

The personal potential impact of combat athletes on overcoming mental stress in the stressful situation of competitive activity

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Abstract. *The results of an empirical study regarding the personal potential impact of combat athletes on the ability to overcome mental stress during the preparation for the major competitions are presented. The study involves 40 female athletes, members of the first Russian women's team in sambo, judo and catch style, aged 21 to 35 years. Using discriminant analysis, the correlation between stress indicators in a stressful situation and the personal potential characteristics of athletes is exposed.*

Keywords

Sports activities as stress, Mental stress in competitive activity. The personal potential of a professional athlete, Discriminant analysis

I. Introduction

The research was carried out as part of a Ph.D. thesis for the degree of Candidate of Psychological Sciences on the topic “The personal potential of professional athletes as a factor in overcoming mental stress in the stressful situation of sports activities”. The study is relevant for increasing the efficiency of sports activities for professional athletes.

Achieving top sports results and unlocking the potential of a professional athlete is one of the main goals of modern sports. Professional work of an athlete is characterized by extremely high mental, physical and emotional stress. Heavy loads during the work of athletes, as well as constant stressful situations on the way to achieving a sports goal can contribute to the development of negative mental states. Such stresses negatively affect the athlete’s personality and lead to occupational hazard.

In sports activities, one of the main reasons for a decrease in an athlete’s result is psychological stress in the training process. Competition is the highest stage of training, where the desire to increase one’s sports result is converted into reality in the presence of sports rivalry. Heavy and prolonged loads can have a negative impact on the athlete. Stress in the training process is associated with the need to perform high-volume physical activities, and in extreme conditions of competition, where the athlete's goal is to achieve a particular result, mental stress increases multiple times.

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Unlocking the athlete's abilities and overcoming adverse conditions are the main components of the athlete's personal potential. According to high-end trainers, the high personal potential of athletes helps to unlock their potential, helps achieving the required skills and abilities, and allows them to be successful in competitive activity. It also provides the ability to follow and achieve goals and strengthens the personal traits of the athlete, which help overcoming difficult situations in sports. One of the important criteria of personal potential is self-confidence and perseverance in achieving the goal set.

Studies of the conditions and causes of mental stress, its influence on the result of professional activity of athletes, and especially an in-depth study of athlete's personal potential and its influence on overcoming mental stress in a stressful situation opens up new opportunities for increasing the effectiveness.

Analyzing the literature sources showed that modern sports psychologists, on the one hand, study in depth the mental stress and overstrain of athletes as one of the typical features of sports activity, where competition and sports training require the maximum stress of all athlete's reserves. On the other hand, they investigate individual components of the personal potential of athletes, which affect the effectiveness of an athlete in a stressful situation. However, the personal potential of athletes as a holistic phenomenon has not been studied and, moreover, the impact of the personal potential of an athlete on overcoming mental stress in a stressful situation has not been studied.

II. Materials and Methods

Research goal: to study the personal potential impact of combat athletes on overcoming mental stress in the stressful situation of competitive activity.

Research hypothesis: the personal potential of combat athletes is an important factor for successfully overcoming mental stress, which occurs in stressful situations in professional sports activities.

Specific research hypotheses:

1. There is a direct relationship between the personal potential of athletes and their mental stress. It is translated in a more optimal overcoming of mental stress in the stressful situation of sports activities by combat athletes, if they have a sufficiently high level of their personal potential.

2. Personal potential characteristics of combat athletes determine the overcoming of mental stress in stressful situations of competitive activity through the individual and group multidirectional influence of these characteristics on the negative and positive stress states.

Empirical research design. The empirical research design implements step-by-step studying the personal potential impact of combat athletes on overcoming mental stress in the stressful situation of professional activity.

1. The following analysis was carried out at the first stage:

- socio-psychological characteristics of combat athletes, participants in the study (age of athletes, wrestling type, sports rank, competition status);

- personal characteristics of combat athletes determining personal potential on the basis of psychodiagnostic methodologies;

- mental state types of combat athletes in the stressful situation of their competitive activity.

2. At the second stage, the impact of the personal potential characteristics of combat athletes on overcoming mental stress in the stressful situation of competitive activity is determined:

- analyzing the influence of personal potential characteristics on mental stress indicators in stressful situations of

professional activity for combat athletes;

- determining the influence hierarchy of personal potential characteristics of combat athletes on mental stress indicators in a stressful situation;
- analyzing the impact scale and direction for the personal potential characteristics of combat athletes on mental stress indicators in stressful situations.

Psychodiagnostic methods for studying the personal potential characteristics of athletes. In order to study the various personal potential characteristics of combat athletes, the following psychodiagnostic methods were selected: *Self-actualization test (SAT)* [1]; *Vitality Test* [4]; "*Subjective control level*" test (SCL) [8]; "*Life-purpose orientations*" test (LPO methodology) [5]; *General self-efficacy test* by R. Schwarzer and M. Erusalem [10]; *Self-efficacy test questionnaire* by J. Maddux and M. Scherer [6].

The following psychodiagnostic methods were selected for studying the mental conditions of combat athletes in stressful situations of sports activity: *Questionnaire for assessing the psychoemotional state of SOPAS-8* [9]; *Methodology for the determination of neuropsychic resistance, risk, maladaptation in stress "Forecast"* [7]

The basis of the research results processing system was the basic modules of the SPSS 17.0 program. In order to determine the personal potential impact of professional combat athletes on overcoming mental stress in the stressful situation of competitive activity, a *discriminant analysis* was selected. According to L. Crocker, J. Algin [3] and D. Kramer [2], it allows determining quantitative variables establishing causal relationships, i.e. which personal potential characteristics of athletes (or a group of such characteristics) can determine the overcoming of mental stress in stressful situations.

The discriminant analysis was used in the research to study in more detail the personal potential influence combat athletes on their overcoming mental stress in stressful situations of professional activity. The discriminant functions obtained as a result of processing the diagnostic stage allowed the following:

- to establish the impact level of individual personal potential characteristics of athletes. This revealed the dominant characteristics and identified them as targets of psychological impact in the framework of psychological assistance to combat athletes having problems in overcoming stress in stressful situations;
- to determine the characteristics groups of the personal potential of athletes that have an effect on overcoming stress (for each of the highlighted stress states) in stressful situations of competitive activity. This is a part of an integrated approach to studying the personality of a combat athlete;
- to determine the impact orientation of personal potential characteristics of athletes on stress overcoming (for each of the distinguished stress states) in stressful situations of competitive activity. This was expressed in the determination of characteristics, which can enhance or weaken stress overcoming. These correlations can be taken into account by coach and team psychologist to regulate the manifestation of the personal potential characteristics at the stage of preparation for the competition.

Description of an empirical study sample. The empirical study involved 40 professional combat athletes from 21 to 35 years old, engaged in sambo, judo and freestyle wrestling. The study involved 14 (35%) masters of sports, 19 (47.5%) masters of sports of international class and 7 (17.5%) honored masters of sports. The study was conducted from 2016 to 2018.

When determining the sample of subjects, the quantitative and qualitative correspondence of the general population was taken into account. The example of such population was the composition of the Russian team announced at the World and European Championships in freestyle wrestling, sambo and judo. The research sample was

completed taking into account athletes belonging to three types of wrestling (freestyle wrestling, sambo and judo), the number of athletes in each type of wrestling in the Russian national team (freestyle wrestling – 32 athletes, sambo – 18 athletes, judo – 28 athletes). The number of weight categories in each type of wrestling (freestyle wrestling – 8 weight categories, sambo – 9 weight categories, judo – 7 weight categories) and the distribution of participants in each weight category (only one representative of the country can participate in the weight category) was also considered.

After that, the empirical study results of the impact of the personal potential characteristics of athletes on overcoming mental stress in the stressful situation of their professional activity are considered.

III. Results and Discussion

A number of significant results were obtained during the diagnostic phase of the empirical study, these results were used at a subsequent stage. However, due to the limited scope of the paper, these results cannot be presented. At this point, the following data was determined based on a description of the results by psychodiagnostic techniques:

- manifestation levels of the personal characteristics of combat athletes, which determine their personal potential;
- representation of the mental state types of combat athletes in stressful situation in their competitive activity.

Analyzing the impact of personal potential characteristics on mental stress indicators in stressful situations of professional activity of athletes. The selected method of mathematical analysis is *discriminant analysis*. In accordance with it and with the principle and particular hypotheses of the study, the coding of individual indicators of athletes was carried out based on the method “Self-assessment scale of actual mental conditions” (SOPAS-8) in accordance with the normative indicators of mental state indicated in this methodology.

Thus, for each of the indicators in SOPAS-8 methodology, the data of athletes was differentiated into three groups. The first group included low indicators according to the method, the second group included the average (the usual mental state according to the methodology), and the third one included high indicators of the corresponding mental state.

Such differentiation allowed assessing the impact of the personal potential characteristics of combat athletes on these mental states using the discriminant analysis procedure.

The results of discriminant analysis showed the following correlations between the stress indicators in a stressful situation and the personal potential characteristics of athletes.

1. ***Mental anxiety, the tension of athletes in a stressful situation*** is due to the following characteristics of personality potential. In the studied group, a major impact is caused by the following significant ensemble of personality characteristics: neuropsychic instability ($p = 0.000$), internality in the field of achievements ($p = 0.009$), self-efficacy in the field of objective related activity ($p = 0.009$), general internality ($p = 0.024$).

Thus, these indicators of personal potential affect the feeling of mental anxiety or resentment of athletes. It is characterized by an expression of high mental stress intensity, when the athlete experiences unprecedented stress and does not find relief. The bad mood is accompanied by such experiences as irritation, bitterness, a sense of frustration and dissatisfaction, anxiety about the frivolity of behavior, high levels of impatience, nervousness, fussiness.

Such impact suggests that athletes having a high level of self-efficacy, which is expressed in their ability to purposefully work on self-correction, can overcome ***mental anxiety and high stress in a stressful situation***. This self-improvement involves a high level of awareness of one’s abilities and the ability to use them in an optimal way. It

should be noted that special attention must be paid to the possibility of using even modest indicators to achieve high results in sports activities. However, the athlete's high potential does not guarantee high performance if the athlete does not believe in the possibility of using this potential in practice, and does not attempt to use all given to him by nature and by the professional community.

Above-mentioned patterns are confirmed by the fact that athletes with a low level of mental and psychological stability and high rates of subjective control over emotionally positive events and situations are more capable of overcoming mental anxiety and stress in a stressful situation. They usually have an expressed opinion, that they owe all the good in their lives to themselves, and they are able to successfully achieve their professional goals in the future.

2. Fear, anxiety, anxious expectation of combat athletes in a stressful situation is due to the certain characteristics of personal potential. In the studied group, a significant impact is exerted by self-efficacy regarding objective activity ($p = 0.001$), support ($p = 0.001$), temporal orientation ($p = 0.002$), internality regarding interpersonal relations ($p = 0.002$), neuropsychic instability ($p = 0.015$), internality regarding health and disease ($p = 0.036$), internality in the field of family relationships ($p = 0.050$).

The presented influence of personal potential indicators of athletes on the state of anxious expectations, fear and anxiety allows noting that athletes experiencing asthenic mental stress in stressful situations usually show caution, alertness, tension, fear, excitement, a feeling of helplessness, awkwardness, panic, fussiness, confusion.

Such condition is most common for combat athletes with following characteristics:

- low self-efficacy level in the field of substantive activity, which is manifested in a lack of awareness of their abilities and the possibility of their use. As a rule, this leads to an inadequate assessment of their strengths and is manifested in the belief that a high potential automatically guarantees high results. In another case, conversely, athletes with low potential do not believe in their strength and are not confident in the hidden potential of their personality;

- a high level of neuropsychic instability;

- a low rate of support over time, which manifests itself as a focus on external support, on the significant influence of external forces on one's own state, a strong dependence on the opinions of others, the desire to get approval from other people, which is associated with a high level of dependancy to supporting people;

- low level of orientation in time, which implies a disturbed temporal orientation. Such athletes are more focused on the past. In their thoughts they often return to past events, they are tormented by remorse for their failures. Athletes' thoughts about the future are filled with unrealizable plans, hopes for the impossible, unrealistic goals. Athletes perceive ideals and goals as means, by which they can satisfy the needs for recognition, admiration. Unrealistic goals arising from them reflect the inability of athletes to accept themselves as they are in real life and professional activity. This holds back the natural development of the athlete's personality and contributes to his sense of inferiority;

- a low level of internality regarding interpersonal relations, health and illnesses, as well as regarding family relations. Such athletes usually consider their partners as the cause of significant situations arising, not himself. They are inclined to consider their relationships as the result of actions of their teammates, consider their health status as the result of an accident and hope actions of other people, first of all doctors, will bring recovery.

3. The depression and exhaustion stat of athletes is caused by the following characteristics of personal potential. In the studied group of athletes, support or self-reliance ($p = 0.002$), temporal orientation ($p = 0.002$), and self-efficacy regarding professional activity have a significant impact on overcoming this condition ($p = 0.002$), accepting the aggression ($p = 0.005$), internality regarding interpersonal relations ($p = 0.009$), contact ($p = 0.009$), self-sensitivity ($p = 0.012$), neuropsychic instability ($p = 0.016$) synergy ($p = 0.023$), spontaneity ($p = 0.030$), resiliency ($p =$

0.048), involvement ($p = 0.050$).

Given the determined correlations, it should be noted that the state of mental depression and the athlete's feeling of exhaustion is equivalent to the level of apathy (zero "knockout" tension). This state manifests itself through such signs as inactivity, decreased willingness to interact with partners and rivals, as well as other situational variables. Deep feelings and boredom, pessimism, feelings of helplessness, weakness, internal frustration, and, sometimes, feelings of exhaustion, are determined by a whole ensemble of personal potential characteristics.

Among the personal potential characteristics determining the depression state for athletes, the following is worth highlighting:

- athletes focusing on outside support, or as indicated in the psycho-diagnostic methodology "sent outside". The behavior of such athletes is more focused on the opinions of others, rather than their own, the approval of other people for them becomes the top goal. Such athlete is characterized by a high need for affection, for the confidence that he is supported;

- incorrect temporal orientation, which is reflected in the predominance of past experiences and memories, or in making of unrealizable plans. It is also reflected in hopes for the impossible, setting unrealistic goals regarding professional activity, considering your own ideals and goals as means, by which you satisfy the need for affection, admiration. This is also expressed in the athlete's inability to accept himself in current condition, which impedes the development of his personality and contributes to a professional feeling of inferiority;

- low self-efficacy assessment level regarding professional activity. This is manifested in uncertainty about the possibility of using one's potential within the framework of professional activity and weak attempts to use all that is given to him by nature and society;

- low level of aggression acceptance, which is manifested in the rejection of one's own aggressiveness and it's concealment and suppression. This sharply reduces the competitive activity and focus towards continuing the struggle and overcoming difficulties;

- weak internality in interpersonal relations, which suggests that the athlete does not consider himself able to actively form his social circle and shows a tendency consider his relations as a result of his social environment;

- low contact, which implies difficulties in communication, as well as difficulties regarding sensitivity to interpersonal relationships;

- weak self-sensitivity, manifested in a reduced ability to deeply and subtly feel yourself, your own experiences and needs, and sometimes in the insensibility of own condition;

- a low level of neuropsychic stability, which increases the risk of maladaptation in stressful situations and reduces resistance to such situations;

- insufficient synergy level, which indicates the athlete's inability to comprehend the correlation between contradictory life phenomena and leads to the perception of these contradictions as antagonistic;

- reduced spontaneity, which is reflected in the athlete's inability to express his feelings spontaneously and to be himself. Moreover, this may indicate a low level of awareness of their own feelings;

- low vitality, recognized as the inability to fight internal stress in stressful situations and low resistance to coping with stress;

- low level of engagement, expressed in the inability to enjoy one's own professional activities, as well as in creating a feeling of rejection among athletes, a sense of missing out the life itself.

4. *Dejection and depression of combat athletes* is caused by certain personal potential characteristics. In

the studied group, overcoming this condition is impacted by neuropsychic instability ($p = 0,000$), self-efficacy in interpersonal communication ($p = 0.004$), support ($p = 0.004$), temporal orientation ($p = 0.005$), self-efficacy regarding objective activity ($p = 0.006$), internality regarding interpersonal relationships ($p = 0.009$), in-touch capabilities ($p = 0.009$), self-sensitivity ($p = 0.012$), synergy ($p = 0.023$), self-image ($p = 0.030$), vitality ($p = 0.045$), engagement ($p = 0.024$), accepting the aggression ($p = 0.035$), and the representation of human nature ($p = 0.039$).

The dejection and depression state of athletes, meaningfully filled with experience of the negative consequences of their own actions, with subjective experiences determined as sadness, grief, shyness and excessive sensitivity, sometimes loneliness, are personally determined by the following characteristics:

- low neuropsychic stability, which provokes an increase in the maladaptation risk under stress and reduces resistance to such situations;

- low self-efficacy assessment regarding interpersonal communication presumes that the athlete rarely shows a positive perception of his ability to build relationships with colleagues and experiences stress in communication that may be useful;

- the expectation of external support presumes significant focus towards the opinions of others and expecting the other people's approval, the need for that kind of support;

- incorrect temporal orientation, which implies frequent manifestation of past experiences and memories and dreaming of impracticable plans, experiencing hopes for the impossible, choosing goals in professional activities that are difficult to achieve. Such predominance of temporal analogies from the past makes athletes unable to accept themselves here and now;

- insignificant manifestation of self-efficacy regarding professional activity, implies uncertainty in own potential within the framework of professional activity and languid attempts to use it;

- low internality regarding relations with other athletes is manifested in the fact that combat athlete does not feel the ability to form his own social circle and to take into account his relations as other people's actions;

- low rapport, which makes communication difficult and creates barriers when discussing problems with colleagues;

- low self-sensitivity of athlete, which does not allow feeling oneself to deeply and subtly, feeling your own experiences and needs, which greatly complicates sorting out the feelings;

- reduced synergy, which indicates inability of athletes to understand the relationship of contradictory life phenomena and makes their perception antagonistic;

- low self-acceptance is expressed in the athlete's inability to express his feelings spontaneously and to be himself, which may indicate a weak awareness of his feelings;

- low vitality level, which is represented by low recognizability to the growth of internal stress in stressful situations and low stress resistance;

- low engagement level, which reflects athlete's inability to enjoy competitive activity as a personal characteristic, as well as possible feelings of rejection, fear of missing out;

- non-acceptance of aggression, which is represented as the rejection of one's own aggression and its suppression, which can reduce competitive activity, endurance in case of long fights and overcoming difficulties;

- low level of understanding human nature indicates that the athlete is not ready to be emphatic and is stressed when interacting with colleagues.

The impact of athlete's personal potential on *favorable state regarding sports activities* is interesting to

consider, since the psychological support of athletes in a stressful situation can have a versatile effect on their condition.

One of such methods is working on development of athletes' abilities to recognize such conditions as mental peace, feeling strength and energy, desire for action, impulse reactivity.

Next, let us consider the impact of personal potential characteristics of athletes on mentioned conditions.

1. ***The peace of athlete's mind*** is determined by the following characteristics of personal potential: self-efficacy regarding communication ($p = 0.006$), neuropsychic instability ($p = 0.007$), self-efficacy regarding professional activity ($p = 0.050$).

Thus, mental well-being (sense of satisfaction), which means the satisfaction level in the current professional activity period, vigor, good mood, lack of anxiety, inner poise and calm, is determined by a set of athlete's characteristics. These characteristics are as follows: significant level of self-efficacy regarding professional activity and communication. This indicates confidence in the potential within the framework of professional activity and building relationships with colleagues, as well as a low level of neuropsychic instability, which stabilizes the body in stressful situations.

2. ***An athlete's state filled with a sense of strength and energy*** is caused by the following personal potential characteristics: self-efficacy regarding professional activity ($p = 0.002$), neuropsychic instability ($p = 0.010$), self-sensitivity ($p = 0.012$), acceptance of aggression ($p = 0.019$), spontaneity ($p = 0.044$).

Thus, the condition of athletes filled with a sense of strength and energy is determined by the following factors:

- self-efficacy regarding professional activity, which implies clear understanding of capabilities and their implementation in a particular situation;
- low level of neuropsychic instability, which allows staying fairly stable in stressful situations;
- a high level of self-sensitivity, which involves a deep and subtle self-understanding, awareness of own feelings and needs;
- a sufficiently high aggression acceptance level, which is manifested in athlete's ability to accept own aggression and understanding it as natural feeling, which can be expressed by people in relationships;
- pronounced spontaneity, which implies the ability to spontaneously express one's feelings and behave naturally.

3. ***Striving for action in a stressful situation*** is determined by the following personal potential characteristics of athletes: cognizance needs ($p = 0.042$), the concept of human nature ($p = 0.043$), and internality regarding failures ($p = 0.044$).

The presented correlation allows concluding that a state defined as striving for action, activity in interaction with the dynamics of situational variables, mental state activity depends or is determined by the manifestation of following characteristics of athletes:

- a high level of cognizance needs, which implies the severity of the athlete's desire to acquire knowledge about the world around;
- the severity of understanding the human nature, masculinity and femininity, which is manifested in understanding that good and evil, selflessness and selfishness, insensibility and sensitivity coexist in human nature;
- internality regarding failures, which is manifested as the developed sense of subjective control in relation to negative events and situations. This involves taking responsibility for failures, troubles and suffering.

4. ***Knee-jack reactivity in a stressful situation*** is observed in athletes, whose personal potential is dominant.

ed by the following characteristics: life productivity ($p = 0.040$), neuropsychic instability ($p = 0.040$), support ($p = 0.006$), self-sensitivity ($p = 0.000$), self-acceptance ($p = 0.005$), acceptance of aggression ($p = 0.012$).

The correlations of knee-jack reactivity state are determined as a release from a stress state. The resulting activation of the athlete is released on the basis of dominant emotional stresses. It can be manifested in the interconnection of their experience and various personality manifestations, which determine mood changes, from impulsivity to feeling freedom of action.

This state is determined by the following:

- the life productivity, which is manifested as a high appreciation of the passed life period, the past training, the feeling of how productive and meaningful the life was in the past. However, athletes are not stuck in the past and manifest a desire for future achievements;

- a low level of neuropsychic instability, which allows coping with stressful situations and tension regarding professional activities;

- high support level, which is implied in the fact that an “internally directed personality” with internal support is guided by internal principles and motivation. Such athlete is not significantly affected by external influence, free to choose, not conformal, his freedom is not the result of a struggle with others. He relies on his own feelings and thoughts, critically perceives the influence of external circumstances and creatively expands the few initial basic principles;

- pronounced self-sensitivity, which manifests as a deep, subtle and sensitive sensation of one's self, one's own experiences and needs;

- sufficient self-acceptance level, which is expressed in the athlete's ability to accept himself in spite of his weakness, perceiving himself as he is, with all his weak spots;

- high aggression acceptance, which allows highlighting the ability to accept own aggressiveness as natural. The severity of this characteristic allows athlete to understand that aggressiveness and anger are inherent in human nature and can be expressed in interpersonal relationships.

Thus, certain correlations allow considering all negative and favorable states of combat athletes as determined by their personal potential characteristics.

Next, let us proceed with considering the hierarchy of personal potential characteristics.

Determining the impact hierarchy of personal potential characteristics on the overtaxation indicators in a stressful situation. Defining the hierarchy involves highlighting the personal potential characteristics of athletes by the level of statistical significance. Within the framework of discriminant analysis this allows determining their impact on the severity (manifestation) of the studied states of athletes.

The dominant characteristics regarding their impact on the certain state manifestation of athletes are those having minimum level of statistical significance and significant weight regarding the state manifestation.

Let us analyze the impact hierarchy of characteristics on the negative state of athletes (see table 1).

Analyzing the impact hierarchy of the personal potential characteristics on the manifestation of negative states of combat athletes allows determining 6 characteristics with a dominant effect. These characteristics are neuropsychic instability, self-efficacy regarding professional activity and interpersonal communication, support or self-reliance, internality regarding achievements, temporary orientation.

The specified group of personal potential characteristics of athletes allows defining that negative states in their professional activity are caused by a low self-actualization level (support or self-reliance; temporary orientation).

Negative states are also caused by low awareness level of athlete's abilities and of the ability to use them favorably in professional activity (self-efficacy regarding professional activity and in the field of interpersonal communication), low neuropsychic stability level and focus on external reasons regarding professional achievements.

The above mentioned characteristics can act as targets for providing the psychological assistance to combat athletes within the framework of psychological prevention of negative conditions.

Table 1
Hierarchies of personality potential characteristics
regarding impact on the negative state of athletes

Negative states of athletes				
	Mental anxiety, stress in a difficult situation	Fear, anxiety, anxious suspense in a stressful situation	Depression and exhaustion	Dejection and depression
	neuropsychic instability (p = 0.000)	self-efficacy regarding professional activity (p = 0.001)	support or self-reliance (p = 0.002)	neuropsychic instability (p = 0.000)
	internality regarding achievement (p = 0.009)	support or self-reliance (p = 0.001)	temporary orientation (p=0.002)	self-efficacy regarding interpersonal communication (p=0.004)
	self-efficacy regarding professional activity (p = 0.009)	temporary orientation (p = 0.002)	self-efficacy regarding professional activity (p=0.002)	support or self-reliance (p=0.004)
	general internality (p= 0.024)	internality regarding interpersonal relations (p=0.002)	aggression acceptance (p=0.005)	temporary orientation (p=0.005)
		neuropsychic instability (p=0.015)	internality regarding interpersonal relations (p=0.009)	self-efficacy regarding professional activity (p=0.006)
		internality regarding health and disease (p=0.036)	rapport (p=0.009)	internality regarding interpersonal relations (p=0.009)
		internality regarding family relationships (p=0.050)	self-sensitivity (p=0.012)	rapport (p=0.009)
			neuropsychic instability	self-sensitivity (p=0.012)

Negative states of athletes				
	Mental anxiety, stress in a difficult situation	Fear, anxiety, anxious suspense in a stressful situation	Depression and exhaustion	Dejection and depression
			(p=0.016)	
			synergy (p=0.023)	synergy (p=0.023)
			spontaneity (p=0.030)	engagement (p=0.024)
			vitality (p=0.048)	self-understanding (p=0.030)
			engagement (p=0.050)	aggression acceptance (p=0.035)
				concept of the human nature (p=0.039)
				vitality (p=0.045)

Let us analyze the impact hierarchy of characteristics on the favorable states of athletes (see table 2.).

Analyzing the impact hierarchy of the personal potential characteristics on the manifestation of positive states of combat athletes allows determining 10 dominant characteristics. These are neuropsychic instability, self-efficacy regarding professional activity and interpersonal communication, self-sensitivity, support or self-reliance, internality regarding failures, cognizance needs, understanding the human nature and self-acceptance.

The presented group of personal potential characteristics of athletes allows concluding that the positive states of athletes are determined various indicators. These are high level of self-actualization (support or self-reliance; self-sensitivity), high awareness level regarding abilities and their use in a favorable way in athlete's professional activities (self-efficacy regarding professional activity and regarding interpersonal communication), a sufficient level of neuropsychic stability and linking failure causes with capabilities.

It should be noted that the distinctive characteristics determining the positive state of athletes are high cognizance needs, which are associated with the concept of the human nature and self-acceptance here and now.

Table 2
Hierarchies of personality potential characteristics
by impact on the favorable states of athletes

Favorable states of athletes				
	Mental calm	A state filled with a sense of strength and energy	Striving for action in a stressful situation	Knee-jack reactivity in a stressful situation
	self-efficacy re-	self-efficacy re-	cogni-	self-

Favorable states of athletes				
	Mental calm	A state filled with a sense of strength and energy	Striving for action in a stressful situation	Knee-jack reactivity in a stressful situation
	garding communication (p=0.006)	garding professional activity (p = 0.002)	zance needs (p=0.042)	sensitivity (p=0.000)
	neuropsychic instability (p=0.007)	neuropsychic instability (p=0.010)	concept of a human nature (p=0.043)	self-acceptance (p=0.005).
	self-efficacy regarding professional activity (p = 0.050)	self-sensitivity (p=0.012)	internal-ity regarding failures (p=0.044)	support or self-reliance (p=0.006)
		aggression acceptance (p=0.019)		aggression acceptance (p=0.012)
		spontaneity (p=0.044)		self-understanding (p=0.031)
				life productivity (p=0.040)
				neuropsychiatric instability (p=0.040)

Thus, the personality of combat athlete is more broadly included in the determination of positive states of athletes. This implies a wider range of experiences and feelings of positive states. However, it should be noted that extending the spectrum of feelings and experiences is achieved by including the intellectual component of the personality of athletes, associated with the presence of their needs to know the socio-psychological, psychophysiological characteristics of a person and the personality characteristics.

Analyzing the impact scale and direction of the personal potential characteristics of combat athletes on the indicators of overtaxation in stressful situations. Table 3 contains the impact scale of athlete’s personal potential characteristics on his states and the direction of this impact (determination of negative and positive states).

Analyzing the impact’s scale and direction for the personal potential characteristics of combat athletes regarding indicators in stressful situations allows concluding that the most large-scale impact on the manifestation of negative states (75% of negative states) is exerted by several characteristics. These are temporal orientation, support or self-reliance, self-efficacy regarding professional activity. Thus, increasing the self-actualization level of athlete’s personality, understanding own capabilities and implementing them in a specific situation will allow overcoming stressful situations.

A significant impact is also caused by neuropsychic instability, which leads to the manifestation of half the studied negative states.

Such a characteristic of the athlete’s personal potential as self-efficacy regarding professional activity deserves special attention. It determines the manifestation of the widest range of negative and positive states of athletes.

This allows concluding that psychological assistance to athletes in order to increase awareness of their abilities and develop opportunities for their rational use will have a significant impact on the overall state spectrum of athletes.

However, a number of characteristics of the personal potential of athletes should be noted, which have a multidirectional effect on their states. These are neuropsychic instability, self-efficacy regarding professional activity and communication, support or self-reliance.

Thus, these characteristics are important factors for athletes in overcoming stressful states, as their dynamics allows adjusting state from negative to positive spectrum. It is the use of a dynamic approach to understanding the personal potential characteristics of athletes that allows managing this potential and achieving the highest results in their professional activities.

Table 3
The scale and focus of impact of athlete's personal potential characteristics on the states*

	Negative states				Positive states			
Personality potential characteristics	mental anxiety, stress in a difficult situation	dear, anxiety, anxious suspense in a stressful situation	depression and exhaustion	rejection and depression	mental calm	state filled with a sense of strength and energy	striving for action in a stressful situation	one-jack reactivity in a stressful situation
neuropsychic instability	=0.000			=0.000	=0.007	=0.010		
temporal orientation	p=0.009	p=0.002	=0.002					
support or self-reliance		=0.001	=0.002	=0.004				=0.006
self-efficacy regarding professional activity	p=0.009	=0.001	=0.002		=0.050	=0.002		
self-efficacy				p=0.004	=0.006			

regarding interpersonal communication								
self-sensitivity	s						=0.012	=0.000
recognizance needs	c						p=0.042	
self-acceptance	s							=0.005
internality	i	regarding achievements					regarding failures	=0.044
		=0.009						
concept of human nature	c						p=0.043	

*Note: table represents the impact scale and direction of only the dominant personal potential characteristics of athletes (characteristics that occupy the first three places in hierarchies).

IV. Conclusions

1. Certain personal potential characteristics of combat athletes affect the quality of their overcoming mental stress in the difficult situation regarding sports activities. The greatest impact on the studied group was caused by such characteristics as neuropsychic instability and self-efficacy regarding professional activity and general internality. It can be concluded that the presence of a highly developed personal potential helps in overcoming mental stress. The higher the personal potential of combat athletes is, the better is the overcoming of mental stress in the difficult situation of sports activities. The athlete's professional activity is aimed at achieving certain sports goals, and the presence of a high personal potential is the basis and the ability to overcome mental stress.

2. Understanding the peculiarities of experiencing and overcoming mental stress by combat athletes, as well as understanding the impact of their personal potential characteristics on overcoming this stress can underlie the program of psychological support. Such support will be provided for athletes during competition preparation, which is carried out by them as part of the national teams.

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