



VOLITIONAL QUALITIES OF YOUNG BOXERS IN THE STRUCTURE OF FACTORS DETERMINING TRAINING PROCESS EFFECTIVENESS

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Abstract. *Modern boxing imposes high demands not only on athletes' physical, technical, and tactical preparedness but also on the development of their personal and psychological characteristics. Within the system of sports training for young boxers, volitional qualities acquire particular importance, as they determine an athlete's ability to overcome physical and emotional stress, maintain motivation, exercise self-control, and sustain stability under training and competitive conditions. The purpose of the study was to analyze the role of volitional qualities of young boxers within the structure of factors ensuring the effectiveness of the training process. The study employed methods of scientific and methodological literature analysis, pedagogical observation, comparative analysis, generalization of advanced coaching experience, and psychological-pedagogical interpretation of sports training data.*

The findings demonstrated that a high level of development of volitional qualities contributes to increased athlete discipline, improved resistance to training loads, enhanced ability to mobilize the body's functional reserves, and improved quality of technical performance. The most significant volitional qualities for young boxers were identified as perseverance, decisiveness, self-control, goal orientation, and emotional stability. It was established that purposefully designed pedagogical

interventions integrated into the training process contribute to a more effective development of athletes' volitional sphere and enhance the overall effectiveness of sports preparation.

Keywords: *boxing, young boxers, volitional qualities, sports training, training process, self-control, perseverance, decisiveness, sports pedagogy.*

Introduction. In the contemporary development of elite sports, the problem of improving the effectiveness of training young athletes has gained particular relevance. The increasing intensity of training loads, the growing complexity of competitive activity, and the rising demands placed on athletic performance necessitate a comprehensive approach to athlete development. In this context, growing attention has been directed toward studies focusing on the psychological and pedagogical aspects of sports training, among which the development of volitional qualities occupies a special place [1, 3, 4].

Boxing is regarded as one of the most complex coordination-based and psychologically demanding forms of sporting activity. The specificity of this sport is associated with constant opposition from an opponent, limited time available for decision-making, high emotional stress, pronounced physical demands, and the necessity to maintain stable performance throughout both training and competition periods [2, 5]. Under such conditions, the success of athlete preparation depends not only on the level of functional, technical, and tactical readiness but also on the degree of development of the athlete's volitional sphere.

Volitional preparedness is considered an important component of the overall structure of sports mastery [6]. It ensures an athlete's ability

to consciously regulate behavior, overcome difficulties, manage emotional states, and maintain goal-directed activity. This issue is particularly significant for young boxers, since adolescence is characterized by intensive personality formation, instability of emotional reactions, and the active development of self-regulation mechanisms [3, 8].

In sports pedagogy, volitional qualities are traditionally associated with an individual's capacity to demonstrate purposeful activity in situations involving the overcoming of objective and subjective difficulties. Within the training structure of young boxers, the most essential qualities include perseverance, decisiveness, endurance, discipline, self-control, initiative, and emotional stability. These characteristics enable athletes to effectively tolerate training loads, maintain concentration, perform technical actions under fatigue, and sustain a high level of motivational readiness [7].

Sports training practice demonstrates that insufficient development of the volitional sphere often becomes a factor contributing to decreased effectiveness of training activities. In young athletes, this may manifest itself in reduced training discipline, difficulties in overcoming fatigue, emotional instability, loss of confidence in personal abilities, and decreased motivation for systematic sports participation. At the same time, purposefully organized pedagogical development of volitional qualities can significantly improve training effectiveness and create favorable conditions for successful athletic advancement [9, 10].

Despite the considerable number of studies in sports psychology and the theory of athlete preparation, the problem of identifying the place of volitional qualities within the system of factors determining training

effectiveness in young boxers remains insufficiently explored. Scientific literature more frequently addresses issues of physical, technical, and tactical training, whereas the psychological and pedagogical mechanisms underlying the formation of volitional resilience require further theoretical understanding and practical elaboration.

The purpose of the present study was to determine the role of volitional qualities of young boxers within the structure of factors ensuring training process effectiveness, as well as to identify the pedagogical conditions for their purposeful development in the system of sports preparation.

Materials and Methods. The study was conducted to identify the role of volitional qualities within the structure of factors determining the effectiveness of the training process in young boxers. The methodological framework of the research was based on the principles of sports pedagogy, sports psychology, sports training theory, and concepts of personality development within the context of physical education and sports activity.

The study employed a set of complementary scientific research methods, including analysis and synthesis of scientific and methodological literature, pedagogical observation, comparative analysis, psychological-pedagogical interpretation of training process data, as well as methods of systematization and theoretical modeling. The application of these methods made it possible to examine volitional qualities not in isolation, but as a component of the multidimensional system of sports preparation in young boxers.

Pedagogical observations were carried out during training sessions involving adolescent athletes engaged in boxing at the stage of initial

sports specialization. During the observation process, particular attention was paid to athletes' behavioral characteristics while performing high-complexity training tasks, responses to physical fatigue, degree of training discipline, ability to mobilize effort, and patterns of emotional reactions under stressful conditions.

To assess the significance of volitional qualities within the structure of sports preparation, the following indicators were identified: resistance to physical loads, discipline, self-regulation capacity, perseverance in achieving training goals, emotional stability, and the ability to overcome competitive stress.

The theoretical modeling of the study was based on the assumption that the effectiveness of the training process is determined not only by physical, technical, and functional aspects of athlete preparation, but also by the degree of development of the athlete's volitional sphere. In this regard, volitional qualities were considered an integrative psychological-pedagogical resource for improving the effectiveness of sports performance.

Results. The conducted analysis demonstrated that volitional qualities occupy an important position within the structure of factors determining the effectiveness of the training process in young boxers. Under conditions of systematic sports preparation, volitional regulation ensures athletes' resistance to increasing physical and psycho-emotional loads.

The results of pedagogical observations indicate that athletes with a higher level of development of volitional qualities demonstrate greater organization, an enhanced capacity for maintaining long-term performance, and a higher degree of training discipline. They show

greater involvement in mastering technical elements, tolerate intensive training loads more effectively, and overcome fatigue states more successfully.

Comparative analysis made it possible to identify the most significant volitional qualities influencing the quality of training activity among young boxers.

Perseverance is manifested in an athlete's ability to continue performing training tasks despite emerging difficulties, physical fatigue, or temporary setbacks. The development of this quality contributes to the formation of stable training motivation and increases the effectiveness of athletic improvement.

Decisiveness ensures rapid decision-making under changing bout conditions and facilitates confident execution of offensive and defensive actions. Insufficient development of decisiveness may lead to decreased activity, increased uncertainty, and reduced competitive performance.

Self-control plays an important role in the regulation of emotional states, behavior management, and maintenance of concentration. For boxers, the ability to control emotional reactions is of fundamental importance, since excessive excitement, fear, or anxiety may negatively affect the quality of technical performance.

Goal orientation functions as one of the leading mechanisms supporting long-term training motivation. It determines an athlete's ability to subordinate ongoing activities to the achievement of sporting goals, adhere to the training regimen, and maintain commitment to athletic development.

Emotional stability is of particular importance for young boxers, as it enables them to maintain psychological balance under conditions of high tension, competitive pressure, and physical overload.

The analysis of training practice demonstrated that the integration of specialized psychological and pedagogical interventions into the structure of sports preparation contributes to more effective development of athletes' volitional sphere. Effective pedagogical tools include the modeling of situations involving the overcoming of difficulties, the use of competitive exercises, the implementation of increasingly complex training tasks, the development of athlete autonomy, and the application of methods of positive motivational support.

Discussion. The findings of the present study confirm that the effectiveness of the training process in boxing is determined by the interaction of physical, technical, tactical, and psychological-personal components of athlete preparation. In this context, volitional qualities function as a connecting mechanism ensuring the stability of athletic performance under conditions of substantial training loads and stress-related factors.

The specificity of boxing involves the continuous overcoming of various forms of resistance - physical, emotional, cognitive, and competitive. Consequently, the development of the volitional sphere acquires not an auxiliary but a strategic role within the structure of athlete preparation. A high level of volitional preparedness contributes to more effective utilization of physical potential, improvement of technical mastery, and increased resistance to adverse external influences.

The study findings are consistent with contemporary perspectives in sports psychology, according to which the development of self-regulation, perseverance, self-confidence, and emotional control represents one of the key directions in the preparation of young athletes. At the same time, the analysis highlights the necessity for a deeper integration of psychological and pedagogical technologies into the training system of young boxers.

The practical significance of the study lies in the possibility of applying the obtained findings to the development of psychological and pedagogical preparation programs for adolescent athletes, the improvement of sports training methodology, and the organization of educational and developmental work within youth boxing programs.

Conclusion. The conducted study made it possible to establish that volitional qualities constitute a significant component within the structure of factors determining the effectiveness of the training process in young boxers. Their development has a direct impact on resistance to physical loads, discipline, the quality of training task performance, the level of self-regulation, and the overall effectiveness of sports preparation.

The most essential qualities within the training system of young boxers were identified as perseverance, decisiveness, self-control, goal orientation, and emotional stability. These qualities ensure an athlete's ability to overcome training-related difficulties, maintain motivation, regulate emotional states, and perform effectively under conditions of competitive pressure.

It was established that the purposeful pedagogical development of the volitional sphere should be considered an important direction in the

preparation of adolescent athletes. The integration of psychological and pedagogical methods into the training process creates favorable conditions for the comprehensive development of the athlete's personality and contributes to improving the overall effectiveness of sports preparation among young boxers.

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