REVIEW

On final qualification work of SALMANOVICH Evgeny Alexandrovich

"Stress-resistance as a factor in preventing professional burnout in athletes", specialty 030401.65 "Clinical Psychology", specialization - Sports Psychology

One of the scientific and practical tasks of the psychology of sports is to find ways to extend the sports career, especially the stage of its culmination. From this point of view, the peer-reviewed work is relevant, and has a certain applied value.

The analysis of scientific and scientific-methodical literature is based on the 31st source, including didactic publications, scientific articles from specialized journals and materials of scientific conferences.

The wording of the goal and objectives, the object and the subject of the study as a whole are logical and interrelated.

Three methods were used as the main methods of investigation: 1) self-esteem test of stress resistance (S. Kouhen and G. Willianson); 2) the method of determining mental burnout Rukavishnikova AA, adapted for sports activities; And 3) "Methods of coping behavior" Lazarus.

Mathematical processing of empirical data consisted in assessing the reliability of differences in arithmetic mean values ​​by these methods and determining the relationship between the indicators of stress resistance and coping strategies. At the same time, there were no significant differences in the data obtained between men and women, therefore the verification of the presence of interrelations was made according to their total score.

The study involved 40 athletes (20 men and 20 women) from the Russian team in rowing at the age of 17 to 25 years. The sports experience of oarsmen is on the average 8-10 years. The sports category is not below the CCM.

The results of the study of this category of athletes - athletes of high qualification, but at the same time for this sport, entering only during the climax of the sports career, are certainly interesting from the point of view of "generalization" of the conclusions for cyclical sports.

Conclusions and conclusion in general reflect the solution of the set tasks, from two hypotheses of the research - one is confirmed, the other - is refuted.

The work under review is sufficiently clear, logical, consistent. Text is easily perceived. Has the recommended structure: introduction, three chapters, conclusions, conclusion, list of used literature and applications. Its main content is illustrated by 4 figures and one table, which seems somewhat "modest" in the design of the empirical material of the study.

I would like to emphasize that the received data that:

1) the constructive strategy characteristic for male oarsmen "Planning the solution of the problem" is not interconnected either with the level of stress resistance or with the level of mental burnout, which allows considering it as a priority area of ​​psychological work with athletes to maintain their health at the level of stakeholders;

2) the strategy "Escape" has a strong connection with the level of mental burnout of athletes (r = 0,72, at p≤0,01), it is advisable in the process of psychological work to pay attention to the consequences of this mode of behavior and to train athletes more constructive. And, at the same time, it should be borne in mind that in women who row, this behavior pattern is predominant in comparison with others.

As comments, we should note a number of points:

1) A certain question is the supply of hypotheses. But, most likely, it is a technical misprint ("To achieve this goal, the following tasks were set: Hypothesis 1: ...";

2) The data obtained with the help of the claimed method - questioning are not presented;

3) The results of the methodologies are of a scale character, therefore it seems expedient to use the non-parametric Wilcoxon test instead of the T-Student criterion;

4) I would like to see separately the position of "practical recommendations", despite the ascertaining nature of the research, as well as more modern sources of literature;

5) The units of measurement are not indicated in the table or in the figures;

6) There are certain errors in the references in the text (the indication of only the names of authors, no initials), and also in the design of the list of literature;

7) technical mistakes in a number of cases change the meaning of a word or phrase (for example, "bibliographic questionnaire" instead of "biographical questionnaire");

8) clause 1.2 is not indicated in the table of contents;

9) Sometimes there is a pronoun "I" when submitting a material, which is not compatible with one of the requirements of scientific ethics.

CONCLUSION: graduating qualification work of SALMANOVICH Evgeny Alexandrovich "Stress-resistance as a factor of prophylaxis of professional burnout in sportsmen" in specialty 030401.65 "Clinical psychology", specialization - Sports psychology in general meets the established requirements, can be admitted to protection and deserves, taking into account the report of the positive mark of HES OK).

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