

The role of self-perception in figure skating

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Abstract: Self-perception plays a crucial role in figure skating. Figure skating is a highly technical and artistic sport that requires skaters to have a strong understanding of their own abilities, strengths, and weaknesses. Skaters must have a clear perception of their body position and movement in order to execute jumps, spins, and intricate footwork with precision and control. Self-perception also influences a skater's confidence and mindset on the ice. Skaters who have a positive self-perception are more likely to approach difficult elements with determination and resilience. On the other hand, skaters with a negative self-perception may struggle with self-doubt and fear, leading to hesitations and mistakes during their performances. Furthermore, self-perception can impact a skater's ability to receive feedback and make necessary adjustments to their technique. Skaters who are self-aware and open to constructive criticism are more likely to make improvements and progress in their performance. In conclusion, self-perception is a fundamental aspect of figure skating that influences a skater's technical execution, confidence, and ability to receive feedback. Understanding and studying the role of self-perception can contribute to the development of effective training methods and performance enhancement strategies in figure skating.

1. Introduction

Self-cognition refers to an individual's perception and understanding of their own thoughts, emotions and behaviors. In the field of sports, self-cognition is considered to be an important factor for athletes to think and evaluate their ability and performance in the process of competition. Figure skating is a technically demanding and psychologically stressful sport where athletes need to maintain a good sense of self while spinning, leaping and balancing at high speeds. Self-awareness plays an important role in figure skating. It helps players understand their ability and technical level, recognize their emotional state and way of thinking, and build self-confidence and self-belief. By cultivating good self-cognition ability, players can better develop and improve themselves and achieve better results in the competition. By understanding and promoting athletes' self-awareness, we can improve their confidence, motivation and psychological quality, thereby further improving their competitive level and performance. These research results have important reference value for figure skaters' training and coaches' teaching and guidance.

2. The concept and function of self-cognition

2.1 The concept of self-cognition

Self-cognition refers to the individual's cognition, understanding and evaluation of himself. It is the subjective reflection and awareness of self-existence and self-characteristics, and the process of self-awareness and cognition of one's inner experience and external performance. Self-cognition is a dynamic process, which can be carried out through self-observation, self-reflection, self-evaluation and feedback from others^[1]. Through self-observation and self-reflection, individuals can reflect on their way of thinking, emotional state and behavior habits, so as to better understand themselves. Through self-evaluation, individuals can evaluate and compare their own performance, so as to more comprehensively recognize their own strengths and weaknesses. At the same time, feedback and evaluation from others is also an important way to help individuals know themselves. Observation and evaluation from others can provide objective perspectives and opinions to help individuals understand themselves more accurately^[2].

2.2 The role of self-cognition

2.2.1 Help athletes realize their skill level

Athletes need to have an objective understanding of their own technical level, understand their own advantages and disadvantages, so as to formulate corresponding training plans and improve strategies. Through self-cognition, athletes can identify their strengths and weaknesses in technology, conduct targeted training, and improve their technical level. Second, self-awareness can help athletes understand their own physical condition and ability^[3]. Figure skating is a sport that requires a lot of flexibility, strength and coordination, so knowing your body condition and abilities is very important for training and competing.^[4] Through self-cognition, athletes can know their own body flexibility, strength and balance and other aspects of the situation, so as to formulate a reasonable training plan and competition strategy.

2.2.2 Help athletes understand mental states and emotional changes

In figure skating, an athlete's mental state and emotions are crucial to performing well. Through self-cognition, athletes can understand their mental state and emotional changes in the process of training and competition, such as anxiety, tension, self-confidence, etc., so as to take appropriate adjustment measures to maintain a good mental state and emotional stability. Finally, self-knowledge can help athletes evaluate their performance. Through self-cognition, athletes can objectively evaluate their performance in the game, including the play of technical level, the stability of psychological state, the execution of competition strategy and so on. Through the evaluation of their own performance, athletes can find their own strengths and weaknesses, and provide reference and improvement direction for the next training and competition^[5].

All in all, self-perception plays an important role in figure skating. It can help athletes realize their technical level, understand their physical condition and ability, understand their mental state and emotional changes, and evaluate their performance.^[6] By cultivating good self-cognition ability, athletes can better improve their technical level and perform well in the game.

3. Self-awareness of the role of figure skating

The role of self-awareness in figure skating is very important. It can help athletes fully understand their technical level, physical condition and ability, understand their mental state and

emotional changes, and evaluate their performance. Through self-knowledge, athletes can better develop their skills and improve their performance.

3.1 Self-cognition can help athletes realize their own technical level

In figure skating, self-knowledge is very important. Athletes should learn to observe and reflect on their own performance, not only focusing on their technical level, but also their physical and mental state. First, it is crucial for athletes to observe and reflect on their own technical performance. Athletes should always pay attention to their movements, posture, strength and coordination. By observing their own performance, athletes can find their own technical problems, such as the movement is not smooth enough, the posture is not elegant enough^[7]. Athletes can use training videos or game videos to replay their performance, analyze and adjust it in a targeted way. Athletes can also consult their coaches or other professionals for more advice and advice. Through continuous observation and reflection, athletes can find and improve their technical problems in time and improve their technical level. Secondly, it is also very important to observe and reflect on your own physical state. Figure skating is a sport that requires a lot of flexibility, strength and coordination. Athletes should pay attention to their flexibility, strength and balance. By observing their physical state, athletes can understand their strengths and weaknesses, so as to formulate reasonable training plans and competition strategies^[8]. Athletes can also understand their physical condition through regular physical examination and assessment, timely detection and solution of physical problems, and maintain a healthy state of the body. Finally, it is also very important to observe and reflect on your own mental state and emotional changes. In figure skating, an athlete's mental state and emotions are crucial to performing well. Athletes should always pay attention to their mental state and emotional changes during training and competition, such as anxiety, tension, self-confidence and so on^[9]. By observing and reflecting on their own mental state, athletes can take corresponding adjustment measures in time to maintain a good mental state and emotional stability^[10]. Athletes can use the help of psychological counselors or psychological coaches to carry out psychological training and adjustment to improve their psychological quality and coping ability.

3.2 Self-awareness can help athletes understand their own physical condition and ability

In addition to self-observation and reflection, athletes should actively engage with coaches, teammates and other professionals to listen to their comments and suggestions on their performance. Coaches are important mentors and mentors for athletes. They have the experience and expertise to objectively evaluate the performance of athletes and provide professional advice. Coaches can help athletes identify their problems and room for improvement by observing and analyzing movement, posture and technical details. Athletes should maintain communication with the coach, actively consult and accept the coach's guidance. Athletes should listen to the coach's opinions with an open mind, take the coach's questions and suggestions seriously, and strive to improve their shortcomings in training. Secondly, teammates are also good teachers and friends of athletes. Teammates can observe and evaluate each other, help each other identify problems and provide support and encouragement. Through communication with teammates, athletes can understand their role and performance in the team, as well as the interaction and cooperation between teammates. The opinions and suggestions of teammates can give athletes different perspectives and perspectives and help athletes get a more complete picture of their own performance. Athletes should be open to feedback from their teammates, accept it and improve on it. In addition, other professionals can also provide valuable advice and advice to athletes. For example, technical experts, physical trainers, psychological coaches, etc. can evaluate and guide the performance of athletes from their own professional perspectives. Athletes can seek the help of these professionals, listen to their

professional advice and make adjustments and improvements as needed.

3.3 Self-cognition can help athletes understand their own mental state and emotional changes

Athletes should set specific, measurable goals and develop plans and strategies to achieve them.

First of all, goal setting is one of the keys to an athlete's success. Setting specific goals can help athletes figure out where they want to go and where they want to work. These goals should be measurable and achievable so that athletes can have a clear picture of their progress and results. For example, a swimmer may set a goal to compete in a specific competition and achieve a certain result, or to improve his or her speed or skill level by a certain time. Goal setting not only helps athletes focus their energy and resources, but also provides clear direction and motivation. Secondly, making the corresponding plan and strategy is the key to achieve the goal. Athletes should make a detailed plan, including daily, weekly or monthly training schedule, specific training content and schedule. These plans should be developed according to the athlete's goals and actual situation to ensure reasonable use of time and effective training results. In addition, athletes should also develop corresponding strategies, such as improving their skills, enhancing physical fitness, improving psychological quality, so as to better achieve the goal. At the same time, athletes should also establish a self-motivation mechanism suitable for themselves to maintain a positive attitude and good motivation. Self-motivation can be achieved by constantly giving yourself positive feedback and rewards. Athletes can set small goals and reward themselves in time, such as giving themselves a small reward or rest time for completing a difficult move during training. In addition, athletes can have friendly competition with teammates, motivate and support each other. By establishing a good goal setting and self-motivation mechanism, athletes can better adjust their cognition and behavior, so as to achieve their own development and growth.

To sum up, athletes should set specific, measurable goals and develop plans and strategies to achieve them. At the same time, athletes should also establish a self-motivation mechanism suitable for themselves to maintain a positive attitude and good motivation. Through clear goal setting and effective self-motivation, athletes can better adjust their cognition and behavior so as to achieve their own development and growth.

3.4 Self-awareness can help athletes evaluate their performance

Through self-cognition, athletes can objectively evaluate their performance in the game, including the play of technical level, the stability of psychological state, the execution of competition strategy and so on. Through the evaluation of their own performance, athletes can find their own strengths and weaknesses, and provide reference and improvement direction for the next training and competition. Self-assessment can also help athletes establish the right self-image and self-confidence, improve the stability of the game and the consistency of the performance.

In short, self-knowledge plays an important role in figure skating. Through self-cognition, athletes can realize their technical level, understand their physical condition and ability, understand their mental state and emotional changes, and evaluate their competition performance. By cultivating good self-cognition ability, athletes can better improve their technical level and perform well in the game. Therefore, in figure skating, self-awareness is very important. Only through self-knowledge, athletes can fully understand themselves, so as to better develop their skills and improve their performance.

4. Ways to develop good self-cognition

Developing good self-awareness is crucial for figure skaters. Here are a few ways to help

athletes develop a good sense of self.

4.1 Self-observation and reflection

Figure skaters should learn to observe their own performance and reflect on their technique, physical condition and mental state. During training and competition, athletes should always pay attention to their movements, posture, strength and coordination. By observing and reflecting on their own performance, athletes can understand their strengths and weaknesses, and adjust and improve in time. For example, athletes can find their technical problems by watching their training videos or game videos, and then train and adjust accordingly. In the process of reflection, athletes should also pay attention to their mental state and emotional changes, understand their degree of tension and self-confidence in training and competition, so as to carry out targeted psychological adjustment.

4.2 Seek feedback and suggestions from others

Athletes should actively engage with coaches, teammates and other professionals to hear their comments and suggestions on their performance. They can provide objective observations and professional opinions to help athletes more accurately understand their skill level and performance. Athletes should be open to feedback and suggestions from others, accept them humbly, and use them as a direction for improvement and improvement. For example, if the coach believes that the athlete has room for improvement in the technique of a certain move, the athlete should listen carefully and train and correct according to the coach's guidance. By seeking feedback and advice from others, athletes can gain a more complete and objective view of themselves.

4.3 Establish a good goal setting and self-motivation mechanism

Athletes should set specific, measurable goals and develop plans and strategies to achieve them. Goal setting can help athletes clarify their direction and the direction of their efforts, so that they can train and compete more targeted. At the same time, athletes should also establish a self-motivation mechanism suitable for themselves to maintain a positive attitude and good motivation. Self-motivation can be achieved by constantly giving yourself positive feedback and rewards, such as setting small goals and rewarding yourself in time, or engaging in friendly competition with teammates. By establishing a good goal setting and self-motivation mechanism, athletes can better adjust their cognition and behavior, so as to achieve their own development and growth.

In a word, it is very important for figure skaters to develop good self-cognition. Through self-observation and reflection, seeking feedback and suggestions from others, and establishing a good goal setting and self-motivation mechanism, athletes can more comprehensively and objectively understand their own technical level, physical condition and psychological state, and evaluate their own performance. By cultivating good self-cognition, athletes can better adjust their cognition and behavior, so as to improve their technical level and perform well in the game. Therefore, in figure skating, it is very important to develop good self-cognition ability. Only through self-knowledge, athletes can fully understand themselves, so as to better develop their skills and improve their performance.

5. Conclusion

If any, self-awareness plays an important role in figure skating. First of all, self-awareness helps players understand their own abilities and technical levels. By reflecting on and evaluating their

performance, players can gain a better understanding of their strengths and weaknesses. This helps them develop appropriate training plans, focusing on their weaknesses and improving their technical level. For example, if a competitor realizes that their jumping technique is stronger than their spinning technique, they can intensify their spinning practice to balance their skill level. Secondly, self-cognition is also very important for players to know their emotional state and psychological quality. Figure skating requires players to maintain a high degree of concentration and a stable mentality to cope with the pressure and difficulties of competition. Through self-observation and reflection, players can better understand their own emotional fluctuations and ways of thinking during the game. They can find themselves making more mistakes when they are nervous or performing better when they are relaxed. With this knowledge, players can develop coping strategies, such as deep breathing and positive self-talk, to control their emotions and stay focused. In addition, self-knowledge helps players build self-confidence and self-belief. Figure skating is a challenging sport, and the players need to face various difficulties and pressures. By gaining a deep understanding of their abilities and potential, players can build confidence and self-belief. They can realize their own strength and believe that they can overcome difficulties and achieve good results. This confidence and self-belief can help players maintain a positive attitude during the game and face challenges. In conclusion, self-perception plays an important role in figure skating. It helps players understand their ability and technical level, understand their emotional state and psychological quality, and build self-confidence and self-belief. By cultivating good self-awareness, players can improve their technical level, maintain a positive attitude, and achieve better results in the competition. Therefore, players should pay attention to the ability to cultivate self-cognition, and apply it to figure skating to improve their overall level.

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