

Analysis of Athletes' Psychological State Conditioning in Competitive Sports Training

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Abstract: With the growth of sports science and technology, as a new training means, psychological training has formed a complete system of sports training. Psychological training is the specialized training of brain function, which uses certain methods and means to influence athletes' psychological state and strengthen their psychological skills. Pre-competition psychological preparation mainly refers to the training of athletes from accepting competition tasks to the start of the competition. Its purpose is to make athletes adapt to the competition and improve their psychological abilities. Good psychological preparation before the game is obtained through conscious psychological training. This paper attempts to discuss the scientific monitoring of athletes' sports training and the adjustment of their psychological state, with a view to effectively regulating and controlling athletes' psychological state and improving their psychological endurance to adapt to the competition. We should persist in scientific and systematic psychological training, so that athletes' psychological state can be fully stable, and they can get good results and get good results in major competitions.

1. Introduction

With the penetration of sports science and technology and the continuous changes of social culture, competitive sports have become more and more fierce and cruel, and more and more athletes have participated in high-level sports competitions. It is quite difficult for athletes to win the competition only by training their physical, technical and tactical abilities under heavy load. Coaches and athletes should deeply realize the importance of strengthening psychological training [1]. In the new era, athletes' sports have become a national activity, with more and more competitive colors and various new ideas and technologies emerging one after another. Fundamentally speaking, the competition between sports activities is the competition between science and technology [2]. With the continuous improvement of the technical level of competitive sports, the technical and tactical level and physical quality of athletes are getting closer and closer, but the competition results are often unexpected, of which psychological quality is an important reason [3]. Therefore, psychological training and pre-competition psychological control are of great significance to the improvement of sports skills, good on-the-spot performance and excellent results. The training intensity and amount of elite athletes are increasing, and sports training puts forward higher requirements for sports science and technology [4]. In training, we should implement long-term and systematic scientific monitoring of the training process of elite athletes, so as to scientifically diagnose athletes' physical function, technical characteristics and psychological state, and accelerate the recovery of physical function through scientific means after training, so as to effectively improve athletes' training ability and prevent athletes from being overtired or overtrained [5].

The requirements for athletes are getting higher and higher. The era of winning by physical strength and technology alone has passed, and scientific training has become the only way for modern sports training [6]. Practice has proved that psychological training is an indispensable part in the complete system of scientific training. Athletes receive sports training, aiming at constantly improving their competition ability and appearing on the field in the best psychological state [7]. And sports training monitoring can promote the smooth realization of this goal. It is an urgent problem to be solved in the field of sports science to scientifically regulate athletes' psychological

state before major competitions, and then create the best sports results in competitions [8]. Scientific psychological training for athletes is the guarantee to improve athletes' performance in fierce competition. Therefore, to achieve excellent results in competitions depends not only on the improvement of sports skills and physical fitness, but also on strengthening athletes' psychological training and improving athletes' psychological ability to bear various pressures in competitions [9]. This paper attempts to discuss the scientific monitoring of athletes' sports training and the adjustment of their psychological state, with a view to effectively regulating and controlling athletes' psychological state and improving their psychological endurance to adapt to the competition.

2. The importance of athletes' psychological adjustment

Under-training or over-training can't make athletes play their normal level. The scientific monitoring of sports training can effectively avoid the phenomenon of insufficient training or overtraining, thus improving the quality of sports training and realizing the best control of sports training process. The so-called optimal control refers to the most rational choice of the ways, means and goals of sports training, so that athletes can get the most suitable sports training. Proper anxiety before the game is an internal motivation and a normal emotion. However, when the degree of anxiety exceeds the optimal state of arousal, the accompanying tension will have a negative impact in the competition, which will directly lead to the instability or abnormal performance of sports performance. The ultimate goal of scientific monitoring of athletes' sports training is to make athletes' sports training arrangements more scientific and reasonable, and to give full play to athletes' sports potential.

Sports scientific monitoring plays an important role in improving the effect of sports training activities. In the course of the competition, it is complicated and changeable, and the confrontation is fierce. The outcome is unpredictable and rapidly changing. Therefore, basketball players should have a strong psychological quality to cope with any changes in the field, so that they will not be affected. In a large number of competition practices, athletes not only consume huge physical strength, but also consume huge mental energy in the process of competition [10]. State of mind has become a general term widely used by people in the industry for athletes' performance in competitions, and even regards state of mind as the most critical factor to determine athletes' performance in competitions. From this point of view, it is very important to adjust athletes' psychological state, which directly determines athletes' performance on the field. If the athletes are not given specific psychological training in sports competitions, the psychological training in the usual training process will lose its pertinence, and the athletes will not be able to master effective methods to solve psychological problems, and the usual training will lose its meaning.

3. Psychological characteristics of competition

Athletes' psychological training is a long-term and persistent process, which is a purposeful, planned and systematic teaching process that influences athletes' psychological activities. Enable athletes to have the psychological qualities needed to improve their sports level. Consciously influencing athletes' psychological process and individual psychological characteristics, and making various psychological preparations for athletes to achieve excellent results, is a generalized psychological training. The stable exertion of difficult movements and the smooth connection between movements have greatly influenced athletes' psychological quality and state in the fierce competition, and put forward extremely high requirements. Usually, psychological training, cultivation and growth of psychological quality and personality characteristics, and good motivation are prerequisites for hard training to improve the level of sports technology and create excellent results. It is an important factor for an excellent athlete to succeed to determine the goal of struggle, cultivate and stimulate the motivation of achievement, cultivate and strengthen the self-confidence of athletes, that is, the diversity of training forms and methods, stimulate the motivation to arouse the initiative and enthusiasm of training, and stimulate the potential motivation into motivation.

During the competition, especially at the critical moment when the strength of each team is equal, the results are cross-rising, and the atmosphere of the stadium is extremely fierce, whoever can keep a calm mind and get the best emotional control may win the final victory.

4. Psychological conditioning of athletes in competitive sports training

4.1. Strengthen the monitoring of sports training

From a certain point of view, the scientific monitoring of sports training serves the adjustment of psychological state. Through real-time monitoring of athletes' training state, coaches and related people can obtain various physiological and psychological state indexes when athletes create the best sports results, so as to construct an individual best psychological state model, help athletes adjust their state pertinently and create good results on the field. In training, athletes must engage in intense thinking activities, so that they can consciously control and adjust their movements in the brain. When consolidating their movements, they should also engage in positive thinking, so that what they feel can rise to rational cognition as soon as possible. Scientific monitoring should run through the process of sports training from beginning to end. Only through long-term and in-depth monitoring can reliable data of athletes' training be obtained, which is conducive to the establishment of an effective model of the best individual mental state. Coaches should carry out continuing education activities for athletes, promote them to master basic sports knowledge through systematic explanation, and also impart relevant psychological knowledge to them, aiming at improving athletes' psychological adjustment ability and knowing how to release the pressure in their hearts, so as to always keep the best state. The main methods of scientific monitoring of elite athletes' sports training are shown in Figure 1.

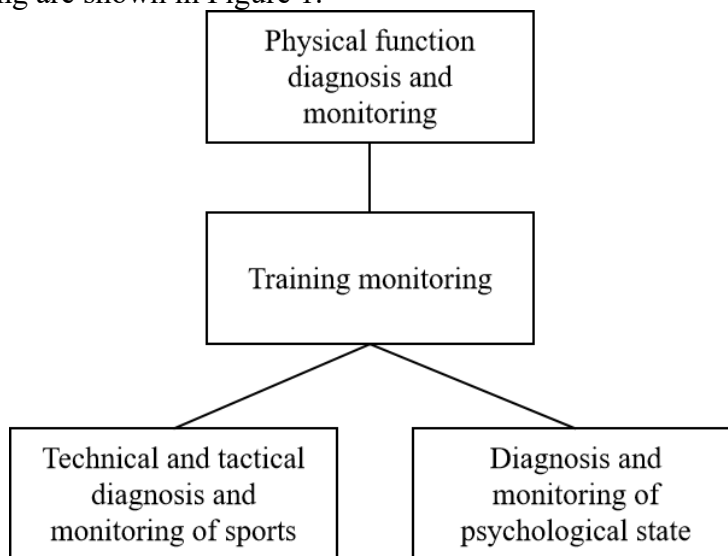


Figure 1 Main methods of scientific monitoring of sports training of elite athletes

Competition is the attribute of sports competition itself, not only the competition of physical quality and sports skills, but also the competition of psychological quality. If there is a major competition or the competition lasts for a long time, the time of induction training should be appropriately extended, otherwise, the athletes' qualities in all aspects will be difficult to adapt to the requirements of major competitions, and they will be unable to meet their needs. Coaches can improve the intensity of training, but they can't just increase the amount of training, and they can't make athletes devote themselves to training activities for a long time, otherwise it will lead to the unhealthy phenomenon of athletes' excessive fatigue, which will affect their performance on the field.

4.2. Promote psychological state adjustment

The situation on the field is ever-changing, which can't be completely foreseen before the game.

However, as long as there is sufficient psychological preparation, the physical and mental functions can be in a state of active preparation, and the brain's control and adjustment function on sports techniques can be better exerted during the game. In sports competitions, it is unreliable to evaluate one's ability correctly and not blindly hope to get excellent results in competitions. In a competition, athletes have to do hundreds of moves. During the competition, slight panic and miss will lead to failure. Athletes should have brave and decisive fighting spirit, perseverance and full of self-confidence. We should cultivate athletes' psychological qualities such as correct motivation, firm belief and indomitable will, and improve these aspects to promote the mastery of movement techniques. The monitoring and evaluation system of athletes' mental health based on artificial intelligence is shown in Figure 2.

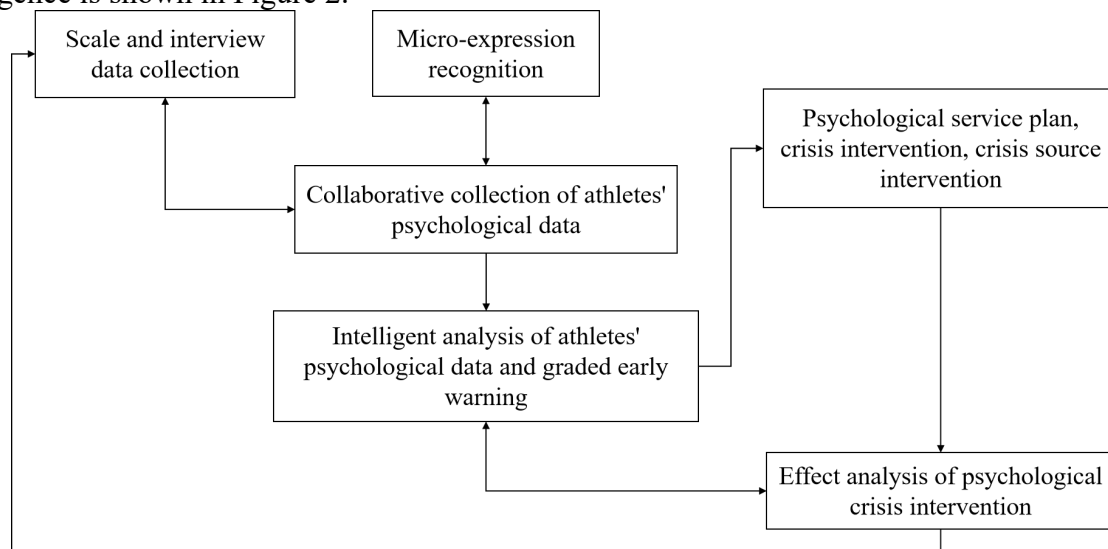


Figure 2 Monitoring and evaluation system of athletes' mental health based on artificial intelligence

Coaches should help athletes adjust their psychological state, which depends on the scientific monitoring of daily sports training. After the athletes are stimulated with heavy load, the coaches should also arrange appropriate reduction training, so as to promote the athletes to obtain a higher level of excessive recovery. Facts have proved that athletes' energy consumed in their bodies can not only recover to the original level, but even exceed the original level in the recovery stage after being stimulated by excessive load. In order to help athletes know their own abilities and control their appropriate expectations, coaches should often help athletes to conduct technical analysis, study the technical level of individuals before the competition in detail, and make reasonable positioning. Strong will can help athletes show higher decisiveness, self-consciousness and self-control in daily training and competition, make decisions in time, and take effective measures to solve all kinds of difficulties, so as to achieve the best psychological state.

5. Conclusions

The psychological training of athletes follows the law of general skill training, so the psychological training of athletes must be carried out systematically for a long time in order to achieve good results. A stable psychological state is the key to winning the competition, and psychological training can train athletes to have this stable psychological state. It is a long-term and systematic project to consciously influence athletes' psychological process and individual psychological characteristics, make various psychological preparations for athletes to achieve excellent results, scientifically monitor and adjust their psychological state, and it is necessary to start from many aspects to achieve obvious results. A stable psychological state is the guarantee of rational use of skills and tactics, and psychological training is an effective means and method to make athletes have this state. Strong will can help athletes show higher decisiveness, self-consciousness and self-control in daily training and competition, make decisions in time, and take effective measures to solve all kinds of difficulties, so as to achieve the best psychological

state.

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