

UDC 159.9

DOI: 10.53068/25792997-2023.2.9-156

ENHANCING PERFORMANCE IN ADOLESCENT JUDOKAS: THE ROLE OF SUBJECTIVE WELL-BEING AND PSYCHOMOTOR ABILITIES

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Keywords: subjective well-being, psychomotor abilities, performance, adolescent judokas, skill development, martial arts, psychological factors, emotional stability.

Research relevance: Participation in sport activities during adolescence is widely recognized as a significant factor in fostering physical, cognitive, and psychosocial development. Among these sports, judo stands out due to its emphasis on physical fitness, skill acquisition, and mental discipline. The increasing interest in recent years has focused on exploring the intricate connections between performance outcomes and the psychological and physical factors influencing adolescent judokas, especially in relation to their subjective well-being, psychomotor abilities, and overall development. This research trajectory stems from the recognition of the need to comprehensively examine the subjective well-being and psychomotor abilities that contribute to the athletic development and overall well-being of young judokas.

Judo, as a martial art with deep educational roots, has gained prominence in

recent years for its profound impact on the physical and psychological development of adolescent judokas. Founded by Jigoro Kano, judo combines knowledge, morality, and physical education, emphasizing the effective use of one's spiritual and physical strength. With origins in various forms of jiu-jitsu, Kano recognized the strengths of each and created a unique training method for young people. Judo encompasses a wide range of techniques, including throws, sweeps, chokes, pins, joint locks, and striking techniques, making it a comprehensive grappling-based sport. It has become highly practiced worldwide and even features in the Olympic Games. The emphasis of sport on strength and conditioning is evident in its training manuals and texts. Research studies have consistently shown that judo athletes show superior muscle mass, bone mineral density, aerobic and anaerobic power, and cardiovascular adaptations. Furthermore, engagement in judo training has been associated with enhanced cognitive performance, psychomotor learning, and a sense of well-being among young participants [1].

These findings collectively underscore the multifaceted benefits of judo in promoting physical fitness and holistic development in adolescent judokas.

In addition to its physical benefits, engaging in regular physical activity has proved to have a positive influence on psychological well-being [5]. Matsumoto and Konno have highlighted that physical activity, such as practicing judo, can serve as a pathway to enhance well-being. For decades, judo practitioners have extolled the numerous benefits associated with this martial art, extending beyond its physical aspects to encompass mental and psychological development. The philosophical and educational underpinnings of judo have played a pivotal role in its global dissemination. Notably, a study conducted by Matsumoto and Konno revealed that individuals engaged in judo exhibited significantly higher levels of well-being and life satisfaction compared to normative samples. These findings underscore the profound impact that judo can have on an individual's overall sense of well-being and contentment. By emphasizing the holistic growth of the mind, body, and spirit, judo fosters a unique environment that nurtures personal development and promotes psychological well-being. These research results validate the long-standing claims made by judo practitioners and highlight the enduring relevance of judo's

philosophical and educational principles in contemporary society [3].

Adolescence is a crucial period characterized by profound changes at multiple levels of personality: psychological, biological, and social. Adolescents often experience complex emotions and may face challenges such as stress, anxiety, and self-doubt, leading to conflicts with others. According to Khitaryan and Stepanyan, judo promotes social integration and intercultural understanding through its unique culture, customs, and traditions. It instills fundamental values of cooperation, respect, ethical behavior, and self-control while discouraging impulsive actions and violence. Individuals acquire knowledge, skills, and attitudes through judo, enabling them to participate actively in groups and society, as well as contribute to decision-making in difficult situations [6].

Despite the existing body of knowledge on subjective well-being, psychomotor abilities, and performance in the field of judo, there is still a research gap requiring further investigation. Specifically, limited research has explored the nuanced relationship between subjective well-being, tapping test performance as a measure of psychomotor abilities, and performance outcomes based on kyu ranking in adolescent judokas. Understanding the interplay between these fac-

tors can offer a comprehensive understanding of the psychological and physical determinants that contribute to the performance outcomes and overall well-being in this population. In light of these perspectives, this study aims to explore the multifaceted effects of judo on physical fitness, subjective well-being, and holistic development in adolescent judokas. By examining the intricate connections between psychological, physical, and social factors, this research aims to provide valuable insights that can inform training programs, enhance performance potential, and promote overall well-being within the realm of judo.

Research aim: The purpose of the study is to investigate the relationship between subjective well-being, psychomotor ability and judo performance among adolescent judokas.

Research methods and organization: The following section outlines the materials and methods used in this study to examine the relationship between subjective well-being, psychomotor abilities assessed through a tapping test, and performance levels based on kyu ranking in adolescent judokas.

Scale of Subjective Well-being: The Scale of Subjective Well-being is a screening psychodiagnostic instrument used to measure the emotional component of subjective well-being (SWB) or emotional comfort (EC).

It consists of 17 items grouped into six clusters: tension and sensitivity; signs accompanying the main psycho-emotional symptoms; mood changes; significance of the social environment; self-assessment of health and degree of satisfaction with daily activities. This scale that was initially developed by A. Perrudet-Badoux, G. Mendelsohn, and J. Chiche, was adapted by A. A. Rukavishnikov and M. V. Sokolova.

Tapping Test: Psychomotor abilities were assessed using a tapping test, in which participants were instructed to tap a designated target area as quickly and accurately as possible within a period of ten-seconds. This tapping task required fine motor control, speed, and coordination. The tapping test served as an objective measure of motor performance, reflecting participants' ability to execute precise and efficient motor movements, including coordination, reaction time, and motor control.

Judo Performance (Kyu Level): As part of the study, the levels of participants performance were assessed based on the hierarchical ranking system known as the kyu level, commonly used in judo to gauge skill proficiency. The distribution of participants across different kyu levels was as follows: 5 participants held the white kyu level, 3 participants held the yellow kyu level, 4 participants held the orange kyu level, 6 participants held the green kyu level, 4

participants held the blue kyu level, and 1 participant held the brown kyu level. Participants' kyu levels were obtained from their respective judo clubs or were verified through official records.

A total of 23 male adolescent judokas, varying from 10 to 16 (average age = 13.3043 ± 1.69 years), were selected as participants in this study from the judo club "Zeytun". The selection process aimed to ensure a diverse and representative sample of teenage judokas within the designated age range. The participants had an average training experience of 4.7826 ± 2.63 years, indicating a significant level of commitment and involvement in the sport. To minimize potential biases, a random sampling approach was applied, ensuring the recruitment of participants from various ranks and skill levels within the list of the judo club.

Data analysis involved several steps. Descriptive statistics, such as means and

standard deviations, were calculated for subjective well-being scores, tapping test performance, and judo performance based on kyu levels. Correlation analysis was carried out to examine the relationship between subjective well-being, tapping test performance, and judo performance. Additionally, one-way ANOVA was carried out to compare tapping test performance and subjective well-being among different kyu levels. The significance level was set at $p < 0.05$ for all statistical tests. The statistical software package IBM SPSS Statistics was used to perform the data analysis.

Research results analysis: The study also examined the participants' subjective well-being using the "Subjective Well-Being" scale by A. Perue-Badu, adapted by M. V. Sokolova. The descriptive statistics for the Subjective Well-Being scale are presented in Table 1.

Table 1

Descriptive Statistics for Subjective Well-Being

	N	Minimum	Maximum	Average	Std. Deviation
Subjective Well-Being	23	18.00	74.00	43.4348	13.09346
Standart Score	23	1.00	7.00	3.0000	1.67874

The subjective well-being scores were analyzed to assess the participants' self-perceived emotional comfort and overall

well-being. The average score for subjective well-being was 43.4348, indicating a moderate level of well-being among the

participants. Additionally, the standard score, with an average of 3.0000, falls within the moderate range, suggesting that the participants did not report significant emotional problems.

Table 2 presents the descriptive statistics for the subscales of the Subjective Well-Being scale.

Table 2.

Descriptive Statistics for Subscales of Subjective Well-Being

	Average	Std. Deviation
Manifestation of Psycho-emotional Symptoms	3.0290	1.43869
Emotional Tension and Sensitivity	3.0580	1.72226
Social Environment Influence	1.9420	.98295
Mood Fluctuations	1.7826	.76613
Satisfaction with Daily Activities	3.2609	1.00983
Self-Perceived Health Assessment	1.9130	.99604

The descriptive statistics presented in Table 2 illustrate the scores obtained by the participants on the subscales of subjective well-being. Notably, lower scores on these subscales actually indicate higher levels of subjective well-being.

The subscale "Satisfaction with Daily Activities" had an average score of 3.2609 (SD = 1.00983), reflecting a moderate level of satisfaction with daily activities. Similarly, the subscale "Manifestation of Psycho-emotional Symptoms" had an average score of 3.0290 (SD = 1.43869), indicating a moderate level of symptom manifestation. The subscale "Emotional Tension and Sensitivity" had an average score of 3.0580 (SD = 1.72226), suggesting a moderate level of emotional tension and sensitivity.

On the other hand, the subscale "Social Environment Influence" had an average score of 1.9420 (SD = 0.98295), indicating a relatively higher perception of the influence of the social environment. The subscale "Mood Fluctuations" had an average score of 1.7826 (SD = 0.76613), suggesting mild fluctuations in mood. Lastly, the subscale "Self-Perceived Health Assessment" had an average score of 1.9130 (SD = 0.99604), indicating a higher level of self-perceived health.

From a psychological perspective, the study revealed that the participants reported moderate levels of subjective well-being. These results are in line with the fundamental principles of judo, which put emphasis on the holistic development of the mind, spirit, and emotional stability. Judo

promotes personal growth and fosters a sense of well-being. This aligns with previous research carried out by Matsumoto and Konno, which has consistently shown the positive influence of judo on psychosocial well-being, life satisfaction, and overall quality of life among its participants [3]. The results of this study contribute to the increasing evidence highlighting the psychological benefits associated with engaging in judo practice, emphasizing its potential for enhancing overall wellness and life satisfaction.

The tapping test was carried out to assess the participants' psychomotor abilities. The average tapping test score was 61.4348 (SD = 3.34156), reflecting the participants' performance in terms of fine psychomotor control, speed, and coordination during the tapping task. The relatively high average score suggests that the participants showed efficient motor performance, demonstrating good coordination and reaction time.

The study explored the relationship between performance levels, subjective well-being, and its subscales among adolescent judokas. Correlation analyses were carried out to examine the associations between these variables. Importantly, it should be noted that lower scores on the subjective well-being scale and its subscales actually indicate higher levels of subjective well-being. Therefore, a negative correlation

coefficient suggests an inverse relationship between the variables.

The study revealed significant associations between performance levels and the manifestation of psycho-emotional symptoms ($r = -.564^{**}$, $p = .005$) as well as the perception of the influence of social environment ($r = -.498^{*}$, $p = .016$). These results indicate that judokas with higher performance levels show lower levels of anxiety and distraction, and they had a reduced perception of external factors affecting their performance. These findings suggest that psychological factors, such as emotional stability and the ability to maintain focus amidst potential distractions play a crucial role in optimizing performance in judo. Athletes with better performance may possess higher levels of emotional resilience, which allows them to manage anxiety effectively and minimize the impact of external influences on their performance. The ability to be focused and maintain a strong mental state during training and competitions can contribute to their overall success.

Furthermore, the descriptive statistics indicate that the subscales related to psycho-emotional symptoms and the perception of the influence of social environment showed higher levels among the participants. This result suggests that lower anxiety and distraction, as well as a lower perception of external influences, can be developed

through judo training programs. Judo provides a conducive environment for nurturing psychological well-being and developing strategies to manage emotional challenges through its emphasis on discipline, mental fortitude, and self-control. The practice of judo involves learning to cope with stress, overcoming obstacles, and adapting to various situations, which can contribute to the development of emotional stability and focus.

Moreover, a significant correlation was observed between subjective well-being and tapping test performance ($r = -.495^*$, $p = .016$). This indicates that judokas with higher subjective well-being scores showed better performance on the tapping test. Similarly, tapping test performance showed correlations with emotional tension and sensitivity ($r = -.489^*$, $p = .018$), manifestation of psycho-emotional symptoms ($r = -.416^*$, $p = .049$), and social environment influence ($r = -.633^{**}$, $p = .001$) subscales. These results suggest that judokas with higher tapping test performance displayed lower levels of emotional tension and sensitivity, reduced manifestation of psycho-emotional symptoms, and a decreased perception of the impact of social environment on their performance.

Overall, the study highlights the interplay between performance levels, subjective well-being, and its subscales among adolescent judokas. These results contribute to our understanding of the psychological

factors that influence performance outcomes in adolescent judokas.

An analysis of variance (ANOVA) was carried out to examine the potential differences in performance levels and tapping test results among the adolescent judokas, considering various factors. The results revealed a significant effect of mood fluctuations on performance levels ($F = 3.240$, $p = .031$), indicating that variations in mood have a notable influence on the participants' performance. These results align with existing research that has extensively explored the relationship between mood and performance in various contexts, including sports competitions. Numerous studies have demonstrated that mood fluctuations can significantly have an impact on an individual's performance outcomes [4]. Mood states, such as anxiety, arousal, and positive effect, have been shown to influence cognitive and physical performance, decision-making, and overall task execution.

The impact of mood on performance can be attributed to several factors. Firstly, mood states can influence an individual's cognitive processes, including attention, concentration, and information processing speed. Secondly, mood fluctuations can affect an individual's physiological responses, including heart rate, blood pressure, and stress hormone levels. These physiological changes can affect physical performance, coordination, and motor skills.

In the context of adolescent judokas, the significant effect of mood fluctuations on performance levels emphasizes the importance of considering emotional states when evaluating their performance outcomes. Mood management strategies, such as relaxation techniques, cognitive re-appraisal, and emotional regulation training, could be integrated into their training programs to help them develop necessary skills to manage and optimize their mood states during competitions.

It is worth noting that while mood fluctuations showed a significant influence on performance levels, other factors, such as subjective well-being and its subscales, did not exhibit statistically significant differences in relation to these parameters within the scope of this study. This indicates that mood fluctuations may have a stronger influence on performance outcomes among adolescent judokas compared to other subjective well-being factors. The findings suggest that maintaining lower levels of mood fluctuations can potentially contribute to higher performance among adolescent judokas.

Furthermore, the ANOVA revealed a significant effect of social environment influence on tapping test results ($F = 2.974$, $p = .039$). This result suggests that the perception of the social environment plays a role in the participants' performance during the tapping test.

In addition to the significant effect of social environment influence on tapping test results, correlation analysis further explored the relationship between performance levels and the perception of the social environment. The results indicated a correlation, indicating that higher performance levels were associated with a lower perception of the influence of the social environment on the participants' performance. This result highlights the importance of considering the social context in optimizing performance outcomes in sports and physical tasks for adolescent judokas [2].

Creating a positive and supportive social environment within judo training and competition settings is crucial for enhancing performance outcomes among adolescent judokas. By fostering a supportive network of interpersonal relationship, athletes can benefit from emotional support, encouragement, and a sense of belonging, which can contribute to their confidence and motivation. This positive social environment can serve as a resource for athletes, empowering them to overcome challenges, seek guidance, and optimize their performance potential.

Overall, the significant influence of social environment perception on tapping test results, coupled with the positive correlation with performance levels, emphasizes the critical role of the social context in shaping the performance

outcomes of adolescent judokas. Coaches, trainers, and stakeholders should prioritize the development of a positive team culture that nurtures social support, open communication, and a collaborative atmosphere. By doing so, they can create an environment that promotes athletes' well-being, fosters their performance development, and maximizes their potential for success.

It is important to note that none of the other factors included in the analysis showed a significant influence on performance levels or tapping test results. Factors such as subjective well-being and other subscales did not show statistically significant differences in relation to these parameters within the scope of this study.

To sum up, the results of this study shed light on the relationships between performance levels, subjective well-being, and its subscales in adolescent judokas. The results contribute to our understanding of the factors influencing performance and well-being in this population. Future research could further explore these associations and delve into additional factors that may influence the performance and well-being of adolescent judokas.

Conclusion: The results provide important insights into the factors influencing performance and well-being in this population. The main conclusions of the study are as follows:

1. The educational and philosophical structure of judo plays a significant role in

promoting high levels of subjective well-being among adolescent judokas. Judo, as sport, places emphasis on the holistic development of the mind, spirit, and emotional stability. Training judo, young judokas have the opportunity to cultivate a sense of well-being, characterized by lower levels of anxiety and distraction, as well as a reduced perception of social influence on their performance.

2. The correlation analysis reveals that higher performance levels in judo are associated with lower levels of anxiety, distraction, and the perception of external influences. This suggests that psychological factors, such as emotional stability and focus, play a crucial role in optimizing performance. Additionally, higher subjective well-being is linked to better motor performance, indicating the importance of psychological well-being in physical abilities. These findings highlight the multifaceted impact of judo on the psychological well-being and motor abilities of adolescent judokas.

3. The analysis of variance (ANOVA) and correlation analysis demonstrated significant relationship between mood fluctuations, social environment influence, and performance levels among adolescent judokas. The results suggest that maintaining emotional stability and lower levels of mood fluctuations are important factors associated with higher performance outcomes. Additionally, the perception of the social environment was found to impact tapping

test results and showed a correlation with performance, indicating that minimizing the influence of the social environment is crucial for achieving higher performance levels.

In conclusion, the results of this study highlight the importance of judo trainings in promoting subjective well-being among adolescent judokas, particularly by reducing mood fluctuations, psycho-emotional symptoms, and the influence of the social environment. Engaging in judo can contribute to

the development of emotional stability, resilience to social influences, and a decrease in anxiety and distraction, ultimately leading to higher performance levels in adolescent judo. Based on these results, it is recommended that judo training programs incorporate strategies to enhance emotional regulation and create a supportive social environment to optimize the well-being and performance of adolescent judokas.

The work was supported by the NAS RA within the framework of the “Young Scientists’ Support Program” under the code 22-YSSS-029 and by the Science Committee of the MESCS RA, in the frames of the research project No 21T-5C071.

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Международный конгресс, 26–28 апреля 2023 года, Санкт-Петербург, Россия:
материалы конгресса – стр. 295-297

**ԴԵՌԱՀԱՍ ԶՅՈՒԴՅՈՒՄՏՆԵՐԻ ՄԱՐԶԱԿԱՆ ԱՐԴՅՈՒՆԱՎԵՏՈՒԹՅԱՆ
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*Գ. Ա. Լալայան, Ա. Վ. Ավերիսյան, Մ. Մ. Խաչատրյան
Հայաստանի ֆիզիկական կուլտուրայի և սպորտի
պետական ինստիտուտ, Երևան, Հայաստան*

ԱՄՓՈՓԱԳԻՐ

Առանցքային բառեր: Սուբյեկտիվ բարեկեցություն, հոգեշարժողական ընդունակություններ, մարզական արդյունավետություն, դեռահաս ծյուղոյիստներ, հմտությունների զարգացում, մարտարվեստ, հոգեբանական գործոններ, հուզական կայունություն:

Հետազոտության արդիականություն: Դեռահասության շրջանում սպորտային գործունեությամբ զբաղվելը նշանակալի է ֆիզիկական, ճանաչողական և հոգեբուցիական զարգացման համար: Այս ուսումնասիրությունն ուղղված է դեռահաս ծյուղոյիստների սուբյեկտիվ բարեկեցության, հոգեշարժողական հմտությունների և մարզական կատարողականի ուսումնասիրմանը: Նման հարաբերակցությունների դուրսբերումը կնպաստի դեռահաս ծյուղոյիստների ընդհանուր մարզական արդյունավետության օպտիմալացման միջամտությունների ծրագրի մշակմանը:

Հետազոտության նպատակն է՝ ուսումնասիրել դեռահաս ծյուղոյիստների շրջանում սուբյեկտիվ բարեկեցության, շարժողական ընդունակությունների և կատարողականի միջև կապը:

Հետազոտության մեթոդներ և կազմակերպում: Հետազոտությանը մասնակցել են 10-ից 16 տարեկան 23 դեռահաս ծյուղոյիստներ, որոնք «Ձեյթուն» մարզական ակումբի սաներ են: Նրանց հետ անցկացվել է հոգեբանական թեստավորում («Սուբյեկտիվ բարեկեցության սանդղակ», Պերուե-Բադու, Սոկոլովի ադապտացմամբ)՝ թեպինգ թեստ և մարզական կատարողականի գնահատում՝ հիմնվելով քյուերի մակարդակի վրա:

Ստացված արդյունքների վերլուծություն: Հետազոտության արդյունքները ցույց տվեցին, որ դեռահաս ծյուղոյիստների կատարողականի մակարդակի և հոգեբանական գործոնների միջև զգալի կապ կա: Մասնավորապես, կատարողականի ավելի բարձր մակարդակները փոխկապակցված են անհանգստության, ցրվածության և արտաքին ազդեցությունների ընկալման ավելի ցածր մակարդակների հետ: Արդյունքները

նաև դրական հարաբերակցություն են ցույց տվել սուբյեկտիվ բարեկեցության և տեպինգ թեստի արդյունքների միջև, ինչը ենթադրում է, որ սուբյեկտիվ բարեկեցության բարձր միավորները կապված են ավելի լավ ֆիզիկական ակտիվության հետ: Բացի այդ, պարզվել է, որ տրամադրության փոփոխությունները զգալի ազդեցություն են ունենում կատարողականի մակարդակի վրա, իսկ սոցիալական միջավայրի ընկալումներն ընդգծված ազդեցություն են ունենում թեստի գնահատականների վրա:

Համառոտ եզրակացություն: Այսպիսով՝ ծյուղոյի մարզումները դրական ազդեցություն ունեն սուբյեկտիվ բարեկեցության, մասնավորապես՝ տրամադրության տատանումների, սոցիալական միջավայրի ազդեցության և հոգեհուզական ախտանիշերի դրևստրման վրա: Զյուղոյի մարզումները նպաստում են տրամադրության կայունացմանը, արտաքին ներգործությունների նկատմամբ կայունությանը և անհանգրստության և ցրվածության նվազմանը՝ դեռահաս ծյուղոյիստների շրջանում: Խորհուրդ է տրվում ծյուղոյի մարզական ծրագրերում առաջնահերթություն տալ հուզական կարգավորման ռազմավարությունների մշակմանը և աջակցող սոցիալական միջավայր ստեղծելուն՝ դեռահաս ծյուղոյիստների բարեկեցությունն ու կատարողականը օպտիմալացնելու նպատակով:

ПОВЫШЕНИЕ СПОРТИВНОЙ РЕЗУЛЬТАТИВНОСТИ У ПОДРОСТКОВ ДЗЮДОИСТОВ: РОЛЬ СУБЪЕКТИВНОГО БЛАГОПОЛУЧИЯ И ПСИХОМОТОРНЫХ СПОСОБНОСТЕЙ

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АННОТАЦИЯ

Ключевые слова: субъективное благополучие, психомоторные способности, спортивная результативность, подростки - дзюдоисты, развитие навыков, единоборства, психологические факторы, эмоциональная устойчивость.

Актуальность исследования. Занятия спортом в подростковом возрасте важны для физического, когнитивного и психосоциального развития. Это исследование посвящено субъективному благополучию, психомоторным навыкам и спортивным результатам подростков, занимающихся дзюдо. Понимание этих взаимосвязей поможет разработать программы и мероприятия, способствующие повышению общих спортивных результатов среди подростков-дзюдоистов.

Цель исследования - изучить взаимосвязь между субъективным благополучием, психомоторными навыками и спортивными достижениями среди подростков, занимающихся дзюдо.

Методы и организация исследования. В исследовании приняли участие 23 юных дзюдоиста в возрасте от 10 до 16 лет, являющихся воспитанниками спортивного клуба «Зейтун». С ними были проведены психологическое тестирование (Шкала субъективного самочувствия, Перуэ-Баду, адаптация Соколова), теппинг-тест и оценка спортивной результативности по кю уровню. Исследование проводилось в июне-июле 2023 года в Спорт КАБ научно-исследовательском центре Государственного института физической культуры и спорта Армении.

Анализ полученных результатов. Результаты исследования показали наличие значимой связи между уровнем спортивной производительности и психологическими факторами у подростков-дзюдоистов. В частности, более высокие уровни производительности были связаны с более низкими уровнями тревожности, рассеянности и восприятия внешних факторов. Результаты также указывают на положительную корреляцию между субъективным благополучием и результатами теппинг теста, что свидетельствует о связи более высоких показателей субъективного благополучия с большей физической активностью. Кроме того, выявлено значительное влияние изменений в настроении на уровень производительности и восприятия социальной среды на результаты теппинг теста.

Краткие выводы. Таким образом, занятия дзюдо положительно влияют на субъективное благополучие, особенно в контексте перепадов настроения, влияния социальной среды и проявления психоэмоциональных симптомов. Занятия дзюдо оказывают положительное влияние на эмоциональное состояние подростков-дзюдоистов, способствуя стабилизации настроения, повышению устойчивости к внешним воздействиям, уменьшению тревожности и рассеянности. Рекомендуется уделять приоритетное внимание разработке стратегий эмоциональной регуляции и созданию благоприятной социальной среды в спортивных программах по дзюдо, чтобы оптимизировать самочувствие и спортивную результативность подростков-дзюдоистов.

Տեղեկություններ հեղինակների մասին

Գայանե Արմենի Լալայան՝ Բժշկականսաբանական գիտությունների ամբիոնի ասպիրանտ, Հայաստանի ֆիզիկական կուլտուրայի և սպորտի պետական ինստիտուտ, Երևան, Հայաստան,

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Հոդվածն ընդունվել է 10.05.2023–ին:

Ուղարկվել է գրախոսման՝ 11.05.2023–ին:

Գրախոս՝ Կ.Գ.Թ., դոցենտ Լ. Ստեփանյան