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ATTACHMENT TYPE STUDYING OF AN ATHLETES INVOLVED IN DANCESPORT

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Abstract. Knowledge of the individual characteristics of an athlete - this is the way to achieve high results as the sport makes certain demands to the structure of the person, of an athlete. One of the problems in the sphere of elite sport is studying and science-based education of the high-class individual athlete. The aim of the research work is studying attachment type of different qualification athletes who involved in dancesport. The studying was held in Kiev on the basis of dancesport club of the National University of Physical Education and Sports of Ukraine «Supadance», took part 84 dancers of different qualification (age 18-35 years), who were divided into 2 groups in order to identify individual characteristics and determine their impact on the

successful activity in dancing: 1).highly-qualified – 44 athletes (6 – honored masters of sport; 12 – masters of international sport class; 26 – masters of sport of Ukraine; 2).qualified – 40 athletes of I category.

Was used methodic of determining type of attachment by S. Hazan and F. Shaver intended to identify the main attachment types of person in relation to another object that reflects his tendency to characteristic behavior in interpersonal relationships. Installed attachment types of athletes: stable, closed and anxious-ambivalent. According to foreign researchers, this figure is crucial for interpersonal relationships. We felt it important to study this phenomenon in relation to the «pair» kind of sport because these data can be informative for predicting the stability of the couple.

Make sure to note that both groups of dancers peculiar stable attachment type, which facilitates continued cooperation; it acquires its importance for the selection to study dancesport, and at the stage of formation of couple. Prospects for further research will be studying the attachment type of dancers and their combinations in pairs at the stage of basic training.

Key words: dancesport, type, attachment, athletes.

Introduction. Modern development of dancesport as a kind of sport, its international awareness, emergence of a significant number of highly qualified athletes, high competitive level of dancing couples, as well as integration of theory and methodology of teaching dancesport in the higher educational system requires more detailed consideration of issues and personal characteristics of athletes-dancers and their compatibility in pairs.

Studying factors influencing on result of athlete is one of the key problems in sport science. With the development of dancesport appears need in such studies from

which directly or indirectly dependent the efficiency of coach work with sportsmen, in particular for creating successful pairs in dancesport.

With this in mind preparation of couples can't occur spontaneously and requires scientific approach: studying the conditions of sports activity, individual characteristics of dancers, development of diagnostic tools for evaluation, staging professional selection issues, clarify basic conditions for formation of successful couples.

From the general problems of training in sport, containing biomedical and pedagogical parts, separate link is studying psychological characteristics that influence on successful activities of athletes. The basis of sport is composed from three basic elements: selection, training and competitive activity – and in each of these is important psychological preparation [4].

Sports teachers are engaged mainly in solution problems of physical, tactical, technical training of athletes, introduction of the psychological recommendations, despite of great importance and need to work on the psychological preparation of athletes is problematic.

Current approaches to assessment are based on the specific requirements for the personal and professional qualities: professional behavior, effectiveness and individually personal traits [1].

Individual and personal characteristics of athletes are caused not only by a common phylogenetic development process, but also by specifics of ontogenesis [8]. In scientific literature is noticeable interest of modern science to the studying of early interpersonal relationships and their role in the functioning of the adult psyche [2].

Type of attachment - the expectation that occurs people with regard to their relationships with others based on internalized as child of a certain type of attachment [2, 3]. The nature of attachment is transformed into stable internal representations and expectations about relationships, from which directly depends person's ability to build relationships and adequately respond to inevitable differences and conflicts [2]. This relationship forms the basis of all future relations [3]. Therefore, considerable interest present data of modern science on the role of attachment in the functioning of the adult psyche [5, 7, 9, 11]. Interpersonal sources of individual reactions to trauma and stress

indicate protective function of attachment, from the quality of which depends the ability of adult person to confront effectively the stressors and stressful influences [6], achieving success in a particular activity. This confirms the established relationship between the types of psychological attachment of people with different features of mutual relations and the choice of strategy behavior in conflicts [9]. The theory of attachment types is particularly important for the management of pair kinds of sports, as dancesport.

Discussion. Aim – studying attachment type of different qualification athletes who involved in dancesport.

Tasks:

1. Analyze and summarize the data of literature on the problem of success.
2. Set the attachment type of dancers who have different qualification.
3. Determine the optimal combination of characteristics obtained for successful partnership.

To achieve the objectives were used the following methods:

1. Theoretical analysis and generalization of scientific and methodical literature.
2. The method of psycho-diagnostics.
3. Methods of mathematical statistics.

The studying was held in Kiev on the basis of dancesport club of the National University of Physical Education and Sports of Ukraine «Supadance», took part 84 dancers of different qualification (age 18-35 years), who were divided into 2 groups in order to identify individual characteristics and determine their impact on the successful activity in dancing:

- 1..highly-qualified – 44 athletes (6 – honored masters of sport; 12 – masters of international sport class; 26 – masters of sport of Ukraine;
- 2..qualified – 40 athletes of I category.

Was used methodic of determining type of attachment by S. Hazan and F. Shaver [2] intended to identify the main attachment types of person in relation to another object that reflects his tendency to characteristic behavior in interpersonal relationships. Installed attachment types of athletes: stable, closed and anxious-ambivalent.

According to foreign researchers, this figure is crucial for interpersonal relationships [2]. We felt it important to study this phenomenon in relation to the «pair» kind of sport because these data can be informative for predicting the stability of the couple (table 1).

Table 1

Attachment type of dancers in different qualification (n=84)

Athletes	Quantity of athletes with the type, %		
	stable	closed (avoiding)	anxious-ambivalent
I group (n=44)	55	32,5	12,5
II group (n=40)	66,7	22,2	11,1

Notes: I group – highly-qualified dancers, II – qualified

Thus, the table 1 shows that stable or open attachment type is dominant for the majority of athletes (55% and 66,7 %). This corresponds to the data given by foreign researchers: 50-75 %; 15-30%; 4-25 % respectively. The data, at first glance, unremarkable, but combination in sport pairs can have a significant impact on the stability of forecast pair, as well as serve as basis for other studies.

So, L.A. Nikolaeva investigated the relationship of attachment types and strategies of behavior in the conflict. It is noted that the nature of attachment in married couples affects the choice of strategy behavior in conflict: people with stable (safe) attachment type used «cooperation» and «compromise»; closed (avoidant) type – «competition»; with anxious-ambivalent – «avoidance» and «concession» [9].

The results of our research in certain extent confirm the data presented: for example, 57,7 % of athletes have shown similar to these studies of L.A. Nikolaeva result, athletes with stable attachment type use strategy of «cooperation» and «compromise»; 50 % of athletes with closed attachment type – «avoidance»; 22,2 % – «rivalry» and 12,5 % of athletes with anxious-ambivalent attachment type – «avoidance» and «concession».

Dancesport as a kind of sport has its own specifics, so it should be noted significant differences from these studies. In the sphere of elite sport, where there is competition and the competitive behavior, on the one hand, and on the other – the need to comply with cooperation in pair, is crucial the choice of an athlete two strategies – competition and cooperation (20,9 and 39,5). Apparently that's why 60,4% of dancers are choosing these strategies, regardless of the attachment style.

According to L.A. Nikolaeva, most conflict-resistant are people with stable type of attachment, as they are able to optimally organize their behavior in the conflict, and to find the optimal way to its resolution. Among the elite athletes there are 55 %. In 28,6 % of couples both partners have stable type of attachment, and in 42,8 % of couples, one partner has this type [9].

According to foreign researchers, this figure is crucial for interpersonal relationships. Based on the principle of similarity, the figure of partners can be the same: probably easier to perceive the usual style, as is characteristic of a familiar partner demeanor, it appears easier to understand, in turn, contributes to the prevention of conflicts and increase the success of operations.

In the scientific literature, analyzed the possibility of combining different attachment styles between the partners. Although such studies are about more intimate relationships than a partnership in dancing couple (it can't be compared with a married couple), however, we have explored partnership based on the length of time spent together in the process of training and competitive activities [11] (table 2).

Table 2

The attachment styles combination of highly-qualified athletes in dancing pairs (n=44)

Attachment style	Quantity of athletes, %
Stable-stable	28,6
Steady-avoidant	33,3
Steady-anxious	14,3
Anxious-avoidant	9,5
Anxious-anxious	–
Avoidant-avoidant	14,3

As can be seen from the data presented in table 2, in highly-qualified pairs mainly prevalent stable combination style as the best partnership (28,6 %) and with combination of strong avoidant style (33,3 %). And there is no combination anxious style, probably due to the instability of such dancing couple.

Conclusions. Make sure to note that both groups of dancers peculiar stable attachment type, which facilitates continued cooperation; it acquires its importance for the selection to study dancesport, and at the stage of formation of couple. Prospects for further research will be studying the attachment type of dancers and their combinations in pairs at the stage of basic training.

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