

Athlete's Psychological Barriers in Competition Cause Analysis and Countermeasures Research

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Abstract—During competition athlete's mental state play an important role in the normal level of play. Comprehensive analysis of psychological obstacle phenomena and the causes according to actual situation of athletes psychological barriers in competition. Summary and conclusion the subjective and objective factors cause by the athletes competition psychological barriers, understand the characteristics and current situation of athletes psychological barriers, put forward the targeted psychological training methods and the corresponding strategies according to the characteristics of them, have important practical significance to help athletes to overcome psychological barriers, to effectively guide the athletes actively prevent competition psychological barriers, creating the best competitive state, improve performance, and promote the development of physical and mental health.

Keywords—*Competition; Psychological barriers; Reason; Countermeasures*

I. INTRODUCTION

Athlete mental health problems caused by the competition because of its implicitness, self influence and the potential hazards, has not caused enough attention to psychological health education workers. Athlete's psychological barriers caused by the competition not only directly affect the athlete's performance, but also produce negative effect of athletes' physical and mental health.

whereas less existing research on athletes' competition psychological barriers, study of subjective and objective cause athlete competition psychological barriers almost none, the author thinks that the premise of overcome and prevents athlete's psychological barriers in competition is comprehensive understanding the subjective and objective causes of athletes' competition psychological barriers, on this basis, according to actual situation formulation corresponding coping strategies.

The author starts from the subjective and objective reasons of athletes psychological barriers, summary and sums up the performance of athletes competition psychological barriers, combined with the cause of psychological barriers and performance characteristics of mental barriers, put forward mental training method to deal with athletes psychological barrier, improve countermeasures of athlete competition psychological barriers, formulate corresponding education measures to

athlete mental health. The article puts forward psychological training methods and the relevant countermeasures of psychological barriers, are not only beneficial to optimize athletes coping ability before the game, and can help improve the psychological quality of overall athlete.

II. ATHLETES COMPETITION PSYCHOLOGICAL BARRIERS

Athletes competition psychological barriers refers to the athletes abnormal state of mind in the competition, such as anxiety, self-confidence decline, thinking ability weakened, lose the strain ability and self-control, don't adapt to the changing situation, show pessimistic, indifference, timid, fear and so on. According to the characteristics of the athletes we summarized manifestation of athletes competition psychological barriers is as the following respects.

A. Motivation obstacles

Motivation obstacle is because some personal need, appear conflict between bad behavior motivation and correct behavior motivation. Higher motivation level could cause individual high excitability, cause athlete is not easy to concentrate, easily affected by external factors, emotional instability, control ability of movement decline, it will led to the decrease of the quality of action in competition.

But lower motivation level could cause athletes body is in a state of low arousal in the competition; athletes can not fully mobilize their enthusiasm, initiative, relatively tired and lax. In this situation, athlete can not make full mobilization of their mental energy, it will lead to insufficient play of potential function, also results in decreased the sport level of athlete in competition. To maintain appropriate motivation levels with the relevant to sport event and the personality characteristics of athletes many variable factors [1].

B. Mood disorders

Mood disorder refers to the obstacles of emotional reaction intensity and duration. To analysis the psychological reason of influence athletes competition performance found that, excessive tension and anxiety is the most easy to affect the mood of athletes [2].

Generally speaking, appropriate stress can enhance the brain's arousal level, improve brain function and make people thinking agile response quickly, moderate tension helps to stimulate the enthusiasm of athletes, make them play better in the contest. But if excessive anxiety the result of the contest for a long time, will lead to individuals produce strong and sustained tension, this continuous tension, not only seriously disturb the body's internal balance, but also will affect the athletes normal level of play, make the contest result is lower than the normal training result. And this mood disorders caused by the tension and anxiety will process throughout the entire game.

C. Psychological saturation obstacles

Psychological saturation refers to psychology bearing capacity has reached its limits. Once achieve psychological saturation, when people are already in a state of very tired don't want to continue a task. At this time psychological consultation has reached its limits. Athlete's psychological saturation is the important factors that affect competitive abilities.

The reason of athlete's psychological saturation is athletes need long time of training before the contest, in this time athletes need eliminate distractions, concentrate on training, at the same time consumption a lot of manual labor and great mental energy. If this fatigue state not alleviate before the competition, it will lead to produce athlete's psychological saturation in competition, escape and tired of playing. This kind of psychological state would produce negative effect in the competition, destruction the motivation of training and competition, formation counterforce impact on normal level of play to athletes [3].

D. Against obstacles

Against obstacles refers to shows strong aggression personality disorder, they do not directly to performance the negative emotions, but on the surface of obedience, covert perfunctory not be cooperation. Hard get a balance in strong compliance conflict and hostility. The main characteristic of against personality obstacles is: use negative, bad, covert way to vent their discontent.

Aggression is an important psychological characteristic and behavior of athletes in the competition. In the contest athlete treated rivals as a target and in a state of full aggressive impulses. The attack desire of athlete's often cannot achieve by restraint of specific rules of the contest, if this attack impulse is not vent and release they will bring attack desire after contest, this kind of abnormal psychological barriers is very bad to contest, trainings and normal life [4].

III. THE REASON OF ATHLETE'S COMPETITION PSYCHOLOGICAL BARRIERS

The formation reason of athlete's competition psychological barriers, mainly have subjective and objective factors, subjective aspect from the athletes expectations of competition performance, objective aspect

come from the environmental factors of competition. From two aspects of subjective and objective factors lead to formation of athlete's competition psychological barriers.

A. The subjective reasons

(1)The contradiction between the training of high investment and competition results cannot be controlled.

For athletes, long time training and competition results cannot be controlled constitute the big objective factors impact on competition. How to deal with the poor performance, how to bear the consequences of failure, is athletes need to deal with, these pressure is bigger than contest itself. These need athletes pay more energy and mental load than regular training. Due to these pressures make athletes not devoting themselves to competition, and the result of contest unforeseeable, can not control, lead to athletes suspected the motivation, meaning and value of the competition, formation the competition anxiety.

(2) The contradiction between the high expectations of athletes and the unpredictability of competition results.

Athletes usually have high expectation for the results of the competition, for good at skills have a high interest. They expect through competition to prove them, best express a personal capacity is get the ideal results in the competition. At the same time, leadership, coaches, teammates, family and friends have high expectations to them, and themselves expectation achievements an unprecedented level in competition, all this factors will make athlete bear mental burden of afraid lose, worried about the performance always. In addition, the scale of the contest, the importance of the contest, as well as the performance good or bad, all likely to have negative influence on athletes.

However, due to the particularity of sports competitions, some extent can not to meet the athlete's pursuit of the result, contribute the contradiction between the high expectations of athletes and the unpredictability of competition results, this make the athlete interest reducing, negative emotions, motivation decreased and a series of athlete's competition psychological barriers[5].

B. The objective reasons

Competition environment produce an effect on athlete's psychological state. Such as home and away to influence performance levels of athletes, unfamiliar equipment, do not adapt to the venue, the weather changes, the mood of the audience, make catcalls, emergency in contest, outstanding performance of rivals, the referee's factors, and so on, will affect athlete's psychology. At the same time, competition environment change affects the athlete's diet, sleep, emotional, social, training rhythm, etc. Will make athlete's self-control and adapt ability decline, depressed, tired, general weakness, etc, disrupted rhythm of athletes' training and living [6].

IV. MENTAL TRAINING OF OVERCOME THE PSYCHOLOGICAL BARRIER

A. *The psychological training of physical and mental recovery*

(1) The training of distract attention.

Before the competition, athletes not only consumption a lot of physical ability also has consumption a lot of mental energy. In order to get better performance in the competition, will need to make them physical and mental have sufficient rest before the competition. Can arrange them attend some light-hearted recreational activities to eliminate bad mood before the game. Coach can also arrange them a short vacation at the same time, transfer their nervous centers of attention.

(2) Muscle and nerve relaxation training.

Muscle and nerve relaxation training method is to allow athletes to sit down and breathe slowly, at the same time, eliminate distractions and relax body, muscle and nerve relax training is the best way to make athletes gradually entered into a state of "nap". Through muscle and nerve relaxation training not only can reduce the body's energy consumption, but also through the muscle relaxation, mental adjustment, reduce mental energy consumption, get rid of all kinds of distractions.

B. *Psychological training of memories technical moves*

Athletes for master course of motor skills not only is the body of the training process, is also to intelligence training process, this is because the athletes for the proficiency of action depends not only on physical activity itself, also the level of intelligence, like ability of positive thinking, agile memory, stable mood, and so on. In order to improve the athlete's level of intelligence, give full play to the athlete motion perception, sports thinking, motor imagery in the role of motor skill formation, psychological training of memories technical moves can be used.

Psychological training of memories technical moves also known as representation or the cognitive training, main method is to ask athletes to recall the techniques studied, formed in the process of memory to make a clear movement imagery and sports concept, through the memories to understanding and mastering the key techniques in the training process, achieve the goal of improving motor skills. Psychological training of memories technical moves generally in the before and after technology training or clearance of technology training.

The specific approach: in the first place, psychological training of muscles and nerves relaxed, then recall the studied technical action, in the process of memory need according to the corresponding technical movements evoke corresponding system in the muscles and joints, to form the correct muscle perception, promoting action of dynamic stereotype on training.

C. *Psychological training of enhance confidence in competition*

Athletes should be mobilized before competition, mobilization before competition needs coach to help athletes know the meaning of competition and the advantage of athletes, this will help athletes to establish confidence before the match. Mobilization work before competition if done by coach requires them know very well about athlete's condition, in this way the content of the conversation is more targeted and more in line with the actual state of athletes, that mobilization work before competition can play an incentive role [7].

Psychological training of enhance confidence in competition can use for collective or individual. At the same time, we can use confidence training by test method before competition. Through the analysis of test results can change the athletes' adverse psychological state like lack of confidence or high expectations. Through the mobilization before competition by coach can make athletes accurately understand his/her own actual technical level and their own advantage, this will help them prepare mentally to the unknown result of the match [8].

And on this basis, to strengthen training the lack part before competition, adjust good state of mind, make athlete enhance advantage and avoid disadvantage in the process of competition, and through this process make the athlete has a real estimate on the result of the game[9]. When using the test method is important to note that: test project is targeted, the test form should have certain specifications, must carry on the detailed analysis for different objects [10].

V. THE COUNTERMEASURES OF ATHLETE'S COMPETITION PSYCHOLOGICAL BARRIERS

A. *Release emotional potential energy set up correct concept of contest*

Athlete needs long time training before contest, during this time athletes consume a large amount of physical strength and mental energy, easy to cause athletes to produce psychological saturation, at this time should be distracted, reduce the mental stress of psychological saturation. Searching ways to unleashing bad feelings, cultivate life fun actively, release individual emotions energy.

When athlete feeling bored, they can regulation themselves, turned them attention to another thing temporarily, devote themselves to another thing, have a happy experience in it, completely get rid of the psychological saturation, if still can not get away from psychological saturation, can ask psychological doctor to help or talk to relatives and friends, Don't let the psychological saturation become contest burden.

Before the contest shall guide the athletes to establish correct concept of competition, do not care about result too much of contest, in the process of training should focus on how to make training effective full play, how to improve own level. Should fully understand the target of oneself

before the contest, competition goal set too high will bring athletes heavy mental burden and affect their normal level of play. But competition goal set too low will reduce the enthusiasm of athletes. In the process of competition should lead athletes to eliminate personal heroism, cultivated the spirit of collectivism, stimulate their sense of duty, sense of responsibility, sense of honor and pride, should help athlete to get rid of the nervous before contest, eliminate stress, anxiety and other negative effects, keep athlete's mood remained stable.

B. *Extraneous stimulus training enhance athlete's anti jamming ability*

In the process of athletes training before contest, should be appropriate to introduce extraneous stimulus training enhance athlete's anti jamming ability. Such as sudden change the training locations, manufacturing some artificial emergencies, change the familiar environment and life factor and so on. At the same time coach can base on factors such as weather, temperature, and wind direction changes, according to these factors arrange the adaptation training to improve the athletes' ability to adapt site, weather conditions, the audience mood and the direction of wind and other factors. In addition, can train through simulation game to cultivate athletes anti-interference ability.

C. *Strengthen the training of the willpower and strengthen self-control ability*

Athletes must have the strong ability of self-control, only in this way can make the athletes play to the existing competitive ability, the self-control ability on the basis of the emotional stability. So to improve athlete's self-control ability must train them willpower.

Will is a kind of psychological process, this process include consciously identify purpose, adjust action, overcome the difficulties. Strong will quality is necessary to contest. Only has the strong willpower and self-control ability can control their emotions in the process of competition. When athletes appear nervous in the contest, they can use thinking blocking method to adjust the tension of their own or take some habit way to block the negative consciousness, and use a positive, rational thinking instead of negative thinking.

D. *Sufficient simulation game, preparation and effective training to eliminate intense sentiment*

Before the formal competition should organization simulated contest frequently. In the simulation game pay attention to athlete's mood changes which is caused by some movement condition changes. And in the process, increase their game experience, improve the ability of adapt to the game, try to adjust their mood, learn and master self adjusting method using in the formal contest. Adequate preparation is benefit to formation competitive state [11].

Preparation of contest should be followed from simple to complex, from easy to difficult training principle, gradually improve the technical and tactical difficulty, the

movement of proficiency, make the movement more scientific and reasonable. Positive and effective recover training, is not only beneficial to athletes training injuries heal and functional recovery, but also can make the athletes walk out of the injuries shadows, with a assertive attitude into the contest [12].

E. *Implement and strengthen athlete's mental health interventions*

Implement and strengthen athlete's mental health interventions is helpful to enrich sports psychology research content. Implement and strengthen athlete's mental health interventions can effectively accommodate athlete's contradiction of body and mind.

Strengthen athlete mental health education, to prevent the happening of athlete's adverse psychological state, improve the existing level of psychological quality helps athletes form a good concept of contest, has positive significance to improve mental health level of athlete and fully developing athlete's personality.

VI. CONCLUSION AND RECOMMENDATIONS

Competition psychological barriers are not conducive to the formation of the best competitive state; affect the athlete's technical and tactical level of play. Coaches and athletes must be good at according to their specific performance, determine the type, analysis reason, and then adopt corresponding countermeasures.

The article puts forward psychological training methods and the relevant countermeasures of competition psychological barriers, hope to help athlete overcome psychological barriers, creating the best competitive state, improve performance in every game.

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