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Viability and socio-psychological adaptation of athletes of different qualifications in fire and applied sports

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Abstract

Purpose: to study the peculiarities of the relationship between resilience and socio-psychological adaptation to activities in novice athletes; to develop a program of social and psychological training for the development of resilience and optimization of the adaptation process in athletes.

Material and methods. The study involved 42 sportsmen of fire-applied sports at the age from 17 to 20 years. Research methods: theoretical analysis and generalization of scientific literature, system analysis and data interpretation; testing; methods of mathematical statistics.

Results. As a result of the research, a resilience training was developed for novice athletes in order to optimize adaptation processes. The main goals of the training are: achieving a deeper understanding of stressful circumstances, ways to overcome them; finding ways to actively solve problems; constant use of feedback, thereby deepening the self-perception of involvement, control and risk taking. After the training, the level of resilience increased, the maladjustment of the participants decreased.

Conclusions. The article presents a theoretical analysis and empirical study of the problem of the relationship between resilience and socio-psychological adaptation to sports activity of young sportsmen of adolescence. The results obtained in empirical research indicate that the level of resilience is associated with indicators of adaptation. The socio-psychological training has been developed to optimize the process of adaptation to sports activity by increasing the level of vitality. The effectiveness of the developed training program for athletes has been proven.

Key words: beginner athlete, sports activity, vitality, social and psychological adaptation, social and psychological training

Анотація

Афанасьєва Н.Є., Ільїна Ю.Ю., Світлична Н.О. Життєстійкість та соціально-психологічна адаптація спортсменів різної кваліфікації пожежно-прикладного спорту

Мета: дослідити особливості взаємозв'язку життєстійкості та соціально-психологічної адаптації до діяльності у спортсменів-початківців; розробити програму соціально-психологічного тренінгу розвитку життєстійкості та оптимізації процесу адаптації у спортсменів.

Матеріал і методи. В дослідженні взяли участь 42 спортсмени пожежно-прикладного спорту віком від 17 до 20 років.

Методи дослідження: теоретичний аналіз та узагальнення наукової літератури, системний аналіз й інтерпретація даних; тестування; методи математичної статистики.

Результати. У результаті дослідження розроблений тренінг життєстійкості для спортсменів-початківців з метою оптимізації адаптаційних процесів. Основними цілями тренінгу є: досягнення більш глибокого розуміння стресових обставин, шляхів подолання їх; знаходження шляхів активного вирішення проблем; постійне використання зворотного зв'язку, завдяки чому поглиблюється самосприйняття залученості, контролю та прийняття ризику. Після тренінгу підвищився рівень життєстійкості, знизився рівень дезадаптації учасників.

Висновки. У статті представлено теоретичний аналіз та емпіричне дослідження проблеми взаємозв'язку між життєстійкістю та соціально-психологічною адаптацією до спортивної діяльності спортсменів-початківців юнацького віку. Отримані у емпіричному дослідженні результати свідчать, що рівень життєстійкості пов'язаний з показниками адаптації. Розроблено соціально-психологічний тренінг оптимізації процесу адаптації до спортивної діяльності завдяки підвищенню рівня життєстійкості. Доведено ефективність розробленої програми тренінгу для спортсменів-початківців.

Ключові слова: спортсмен-початківець, спортивна діяльність, життєстійкість, соціально-психологічна адаптація, соціально-психологічний тренінг

Аннотация

Афанасьева Н.Е., Ильина Ю.Ю., Светличная Н.А. Жизнестойкость и социально-психологическая адаптация спортсменов различной квалификации пожарно-прикладного спорта

Цель: исследовать особенности взаимосвязи жизнестойкости и социально-психологической адаптации к деятельности у начинающих спортсменов; разработать программу социально-психологического тренинга развития жизнестойкости и оптимизации процесса адаптации у спортсменов.

Материал и методы. В исследовании приняли участие 42 спортсмена пожарно-прикладного спорта в возрасте от 17 до 20 лет. Методы исследования: теоретический анализ и обобщение научной литературы, системный анализ и интерпретация данных; тестирование; методы математической статистики.

Результаты. В результате исследования разработан тренинг жизнестойкости для начинающих спортсменов с целью оптимизации адаптационных процессов. Основными целями тренинга являются: достижение более глубокого понимания стрессовых обстоятельств, путей преодоления их; нахождение путей активного решения проблем; постоянное использование обратной связи, благодаря чему углубляется самовосприятие вовлеченности, контроля и принятия риска. После тренинга повысился уровень жизнестойкости, снизилась дезадаптация участников.

Выводы. В статье представлены теоретический анализ и эмпирическое исследование проблемы взаимосвязи между жизнестойкостью и социально-психологической адаптацией к спортивной деятельности начинающих спортсменов юношеского возраста. Полученные в эмпирическом исследовании результаты свидетельствуют, что уровень жизнестойкости связан с показателями адаптации. Разработан социально-психологический тренинг оптимизации процесса адаптации к спортивной деятельности за счет повышения уровня жизнестойкости. Доказана эффективность разработанной программы тренинга для спортсменов.

Ключевые слова: начинающий спортсмен, спортивная деятельность, жизнестойкость, социально-психологическая адаптация, социально-психологический тренинг

Introduction

Sustainability is a key personality variable that mediates the impact of stressors on physical and psychological health, as well as on the success of the individual. Kulikov [1] in the analysis of viability considers three aspects of psychological stability: resilience, stability; balance, moderation; resistance. In his opinion, resilience is manifested in overcoming difficulties as the ability to maintain faith in themselves, to be confident in themselves, their abilities, as the ability to effectively mental self-regulation. Stability is manifested in the preservation of the individual's ability to function, exercise self-government, develop, adapt. Reduced resilience leads to the fact that, being in a situation of risk, a person overcomes it with negative consequences for mental and physical health, personal development, interpersonal relationships. According to Maddi [2], resilience includes three relatively autonomous components: involvement, control, risk-taking. The expressiveness of these components and vitality in general prevents the emergence of internal tension in stressful situations. Solkova's study [3] showed that resilience affects coping resources by increasing self-efficacy. People who have high resilience rates have a greater sense of competence, high cognitive assessment, developed coping strategies and experience less stress in everyday life. Florian [4] in his study showed that the components of vitality (involvement and control) were predictive of mental health. Involvement has improved mental health, reduced the assessment of threats and the use of emotionally focused coping strategies, and increased the role of secondary reassessment of events. The level of control had a positive effect on mental health, reduced the threat assessment of the event, contributed to the reassessment of the event and encouraged the use of coping strategies focused on solving problems and seeking support.

Thus, research shows that resilience, on the one hand, affects the assessment of the situation - due to the willingness to act actively and confidence in the ability to influence the situation, it is perceived as less traumatic, on the other hand, resilience helps to actively overcome difficulties by producing new constructive behavior. transformation of viability components. Sustainability helps to restore the balance between risk factors and protective factors.

The study focused on the definition of viability as an integrative phenomenon that is associated with resource potential, personal qualities, patterns of behavior and cognitive patterns that are most often used by people in difficult life situations.

Theoretically, the problem of viability of athletes of different qualifications and its relationship with adaptation processes is insufficiently developed. There is still no consensus on what vitality is. This phenomenon in the scientific literature is often replaced by various terms, such as viability, vitality, maturity, and others, so special attention needs to be clarified.

Based on the relevance of the research problem, its lack of development, theoretical and practical significance, the research topic was determined, the object, subject, purpose, hypothesis and objectives of the study were formulated.

Object of research: socio-psychological adaptation to sports activities.

Subject: vitality as a factor of socio-psychological adaptation to the activities of athletes.

Purpose: to investigate the relationship between vitality and socio-psychological adaptation to the activities of novice athletes; to develop a program of socio-psychological training for the development of resilience and optimization of the adaptation process in athletes.

Hypothesis: we proceeded from the assumption that a high level of vitality has a positive effect on the quality and speed of socio-psychological adaptation to the activities of athletes.

Objectives of the study: to analyze modern theoretical approaches to the study of the problem of vitality of athletes at the stage of socio-psychological adaptation to activity; determine the level of viability of novice athletes; to analyze the features of socio-psychological adaptation of athletes to the activity; to study the features of the relationship between vitality and socio-psychological adaptation to the activities of novice athletes; to develop a program of socio-psychological training aimed at developing vitality and optimizing the process of adaptation in novice athletes.

Material and methods

Researched

The study involved 42 athletes in fire and applied sports aged 17 to 20 years (representatives of the national teams of the National University of Civil Defense of Ukraine (Kharkiv) and the Academy of Fire Safety named after the Heroes of Chernobyl (Cherkasy). applied sports is less than 1 year.

Research methods

The main ways of adaptation as an active adaptation of man to the requirements of the activity

experts consider training and education, addiction, selection and formation of individual style of activity.

The purpose of the empirical part of the work is to study the relationship between vitality and socio-psychological adaptation in novice athletes.

Theoretical methods: analysis of scientific literature, generalization of the received information, system analysis and interpretation of data; empirical methods: "Test of viability" Maddi [2]; methods of diagnosis of socio-psychological adaptation K. Rogers, R. Damon; to study the success / failure of adaptation: a questionnaire "Assessment of professional maladaptation" [5]. Methods of mathematical statistics: Student's t-test, Fisher's ϕ -test, Pearson's correlation coefficient.

Results

S. Maddi's "Sustainability Test" method was used to study the level of viability of novice athletes. The results obtained are presented in table 1.

The data indicate that the indicator "Involvement" is within the standard norm, the indicator "Control" is lower than the norm, the indicator "Risk Acceptance" is much higher than the norm. Thus, it can be stated that the studied novice athletes have an external type of control over life and

activities, ie believe that they can not fully influence what happens in their lives, tend to address control to external circumstances and other people.

Table 1
Indicators of viability of novice athletes

Scales	M $\pm$ σ
Involvement (points)	35.7 $\pm$ 12.0
Control (points)	20.2 $\pm$ 6.8
Risk acceptance (points)	19.5 $\pm$ 6.6

But at the same time they are exposed to unjustified risk, because they believe that any situation (positive or negative) is a source of experience. They prefer to develop through the active acquisition of knowledge from their own experience with their further use. The overall rate of "viability" in the subjects is slightly lower than normal. But the higher the level of resilience, the more it contributes to the assessment of events as less traumatic and successful overcoming of stress.

Socio-psychological adaptation of novice athletes to sports activities was measured using the "Methods of diagnosis of socio-psychological adaptation" and the questionnaire "Assessment of professional maladaptation." The results obtained are presented in tables 2, 3.

Table 2
Indicators of socio-psychological adaptation of novice athletes

Scales	Indexes
Adaptation (%)	60.9
Acceptance of others (%)	59.1
Інтернальність (%)	55.8
Self-acceptance (%)	62.6
Self-acceptor (%)	57.8
The desire to dominate (%)	67.5

The most pronounced indicators of socio-psychological adaptation in the subjects are: the desire to dominate (68.7%), self-acceptance (63.3%) and adaptation (61.1%); the least, although within the norm, are internality (56.0%), emotional comfort (58.3%) and acceptance of others (58.7%). All indicators are in the middle range. In our opinion, the

relatively high level of self-acceptance and adaptation in general allows us to make a positive prognosis for the success of socio-psychological adaptation of novice athletes to sports activities. However, the desire to dominate can slow down or even distort this process because it makes the individual less flexible in professional interactions.

Table 3
Indicators of professional maladaptation of novice athletes

№	Sign	Σ балів
1	Deterioration of health	
	Emotional shifts (points)	8.9
	Features of individual mental processes (points)	4.1
	Decreased overall activity (points)	4.9
	Feeling tired (points)	6.3

2	Somato-vegetative disorders (points)	28.8
3	Sleep-wake cycle disorders (points)	7.5
4	Features of social interaction (points)	11.3
5	Decreased motivation to work (points)	4.2
Σ		76.0

The obtained indicators indicate a pronounced level of maladaptation of the subjects of this group, which requires the mandatory intervention of psychologists and the use of a special program to optimize the process of adaptation to sports activities. Thus, the study of the process of adaptation to sports activities of novice athletes allows us to state that this process continues, has significant deformations, there is a fairly high level of maladaptation.

At the next stage of the study, the relationship between the success of socio-psychological adaptation to sports and the level of vitality of the individual was analyzed. Issues of survival - life, adaptation - self-realization are closely related to individual, situational, moral aspects of the manifestation of vitality, the actualization of certain values and meanings. To study the features of the relationship between viability and various parameters of the adaptation process, a correlation analysis was performed, the results of which are shown in table 4.

Table 4

Indicators of the relationship between viability and the parameters of socio-psychological adaptation to sports activities in novice athletes

Adaptive indicators	Viability
Adaptation (r_s)	0.54**
Acceptance of others (r_s)	0.13
Internality (r_s)	0.08
Self-acceptance (r_s)	0.34*
Emotional comfort (r_s)	0.10
The desire to dominate (r_s)	0.43**
Deterioration of health (r_s)	0.09
Emotional shifts (r_s)	-0.05
Features of individual mental processes (r_s)	0.14
Decreased overall activity (r_s)	-0.49**
Feeling tired (r_s)	-0.16
Somato-vegetative disorders (r_s)	0.07
Sleep-wake cycle disorders (r_s)	-0.22
Features of social interaction (r_s)	0.15
Decreased motivation to work (r_s)	-0.55**

Note: * $p \leq 0.05$; ** $p \leq 0.01$

These studies allow us to state the presence of both direct and inverse relationship between viability and individual parameters of the adaptation

process in novice athletes, namely: a direct relationship at the level of significance established between viability and adaptation ($p \leq 0.01$), self-acceptance ($p \leq 0.05$), the desire to dominate ($p \leq 0.01$); the reverse - between vitality and a decrease in overall activity ($p \leq 0.01$), a decrease in motivation to work ($p \leq 0.01$). That is, the higher the level of resilience, the easier the process of socio-psychological adaptation to sports in this category of subjects, they have higher self-esteem, strive for leadership and dominance, less prone to ill health and have a higher and sustainable motivation for sports. The obtained data were used in the creation of a training program for novice athletes, the purpose of which is to optimize the process of socio-psychological adaptation to sports activities through the development of vitality of the individual.

In modern psychology, researchers [5] understand training as a multifunctional method of intentional changes in psychological characteristics, characteristics of a person, group and organization in order to harmonize professional and personal life.

Based on the results of psychodiagnostic research, those parameters were identified that in our opinion are subject to psychocorrection and development. These include: all components of viability (involvement, control, risk-taking); self-acceptance, self-esteem, self-attitude in general; leadership qualities, acceptance of responsibility, social activity; sports motivation. Sustainability training is based on the assumption that resilience is not an innate quality, but is formed during life. It is a belief system that can be developed. On the other hand, viability is a hypothetical construct, so there can be no direct impact on it. The main goals of the training are:

1. Awareness of sources of stress, stressful circumstances, ways to overcome them; finding ways to actively solve problems.
2. Use of feedback, which deepens awareness of involvement, control and acceptance of risk.

To achieve them, the most effective is the use of three basic techniques:

1. Reconstruction of situations. When using this technique, the emphasis is on imagination and problem solving. Situations that are perceived as stressful are identified; stressful circumstances are considered in an expanded perspective. Through the reconstruction of the situation, participants learn

about their latent assumptions, which determine how the circumstances are perceived as stressful, what steps can optimize the situation. As part of the reconstruction of situations, the idea of optimal and suboptimal alternatives to the situation is used.

2. Focusing is applied in case of impossibility of direct transformation of stressful circumstances. Technique is the search for unconscious emotional reactions that hinder decision-making by appealing to the "inner content". The purpose of its application is emotional insight, which helps to transform stressful situations into opportunities.

3. Compensatory self-improvement. If the transformation of the situation cannot take place, the emphasis is on another problem that is somehow related to the existing one. Her decision encourages people to pay attention to what can be changed. An additional training technique in the initial stages of its use is the method of paradoxical intention.

The main stages of training:

1) identification of stressful circumstances that need to be addressed;

2) the use of techniques designed to stimulate the imagination;

3) the use of perspective and its understanding to develop an action plan aimed at transforming stressful circumstances into favorable ones; doing homework to apply the acquired skills and discuss the results.

Sustainability training also includes exercises aimed at finding and receiving social support in a stressful situation both in the family and in a sports environment, as well as learning the skills of self-regulation of one's condition and maintaining a healthy lifestyle. Self-regulation skills include: the ability to apply relaxation techniques, monitoring physical condition, the ability to regulate breathing, mastery of certain techniques of meditation and visualization. Training to maintain a healthy lifestyle includes the formation of skills of proper nutrition, training of the cardiovascular system, physical activity, including weight control. The method of feedback is also used in self-observation, observation by others and as a result of interaction with stressful circumstances, recurrence prevention (control during the year).

The main goal of training is to increase the level of vitality, ie the ability to withstand stress, actively transforming it or adapting to it. To achieve this goal, the training analyzes and changes ineffective behavioral strategies in intense sports or personal situations.

Created on the basis of a certain concept, the training model includes various interactive methods of group work that allow participants to master the

technologies they need. But since the training cannot be conducted in full accordance with the planned plan, new meaningful parts may appear in the training.

The conceptual basis of sustainability training is the approach to the problem from the standpoint of health psychology. A person can keep himself in stress only if a systematic analysis of the most important areas of human life (physical health - family - work - spiritual values), which will allow everyone to develop their own stress management system.

One of the provisions of the psychology of health shows that everyone can be healthy with certain, appropriate for him features and conditions of life and work. Only man himself can understand and comprehend these factors. Thus, taking into account the individual psychological characteristics of the individual - an important conceptual position in the development of training programs.

Goals and objectives of sustainability training. The following learning tasks were implemented in the training scenario. The first task of the trainer is to inform the participants about the effects of stress on the human body and psyche. In this regard, we introduce participants to the most important concepts of stress theory, such as stressors, adaptive syndrome, frustration, emotional burnout, psychosomatic diseases and more. After the psychologist provides this information, the content of each of these concepts is discussed during exercises or in the form of group thematic discussions. The second task is to teach the participants of the training group to monitor the signs of stress and its consequences in themselves and other people. Practice shows that many of our reactions to stressors are not realized and supplanted. The influence of the stressor, which triggers stressful behavior, often acts as a trigger. It can be a word, a negative opinion, the statements of important people, the peculiarities of the situation or behavior of the interlocutor. Therefore, the third task of the psychologist is to teach participants to be aware of the impact of these stressors, in order to further control their own behavior in stressful situations. Another important task of the training is to teach participants the methods of self-help and self-regulation, which can be used in situations where stress pressure is maximum or prolonged. It is also important for novice athletes to know the technique of helping other people, to regulate their own emotional state. The training includes information about emotional intelligence, the development of which is an important component of sports success. Also - information about the effect of negative states on the perception of life events. For example, we look in

detail at the "anger curve" and ways to correct this condition. Training helps not only to gain knowledge, but also to acquire skills of constructive response to traumatic situations. The training is designed for 40 hours, 5 days for 8 consecutive hours.

After the socio-psychological training, the diagnosis of viability and some parameters of socio-

psychological adaptation to sports activities in the group that was trained (group 1) and the group that did not participate in the training (group 2) was conducted. The obtained results are shown in tables 5, 6, 7.

Table 5

Indicators of viability of novice athletes who participated in the training

Scales	1 group (Participated in the training) (n=20)	2 group (Did not participate in the training) (n=22)	t	p- level
Involvement (points)	37.6±12.7	28.3±9.6	2.8	0.067
Control (points)	26.2±8.9	20.4±6.9	2.3	0.055
Risk acceptance (points)	17.5±6.0	14.6±5.0	1.9	0.045

It should be noted that the athletes who participated in the training have much higher indicators of vitality. But only two of them reached the level of statistical significance: involvement ($p \leq 0.01$) and control ($p \leq 0.05$). That is, training affects

the development of research self-confidence, increase interest in life and work. In addition, the rate of personality internality is higher, at least in some situations and cases. We consider this to be a positive effect of the conducted psycho-correctional work.

Table 6

Indicators of socio-psychological adaptation of athletes who participated in the training

Scales	1 group (Participated in the training) (n=20)	2 group (Did not participate in the training) (n=22)	ϕ	p- level
Adaptation (%)	63.5	53.8	0.74	0.023
Acceptance of others (%)	72.8	51.2	1.65	0.050
Internality (%)	59.6	43.4	1.24	0.038
Self-acceptance (%)	68.4	52.1	1.25	0.038
Emotional comfort (%)	67.3	44.9	1.71	0.052
The desire to dominate (%)	65.7	55.7	0.76	0.023

The data obtained indicate that athletes who participated in the training have significantly higher indicators such as "acceptance of others" ($p \leq 0.05$) and "emotional comfort" ($p \leq 0.05$). This means that after the training, novice athletes in this group became more friendly to other people, less conflicted

and timid in contacts. They feel emotionally comfortable in a variety of situations, almost those that have previously caused them undue stress. We believe that this will help them to adapt more quickly to professional activities and communication.

Table 7

Indicators of professional maladaptation of athletes who participated in the training

Sign	1 group (Participated in the training) (n=20)	2 group (Did not participate in the training) (n=22)	t	p- level
Emotional shifts (points)	6.3±2.2	8.1±2.8	1.26	0.030
Features of individual mental processes (points)	4.8±1.7	5.3±1.9	0.35	0.008
Decreased overall activity (points)	4.4±1.6	6.8±2.4	1.68	0.040

Feeling tired (points)	5.7±2.1	8.5±2.9	1.96	0.047
Somato-vegetative disorders (points)	22.1±7.5	33.6±11.3	2.11	0.050
Sleep-wake cycle disorders (points)	7.2±2.5	10.3±3.6	2.17	0.052
Features of social interaction (points)	9.4±3.3	12.6±4.3	2.24	0.053
Decreased motivation to work (points)	4.1±1.5	6.3±2.2	1.54	0.037
Σ	64.0±21.5	91.5±30.6	1.66	0.039

For novice athletes who participated in the training, the overall level of maladaptation is moderate, ie lower than for those athletes who did not participate in the training. In addition, there were significant differences in the following signs of maladaptation: somato-vegetative disorders ($p \leq 0.05$), sleep-wake cycle disorders ($p \leq 0.05$), features of social interaction ($p \leq 0.05$).

Discussion

In foreign psychological literature, resilience is seen as an important personal quality that determines a person's ability to self-preservation and effective activity in overcoming life obstacles (stress, crisis, adverse social circumstances) and maintaining an active life position. Researchers [6, 7, 8, 9, 10, 11, 12, 13, 14] consider vitality as an integrative phenomenon that correlates with personal anxiety, psychological well-being, optimism, strategies for overcoming stressful situations, locus of control and more. At the same time, the identification of additional factors that may affect the level of vitality of the individual is still relevant. Thus, vitality can be a determinant of socio-psychological adaptation to sports activities of the individual.

Adaptation in a broad sense is interpreted as a process of interaction of the individual with the environment, which leads to the transformation of the environment in accordance with the needs, values of the individual or the dependence of the individual on the environment [15, 16, 17]. The main stages of adaptation to sports activities include: acquaintance, ie personal information about the new situation in general, the criteria for evaluating various actions, standards, norms of behavior, etc.; adaptation, ie reorientation of the individual, accompanied by the recognition of a new system of values while maintaining the old attitudes; assimilation - adaptation to the environment, identification with a new group; identification - identification of personal goals with the goals of the community [18, 19, 20, 21]. The fundamental difference between the functional system of socio-psychological adaptation

of the individual from all other systems that are self-regulating is the presence of mechanisms of conscious self-regulation.

Human resilience means its ability to use its own resources, including physical resources: the level of physical fitness and mental health; psychological resources: intellectual abilities, emotional and volitional regulation; personal resources: self-esteem and self-esteem, life meanings, attitudes, system of motives, material resources that affect access to information, legal, medical and other forms of assistance, social resources: support for family, friends, social status [22, 23, 24].

According to researchers [25], the vitality of the individual is:

- a certain resource, potential, which may include various psychological properties and may be in demand by the situation;
- an integral psychological property of the individual, which develops on the basis of attitudes of active interaction with life situations;
- integral ability to socio-psychological adaptation based on the dynamics of semantic self-regulation.

There is also the dynamism of this personal education, its relationship with the natural properties of man and his skills.

Larina [26] defines vitality as a system of personal beliefs that promotes the readiness of the subject to be interested in participating in situations of increased complexity, control them, manage them, be able to perceive even negative events as experiences and successfully cope with them. Therefore, according to Titarenko et al. [27], a feature of a viable personality is a holistic system of interaction with the world; a resilient person has resilient beliefs (involvement, control, risk), leads a resilient lifestyle (maintains his physical and mental health), uses resilient coping to overcome stressful and difficult life situations.

Socio-psychological adaptation to sports is considered in psychology the central period of human development, personality in general, the manifestation of various interests, among which

sports interests are more important [28, 29]. Beginner athletes experience their formation and development through a combination of several crises: age; individual life, which include crises of unrealisation, devastation, hopelessness; professional training; external, global, existential, associated with the instability of the present and the uncertainty of the future. But this period remains the most favorable for the formation of vitality and overcoming stress. Sustainable coping with stress is an active, healthy coping that increases a person's stress resistance, which is based on involvement in the situation, the desire to subdue it (control over the situation), the ability to boldly solve life problems (risk taking), actualizes search behavior and self-realization potential [30, 31].

Thus, the vitality of the individual in sports can help improve physical and mental health, successful adaptation to stressful situations with the level of transadaptation associated with self-realization, self-affirmation.

Psychological studies of Ukrainian scientists [32, 33, 34, 35, 36, 37] found that athletes with a high level of success of socio-psychological adaptation are characterized by: positive mental states, the presence of stable motives, lack of character accentuations or their presence without signs of manifestation, low level of personal anxiety and high efficiency of sports activities. Athletes with an average level of socio-psychological adaptation are characterized mainly by positive mental states, the presence of relatively stable motives, average level of personal anxiety, the presence of character accentuations that positively affect activities (hyperthymic, demonstrative), and generally satisfactory level of sports performance. The low level of success of socio-psychological adaptation is due to various motives and mental states, medium or high level of personal anxiety, the presence of character accentuations (anxious, excited, stuck, dysthymic) with signs of their negative manifestation and insufficient success in sports.

Also Krucovich et al. [38] found that the dynamics of the process of socio-psychological adaptation of young athletes to the activity is characterized by changes in the levels of their individual psychological characteristics, which largely determine the success of adaptation. This suggests that high and medium levels of success of socio-psychological adaptation can be formed by targeted influence or arise spontaneously, in the latter case they need further improvement. The low level of individual psychological characteristics excludes the possibility of spontaneous levels of socio-psychological adaptation, adequate to the requirements of sports activities.

Conclusions

1. A study of the level of viability of novice athletes and the process of their socio-psychological adaptation to sports activities showed that: the indicator "Involvement" is within the standard norm, the indicator "Control" is below normal, the indicator "Risk Acceptance" is much higher than normal. That is, the studied athletes have an external type of control over life and activities. Meanwhile, they are at undue risk because they believe that any situation (positive or negative) is a source of experience. They want to develop through the active acquisition of knowledge from their own experience with their further use. The overall rate of "viability" in the subjects is slightly lower than normal.

2. The most pronounced indicators of socio-psychological adaptation in the subjects are: the desire to dominate, self-acceptance and adaptation; least of all, although within the norm - internality, emotional comfort and acceptance of others. All indicators are in the middle range.

3. Analysis of the relationship between vitality and socio-psychological adaptation to sports revealed the presence of both direct and inverse relationship between viability and individual parameters of the adaptation process in novice athletes, namely: a direct relationship at the level of significance established between vitality and adaptation, self-acceptance, the desire to dominate; the reverse is between vitality and a decrease in overall activity, a decrease in motivation to work.

4. Developed training program for the development of vitality of athletes at the stage of socio-psychological adaptation to sports activities is based on theoretical and methodological principles proposed by Muddy. Its main goals are: to achieve a deeper understanding of stressful situations, ways to overcome them; finding ways to actively solve problems; constant use of feedback, which deepens the self-perception of involvement, control and risk-taking. Beginner athletes who participated in the training have much higher indicators of vitality. But only two of them reached the level of statistical significance: involvement and control. The data also indicate that they have significantly higher indicators such as "acceptance of others" and "emotional comfort". The overall level of maladaptation is moderate. In addition, significant differences in the indicators of such signs of maladaptation: somato-vegetative disorders, sleep-wake cycle disorders, features of social interaction. Thus, we believe that the developed training is effective and we can recommend it for use in the psychological support of novice athletes at the stage of socio-psychological adaptation to sports activities.

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Conflict of interest

Authors state that there is no conflict of interest

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