

EVALUATION OF PERSONAL ANXIETY OF STUDENTS ENGAGED IN MARTIAL ARTS

Kunynets Olha Bogdanivna, Novytskyi Oleksandr Oleksandrovych, Khomyshyn Volodymyr Pavlovych, Verevkin Oleg Olegovich

Danylo Halytskyi National Medical University

Actuality: Measuring anxiety as a personal quality is important as this quality largely determines human behavior. When personal anxiety refers to stable individual characteristics that reflect the ability of the subject to anxiety and implies the presence of a tendency to accept a broad range of situations. Initial training of students are characterized by low levels of self-regulation of behavior, which can be increased through the systematic application of psychological training that affects the development of mechanisms for self-regulation and the formation of personal readiness through training and competitive activities.

Aim: To determine the level of personal characteristics of anxiety students have at the initial stage of their athletic training, which applies of first year.

Methods: To determine the level of personal anxiety in a group of first-year students, were held by individual survey questionnaire D. Taylor and scale of personal anxiety D. Taylor, V.H. Norakidze.

Results: Analysis of the results showed that the performance of personal anxiety in the subject group ranged from 14 to 29 points. The level of anxiety of 5 people surveyed average with a tendency to low (within 7-15 points), 6 surveyed ranged from 15-25, which corresponds to the average level with tendency to low. Since the first and second tests in individual students did not differ significantly, this is evidence of the stability of the obtained data in the first and second variants of testing