parts, among which the most significant are back and hands. Powerlifters and command players the greatest value in perception of own body attribute to functions of separate parts of the body among which powerlifters as the most essential name back, hands and feet, and command players – only feet. For not sportsmen functions of the whole body are the most essential in perception of own body. Among the most significant parts of the body they name eyes and head.
- 3.8. Features of self-relation in groups of respondents have some differences. Among fighters, powerlifters and not sportsmen the objective self-relation to the body prevails; among command players it is observed mixed way of the self-relation to the body. Thus fighters, command players and not sportsmen are guided by own ideas about own body; powerlifters – by requirements and features of their trade.
4. Features of self-control and personal features of the subjects differing on presence or absence of professional-sports specialization are connected with components of contents presented in self-descriptions of I-physical.



- 4.1. Leading regulator processes of sportsmen and not sportsmen are various both on the contents and on expressiveness. At expressiveness of independence, among powerlifters it is observed better comprehension of motives, intentions and aspirations ($r = 0,48$; $p < 0,05$) and less comprehension of vital circumstances and situations ($r = -0,366$; $p < 0,05$). Among command players, at importance of independence, vital events and circumstances are worse realized ($r = -0,398$; $p < 0,05$), and at the importance of programming there are worse realized expressional characteristics of self as the person, mood, emotions and feelings ($r = -0,369$; $p < 0,05$). Not sportsmen, at expressiveness of flexibility, better comprehend motives, intentions and aspirations ($r = 0,364$; $p < 0,05$).
- 4.2. Leading for sportsmen and not sportsmen is the index of general willed self-control expressed in different degree. Fighters, at importance of willed self-control, find out less comprehension of life circumstances and events ($r = -0,399$; $p < 0,05$); powerlifters – characteristics of self as personality, own I, opposite to a corporal cover ($r = -0,393$; $p < 0,05$); command players – ideas about complexion, appearance of own body ($r = -0,403$; $p < 0,05$); not sportsmen – ideas about own face ($r = -0,414$; $p < 0,05$).
- 4.3. Leading psychological protections of sportsmen and not sportsmen are various both under the contents, and expressiveness. Among powerlifters at expressiveness of the protective mechanism of negation, there takes place better comprehension of the own skills, knowledge, abilities ($r = 0,398$; $p < 0,05$); life circumstances and events ($r = 0,459$; $p < 0,05$), worse comprehension of functions of the body ($r = -0,379$; $p < 0,05$) and social environment ($r = -0,378$; $p < 0,05$); at expressiveness of the mechanism of projection, there are better comprehended features of their sports activity ($r = 0,383$; $p < 0,05$). Among command players, at high importance of negation, there are better comprehended separate parts of the body ($r = 0,455$; $p < 0,05$), but there are worse comprehended their functions ($r = -0,415$; $p < 0,05$); at importance of compensation, separate parts of the body are better comprehended ($r = 0,433$; $p < 0,05$); and at importance of the mechanism of projection there are better comprehended functions and physical possibilities of the whole body ($r = 0,396$; $p < 0,05$).
- 4.4. The indexes of life comprehension expressed in different degree are leading for sportsmen and not sportsmen. In the group of fighters, at expressiveness of life purposes, there takes place less comprehension of features of sports activity ($r = -0,400$; $p < 0,05$), vital circumstances and events ($r = -0,492$; $p < 0,05$); at expressiveness of life process there is also observed less comprehension of life circumstances and situations ($r = -0,469$; $p < 0,05$). Among powerlifters, at importance of life purposes, there are worse comprehended life intentions, motives and aspirations ($r = -0,424$; $p < 0,05$). For command players high expressiveness of process of life is ac-



accompanied by less comprehension of characteristics of self as personality, operating subject opposite to a corporal cover ($r = -0,440$; $p < 0,05$).

The theoretical, methodical and practical importance of the research.

1. The developed ideas about I-physical and its contents, and also results of its empirical research among sportsmen and not sportsmen expand scientific ideas about self-consciousness as a whole and consciousness of the biological individual in particular.
2. The revealed communication between personal features and features of self-control on the one hand, and components of the contents of I-physical on the other, supplement scientific ideas about internal conditions promoting formation of individual style of self-control of the person.
3. Results of the conducted research can be used by experts in the sphere of clinical, social psychology, psychology of personality, in practice of psychological consultation concerning informing and motivation of experts of those kinds of activity, subject and means of which is the body of the person and its appearance (professional sportsmen and trainers, actors, models, TV presenters, etc.).

As the prospect of our research it is supposed: to systematize the symptom-complex of the revealed properties of I-physical of sportsmen in comparison with not sportsmen, to develop practical recommendations for trainers and sportsmen with a view to increase consciousness of I-physical and perfection of mechanisms of self-control.

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