

RESEARCH ON PSYCHOPHYSICAL TRAINING OF RIDER IN DISCIPLINE ENDURANCE OF EQUESTRIAN SPORT

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INTRODUCTION

The mental training of each athlete is directly related to his physical training, based on sport training, physical endurance, physical exercise, and more.

Sports training as a system consists of the following physical, technical, tactical and psychological components. These aspects of preparation are linked in unity - the personality of the athlete.

The realization, the sporting result shown during the competition is a product of the integral expression of the personality. In this sense, preparedness is an integral feature of an athlete's personality. (Iancheva T., 2006)

In equestrian sport, their connectivity is crucial to the good outcome of each workout or race. That is why it is important to trace at a specific moment how they interact with one another and what influence they have on the equestrian competitor. The topic is up to date given that little research has been done in this respect and the discipline Endurance in Equestrian Sports is gaining increasing popularity and in Bulgaria for 10 years there are high sporting results without paying particular attention to the ways and methods to achieve this.

Mental training is a pedagogical process for improving the mental processes, qualities and personality traits in order to increase efficiency and improve health. That is, mental training is a pedagogical process to form a mental readiness. The goal of psychic training is to form a mental preparedness for actions in extreme situations (Tishinov et al., 1987; Kaikov D., 1998).

In the case of the high sporting skill in the realization of the top sporting achievements, the expression of individuality, creativity, uniqueness of the particular competitor is essential. And the unpredictability of the outcome of the race is one of the essential characteristics of the sport. (Iancheva T., 2004)

According to Iancheva (2004) "there may be different types of external factors - uncontrollable natural phenomena, pavement, unforeseen dangers, audience behavior, judges, coaches, unusual lighting and many others. These factors cause individual, subjective, ambiguous experiences in the athlete and have a different impact on competitive behavior and realization. As a result, the impacts of the environment are objectively subjective in nature, bringing to the fore the role of mental factors in managing sports training. "

D. Kaikov (1998) divides the mental readiness into general and specialized. The general is formed when mental training is conducted in the process of sporting activity systematically and for a long time, while the psychological training is directed to the formation of mental phenomena necessary for a certain activity and type of sport.

Stable psychophysical readiness is built up of two mutually beneficial states - mental and physical.

According to Dimitrova (2002; 2010), an important indicator of "... customizing the pedagogical process is the building of intellectual and practical skills in the training process, which are the basis for the formation of social relations in the future professional realization of specialized personnel ...". The most effective is "... the situational pedagogical approach that allows work at educational levels of preparation in the process of training or training ..." because it is not influenced by the used technique or means in the lesson (Dimitrova, 2002a, 2006).

In today's European living conditions there is a strong need for healthy sport (Nesheva, 2007).

According to D. Kaikov (1980), in order to regulate mental activity, it is necessary to optimize the situational psychological readiness and the adaptation of the person (internal self-adjustment and external attitude of the organism), because it is by the situational psychological readiness to judge the reliability of the person in extreme situations (Kaikov, D., 1998).

An important role for the condition and healthy life style have motor activity, relaxation and recreation(Nesheva, I., D. Fenerova, 2012).

According to R. Hristov (2009), good psychological training of the athletes is essential in order to fulfill the tactical tasks successfully (Hristov, R., Kolev, I., Krumov, Io, 2009).

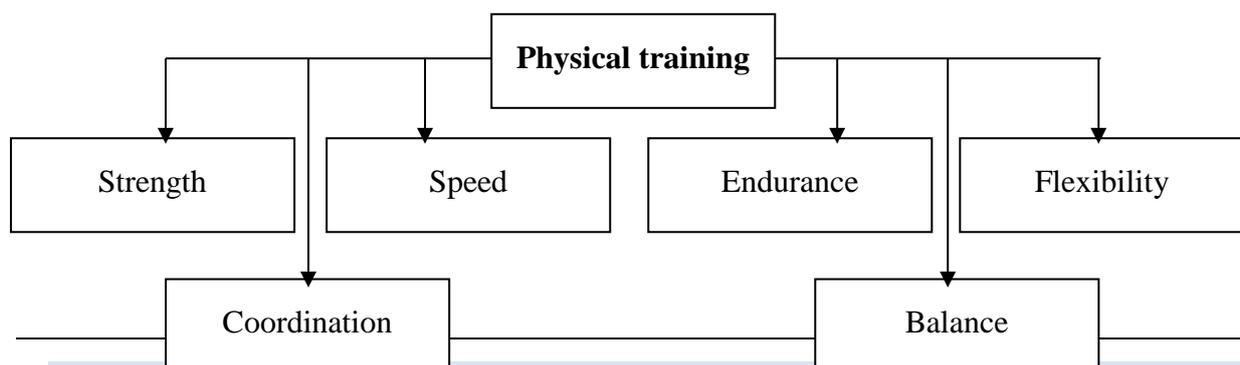
Since 2000, leading sports experts have indicated that "... the process of building motor skills requires the development of a system for the control of specialized motor skills ...", not only by type of sport but also by type of competitive discipline in the respective sport (Dimitrova, 2000; 2001; Varbanov et al., 2015).

Stress and anxiety in sport are one of the key factors for sporting achievement. Methods for measuring anxiety in sport are through physiological measurements, biochemical investigations and questionnaires (surveys).

The Healthy Lifestyle Industry "... seeks new forms of recreational motor activity ..." among which equestrian sport, due to the increased interest of consumers (Dimitrova, B. et al., 2018)

The most popular tools for measuring anxiety are different questionnaires because of their convenience, quick application and easy calculation of results. (Domuschieva - Rogleva, G., 2009).

In the last five years, aqua practices have become the most practiced recreational recreational activity, as "... aquaspinning is the most sought after service because of the modeling effect on the trainee figure ..." (Trendafilov, et al., 2013). Physical readiness includes physical (motor) qualities - strength, endurance, speed, flexibility and agility. Speaking of psychophysical training of the rider in Endurance, the components of physical and mental training should be named - Fig. 1 (Fisher et al., 2016):



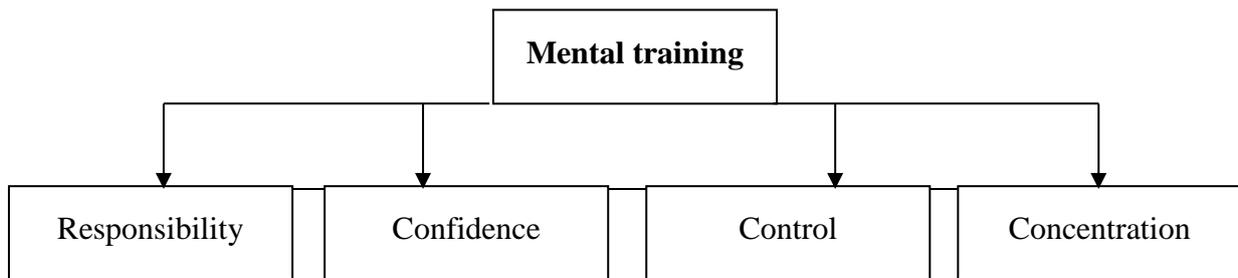


Fig. 1 The components of physical and mental training

All these qualities for the rider's psychic training further construct a positive self-esteem, positive behavior, positive expectations, good behavior, and performance (Fisher et al., 2016). On the other hand, control over the internal and external environment could have a beneficial effect on anxiety, stress or tension that may arise in an extreme situation such as a competition (Fisher et al., 2016).

METHODS

The presented results of the research on psychophysical training of the rider in the endurance discipline in equestrian sport aim to show the connection between the extreme situation the competitors are subjected to, their experience as riders, their age, gender and their psychophysical preparation at the time of the race, and how these interrelated factors influence the final outcome of the race.

In the long-distance endurance discipline of 60 km upwards in one day, competitors are subjected to a test of their physical training rather than physical. This is because the conditions under which a competition will take place and the assistance of the horse in a different environment are not clear. Riders are faced with new situations and their psyche is crucial to the outcome of the race.

To conduct the survey, a survey was conducted among equestrian competitors in the endurance discipline that took part in an international competition at distances of 90 km and 130 km in one day. This discipline in equestrian sport is relatively young in Bulgaria, with only 10 years of history, but it deserves attention due to the interesting way of conducting and testing the competitors. The endurance feature is generally characterized as cross-country riding on a clearly defined route, which respects certain rules and conditions. There are different categories in the discipline, according to which different distances,

varying mainly from 30 to 160 km per day, are traveled, and there are also many-day competitions (Valev, Y., Nedkova-Ivanova, R. 2018). In this type of sport, the connection between the horse and the rider is essential. It should not be forgotten that they represent a complex, dynamic, determined system (Valev, U., 2013) and in order to achieve harmony between the two systems - rider and horse, it must remain such. When this system acquires a stochastic character, it means that the harmony between the systems is impaired, the preparation is not enough or there is another influencing factor. Riders in this discipline are subject to several extreme situations:

1. The results of the work depend not only on them but also on the horses;
2. Competitions are held on different terrains, often unfamiliar, with varying climatic conditions;

The competition was held in Shumen / Bulgaria on 18-20.05.2018, with a total of 34 horse and rider racing pairs. A total of 16 participants of different age, gender and experience were interviewed. It should be noted that climatic conditions were severe after torrential rains days before the race, which put the participants to an additional test and put them in an extreme situation. The questionnaire contains questions about the general mental and physical state of the rider and his horse, and in this case only the results of the players' answers to their condition are submitted (Table. 1).

Table. 1. Questionnaire about the condition of rider and horse during a competition in the Endurance discipline

| QUESTIONNAIRE | |
|---|--|
| about the condition of rider and horse during a competition in the Endurance discipline | |
| Event Type / Distance: | |
| Date: | |
| Place: | |
| Rider name: | |
| Club: | |
| Age of the rider: | |
| Number of years of rider's sports practice: | |
| Horse name: | |
| Age of the horse: | |
| What is the horse: | a. castrate <input type="checkbox"/> b. mare <input type="checkbox"/> c. stallion <input type="checkbox"/> |
| Result: | |
| I. Questions about the condition of the rider: | |

1. What physical state did you start? Please describe how you felt:
.....
2. Did you have any worries at the start? Please describe your mental state:
.....
3. How did you feel at the first lap:
.....
4. When did you feel fatigue:
.....
5. Did you lead the horse during the stages and what distance:
.....
6. Did you eat or drink water on the breaks between the stages:
.....
7. What was your feeling after the final:
.....
8. Would you change something in your original race strategy or are happy with the show:
.....

II. Questions about the condition of the horse

1. What was the condition of the horse in the morning before the race:
.....
2. Had he eaten his ration from the evening:
.....
3. He eats his ration in the morning before the race:
.....
4. Had he drank water:
.....
5. Was he nervous at the start:
.....
6. How the horse walks and behaves on the first lap:
.....
7. Features that you noticed in the horse's condition during the stages:
.....
8. How fresh the horse ended (from 1 to 10). If desired, please describe in detail:
.....
9. How were the interim reviews (metabolic indicators, gait):
.....
10. How did the horse present the final review (metabolic indicators, gait):
.....
11. Какво беше състоянието на коня ден след състезанието:
.....
12. Which will be the next distance you will participate in and when:
.....

RESULTS

The age of the participants in the survey is between 14 and 52 years and their exact ratio can be traced to Fig. 2.

Age limits of the riders

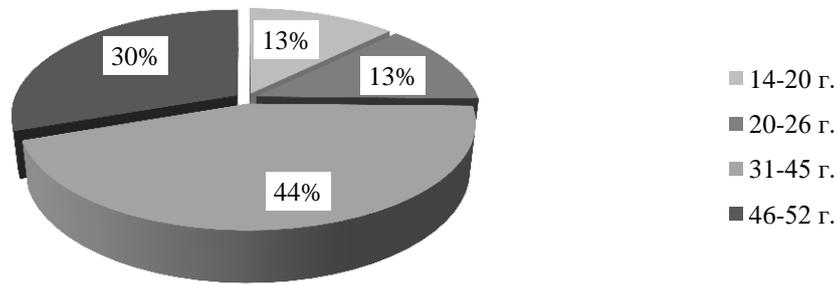


Fig. 2. Percentage distribution of participants by age

Four women and twelve men participated in the survey, as is clear from Figure 3.

Gender

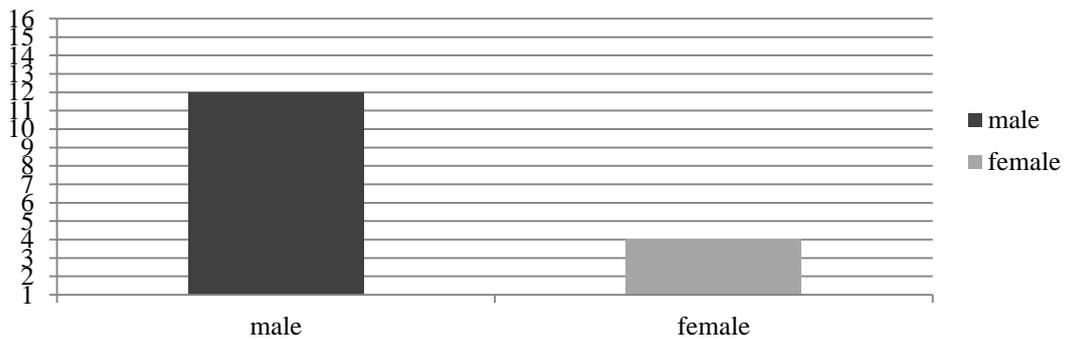


Fig. 3. Gender of participants

Table. 2. The tabular presentation of the results appears in the following way as described in

| No of the rider | Age | gender | Experience as a rider in the discipline (years) | Physical condition before start | Mental state | Result in different categories |
|-----------------|-----|--------|---|---------------------------------|---------------------|--------------------------------|
| 1 | 14 | female | 2 | good | tense | Eliminated |
| 2 | 17 | male | 3 | good | worried | 2nd place |
| 3 | 25 | male | 5 | good | worried | 3rd place |
| 4 | 25 | male | 5 | sleepy | worried | 1st place |
| 5 | 31 | male | 6 | good | calm | 9th place |
| 6 | 37 | female | 7 | good | worried | 3rd place |
| 7 | 38 | female | 5 | good | worried | 5th place |
| 8 | 40 | female | 4 | good | tense | 4th place |
| 9 | 42 | male | 3 | good | worried | Eliminated |
| 10 | 45 | male | 4 | good | tense, concentrated | 7th place |
| 11 | 45 | male | 5 | good | tense | 10th place |
| 12 | 49 | male | 9 | good | calm | 5th place |
| 13 | 49 | male | 9 | good | worried | 1st place |
| 14 | 50 | male | 8 | good | worried | 8th place |
| 15 | 50 | male | 6 | good | worried | 6th place |
| 16 | 52 | male | 15 | good | worried | 5th place |

The bad and rainy weather before the race had an impact on the riders' responses and 94% of them were tense and disturbed by the pitch and performance of their horses in these conditions. Only one of them was calm at the start, which may be due to several factors - rider experience, horse experience, personal qualities or others. By contrast, the physical condition of everyone was good and was not affected by the momentary extreme situation. This conclusion can also be made when answering the question "When did you feel fatigue?" Half of the competitors did not feel any fatigue and malaise, and the others felt tired only at the end of the race. Fatigue at the end of the race can be influenced not only directly by the rider but also by the horse's physical condition at this stage. When the horse is tired, it requires even greater physical effort on the part of the rider, but that does not mean that he is not physically well prepared. It is the riders who have noted that they have experienced fatigue at the end of the race have also noted a horse's crisis condition at this stage. Two riders have indicated in the poll that they have driven the horse along the track within 200 to 500 m, but have also shown that they have not felt fatigue at any stage of the race. The contestants have emphasized water consumption rather than food, four of whom have consumed food because of the condition that they do not fall below 70 kg,

along with the equipment, throughout the race as they were at the limit weight. The gender of the contestants in this case is not reflected in the final results, and the age indicates rather the years of experience rather than specifically affecting the answers. The final results show that of 16 respondents, only two pairs of horse and rider were eliminated, indicating the overall good psychophysical training of the athletes (Fig. 4).



Fig. 4. Carry out a veterinary inspection to determine the horse's health and decide whether it can continue in the competition or will be eliminated

The results of the distance classification of 120 km. show that the winner Nikolay Nikolov has traveled the distance to 7:24:28 with an average speed of 16,714 km / h.

Second-placed Desislava Aleksandrova has a 7:24:35 am performance at an average speed of 16,709 km / h.

Third-placed Catina Lutova scores 7:31:01 hours at an average speed of 16,471 km / h. From these results, we can conclude that they are very close in value. The difference in the result between the first and the second in the ranking is only 8 hundredths of a second, which at such a long distance of 120 km. We can conclude that their preparation has been extremely flattened.

DISCUSSION

Yordan Yankov's results are 9:57:03 with an average speed of 12,442 km / h and Jordan Ivanov 9:57:07 with an average speed of 12,441 km / h. Here we can draw the same conclusion that the trend is retained and the results that

the contestants have shown are very close in value. The results of the 90 km distance classification. show that the winner Cora Promberger has traveled to 5:48:56 hours at an average speed of 15,902 km / h. Second-placed Barbara Promberger scores 5:48:57 at an average speed of 15,901 km / h. And at the distance of 90 km. the trend is retained and the results that competitors have shown are very close in value. The difference in the result between the first and the second in the ranking is only one hundredth of a second (Fig. 5).

At this distance there are also two riders who are eliminated due to the lame of their horses.



Fig. 5. The participants go to the final and are very close to each other

CONCLUSIONS

The survey results show that the extreme conditions and situations faced by contestants in the endurance discipline have a major impact on their mental readiness for the competition itself. Even experienced riders can get uncertain when there are changes on the route due to climatic or other changes. This uncertainty arises from the fact that their partner - the horse, also changes his attitude and willingness to cooperate. Their physical readiness is poorly affected, leading to the recommendation to focus on work on mental attitudes and readiness and their assertion in various crisis situations and problems. This can be achieved by working with sports psychologists, training in similar and varied conditions, situation analysis, etc.

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