



FORMATION OF MOTIVATION
OF SPORTS ACTIVITY IN
TAEKWONDO FIGHTERS AT THE
STAGE OF INITIAL TRAINING

Koshcheyev Alexander¹, Guillermo Sáez², Lynda L. Laurin³

¹Prydniprovsk State Academy of Physical Culture and Sport

²EducaTKD

³High Performance Center USA

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Annotations

Abstract. Motivation is a complex element of a person that has a certain structure, hierarchy and is in bilateral dependence on the activities performed by the subject. Sports motivation is a leading component of the athlete's activity and some of its elements have an ambiguous connection with the activity. The possibility of managing the athletic motivation of the athlete is shown. However, specific means, ways, methods are not given. Only the main directions are given. In addition, in every sport there are specific features of motivation. In this regard, the formation of sports motivation for a particular sport will have its own specifics. It is important to identify the types of sports motivation and the factors that determine it. It will develop a method of forming the motivation of sports activities in taekwondo. There is no clear distinction in the training and competitive motivation of taekwondo fighters, the presence of which seems to us to be quite justified.

Objectives of the study. 1. To determine the formation and features of motivation of sports activities in taekwondo athletes of different sports qualifications and ages. 2. Identify the types of attitudes of young taekwondo practitioners to taekwondo classes and their content. 3. To develop and experimentally substantiate the method of forming the motivation for sports activities in taekwondo athletes at the stage of initial training.

Material and methods. Analysis of literature sources on the problem of motivation. A study of the competitive motivation of taekwondo fighters. Pedagogical experiment. Methods of research of sports motivation. Methods of mathematical statistics.

Results. After the end of the pedagogical experiment in the control group, there were no significant changes in the recorded indicators. In the experimental group there were significant changes in the studied indicators towards improvement: interest in taekwondo classes became stable ($P < 0.01$); significantly increased ($P < 0.01$) competitive motivation "to succeed"; motivation to "avoid failure" decreased ($P < 0.05$); there were significant changes in mental reliability: emotional stability for competition increased ($P < 0.01$); improved self-regulation ($P < 0.05$); significantly ($P < 0.01$) increased motivational and energy component; significant changes took place in the structure of sports motivation: the orientation of taekwondo athletes to meet material and spiritual needs increased ($P < 0.05$); increased interest of taekwondo practitioners in the accumulation of special knowledge and skills ($P < 0.05$). By the end of the pedagogical experiment, judging by M. Luscher's test, the competitive motivation of young taekwondo fighters has changed significantly. Most of the subjects in the first four positions put blue, green, and orange. This indicates a manifestation of their confidence, offensive tendencies, perseverance, and strength of will, calm. The performance of young taekwondo fighters of this group at the competitions was successful.

Conclusion. Conducting an annual pedagogical experiment on the formation of sports motivation in young taekwondo fighters showed a fairly high efficiency of our proposed method, which was expressed in the following: in increasing the degree of stability of interest in young taekwondo practitioners to taekwondo; in increasing competitive motivation "to succeed" and in reducing motivation "to avoid failure"; in increasing the mental reliability

of young taekwondo fighters; in increasing the interest of taekwondo practitioners in meeting spiritual and material needs and in accumulating special knowledge and skills. By the end of the pedagogical experiment, most taekwondo athletes (85%) of the experimental group had a positive active attitude to taekwondo.

Therefore, this technique can be used to determine the nature of the pre-start state of taekwondo.

Key words: motivation, sports training, taekwondo, competitive activity.

Анотація

Мотивація – це складний елемент особи, що має певну структуру, ієрархію і що знаходиться в двосторонній залежності з виконуваною суб'єктом діяльністю. Спортивна мотивація є провідним компонентом діяльності спортсмена, і окремі її елементи мають неоднозначний зв'язок з діяльністю. Показана можливість управління спортивною мотивацією спортсмена. Проте конкретні засоби, способи, методи не наводяться, даються лише основні напрями. До того ж в кожному виді спорту виділяються специфічні особливості мотивації. В зв'язку з цим і у формуванні спортивної мотивації до конкретного виду спорту буде своя специфіка. Представляється важливим виявлення типів спортивної мотивації і чинників, що її обумовлюють, що дозволить розробити методіку формування мотивації спортивної діяльності у тхеквондистів. Немає чіткого розрізнення в тренувальній і змагальній мотивації тхеквондистів, наявність якого представляється нам цілком обґрунтованим.

Завдання дослідження. 1. Визначити сформованість і особливості мотивації спортивної діяльності у тхеквондистів різної спортивної кваліфікації і віку. 2. Виявити типи ставлення юних тхеквондистів до занять тхеквондо і їх зміст. 3. Розробити і експериментально обґрунтувати методіку формування мотивації спортивної діяльності у тхеквондистів на етапі початкової підготовки.

Матеріал і методи. Аналіз джерел літератури з проблеми мотивації. Дослідження змагальної мотивації тхеквондистів. Педагогічний експеримент. Методи дослідження спортивної мотивації. Методи математичної статистики.

Результати. Після закінчення педагогічного експерименту в контрольній групі достовірних змін в показниках, що фіксуються, не відбулося. В експериментальній групі відбулися істотні зміни досліджуваних показників у бік поліпшення: інтерес до занять тхеквондо набув стійкого характеру ($p < 0,01$); істотно підвищилася ($p < 0,01$) змагальна мотивація «на досягнення успіху»; мотивація «на уникнення невдачі» знизилася ($p < 0,05$); відбулися значні зміни в психічній надійності: емоційна для змагання стійкість підвищилася ($p < 0,01$); покращала саморегуляція ($p < 0,05$); значно ($p < 0,01$) підвищився мотиваційно-енергетичний компонент; в структурі спортивної мотивації відбулися значні зміни: підвищилася орієнтованість тхеквондистів на задоволення матеріальних і духовних потреб ($p < 0,05$); підвищилася зацікавленість тхеквондистів в накопиченні спеціальних знань і навиків ($p < 0,05$). До закінчення педагогічного експерименту, судячи з тесту М.Люшера, змагальна мотивація юних тхеквондистів істотно змінилася. Більшість випробовуваних на перші чотири позиції ставлять синій, зелений, оранжевий кольори. Це свідчить про прояв у них упевненості, наступальних тенденцій, наполегливості, сили вольового зусилля, спокою. Виступ юних тхеквондистів цієї групи на змаганнях носив успішний характер.

Висновок. Проведення річного педагогічного експерименту з формування спортивної мотивації у юних тхеквондистів показало достатньо високу ефективність запропонованої нами методіки, що відбилося в наступному: у підвищенні ступеня стійкості інтересу у юних тхеквондистів до занять тхеквондо; у підвищенні змагальної мотивації «на досягнення успіху» і в зниженні мотивації «на уникнення невдачі»; у підвищенні психічної надійності юних тхеквондистів; у підвищенні зацікавленості тхеквондистів в задоволенні духовних і матеріальних потреб і в накопиченні спеціальних знань і навиків. До закінчення педагогічного експерименту у більшості тхеквондистів (85%) експериментальної групи спостерігалось позитивне активно-дієве ставлення до занять тхеквондо.

Отже, даною методикою можна користуватися для визначення характеру передстартового стану тхеквондистів.

Ключові слова: мотивація, спортивна підготовка, тхеквондо, змагальна діяльність.

Introduction. The urgency of the work is determined by the high importance of psychological training of taekwondo athletes and the large dropout rate among athletes

who practice taekwondo in the initial stages. The quality of mastering the art of taekwondo, the duration of this sport and achieving high sports results in it is due to the activity of

the person, which is based on motivation [1,3,5,8].

Motivation is a leading element of a person's structure, permeating all its formations - orientation, char-

acter, abilities, emotions, mental processes. Motivation characterizes a person as a subject of activity, reveals to us the origins, essence and content of its activity, regulatory and adaptive capabilities [2,6,9].

Sport with its intensive training work and psychologically difficult performance in competitions is the same training ground for human activity where motivation is very clear and the results of the athlete primarily depend on his motivation. In this regard, the study of the structure of sports motivation, the study of its manifestations and formation is an urgent problem of sports psychology, especially since this problem is largely unsolved by scientists because of its specificity (difficulties in diagnosing and managing its formation) [1, 2,7].

The main actor in sports is the athlete and the coach does not care what drives the athlete to his sports development, how to activate this "driving force", to put it into action? Without knowing the features of the

motivational sphere of the athlete's personality, it is difficult to prepare him for competitions, to form in him a stable, strong motivation. Therefore, we can say that the solution to the problem of sports motivation is the reserve through which the athlete can reach a higher level of skill, as well as the preservation of the contingent of athletes engaged in taekwondo [4,9,10].

Motivation of sports activity is connected with needs, values and is a functional body of the psychological organization of the person, its individual subjective display. Its strength, focus, stability is due to the nature of the object (taekwondo) and the athlete's attitude to it. Motivation depends not only on external factors, but also on internal [2,3,8,10].

The object of study - the psychological training of taekwondo athletes at the stage of initial training.

The subject of research is the motivation of taekwondo athletes.

The purpose of the study is

to experimentally substantiate the method of forming the motivation of sports activities in taekwondo athletes at the stage of initial training.

Objectives of the study:

1. To determine the formation and features of motivation of sports activities in taekwondo athletes of different sports qualifications and ages.

2. Identify the types of attitudes of young taekwondo practitioners to taekwondo and their content.

3. To develop and experimentally substantiate the method of forming the motivation of sports activities in taekwondo athletes at the stage of initial training.

The theoretical significance of the work lies in supplementing and improving the section of psychological training of athletes in particular in the development of theoretical and methodological aspects of the formation of motivation for sports activities.

The practical significance of the research results is that the obtained data allowed to develop and to substantiate the method of formation of sports motivation in young taekwondo athletes at the stage of initial training. From its introduction into the educational and training process of CYSS, a positive effect was obtained, which consists in strengthening the positive attitude to taekwondo classes in the groups of initial sports training and preserving a significant part of the contingent. The results can be applied: during the organization of the training process with young athletes;

Material and methods.

The following research methods were used to solve the tasks:

1. Analysis of literature sources on the problem of motivation.
2. Methods of research of sports motivation.
3. Research of competitive motivation of taekwondo fighters.
4. Pedagogical experiment.
5. Methods of mathematical statistics.

Table 1.2

Indicators of control and experimental groups before the experiment (x ± a), points

№	Indicators	Control group	Experimental group	P
1	Interest in sports	26,85±3,1	27,25±3,2	>0,05
2	Competitive motivation:			
	-to achieve success	6,65±0,75	6,5 ±0,6	>0,05
	-to avoid failure	4,5 ±0,45	4,75±0,36	>0,05
3	Personal anxiety.	38,514,2	40,83±3,8	>0,05
4	Mental reliability:			
	- CES	-2,8±0,09	-3,75±0,08	<0,05
	- SR	-0,82±0,07	-0,41±0,04	<0,05
	- MEC	-1,42±0,05	-1,66±0,03	>0,05
	- SNI	-0,85±0,07	-1,0 ±0,06	>0,05
5	Self-esteem	0,55	0,45	>0,05
6	Self-criticism	0,42	0,32	>0,05
7	Sports motivation:			
	K1	4,25±0,48	4,35±0,5	>0,05
	K2	4,1±0,52	4,3 ±0,72	>0,05
	K3	3,85±0,42	4,25±0,61	>0,05
	K4	4,4 ±0,56	4,2 ±0,55	>0,05
	K5	3,2±0,36	3,6 ±0,42	<0,05
	K6	3,3±0,45	3,1 ±0,4	>0,05
	K7	3,4±0,52	3,1 ±0,51	>0,05

Table 1.2

Indicators of the control and experimental groups after the experiment ($x \pm a$), points

№	Indicators	Control group	Experimental group	P
1	Interest in sports	28,25±3,2	32,45±3,6	<0,01
2	Competitive motivation: -to achieve success -to avoid failure	6,85±0,80 4,7±0,56	8,27±0,85 3,65±0,45	<0,01 <0,05
3	Personal anxiety.	41,5±5,1	42,6±6,2	>0,05
4	Mental reliability: - CES - SR - MEC - SNI	-2,6±0,08 -0,65±0,04 -1,2 ±0,06 -0,55±0,06	+2,1±0,1 +0,5*0,05 +2,3±0,21 +0,47±0,04	<0,01 ?>0,05 <0,01 >0,05
5	Self-esteem	0,65	0,61	>0,05
6	Self-criticism	0,35	0,42	>0,05
7	Sports motivation: K1 K2 K3 K4 K5 K6 K7	4,0±0,42 4,1±0,55 4,0±0,44 3,3±0,55 3,6±0,42 3,5±0,48 3,6±0,52	4,7±0,48 4,8±0,41 4,2±0,46 4,1±0,51 3,9±0,48 3,7±0,39 3,4±0,42	<0,05 <0,05 >0,05 <0,05 >0,05 >0,05 >0,05

To study the formation and characteristics of the motivation of sports in taekwondo, several methods were taken:

- a method developed by us, which includes 12 questions, served as a method for studying the sports motivation of taekwondo athletes. Subjects were asked to answer it by choosing one of the three suggested answers. Each answer has its own motivational load, which is expressed in points: the first answer - 3 points, the second answer - 2 points, the third answer - 1 point. Then the total amount of points is summed up, which characterizes the degree of stability of interest in taekwondo classes on a scale: stable interest 31-36 points; insufficiently stable 27-30 points; volatile interest 26 points or less. The reliability of the questionnaire was determined by repeated (a month later) survey of the same group of young taekwondo fighters. The reliability factor was 0.78.

- M. Luscher's color test was used as an additional method

of studying the motivation and personality traits of taekwondo athletes [2,3,4].

- studying of competitive motivation of taekwondo fighters. To study the nature of the motivation of taekwondo competition, we used a questionnaire [2,4,5], which allows us to identify the focus of competitive motivation on "success" and "avoidance of failure." Subjects were offered a questionnaire containing 20 statements-questions. Each of them had to be answered "yes or no" depending on the degree of correspondence of the statement to reality. Next, the number of "yes" answers in the odd and even statements was counted separately. The sum of points in odd statements characterizes the degree of focus of competitive motivation on "achieving success", in even statements - on "avoiding failure".

Organization of the study. The aim of the experiment was to test the effectiveness of the proposed method of forming sports motiva-

tion in young taekwondo athletes at the stage of initial sports training. The work with the experimental group was carried out according to the method developed by us during training sessions, after classes, before competitions and after competitions. Classes in the control group were conducted according to the generally accepted method; the duration of the pedagogical experiment was 10 months. The study (pedagogical experiment) was conducted on the basis of the sports club "SK OLIMP TKD" with young athletes in the amount of 24 people - athletes of groups of initial sports training at the age of 10-12 years. The boys were engaged in groups of initial sports training. The work with the experimental group was carried out according to the method developed by us during training sessions, after classes, before competitions and after competitions. Classes in the control group were conducted according to the generally accepted method.

Results. To test the effectiveness of the method of forming sports motivation for taekwondo classes in young taekwondo fighters, a pedagogical experiment was organized. The following indicators were taken as indicators:

- 1) Interest in sports;
- 2) The direction of competitive motivation:
 - To achieve success
 - To avoid failure;
- 3) Personal anxiety;
- 4) Mental reliability:
 - Competitive emotional stability (CES)
 - Self-regulation (SR)
 - Motivational and energy component (MEC)
 - Stability-noise immunity (SNI);
- 5) Sports motivation (CM):
 - Focus on meeting spiritual needs (K1);
 - Focus on meeting material needs (K2);
 - focus on favorable social conditions of sports activities (K3);
 - focus on replenishment of special knowledge (K4);
 - focus on the absence of pain

- (K5);
- focus on the accumulation of knowledge about their opponents (K6);
- focus on the absence of psychogenic influences (K7);
- 6) The type of attitude of young taekwondo practitioners to taekwondo;
- 7) Self-esteem;
- 8) self-criticism;

The initial results of the study of the above indicators in the control and experimental groups are presented in table 1.1 There were no differences between the groups in terms of sports fitness and the studied indicators.

After the end of the pedagogical experiment in the control group, there were no significant changes in the recorded indicators (table 1.2).

In the experimental group there were significant changes in the studied indicators towards improvement:

- 1) Interest in taekwondo classes has become stable ($P < 0,01$);
- 2) Significantly increased ($P < 0,01$) competitive motivation "to succeed"; motivation to "avoid failure"

decreased ($P < 0,05$);

3) There were significant changes in mental reliability: emotional stability for competition increased ($P < 0,01$);

- improved self-regulation ($P < 0,05$);

- Significantly ($P < 0,01$) increased motivational and energy component;

4) In the structure of sports motivation there have been significant changes:

- increased focus of taekwondo athletes to meet material and spiritual needs ($P < 0,05$);

- increased interest of taekwondo athletes in the accumulation of special knowledge and skills ($P < 0,05$);

- In the other components of sports motivation: focus on favorable social training conditions, the absence of pain, the accumulation of knowledge about their opponents and the lack of psychogenic effects of change has not occurred.

Apparently, for this age period, these orientations do not matter to novice athletes.

It is worth noting the increase in the mental reliability of young

Table 1.3

Arrangement of color positions according to the method of M. Lucher in the experimental group before and after the experiment (%)

№	Colors	Color positions							
		1	2	3	4	5	6	7	8
1	Blue	24,9	8,3	16,6	8,3	16,6	8,3	8,3	8,3
		66,4	8,3	0,05	24,9	0,05	-	-	-
2	Green	24,9	24,9	16,6	24,9	-	8,3	-	-
		74,7	8,3	8,3	8,3	-	-	-	-
		0,001	0,05	0,05	0,05	-	-	-	-
3	Orange	33,2	24,9	16,6	24,9	-	-	-	-
		83,0	8,3	8,3	0,05	-	-	-	-
4	Bright yellow	8,3	8,3	16,6	8,3	8,3	16,6	24,9	8,3
		24,9	8,3	-	24,9	8,3	8,3	24,9	-
5	Violet	41,5	33,2	8,3	8,3	8,3	-	-	-
		8,3	0,01	-	-	-	-	-	-
6	Brown	24,9	33,2	16,6	8,3	16,6	16,6	33,2	24,9
		-	-	-	-	24,9	-	-	-

Note: The top row of numbers indicates the results before the experiment; bottom row - after the experiment.

Table 1.4

**Formation of attitude to taekwondo classes in young taekwondo fighters in the process
Pedagogical experiment (%)**

№	Types of relationships	Control group			Experimental group		
		the beginning	the end	P	the beginning	the end	P
1.	Negative	18	23	>0,05	20	-	<0,001
2.	Indifferently	48	42	>0,05	45	-	<0,001
3.	Positive-amorphous	23	8	<0,05	20	15	>0,05
4.	Positive-actively-effective	11	27	<0,05	15	85	<0,001

taekwondo athletes - all its components. Thus, if before the experiment all its components had a negative value (very low degree of severity), then by the end of the experiment reliability indicators, especially the motivational-energy component acquired a positive value.

Such personal characteristics as personal anxiety, self-esteem, self-criticism were of average importance before the experiment and did not change until the end.

As for the dynamics of the formation of competitive motivation in young taekwondo fighters in the process of pedagogical experiment, M. Luscher's color test was used [2,4,5].

Subjects were asked to place color positions before the competition (table 1.3.)

Before the beginning of the pedagogical experiment, a small number of people from the whole group put the main colors in the first four positions - blue, green, orange-red, bright yellow, these colors symbolize calm, confidence and perseverance, strength of will, offensive tendencies, aggression.

It is also observed that a significant number of taekwondo practitioners put additional colors in the first four positions - purple, brown, black, gray. This indicates the presence in the competitive motivation of young taekwondo fighters of negative tendencies: anxiety, fear, anxiety, frustration, etc.

Competitive motivation, filled

with such emotions, is the core of an unfavorable pre-start state. Most of the subjects with this condition did not compete successfully - they lost the fight.

By the end of the pedagogical experiment, according to M. Luscher's test, the competitive motivation of young taekwondo fighters has changed significantly. Most of the subjects in the first four positions put blue, green, and orange. This indicates a manifestation of their confidence, offensive tendencies, perseverance, and strength of will, calm. The performance of young taekwondo fighters of this group at the competitions was successful. Therefore, this technique can be used to determine the nature of the pre-start state of taekwondo.

Discussion. In the process of pedagogical experiment in the experimental group there were significant changes in relation to taekwondo practitioners before taekwondo (table 1.4.). If before the start of the experiment many taekwondo athletes (65%) showed an indifferent and negative attitude, then by the end of the experiment most taekwondo athletes (85%) had a positive - active attitude, the rest - a positive amorphous. In the control group, the final results show that there have been minor changes in the nature of attitudes toward taekwondo. The nature of the attitude to taekwondo was manifested in the elimination of young taekwondo fighters.

Conclusion. Carrying out pre-

liminary researches of motivation of sports activity of taekwondo players and the analysis of the special literature allowed us to substantiate a technique of formation of sports motivation at young taekwondo players.

In the structure of sports motivation in young taekwondo fighters there are two components: motivation for training activities; competitive motivation. When forming each of them, specific tasks are solved.

Conducting an annual pedagogical experiment on the formation of sports motivation in young taekwondo fighters showed a fairly high efficiency of our proposed method, this was expressed in the following:

- In increasing the degree of stability of interest of young taekwondo practitioners to taekwondo;
- In increasing competitive motivation "to succeed" and in reducing motivation "to avoid failure";
- In increasing the mental reliability of young taekwondo fighters;
- In increasing the interest of taekwondo fighters in meeting spiritual and material needs and in the accumulation of special knowledge and skills.

By the end of the pedagogical experiment, most taekwondo athletes (85%) of the experimental group had a positive active attitude to taekwondo.

The results of the pedagogical experiment allow us to recommend our proposed method in the practice of working with young athletes.

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Koshcheyev Alexander

Pridneprovsk State Academy of Physical Culture and Sport (Ukraine)

e-mail: AlexTKD@3g.ua

<https://orcid.org/0000-0002-5232-7983>

Guillermo Sáez

EducaTKD (Colombia)

e-mail: investigacionssaez@hotmail.com

Lynda L. Laurin

High Performance Center (USA)