



INFLUENCE OF THE PSYCHOLOGICAL FACTOR IN SELECTING JUDOKAS FOR COMPETITIONS

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Abstract. *The article examines the influence of psychological factors in the selection of judokas for competitive activities. Given the increasingly high performance requirements in modern sports, identifying athletes with optimal combinations of morphofunctional characteristics and advanced physical and psychological abilities has become a priority task. The study analyzes the conceptual distinction between sports selection and sports orientation, emphasizing their interdependence within the structure of long-term athletic development. Special attention is paid to the role of psychological readiness, including moral and volitional qualities, which demonstrate greater stability compared to physical indicators and therefore serve as reliable predictors of competitive success. The authors outline a stage-based approach to athlete selection and present practical recommendations for assessing young judokas, integrating both physical and psychological criteria. The results highlight the significance of accurately identifying promising athletes at early stages and developing individualized trajectories for their further training and competitive specialization.*

Keywords: *judo, sports selection, sports orientation, psychological factors, moral and volitional qualities, morphofunctional characteristics, talent identification, long-term athlete development.*

Introduction. Judo is a complex, multifaceted sport that requires careful consideration of quantitative and qualitative indicators of athletes' functional, physical, psychological, and technical-tactical preparedness in order to achieve high competitive reliability [1, 3]. Athletes with genetically predetermined abilities have

significantly greater chances of reaching higher levels of sporting performance. Among the genetic indicators of sporting giftedness, an important role is played by morphofunctional characteristics, which determine the rate and quality of physical qualities development, the effectiveness of the energy-supply systems for muscular activity, the efficiency of adaptation to physical loads, trainability, and overall physical working capacity [2, 4, 5].

When discussing the selection and orientation of athletes within sports practice, terms such as predispositions, abilities, inclination, giftedness, and talent are most frequently used.

Predispositions are innate morphofunctional traits of a person that form hereditary prerequisites for their development.

Abilities are personal characteristics that enable successful performance of specific activities.

Inclination refers to a stable orientation of an individual toward a particular type of activity. It is closely related to aptitude and often stimulates one's motivation to engage in that activity. Inclination develops under the influence of sports participation, as well as the attitudes of coaches, teammates, and parents. Giftedness (motor, sensory, perceptual, or intellectual) represents a high level of innate predispositions, developed abilities, and inclination toward a particular sport, accompanied by a creative attitude toward training, competition, and daily routine. Talent is an inborn form of giftedness that reflects an individual's high suitability for competitive activity in a specific sport. However, talent can be transformed into elite athletic mastery only through diligence and a creative approach to training [9, 10, 11].

In modern sports, the identification of promising athletes capable of demonstrating high performance is of particular importance. Such an athlete must possess specific morphofunctional characteristics as well as a combination of physical and psychological qualities. However, this combination occurs quite rarely,

even under the most favorable conditions of long-term training and the presence of all necessary developmental factors [6, 7, 8].

Sports selection is understood as the process of identifying the most gifted individuals who are capable of achieving high results in a specific sport.

There are several stages of selection:

Initial stage - determining the appropriateness of further sports development in the chosen sport; identifying the athlete's ability for effective future improvement (initial and preliminary basic training stages).

Intermediate stage - identifying the ability to achieve high athletic results and the level of adaptation to intensive training and competitive loads (specialized basic training stage).

Main stage - determining the ability to reach results of international standing (stage of preparation for top-level achievements and maximum realization of individual potential).

Final stage - assessing the ability to maintain previously achieved results and further improve them; determining the feasibility of continuing a sports career (stage of maintaining peak performance).

We also present our own experience in organizing the selection process for a judo training group. First of all, we focus on the physical component—assessing initial physical tests using an age-appropriate scoring scale (for example, push-ups, squats, abdominal exercises, “flexibility fold”) for children aged 6-9 years. For each age group, a set of control tests is used; for instance, for 10-12-year-olds, pull-ups on a horizontal bar are included.

We consider the psychological component as an essential means of identifying an athlete's inclination toward demonstrating moral and volitional qualities. This includes elements of sports games that help determine a child's readiness to perform predominantly attacking or defensive functions on the tatami during randori; as well as various physical exercises performed under time pressure, with additional weight, or in complicated conditions (for example, moving on one leg, moving backward,

synchronously with a partner, etc.). In our view, the psychological component is the most crucial one, since indicators of physical preparedness tend to be more variable in their development compared to psychological characteristics [12, 13, 15].

The performance level in modern sports is so high that athletes must possess well-developed morphofunctional characteristics and a unique combination of advanced physical and psychological abilities to achieve outstanding results. Such an optimal combination, even under the most favorable conditions of long-term training and with full access to necessary developmental factors, is relatively rare. Therefore, one of the priority aspects in the system of preparing highly qualified athletes is the issue of sports selection and sports orientation.

Sports selection is the process of identifying the most gifted individuals who are capable of achieving high results in a specific sport.

Sports orientation refers to determining the most promising pathways for achieving high athletic mastery based on the study of athletes' predispositions and abilities, as well as the individual characteristics that shape the development of their skills [14, 16].

Orientation may relate to choosing a narrow specialization within a particular sport; determining the individual structure of long-term training, the dynamics of training loads, and the rate of performance improvement; identifying the key factors of preparedness and competitive activity that can have a decisive impact on an athlete's sporting results; as well as identifying those means, methods, and components of training loads that may negatively influence the development of predispositions and suppress the athlete's individuality [15].

Thus, in our view, sports selection should solve the task of identifying promising athletes who have the potential to be trained to the highest level, whereas sports orientation determines the strategy and tactics of such training within the system of education and preparation. Selection and orientation are closely linked to the structure of the athlete's long-term development.

In accordance with this, it is advisable to implement specific stages of selection, through which the athlete's ability to meet the objectives set at each stage of long-term preparation can be evaluated.

Conclusions.

1. The psychological component plays a crucial role in the selection of judokas, as moral and volitional qualities are more stable and less susceptible to fluctuations compared to physical indicators.
2. Achieving high results in modern sports is possible only when an athlete possesses a unique combination of morphofunctional characteristics and well-developed physical and psychological abilities. However, such an optimal combination is relatively rare, even under the most favorable conditions of long-term training.
3. Sports selection is a system aimed at identifying promising athletes who possess innate predispositions and abilities that can be developed to a high performance level.
4. Sports orientation determines the strategy and tactics of training, including the choice of narrow specialization, distribution of training loads, individual development dynamics, and identification of factors influencing athletic performance.
5. Selection and orientation should be viewed as interconnected elements forming the foundation of the structure of long-term athletic development. The effectiveness of athlete preparation largely depends on their coherent integration.
6. Implementing a stage-based selection approach ensures an objective assessment of an athlete's abilities at each phase of preparation, allows timely adjustments to the training process, and enables more accurate forecasting of competitive achievements.

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