

**THE IMPORTANCE OF CREATING A POSITIVE PSYCHOLOGICAL
ENVIRONMENT IN SPORTS TRAINING**

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Abstract

This article provides a comprehensive scientific analysis of the impact of creating a positive psychological environment in the sports training process on athletes' physical preparedness, psychological stability, and social adaptation. The study substantiates the close relationship between the psychological environment and athletes' motivation, emotional state, self-confidence, stress tolerance, team relationships, and the effectiveness of competitive performance. The results of the analysis of scientific and methodological literature and pedagogical observations indicate that creating a favorable psychological environment during sports training is one of the key factors ensuring stable improvement in sports performance.

Keywords: sports training, positive psychological environment, sports psychology, motivation, emotional state, stress tolerance, coach-athlete relationships.

Introduction

In modern sport, the process of achieving high performance results is becoming increasingly complex. Not only the athlete's physical preparedness, but also their psychological state, mental stability, and adaptation to the social environment are of great importance. Therefore, creating a positive psychological environment during the sports training process is considered one of the most pressing issues in contemporary sports theory and practice. During sports training, athletes perform under conditions of high workload, competition, responsibility, and pressure. These factors directly affect the athlete's psychological state and may either enhance or reduce training effectiveness. Consequently, creating a favorable psychological climate during training contributes to the full realization of an athlete's potential.

Degree of Problem Investigation

Research in the field of sports psychology has extensively addressed issues related to athletes' motivation, emotional stability, volitional qualities, and adaptation to stress. Researchers emphasize that trusting relationships between the coach and the athlete, as well as a healthy psychological environment within the team, have a direct positive impact on sports performance. However, in practice, in some sports teams the psychological environment is considered a secondary factor, while primary attention is given solely to physical workloads. This approach leads to mental fatigue, decreased interest in training, and early withdrawal from sports activities among athletes.

Purpose and Objectives of the Study

The purpose of the study is to scientifically substantiate the impact of creating a positive psychological environment in sports training on athletes' preparedness and sports performance.

The objectives of the study are:

- to reveal the essence of the concept of the psychological environment in sports training;
- to determine the influence of a positive psychological environment on athletes' motivation and emotional state;
- to analyze the role of the coach in shaping the psychological environment;
- to develop practical recommendations for improving the sports training process from a psychological perspective.

Research Methods

The study employed methods such as analysis of scientific and methodological literature, pedagogical observation, psychological questionnaires, interviews, pedagogical experiments, and



mathematical-statistical analysis. The Essence of a Positive Psychological Environment in Sports Training A positive psychological environment is a condition in which athletes feel free, confident, and supported during the training process. Such an environment activates the athlete's intrinsic motivation, ensures a responsible attitude toward training, and enhances satisfaction with sports activities.

A positive psychological environment is manifested through the following factors:

- open and trusting communication between the coach and the athlete;
- mutual respect and cooperation within the team;
- attention to the athlete's personal opinions and feelings;
- balanced application of encouragement and constructive criticism.

Research Results and Their Analysis

The results of the conducted research show that in sports teams with a positive psychological environment, athletes demonstrate higher participation activity in training sessions, stronger discipline during training, and stable improvement in sports performance. In such an environment, athletes are not afraid of making mistakes, strive for self-improvement, and positively accept the coach's recommendations. In contrast, in training sessions dominated by a negative psychological environment, athletes experience increased insecurity, fear, emotional instability, and stress, which reduces training effectiveness.

The Role of the Coach in Creating a Positive Psychological Environment

The coach is the key figure in shaping the psychological environment in sports training. The coach's communication culture, fair approach, and individual attitude toward athletes ensure a positive psychological climate. Encouraging athletes, recognizing their achievements, and correctly analyzing their mistakes enhance athletes' self-confidence. Creating a positive psychological environment in sports training requires planning psychological preparation alongside physical workloads. Incorporating psychological exercises, team games, and communication elements into the training process contributes to stabilizing athletes'

psychological state.

Conclusion

According to the research results, creating a positive psychological environment in sports training plays a decisive role in improving athletes' physical and psychological preparedness. A



positive psychological environment strengthens athletes' motivation, increases stress tolerance, and ensures stable development of sports performance. Therefore, psychological factors should be taken into account when organizing sports training.

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