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CATÁLOGO



SPECIFIC FEATURES OF THE PSYCHOLOGICAL PROFILE OF 13-15 YEAR-OLD BOXERS

**CARACTERÍSTICAS ESPECÍFICAS DEL PERFIL PSICOLÓGICO
A BOXEADORES DE 13-15 AÑOS**

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Abstract

The creation of an objective, up-to-date and scientifically-based system for diagnosis and evaluation in amateur boxing directly reflects on the quality of the training process and the achievement of high success in the competition. The determination and rationale of the specific scientific problem to be elucidated in the context of this study is related to the insufficient amount of current data on the leading structural features of the physical and psychological status of 13-15-year old boxers. The purpose of this study is to clarify the peculiarities of the psychological profile of 13-15-year-old boxers. The scope of the survey is 161 boxers at 13-15 years of 19 boxing club in the Republic of Bulgaria. In the content of the present study, the main focus is the idea of the special importance of the system for diagnosis and evaluation in the boxing. It may serve for improvement of the quality of control in the multi-year training of the athletes is outlined.

Keywords

Amateur boxing – Young athletes – Sport talent – Psychological profile – Psychological tests
Sports control and management

Resumen

La creación de un sistema objetivo, actualizado y con base científica para el diagnóstico y la evaluación en el boxeo amateur refleja directamente la calidad del proceso de capacitación y el logro de un alto éxito en la competencia. La determinación y la justificación del problema científico específico que se aclarará en el contexto de este estudio se relaciona con la cantidad insuficiente de datos actuales sobre las principales características estructurales del estado físico y psicológico a boxeadores de 13 a 15 años. El propósito de este estudio es aclarar las peculiaridades del perfil psicológico de los boxeadores de 13 a 15 años. La encuesta cubre 161 boxeadores de 13 a 15 años de edad y 19 escuelas de boxeo en la República de Bulgaria. En el contenido del presente estudio, se describe la idea de la importancia especial del sistema para el diagnóstico y la evaluación en el recuadro para mejorar la calidad del control en la capacitación multianual de los atletas.

Palabras Claves

Boxeo amateur – Atletas jóvenes – Talento deportivo – Perfil psicológico – Pruebas psicológicas
Control y gestión deportivo

The creation of an objective, up-to-date and scientifically-based system for diagnosis and evaluation in amateur boxing directly reflects on the quality of the training process and the achievement of high success in the competition.

There are close interrelationships between the various components of the system for control and management of the sports training process. The objectivity of the measurements and the adequacy of the evaluation parameters contribute to the optimization of the overall control activity and its prognostic aspects. The way in which control is exercised at all stages of sports training is one of the key factors influencing the dynamics of sporting achievements.

The theoretical considerations in this paper are mainly based on the thesis that diagnosis and assessment are a key factor in the quality of control activity in the amateur boxing.

Quantitative and qualitative analysis of interactions between relevant indicators in assessing the physical, psycho-functional, psychological and technical tactical training of boxers provides valuable information. It can be used to optimize training programs and to predict sporting outcomes.

The determination and rationale of the specific scientific problem to be elucidated in the context of this study is related to the insufficient amount of current data on the leading structural features of the physical and psychological status of 13-15-year old boxers.

The role of boxing diagnostics is related to the development of methods for detecting and measuring the individual psychological, physical and psycho-physiological characteristics of athletes. Diagnostic activity focuses on objectivizing the athlete's current state and comparing it with some standards, norms of development and achievements.

Lawrence emphasizes that elite athletes in all sport activities are under great strain because they have to be at their highest level. Therefore, it is not surprising that many researchers say that psychological characteristics are what distinguishes those who achieve excellence from those with lower sport results. Even earlier studies confirm the link between psychological characteristics and sport achievements.¹

In determining the attitude of young athletes to succeed in boxing, it is necessary to consider their individual characteristics. These are in a complex interaction and not always the calendar age corresponds to their biological age.

The purpose of this study is to clarify the peculiarities of the psychological profile of 13-15-year-old boxers.

The scope of the survey is 161 boxers at 13-15 years of 19 boxing club in the Republic of Bulgaria. In a theoretical and practical-applied aspect, the study is based on the system-structured, complex-integrative, person-oriented approach, and others. Our research consists of the conceptual paradigm of modern multi-dimensional approaches to boxing sport.

¹ I. Lawrence, "Talent Identification in Soccer. A critical analysis of contemporary psychological research", Soccer Journal January, (2010): 24-28.

In the content of the present study, the main focus is the idea of the special importance of the system for diagnosis and evaluation in the boxing. It may serve for improvement of the quality of control in the multi-year training of the athletes is outlined.

A test battery has been developed to diagnose and evaluate the components of the physical and psychological training of athletes. It also, reveals the interrelationships and relationships between the anthropometric, motor and psychological indicators studied and their impact on the boxers' success.

In the course of the study the following methods were used: anthropometry, motor testing, psychological examination, statistical methods (Variation analysis, x-square analysis, T-test, ANOVA analysis, Homogenous test, Robust test, Post Hock test, Correlation analysis, Regression analysis).

The statistical processing of the obtained data from the conducted empirical study was carried out with the help of the specialized software IBM SPSS Statistics Version 20.

The following methods are used for the psychological examination of 13-15-year-old boxers:

- Modified test questionnaire by H. Eisenk for children aged 7 to 15.² The purpose of this method is to investigate the peculiarities of the temperament of young boxers - extroversion / introversion; neuroticism; emotional resilience / instability;
- Methodology for exploring the distribution of attention.³ The purpose of this method is to investigate the distribution of 13-15-year-old boxers;
- Test of Interlaced Lines.⁴ The purpose of this method is to investigate the concentration and distribution of 13-15-year old boxers;
- Tapping test - the aim of this method is to study the strength of the nervous system and to calculate the functional asymmetry of the right hand (comfortable) and left (uncomfortable) hand of 13-15 year old boxers⁵;
- Correctional Table of Genkin, Medvedev, Shek. The purpose of this method is to investigate the sustainability of 13-15 year old boxers.⁶

Objective assessment of the psychological characteristics of boxers at the age of study will allow the ongoing control and objective selection of young boxers aged 13-15.

The analysis of the data obtained from the psychological tests (psychological tests) gives us valuable information. It is related to the calculation and description of key statistical variables such as the arithmetic mean and the standard deviation.

² Д. Батоева и Е. Драголова, Педагогическа и психологическа диагностика за изследване на деца и ученици от предучилищна и училищна възраст. София: АСКОНИ-ИЗДАТ. 2001.

³ В. Стоянов и П. Нешев, Експериментална психология. Теория. Практикум. Варна: ВСУ "Черноризец Храбър". 2003.

⁴ Е. Е. Миронова (Сост.), Сборник психологических тестов. Часть I: Пособие. Минск, Женский институт ЭНВИЛА. 2005.

⁵ Е. Е. Миронова (Сост.), Сборник психологических тестов. Часть III: Пособие. Минск, Женский институт ЭНВИЛА. 2006.

⁶ В. Стоянов и П. Нешев, Експериментална психология...

Measuring the level of neuroticism (Table 1) is particularly important in the field of boxing, because of its specificity and the dynamics of the workload in the training process and competition. The study found that 67.1% (n = 108) of young boxers (13-15 years old) had high emotional stability. With prominent levels of emotional instability, only 6.2% of the active boxing boys surveyed in this age group.

		Frequency (брой)	Percent	Valid percent	Cumulative percent
Valid Values	High emotional stability	108	67,1	67,1	67,1
	Average emotional stability	43	26,7	26,7	93,8
	High emotional instability	10	6,2	6,2	100,0
	Total	161	100,0	100,0	

Table 1
Degrees of neuroticism

In the statistical processing of the data with interlace, Peev et al. test, a methodology is used that is normalized (Standard nine). This is a statistical unit that is 1/9 of the overall range of distribution meanings.

As already pointed out, depending on the measurement, the relevant statistical methodology for data processing is also selected. In this case, the level of measurement allows the use of standard normalization of the results. When processing the results of the psychological tests, keys are used to divide the values of the variables into corresponding degrees. For all the variables (psychological tests and Tapping one) for which there are calculated grades - low, medium, high. Table 2 shows the frequencies of the results obtained from the Interlace test, which are normalized in Standard nine. The data allows normalization in standard nine.

Highest achievements on concentration of attention sector: 7 13% of 13-15-year-old boxers have a high score. The table shows that the largest part of the sample (23.6%) has 2 standard nine low scores - (38 boys of all studied - 161 boys aged 13-15).

		Frequency (number)	Percent	Valid percent	Cumulative percent
Valid measurement	1 Standard nine low result	19	11,8	11,8	11,8
	2 Standard nine low result	38	23,6	23,6	35,4
	3 Standard nine low result	22	13,7	13,7	49,1
	4 Standard nine medium result	26	16,1	16,1	65,2
	5 Standard nine medium result	19	11,8	11,8	77,0
	6 Standard nine medium result	16	9,9	9,9	87,0
	7 Standard nine high result	21	13,0	13,0	100,0
Total		161	100,0	100,0	

Table 2
Concentration of Attention - Interline test

The results of the measurements of the distribution of attention (Peev et al. test) are also normalized in standard nine and differentiated in 9 grades (table 3). As can be seen from Table 3, the bulk - n = 52 boxers (32.3%) have a 7-point high score. 29.2% of the subjects surveyed had 6 average median results and 18.6% achieved a 5- standard nine average score.

		Frequency (number)	Percent	Valid percent	Cumulative percent
Valid measurement	1 Standard nine low result	4	2,5	2,5	2,5
	3 Standard nine low result	6	3,7	3,8	6,3
	4 Standard nine medium result	6	3,7	3,8	10,1
	5 Standard nine medium result	30	18,6	18,9	28,9
	6 Standard nine medium result	47	29,2	29,6	58,5
	7 Standard nine high result	52	32,3	32,7	91,2
	8 Standard nine high result	12	7,5	7,5	98,7
	9 Standard nine high result	2	1,2	1,3	100,0
	Total	159	98,8	100,0	
Missing cases	systematic	2	1,2		
Total		161	100,0		

Table 3
Distribution - Test Peev et al.

From the study in Table 4, it is established that in terms of rate of work, the largest share is the fast-test group (39.1%, n = 63) and the slowest rate of work (24.2%, n = 39). The group of young boxers with an average speed of work was 36.6% (n = 59). As can be seen from the results, the valid measurements of the fast-paced group and the medium-speed group do not differ greatly, which gives us information about the need to individualize the workouts in synchronization with the specificity of this indicator.

		Frequency (number)	Percent	Valid percent	Cumulative percent
Valid measurements	Slow motion in tapping test	39	24,2	24,2	24,2
	Medium motion in tapping test	59	36,6	36,6	60,9
	Fast motion in tapping test	63	39,1	39,1	100,0
	Total	161	100,0	100,0	

Table 4
Grades of the pace of work - tapping test

The analysis of the results of the mathematical and statistical comparison of intragroup and intergroup relationships by categories of variables shows interesting statistically significant dependencies that can be used to individualize the training of 13-15 year old boxers.

Table 5 contains the results of the comparison between the individual degrees of attention distribution and those of the rate of work (Test Peev et al., tapping test). The results of the study reveal the following: 13-15-year-old boxers with 9 high-level attention-sharing scores have the fastest tapping test than expected. The data show that young boxers with 3 low scores and 4 average scores have a slower tapping test than expected. It has also been shown that athletes with 7 high scores show a faster test run than expected.

χ^2 (df = 14, N = 161) = 63,851; p < 0,001; Phi=0,634 Cramer's V= 0,448			Tempo		
			Slow motion in tapping test	Medium motion in tapping test	High motion in tapping test
Distribution of attention Peev et al. test	1 Standard nine low result	Observed frequencies	4	0	0
		Theoretical frequencies	1	1,5	1,6
		Percent included in Peev et all. test.	100,00%	0,00%	0,00%
	3 Standard nine low result	Observed frequencies	4	2	0
		Theoretical frequencies	1,4	2,2	2,4
		Percent included in Peev et all. test.	66,70%	33,30%	0,00%
	4 Standard nine medium result	Observed frequencies	4	0	2
		Theoretical frequencies	1,4	2,2	2,4
		Percent included in Peev et all. test.	66,70%	0,00%	33,30%
	5 Standard nine medium result	Observed frequencies	10	16	4
		Theoretical frequencies	7,2	10,9	11,9
		Percent included in Peev et all. test.	33,30%	53,30%	13,30%
	6 Standard nine medium result	Observed frequencies	12	22	13
		Theoretical frequencies	11,2	17,1	18,6
		Percent included in Peev et all. test.	25,50%	46,80%	27,70%
	7 Standard nine high result	Observed frequencies	4	16	32
		Theoretical frequencies	12,4	19	20,6
		Percent included in Peev et all. test.	7,70%	30,80%	61,50%
8 Standard nine high result	Observed frequencies	0	2	10	
	Theoretical frequencies	2,9	4,4	4,8	
	Percent included in Peev et all. test.	0,00%	16,70%	83,30%	
9 Standard nine high result	Observed frequencies	0	0	2	
	Theoretical frequencies	0,5	0,7	0,8	
	Percent included in Peev et all. test.	0,00%	0,00%	100,00%	

Table 5

Comparison of the degrees of distribution of the attention and the rate - x-s quare analysis

The period of active sport in athletes differentiate their pace of work, as measured by a tapping test (p_{Levene} <0.001, Welch = 42.589, P <0.001). The slowest athletes are most athletic (N = 39, M = 10,385, SD = 3,816 months), compared to athletes who work at

moderate speeds ($N = 59$, $M = 14,797$, $SD = 6,367$); $p_{\text{Bonferroni}} = 0.003$; ($N = 63$, $M = 21,952$, $SD = 7,549$, $p_{\text{Bonferroni}} < 0,001$, increase / differences between mean values = 4,412), which have been doing sports for a little more time and compared with the fastest tested athletes (11,568) who have been doing sports for the longest time. Athletes who have moderate speed exercise from a slightly shorter time ($M = 14,797$, $SD = 6,367$ months) compared to the fastest tested athletes ($p_{\text{Bonferroni}} < 0,001$, median / 7,156 differences) from the longest time ($M = 21,952$, $SD = 7,549$ months).

The victories of athletes differentiate their pace of work, as determined by a tapping t test ($p_{\text{Levene}} < 0.001$, Welch = 50.642, $P < 0.001$). The slowest athletes have the least race wins ($N = 39$, $M = 3,85$, $SD = 4,01$ wins) compared to athletes who have moderate speeds ($N = 59$, $M = 7,83$; $SD = 6.75$; $p_{\text{Bonferroni}} = 0.106$; increments / differences between mean values = 3.984), which have more wins and compared to the fastest tested athletes ($N = 63$; 12,591; $p_{\text{Bonferroni}} < 0,001$; increments / differences between the mean values = 17,090), which have the most wins on the ring. Boxers who have moderate speeds have fewer wins ($M = 7.83$; $SD = 6.75$ wins), compared to the fastest tested athletes ($p_{\text{Bonferroni}} < 0.001$, increments / differences between the mean values = 13.106), which have the highest number of wins ($M = 20.94$, $SD = 12.591$ number of wins).

The difference between wins and losses also differentiates the pace of young boxers' work, which is measured by a tapping test ($p_{\text{Levene}} = 0.004$, Welch = 63.037, $P < 0.001$). The slowest athletes have the lowest values in the difference between wins and losses ($N = 39$, $M = -3,769$, $SD = 6,563$), compared to athletes having medium speed ($N = 59$, $M = 3,372$; $SD = 7,007$; $p_{\text{Bonferroni}} < 0,001$; increments / differences between the mean values = 7,142), which have slightly higher values of the difference wins and losses and compared to the fastest tested athletes ($N = 62$; $M = 15,677$; $SD = 10,782$; $p_{\text{Bonferroni}} < 0,001$; increments / differences between the mean values = 19,447), which have the greatest difference between wins and losses. Athletes who have moderate speeds have a smaller difference between wins and losses ($M = 3,372$, $SD = 7,007$), compared to the fastest tested athletes ($p_{\text{Bonferroni}} < 0,001$, increase/ difference between mean values = 12,305) which have the biggest difference between wins and losses ($M = 15,677$, $SD = 10,782$).

Before defining specific recommendations to optimize the training process of young boxers, it is essential to reveal the interrelationships and levels of correlation between the variables. The usual application of linear regression, as a more complicated statistical method of processing the baseline data, is to allow assumptions and forecasts. Estimates can be interpreted as estimates of the actual values of the dispersion obtained. In sports practice, it is essential to be able to use the value of a variable in reliable estimation methods to predict the value of another variable. The use of the linear regression model in the diagnosis and evaluation of young boxers can also be used to adjust the impact of one variable on the other, based on results proven by the statistical indicators.

The study shows that very large proportion (44%) of the dispersion of values of the Difference Wins - Losses is due to the influence of Peev et al. test (true minus wrong). Criterion B ($b = 2,571$) carries the information about the positive direction of the dependence - the increase of the results of Peev et al. test (true minus the wrong), while the difference wins – lost grows. Tracking the relationship between the independent variable Active Sports Period (months) and the other variables in their dependency position (all variables below that are less 0.05 - have statistical significance) of the boxers' traineeship reveals the following information:

- The harshest is the dependency of the Intertwined lines test (correct) from the sportsmen's active period of practice ($r = 0.668$; $r^2 = 0.446$; $F(1, 159) = 127.914$; $p = 0.000$; $b = 0.451$; $t = 310$; $p = 0.000$). The strength of the relationship, measured with the R coefficient, is 0.668, with 45% of the achievements in this psychological test being explained by the influence of time in the active exercise of 13-15-year-old male boxers;

- The link between the Tapping test and the total number of punches inflicted with the leading hand correlates with the active sport period of the athletes ($r = 0.603$; $r^2 = 0.363$; $F(1, 159) = 90.733$; $p = 0.000$; $b = 1.741$; $t = 9.525$; $p = 0.000$). The correlation coefficient is 0.603 - the influence is strong and positive. With an increase in the time of active workouts in the field of boxing, the performance in the above correlation increases ($b = 1.741$; $t = 9.525$; $p = 0.000$). 36% of the test results are due to the influence of time on the active sport practice in boxing.

- There is a close relationship between another psychological test: Peev et al. test (true minus wrong) and the period of active sport ($r = 0.579$; $r^2 = 0.335$; $F(1, 159) = 80.170$; $p = 0.000$; $b = 0.219$; $t = 8.954$; $p = 0.000$). The direction of the dependence, which is statistically significant ($\text{sig} < 0.05$), is right: with the increase of the traineeship, the correct answers of the athletes at Test Peev et al. test. ($b = 0.219$, $t = 8.954$, $p = 0.000$). The correlation between the two variables is 0.579, the Fisher F-criterion proves the adequacy of the applied linear regression model.

- There are strong dependencies between the Testing test, the total number of points with inconvenient hand (dependent variable) and the period of active sport ($r = 0.564$; $r^2 = 0.318$, $F(1, 159) = 74.111$, $p = 1.931$, $t = 8.609$, $p = 0.000$). 32% of the results are explained by the influence of the systemic practice in boxing sport ($r^2 = 0.318$), the correlation is very pronounced: R is 0, 564.

Some of the motor and psychological tests that are in the position of dependent variables are in varying statistical dependence on the independent variable of active sports period

- Active exercise period (months) - Peev et al. test. (false) ($r = 0.460$, $r^2 = 0.212$, $F(1, 159) = 42.668$, $p = 0.000$, $b = 0.140$, $t = 6.532$, $p = 0.000$). The correlation coefficient R is 0.460 - it has an effect since $\text{sig} < 0.05$. 21% of the wrong answers are explained with the time spent in active sport. Increasing the period of active sport in the young boxers reduces the errors in Peev et al. test;

- Active exercise period (months) - Correction table (errors) ($r = 0.382$; $r^2 = 0.146$; $F(1, 159) = 27.217$; $p = 0.000$; $b = -0.242$; $t = -5.217$; $p = 0.000$). B is -0.242, which means that with increasing boxing time, errors in completing the correction table are reduced. The close relationship is statistically significant because sig is less than 0.05.

The functional purpose of diagnosing and evaluating athletes is related not only to the selection of prospective young boxers, but also to improve the individualization of training programs, making the necessary adjustments and encouraging the motivation of adolescents for sport.

The empirical study has objectively analyzed the important psychological parameters of the athletes' perspective in amateur boxing (13-15 years old). The results of the measurements show that there are statistically significant correlations between the different components of the developed diagnostics system and the evaluation of 13-15 year old boxers.

The objectification of the leading psychological indicators that have an influence on the athletes' performance and high values of the statistical dependencies with the other indicators (anthropometric and motor) correspond to our theoretical model (test battery) of our expectations and thus confirm its usefulness about the practice.

The clarification of the basic parameters of the psychological profile of the young boxers, aged 13-15 years, as well as the analysis of their interrelationships and dependencies with the basic parameters of the motor (conditioning and coordination) profile, justifies the refinement of objective criteria. Thus, create favorable conditions for the realization of scientifically justified control activity in boxing for the envisaged age period.

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