### The journal founder:

OOO «AGSPA»

Scientific and methodological journal's support is carried out by the teaching staff of the Psychology Department at the Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE)

### **Contacts of the Psychology Department:**

105122, Moscow,

Sirenevy Boulevard 4, SCOLIPE, Phone: +7 (495) 961-31-11, ext. 14-85

#### **Editorial contacts:**

Editorial: sportpsy@sportedu.ru

Executive secretary: sashkasav@gmail.com

Main editor: alpfest@mail.ru,

Phone: +7 (495) 961-31-11 ext. 11-22,

+7 (495) 166-56-95

The certificate on mass media registration by Federal Service for monitoring compliance with cultural heritage protection law: PI NO. FS77-2123 of 19.05.2005, PI NO. FS77-69682 from 5.05.2017.

### **Executive secretary**

Savinkina A. sashkasav@gmail.com

#### **Typesetting**

Rulkov M.

Printed in OOO "Anta Press" Tel / Fax: +7 (495) 849-12-00 E-mail: 8491200@mail.ru Print run 500 copies.

### Scientific and practical journal

# Sports psychologist

#4 (51) 2018

The year of foundation – 2003

Subscription index - 12462

ISNN 2074 - 0182

Chief editor **Bleer A.N.** 

Main editor **Baikovskiy Yu.V.** 

Deputy editor **Nepopalov V.N.** 

According to the decision of the Higher Attestation Commission (HAC) Presidium of the Ministry of education and science of Russia dated 01.12.2015 (Nº1230), the journal is included in the list of leading peer-reviewed scientific journals and publications, which should publish the main scientific results of dissertations for the degree of both doctor and candidate of sciences.



## The editorial members of the «Sports psychologist» journal

### Scientific-editorial board of the journal:

**Chief editor Bleer Alexander Nicolayevich** – Doctor of Pedagogical Sciences, Professor, Corresponding Member of the Russian Academy of Education (RAE), Honored Coach of Russia;

*Main editor Baikovskiy Yuriy Victorovich* – Doctor of Pedagogical Sciences, PhD in Psychology, Professor, Master of Sports of International Class, Honored Master of Sports in Mountaineering, Head of the Psychology Department at the Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE);

**Deputy editor Nepopalov Vladimir Nicolayevich** – PhD in Psychology, Professor of the Psychology Department at the Russian State University of Physical Education, Sport, Youth and Tourism (SCOLIPE), Corresponding Member of the International Academy of Psychological Sciences.

### Scientific-editorial collegium of the journal:

**Derkach Anatoly Alekseevich** – Academician of RAE, Doctor of Psychological Sciences, Professor, RANEPA, Moscow;

**Matytsin Oleg Vasilyevich** – Corresponding Member of RAE, Doctor of Pedagogical Sciences, Professor, SCOLIPE, Moscow;

**Neverkovich Sergey Dmitrievich** – Academician of RAE, Doctor of Pedagogical Sciences, Professor, SCOLIPE, Moscow;

Romanova Evgeniya Sergeevna - Doctor of Psychological Sciences, Professor, MSPU, Moscow;

Rodionov Albert Vyacheslavovich - Doctor of Pedagogical Sciences, Professor, SCOLIPE, Moscow;

Gorskaya Galina Borisovna – Doctor of Psychological Sciences, Professor, KSUPEST, Krasnodar;

Guba Vladimir Petrovich - Doctor of Pedagogical Sciences, Professor, SmolGU, Smolensk;

Voronova Valentina Ivanovna - PhD in Psychology, Professor, NUPES, Kiev, Ukraine;

Morosanova Varvara Il'inichna - Doctor of Psychological Sciences, Professor, PI RAE, Moscow;

Melnikov Vladimir Mikhailovich - Doctor of Psychological Sciences, Professor, SSU, Sochi;

Nikolaev Alexey Nikolaevich - Doctor of Psychological Sciences, Professor, PskGU, Pskov;

Sopov Vladimir Fedorovich - PhD in Psychology, Professor, Academician of the IPSA, SCOLIPE, Moscow;

Kasatkin Vladimir Nikolaevich - Doctor of Medicine Sciences, Professor, MSUPE, Moscow;

Avanesyan Grant Mikhailovich - Doctor of Psychological Sciences, Professor, YSU, Yerevan, Armenia;

Sivitsky Vladimir Gennadievich - PhD in Pedagogy, Professor, BGUFK, Minsk, Belarus;

Sørensen Marit – Professor, NIH, Oslo, Norway;

Malkin Valery Rafailovich - PhD in Psychology, Professor, UrFU, Ekaterinburg;

Simonenkova Irina Petrovna - Sports Psychologist of the Latvian Football Federation, Riga, Latvia;

Shoku Navabinezhat - Professor, IAU, Tehran, Iran;

Jannes Caroline – President of the European Union of Young Sports Psychologists, UCL, Louvain, Belgium.

Ä



### **TABLE OF CONTENTS**

PREPARATION, TRAINING	Nikolaev A.	
AND COMPETITION PSYCHOLOGY	PSYCHOLOGICAL PREDICTION ALGORITHM OF SUCCESS IN PERFORMANCE OF ATHLETES	4
	Sokhlikova V., Romanina E.  DIVERGENCE OF THE SELF-ASSESSMENT AND LEVEL OF ASPIRATIONS AS IMPORTANT VARIABLE OF THE SUCCESSFUL PERFORMANCE AT COMPETITIONS	8
	Paly V. FEATURES OF THE COMFORT ZONES IN SPORTS ACTIVITIES	12
SPORT PSYCHOLOGY ISSUES AND HISTORY	Tolochek V.  THE PHENOMENON OF THE STYLE IN SPORTS: HISTORY, RESULTS AND PROSPECTS OF RESEARCH	16
	Lukichev V., Afanas'ev V., Koss V.  ON THE QUESTION OF SOMATIC EXPERIENCE PRODUCTIVITY AS A METHOD OF PSYCHO-EMOTIONAL AND PSYCHOSOMATIC REGULATION OF THE STATE IN HIGHLY QUALIFIED ATHLETES	23
ATHLETE AND COACH PERSONALITY PSYCHOLOGY	Shumova N., Shurochkina M. SELF-PRESENTATION IN SYNCHRONIZED SWIMMING	33
	Bleer A., Moskvin V., Moskvina N. INDIVIDUAL CHARACTERISTICS OF VOLUNTARY REGULATION IN YOUNG ATHLETES TAKING INTO ACCOUNT THE FEATURES OF ASYMMETRY	39
CORRECTION, PSYCHODIAGNOSTICS AND RESEARCH METHODS	Baykovsky Y., Savinkina A., Kovaleva A. TECHNIQUES FOR PRESTART STATES DIAGNOSIS IN ATHLETES	42
	Aleshicheva A., Samoilov N. APPLICATION OF METHODS OF EVALUATION OF QUALITY OF LIFE FOR DIAGNOSIS OF STATE OF PSYCHOLOGICAL HEALTH OF ATHLETES	48
SOCIO-PSYCHOLOGICAL ISSUES IN SPORT	Gillard M., Boussaha A.  CONFLICT ANALYSIS OF INTERPERSONAL RELATIONS IN THE TEAM OF HIGHLY QUALIFIED HANDBALL PLAYERS	53
	Lozhkin G., Kolosov A., Nepopalov V. THE TEAM «SPIRIT»: ABOUT THE PHENOMENOLOGY OF SPORTS INTERACTION	59
	Shtukkert A.  THE STUDY OF PROBLEMS ENCOUNTERED BY COACHES AND ATHLETES WHEN INTERACTING WITH THE MEDIA	67