



Modern Psychological Technologies for Correcting Conflict Situations in Limited Coalitions (Based on Volleyball Material)

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Abstract

The purpose of the work – to determine the peculiarities of the response of sportswomen to conflict situations in the conditions of a limited coalition of the volleyball team in order to optimize the process of sports training.

Materials and methods. Participants: 30 amateur volleyball players (women), who participated in park and beach volleyball competitions in the 2022-2023 season under the auspices of the Zaporizhzhia Regional Volleyball Federation. Age range: 18-27.

Methods: Analysis and systematization of data from scientific and methodical literature and the electronic resource of global information network "Internet"; pedagogical observations; psychological testing according to the method of K. Thomas "Determining the style of behavior in a conflict situation"; pedagogical experiment of controlling orientation; methods of mathematical statistics.

Results. The analysis of the experimental indicators allows us to state that the volleyball players of the main group significantly improved the "cooperation" (+6.67%) and "compromise" (+6.67%) indicators, while the "avoidance" indicator significantly decreased (-13.33%). Based on this, we note that the technology for correcting conflict situations in limited coalitions of the volleyball team is quite effective (indicators of volleyball players of the main group). Among the volleyball players of the control group, an increase in indicators according to the "compromise" criteria (+6.67%) and a decrease according to the "avoidance" criterion (-6.66%) were recorded.

Conclusion. Modern technologies of psychological training in volleyball, which relate to issues of correction of conflict situations in limited coalitions, are a prerequisite for increasing the effectiveness of the competitive activity of volleyball players. The main ways of applying these technologies in the training process in volleyball are the psychological diagnosis of female athletes taking in to account their personal qualifications, social roles in the limited coalition of the volleyball team; targeted application in competitive micro- or mesocycles of training to increase the effectiveness of training and competitive activities in limited coalitions.

Keywords: volleyball, training, psychological technologies, correction, limited coalition.

Introduction

Team sports games (including volleyball) are one of the most popular and spectacular sports. Scientists note that purely pedagogical approaches and technologies to improve the system of long-term training of athletes and increase the efficiency of competitive activities are practically exhausted (Oliinyk, et al., 2021; Doroshenko, I. Oliinyk, Melnyk et al., 2022). In this context, there is a problematic situation, which

is due to the need for further improvement of long-term training and increasing the effectiveness of the training process of volleyball players, on the one hand, with almost complete exhaustion of the potential physiological resources of the body based on traditional technologies of long-term training of volleyball players, on the other hand. This state of affairs increases the importance of other factors that directly affect the effectiveness of sports training of volleyball players. In particular, this concerns the integration of modern psychological technologies for the correction of conflict situations into the training process of volleyball players, which

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can significantly increase the efficiency and effectiveness of the competitive activity of individual athletes and the team as a whole.

General scientific issues related to modern conflictology are thoroughly explained in scientific studies (Bezv, Petrenko, Husiev et al., 2020) – innovative communication technologies for the resolution of conflict situations in the social aspect; (Kazmirenko, Dukhnevych, Osadko et al., 2013) – principles of cognitive psychology of communication; (Danylova, Zhovtianska, Kukharuk et al., 2023) – psychological support for predicting social processes; (Petrenko, 2018) – specifics of communicative and technological settlement of social conflicts, etc.

From the point of view of modern psychological science, a volleyball team is a sports team that has the characteristics of a limited coalition (Chorna, Hornostai, Yaremchuk et al., 2021). This concerns the formation of formal and informal structures of relations in the sports team, which are determined by the peculiarities of the educational, training and competitive activities of volleyball players and socio-psychological factors – the coach's leadership style, the personal qualities of the members of the sports team, their social status in society and their role in the team, etc. (Oliinyk & Doroshenko, 2018; 2020). Also significant are the issues of formation of factors for a person to acquire social status in a limited coalition in the processes of leisure, recreation and health and other types of social activity (Lapshova, 2021); consideration of problematic issues of the formation of emotional stability of the individual as a psychological phenomenon (Andrusyk, 2022), which is especially significant for team sports games; psychological analysis of the personality in situations of external and internal uncertainty, which are characteristic of sports activities (Zaretska, 2023) and psychological features of the relationship between vitality and anxiety of the personality, which also has a significant impact on the success of the competitive activity of the volleyball team (Mushcherova, 2022). In addition, to solve this problem, it is important to take into account the gender characteristics of the manifestation of leadership (Khomenko-Semenova, Istratov, & Ok-samytna, 2022) and the identification of a gender (female) personality in a limited coalition of a sports team (Korokhod, Tatiachykov, & Samara, 2023).

From the point of view of improving sports training in volleyball, studies (Doroshenko, Oliinyk, Melnyk et al., 2022) aimed at developing effective technologies for forming the psychological climate in limited coalitions (sports teams) are significant. Pertinent to this scientific issue are studies on the development of team cohesion and sustainable cooperation skills using specialized sports education models (Kao, 2019), issues of effective extrapolation of team improvisation into team adaptation (Abrantes, Passos, Cunha et al., 2018) and the development of integrative approaches to the induction of cognitive conflicts in pedagogical models of teaching volleyball tactics (Mastrogiannis, Antoniou, Sotiriou et al., 2017).

This state of affairs of the mentioned problem allows scientists to focus on the importance of social aspects in resolving conflict issues in limited coalitions (for example, women's volleyball teams). In particular, this concerns the issues of promoting social integration through sports for young people (Block & Gibbs, 2017; Haudenhuyse, 2017), the development of personal and social responsibility in limited

coalitions of a volleyball team based on the application of mixed (hybrid) technologies (Muñoz-Llerena, Hernández-Hernández, García-de-Alcaraz et al., 2021). As a result, there is an improvement in cultural diversity, emotional well-being, and interpersonal relationships of volleyball players, which leads to the optimization of the psychological climate in limited coalitions (Lavega-Burgués, Bortoleto, Pic et al., 2021). In turn, this contributes to the optimization of sports training by positively influencing the skills of perception of game activity in volleyball during specialized training (Lin, Chang, Hung et al., 2022).

The above review of scientific research allows us to state that the issue of the formation of modern psychological technologies for the correction of conflict situations in limited coalitions of volleyball teams is covered in sufficient detail and thoroughly. However, there remain a number of finally unresolved problematic issues related to the search for ways of applying the most effective technologies for the correction of conflict situations in the practice of sports training in volleyball and the possibilities of their practical implementation; formation of managed conflict situations in limited coalitions of volleyball teams to optimize the psychological climate and sports training. These questions are not finally resolved and are the basis for conducting our research.

Hypothesis. The study of modern psychological technologies for the correction of conflict situations in limited coalitions of volleyball teams and the possibilities of their practical implementation in the sports training of volleyball players will allow to optimize sports training and increase the effectiveness of competitive activities.

The purpose of the work: to determine the peculiarities of the response of sportswomen to conflict situations in the conditions of a limited coalition of the volleyball team in order to optimize the process of sports training.

Materials and methods

Participants

Thirty amateur volleyball players (women), who participated in park and beach volleyball competitions in the 2022-2023 season under the auspices of the Zaporizhzhia Regional Volleyball Federation. Age range: 18-27. The main group – 15 volleyball players of the national team of the Zaporizhzhia State Medical and Pharmaceutical University; control group – 15 volleyball players from other teams.

Methods of research

Analysis and systematization of data from scientific and methodical literature and the electronic resource of global information network "Internet"; pedagogical observations; psychological testing according to the method of K. Thomas "Determining the style of behavior in a conflict situation"; pedagogical experiment of controlling orientation; methods of mathematical statistics.

Organization of research

The research was conducted during the competitive periods of the annual macrocycle of training amateur volleyball

players for the regional level competitions in park and beach volleyball of the 2022-2023 season (August-September 2022 and April-May 2023). The research was carried out taking in to account the criteria (Declaration of Helsinki of the World Medical Association “Ethical principles of medical research with the participation of a person as an object of research”).

Interpretation of results

Rivalry (competition): the desire to achieve the satisfaction of one’s own interests, regardless of the interests of others, active actions and willful efforts, orientation to one’s own ideals and abilities, authoritarianism in decision-making.

Cooperation: active participation in conflict resolution, defending both one’s own interests and the interests of partners, joint discussion of problems and needs.

Compromise: the ability of representatives of both parties involved in the conflict to give up their interests. Striving for a solution that satisfies both parties.

Avoidance: lack of desire for cooperation, passivity in defending one’s rights due to one’s own unimportance of solving the problem or a state of impasse, transfer of responsibility for solving the problem to others.

Adaptation: the ability to act together with a partner for his interests, the desire for harmony in the relationship, the comfort of both parties.

Results

In the study, amateur volleyball players were tested according to the method of K. Thomas “Determining the style of behavior in a conflict situation”.

In the process of research, volleyball players of the main group were offered a technology for correcting conflict situations in a limited sports team coalition based on the use of specially developed psychological and pedagogical tasks, exercises, and situational role-playing games.

These tasks involved the creation of psychological and pedagogical conditions that contribute to the correction of conflict situations in a limited sports team coalition using methods of active socio-psychological training: discussion, training, situational role-playing and creative games.

In the structure of the technology for the correction of conflict situations in the limited coalition of the volleyball team, the sequence of the formation of psychological skills, which consists of three phases, is taken into account:

- the orientation phase, which contributes to the performance of the informational and motivational function;
- the assimilation phase, in which the pedagogical function of obtaining the necessary knowledge and applying it in conditions of uncertainty is performed;
- the phase of practical mastery, which is aimed at bringing the acquired knowledge, abilities and skills to automatism and their practical implementation in the conditions of a limited coalition of the sports team.

Volleyball players of the control group trained according to traditional schemes of sports training, without using the specified special psychological means

The results are shown in Table 1.

Table 1. Comparative analysis of the results of psychological testing of amateur volleyball players, n = 30

N	Levels of formation for successful resolution of conflict situations	To the experiment		After the experiment	
		number, n	number, %	number, n	number, %
main group					
1	rivalry	6	40.00	7	46.66
2	adaptation	3	20.00	2	13.33
3	cooperation	2	13.33	3	20.00
4	avoidance	2	13.33	0	0.00
5	compromise	2	13.33	3	20.00
control group					
1	rivalry	5	33.33	5	33.33
2	adaptation	3	20.00	4	26.66
3	cooperation	3	20.00	2	15.4
4	avoidance	2	13.33	1	6.66
5	compromise	2	13.33	3	20.00

Figure 1 and 2 shows the changes in the ways of responding to conflict situations of amateur volleyball players during the competitive periods of the annual training macrocycle.

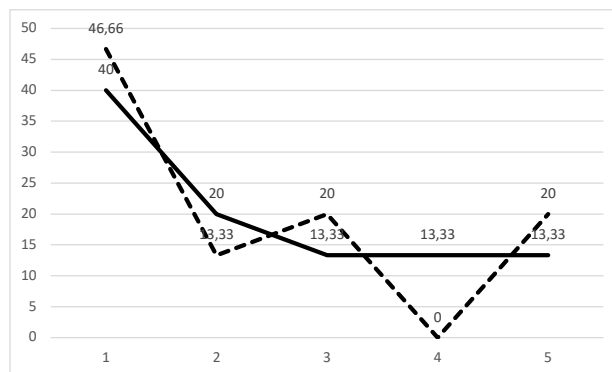


Fig. 1. Comparative analysis of the results of psychological testing of amateur volleyball players (main group), n = 15 notes: – number 1 (to the experiment); --- number 2 (after the experiment)

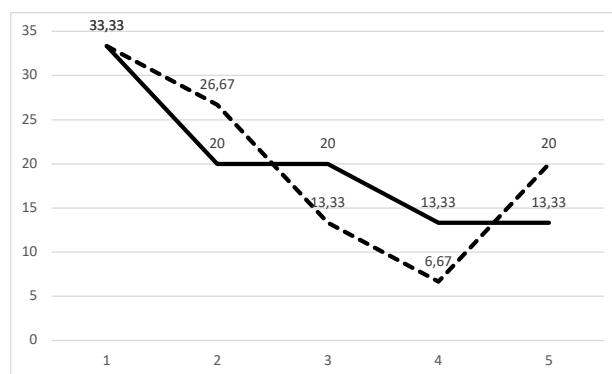


Fig. 2. Comparative analysis of the results of psychological testing of amateur volleyball players (control group), n = 15 notes: – number 1 (to the experiment); --- number 2 (after the experiment)

The analysis of the experimental indicators, which are shown in Figures 1 and 2, allows us to state that the volleyball players of the main group significantly improved the “cooperation” (+6.67%) and “compromise” (+6.67%) indicators, while the “avoidance” indicator significantly decreased (-13.33%). Based on this, we note that the technology for correcting conflict situations in limited coalitions of the volleyball team is quite effective (indicators of volleyball players of the main group). Among the volleyball players of the control group, an increase in indicators according to the “compromise” criteria (+6.67%) and a decrease according to the “avoidance” criterion (-6.66%) were recorded.

Discussion

The problem of the formation of modern psychological technologies for the correction of conflict situations in limited coalitions (based on the material of volleyball teams) is not a completely new topic in scientific research (Oliinyk, & Doroshenko, 2020; Mastrogiannis, Antoniou, Sotiriou et al., 2017; Muñoz-Llerena, Hernández-Hernández, García-de-Alcaraz et al., 2021).

In our study, for the first time, the possibilities of improving the effectiveness of competitive activity in volleyball based on the application of technologies for the correction of conflict situations in limited coalitions are shown (Oliinyk & Doroshenko, 2018) taking in to account the social roles of volleyball players in a sports team (Abrantes, Passos, Cunha et al., 2018) to form an optimal psychological climate (Doroshenko, I. Oliinyk, Melnyk et al., 2022).

In addition, in the process of conducting the research, the data of the general theory of sports and the system of training athletes in volleyball were supplemented with regard to the optimization of the training process and the improvement of the efficiency of competitive activity based on the application of psychological factors for the correction of conflict situations in the volleyball team (Oliinyk, Doroshenko, & Melnyk, 2021).

Multidisciplinary factors are also significant - improvement of cultural diversity, emotional well-being, interpersonal relationships and the ability to make optimal decisions in the conditions of fast-moving variable situations of competitive activity in volleyball (Lavega-Burgués, Bortoleto, Pic et al., 2021); formation and development of the cohesion of the volleyball team and the skills of stable cooperation of players in competitive activities with the help of models of sports education and theoretical training (Kao, 2019).

Prospects for further research in this direction are quite diverse: firstly, they relate to the issues of detailing the technology for correcting conflict situations in limited coalitions of volleyball teams, taking into account the gender and qualification differences of players; secondly, it is a matter of applying the mentioned technologies in various structural formations of the macrocycle of training - microcycles and mesocycles; thirdly, it is a question of diagnosing the mental states of volleyball players as a prerequisite for the correction of conflict situations in limited coalitions of volleyball teams.

Conclusions

Modern technologies of psychological training in volleyball, which relate to issues of correction of conflict situations

in limited coalitions, are a prerequisite for increasing the effectiveness of the competitive activity of volleyball players.

The analysis of the experimental indicators allows us to state that the volleyball players of the main group significantly improved the “cooperation” (+6.67%) and “compromise” (+6.67%) indicators, while the “avoidance” indicator significantly decreased (-13.33%), which indicates the effectiveness of the presented technology.

The main ways of applying these technologies in the training process in volleyball are the psychological diagnosis of female athletes taking in to account their personal qualifications, social roles in the limited coalition of the volleyball team; targeted application in competitive micro- or mesocycles of training to increase the effectiveness of training and competitive activities in limited coalitions.

Conflict of interest

The authors state no conflict of interest.

Acknowledgements

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Сучасні психологічні технології корекції конфліктних ситуацій в обмежених коаліціях (на матеріалі волейболу)

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Авторський вклад: А – дизайн дослідження; В – збір даних; С – статаналіз; D – підготовка рукопису; E – збір коштів

Реферат. Стаття: 6 с., 1 табл., 1 рис., 30 джерел.

Мета роботи – визначити особливості реагування спортсменок на конфліктні ситуації в умовах обмеженої згуртованості волейбольної команди з метою оптимізації процесу спортивної підготовки.

Матеріал і методи. Учасники: 30 волейболістів-любителів (жінок), які брали участь у змаганнях з паркового та пляжного волейболу сезону 2022-2023 під егідою Запорізької обласної федерації волейболу. Віковий діапазон: 18-27. Методи. Аналіз та систематизація даних науково-методичної літератури та електронного ресурсу глобальної інформаційної мережі «Інтернет»; педагогічні спостереження; психологічне тестування за методикою К. Томаса «Визначення стилю поведінки в конфліктній ситуації»; педагогічний експеримент контролюючої спрямованості; методи математичної статистики.

Результати. Аналіз експериментальних показників дозволяє стверджувати, що у волейболісток основної групи суттєво покращилися показники «співпраця» (+6,67%) та «компроміс» (+6,67%), а показник «уникнення» значно знизився (-13,33%). Виходячи з цього, зазначимо, що технологія корекції конфліктних ситуацій в обмежених складах волейбольної команди є досить ефективною (показники волейболісток основної групи). Серед волейболісток контрольної групи зафіксовано зростання показників за критерієм «компроміс» (+6,67%) та зниження за критерієм «уникнення» (-6,66%).

Висновок. Сучасні технології психологічної підготовки у волейболі, які стосуються питань корекції конфліктних ситуацій в обмежених коаліціях, є передумовою підвищення ефективності змагальної діяльності волейболістів. Основними напрямками застосування цих технологій у навчально-тренувальному процесі у волейболі є психологічна діагностика спортсменок з урахуванням їх особистісних якостей, соціальних ролей у обмеженому складі волейбольної команди; ціле-спрямоване застосування в змагальних мікро- або мезоциклах підготовки для підвищення ефективності тренувальної та змагальної діяльності в обмежених коаліціях.

Ключові слова: волейбол, навчання, психологічні технології, корекція, обмежена коаліція.

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