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Increase the performance in women soccer players by using autogen training and sugestiv technics

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Abstract: Objective: The purpose of this study was to examine the relationship between autogen training and sugetiv technic and the performances of women soccer players (both, psychological and physical performances).

Research Methods and Procedures: In this study were participated 20 women soccer players from Selena SN Constanta team. The psychological abilities such as distributivity and concentration of attention, choise reaction times and the level of motivation was measured by standardised tests. The physical abilities was considered the precision of receiving, passing and shooting the ball.

Results: The analysis of the data show that the experimental group obtained significant performances than control group (p < 0.05), with one exception – the values of choise reaction times.

Discussion and Conclusions: The results confirm that the autogen training and sugestiv technic had positive effects regarding concentration and distributivity of attention and motivation of the subjects.

Key-words: autogen training, sugestion technics, women soccer player, performance

1. Introduction

In the last decades the role of the psychologist in soccer performance has become one of the well known, and his contribution in the preparation of players can no longer be questioned.

In the sports activity the most known and used methods and psychological techniques at this time are autogenic training and suggestive technique.

Autogenic training is "a method of scientific relaxation, which is based on a global approach of the personality of the athlete" (I. Holdevici, 1995). The method is based on a set of mental and physical exercises, that are composed to achieve a general decontraction of the body.

Autogenic training consists of two cycles:

1. The inferior cycle which includes: suggesting the sensation of weight in the limbs, sensation of heat in the limbs, calming the breathing and heart rate, suggesting the sensation of vasoconstriction at the level of the forehead, sensation of heat in the area of the solar plexus and general relaxation.

After practicing these exercises is found in the majority of subjects a state of calm, a general physical and mental relaxation.

2. The superior cycle requires good knowledge about the elements from psychopathology and psychotherapy. The exercises in this cycle are not accessible to the majority of the subjects and assume concentrating on concrete objects, abstract ideas, colors, etc.

The exercises from both of the cycles, especially the perception of the weight and heat are particularly effective, and have a number of practical applications, such as: improving rest, recovery after effort, increasing the ability of concentration of attention and mnezic functions (M. Epuran, I. Holdevici,

1980, Ene-Voiculescu, C. et al, 2012). Basically, the purpose of this method consists in inducing, by the psychophysiological exercises, a general relaxation of the body, which allows the communication of suggestions - like in hypnotic techniques (I. Holdevici, 1995, Freitas S. P. Et al., 2013).

The suggestion, according to Epuran and Holdevici, 1980, is "a normal phenomenon which can take place both in the waking and in the hypnotic state". It is one of the basic mechanisms of the relaxation, because the subject relaxed is disconnected from perturabtor external stimuli, and his receptivity to suggestions from the psychologist increase very much. To be effective, the suggestions used in relaxation state must meet several conditions: to serve its intended purpose, not to be too long, to be positive, to be plastics, to be realistic, to be simple, to be convincing (I. Holdevici, 1995. B. Beswick, 2001, Theodorakis, Y., et al., 2000, Thelwell, R.C., et al., 2006).

Starting from the above, we suppose that, in girls who practice soccer, autogenic training and suggestive technique can determine a number of effects which, cumulated and hardened by an appropriate physical training, can lead to improving their performance.

2. Material and method

Twenty players, members of the women's soccer team SN Constanta, participated in the experiment. Age and work experience in their football activity are presented in Table 1:

	Age	Work experience in soccer (years)
Experiment group	22,70 ±	4,30 ±
(N =10)	4,96	1,70
Control group (N -10)	21,60 ±	$4,00 \pm$
Control group (N = 10)	5,37	2,21

Table no.1: Subjects characteristics

The experiment was conducted between 20 September 2016 and 25 April 2017.

The initial testing took place between 20 and 30 September 2016 and consisted in psychological tests, visual measurement of the TR and the evaluation of the technical parameters (the accuracy of the passing, the precision of receiving the ball and shooting the ball).

Based on the results obtained in the initial testing, subjects were divided into two groups: experimental and control. It was intended that both batches should be as homogeneous both as regards the degree of development of the psychological qualities of footballers and as regards the level of their technical abilities. The second stage - the experiment itself - took place between 1 October 2016 and 15 April 2017. At this stage were applied to the experimental group, relaxation techniques (autogenously training) and suggestive techics.

The third stage - the final testing - was achieved in the period 16-25 April 2017.

Psychological performances were determinate by using classical psychological tests: Prague – for attention distributive, Kraepelin – for concentration of attention, Determining Motivation Level Questionnaire and Apparel for TR determination – attested by Metrological Laboratory of Regional C.F. Constanta-Romania.

Technical abilities of a subjects was determinate by using some specific tasks for soccer game: the precision of receiving the ball from air and on the ground, accuracy of passing the ball – on short distance (3-10 m) and long distance (over 10 m), and precision of shooting the ball (in each corner of the gate from 20 meters, central position).

For each task was registered number of successful executions of 10. For processing and interpretation of the results we used the following indices statistics: arithmetic mean, standard deviation and the significance of the differences between the media (the "t" test student). The threshold of significance was set at p < 0.05.

Parameters			Experimental group (N =10)	Control group (N =10)	
50			19,10 ± 3,21	$16,50 \pm 2,95$	
	Distributive of attention (Prague)	II	18,00 ± 3,43	$16,00 \pm 2,21$	
ting		III	$16,40 \pm 2,95$	$15,70 \pm 2,00$	
tes		IV	$18,50 \pm 3,17$	$18,50 \pm 1,90$	
nitial	Concentration of attention (Krepelin)		$222,40 \pm 50,32$	$197,00 \pm 49,26$	
I	Choice reaction time		84,40 ± 22,18	$78,29 \pm 15,10$	
	Motivation		$110,80 \pm 15,78$	$109,80 \pm 11,98$	
			$24,10 \pm 3,11$	$17,50 \pm 3,00$	
50	Distributive of attention (Prague)	II	$20,00 \pm 3,50$	$16,40 \pm 2,43$	
ting		III	$21,40 \pm 2,78$	$17,70 \pm 1,87$	
al test		IV	$22,50 \pm 3,02$	$17,50 \pm 2,06$	
	Concentration of attention		$324,40 \pm 42,12$	212,00 ± 38,16	
Fin	(Krepelin)				
	Choice reaction time		$74,30 \pm 11,03$	80,91 ± 12,10	
	Motivation		$125,30 \pm 12,78$	$112,60 \pm 11,08$	

 Table no. 2: The results from psychological parameters

3. Results and discussions

The results obtained from administering psychological tests are presented in table 2. The statistical analysis has shown that in initial testing, the performance of both groups of subjects does not differ significantly (p > 0.05).

Instead, the final batch, experimental performances are significantly better than those of the batch (p < 0.05), with one exception: the results from testing the choice TR, where there have been no significant differences between the two groups (p > 0.05).

On the experimental lot, statistical analysis demonstrates that the performances recorded at the final testing are significantly better than those obtained from initial testing (p < 0.05), with the same exception choice TR where there have been no significant differences between the two tests (p > 0.05).

It demonstrates that the application of autogenic training and suggestive technical has significant beneficial effects, especially in distributive and capacity of concentration of attention and last but not least, of the level of motivation.

Even in the case of visual choice RT, the effects are beneficial, reducing it to final testing compared to the initial one, but not so much that this decrease becomes statistically significant.

The technical performances of the subjects participating in the experiment are presented in Table no. 3.

	Paran	neters		Experimental group (N =10)	Control group (N =10)
	Accuracy of receiving ball (successful executions of 10)	Ball from front	up	$6,3 \pm 2,03$	5,5 ± 1,24
			dow n	8,5 ± 1,16	7,2 ± 0,63
		Ball from lateral	up	$4.9 \pm 2,12$	$6,4 \pm 1,12$
			dow n	7,2 ±2,34	$6,3 \pm 1,43$
ng	Passing precision	Short distance (5m)	up	7,5 ±1,45	$6,12 \pm 2,37$
l testi			dow n	$7,86 \pm 2,54$	$7,\!12\pm1,\!67$
itia	(successiui executions of	Long distance (20m)	up	5,03 ±1,42	$4,35 \pm 0,37$
Ini	10)		dow n	$7,22 \pm 1,32$	5,47 ± 1,12
	Kicking	Corner up le	eft	$4,00 \pm 1,06$	$3,45 \pm 0,32$
	precision (successful executions of 10)	Corner down left		$3,37 \pm 0,40$	$4,12 \pm 1,24$
		Corner up right		$4,78 \pm 0,24$	$4,56 \pm 1,04$
		Corner down right		$4,25 \pm 1,18$	4,86 ±0, 56
	Accuracy of receiving ball (successful executions of 10)	Ball from	up	9,3 ± 1,03	$6,5 \pm 1,24$
		front	down	9,8 ± 1,16	8,2 ± 0,63
		Ball from lateral	up	$9,2 \pm 0,13$	$7,9 \pm 1,12$
			down	$9,2 \pm 2,34$	7,3 ± 1,23
ng	Passing	Short distance	up	9,87 ±1,25	$7,92 \pm 1,37$
esti	precision	(5m)	down	$10,00 \pm 0,00$	8,12 ± 1,27
al to	(successful	successful ecutions of 10) Long distance (20m)	up	8,63 ±1,42	$6,35 \pm 0,37$
Fins	executions of 10)		down	$10,00 \pm 0,00$	7,87 ± 1,12
	Kicking	Corner up left		$7,45 \pm 0,32$	$6,00 \pm 1,06$
	precision	Corner down	left	8,95 ± 1,24	$6,87 \pm 0,60$
	(successful	Corner up ri	ght	8,56 ± 1,04	$6,78 \pm 0,14$
	executions of 10)	Corner down right		$9,86 \pm 0,36$	$7,25 \pm 1,28$

Table no. 3: The results from technical parameters

Statistical analysis shown that are no significant difference between groups in initial testing (p > 0.05). On the final testing, experimental group has registered significant better results than control group, on all technical parameters.

That demonstrates the efficiency of the psychological methods applied in soccer training. So, autogenic training and suggestive technique has significant beneficial effects on technical performance in soccer women.

4. Conclusions

1. Applying autogenic training and suggestive technique leads to improving the psychological performances of women footballers, especially improving the distribution and concentration of attention.

2. The technical performances of the footballers in the experimental group are significantly better at the final test than the initial test.

3. The technical performances of footballers in the experimental group are significantly better than those of the footballers in the control group, regardless of the type of the tested parameters.

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