

## Psychological Aspects of Training Highly Qualified Athletes in Kazakh Kuresi Wrestling Aspectos psicológicos del entrenamiento de atletas altamente calificados en la lucha kazaja Kuresi

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**Abstract.** The purpose of the article is to identify the psychological aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling. The leading methods for the study are the Minnesota Multiphasic Personality Inventory (MMPI) for an in-depth examination of individual characteristics of psychological functioning of personality and the diagnostic method for personal motivation to success according to the questionnaire T. Ehlers to identify the psychological skills of striving for victory in athletes. The article presents the psychological and aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling. The identified aspects provide the full-fledged psychological support to highly qualified Kazakh Kuresi wrestling athletes at all levels of training and during competitions to form a correct psychological attitude with a stable individual state to many pre-competitive and competitive factors. Findings highlight the importance of comprehensive psychological support in enhancing sports performance and maintaining athletes' psychological and physical health. This research offers practical insights for high-performance sports, especially in the training of elite Kazakh Kuresi wrestlers.

**Keywords:** physical activity, martial arts, competitive result, motivation, professional sports.

**Abstracto.** El objetivo del artículo es identificar los aspectos psicológicos del entrenamiento de atletas altamente calificados en la lucha kazaja Kuresi. Los métodos principales para el estudio son el Inventario Multifásico de Personalidad de Minnesota (MMPI) para un examen en profundidad de las características individuales del funcionamiento psicológico de la personalidad y el método de diagnóstico para la motivación personal hacia el éxito según el cuestionario de T. Ehlers para identificar las habilidades psicológicas. de luchar por la victoria en los atletas. El artículo presenta los aspectos psicológicos y pedagógicos del entrenamiento de atletas altamente calificados en la lucha kazaja Kuresi. Los aspectos identificados brindan apoyo psicológico completo a los atletas de lucha kazajo Kuresi altamente calificados en todos los niveles de entrenamiento y durante las competiciones para formar una actitud psicológica correcta con un estado individual estable ante muchos factores precompetitivos y competitivos. Los hallazgos resaltan la importancia del apoyo psicológico integral para mejorar el rendimiento deportivo y mantener la salud física y psicológica de los atletas. Esta investigación ofrece conocimientos prácticos para los deportes de alto rendimiento, especialmente en el entrenamiento de luchadores de élite kazajos Kuresi.

**Palabras clave:** actividad física, artes marciales, resultado competitivo, motivación, deporte profesional.

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### Introduction

The modern sport combines multiple factors and the interaction of coaching and teaching staff with highly qualified athletes plays an important role in its success. Among different sports, Kazakh wrestling occupies its niche and makes an undeniable contribution to sports achievements in the international arena. Thus, the training of highly qualified athletes in Kazakh Kuresi wrestling should be at a high modern level, which is possible only by combining methodological knowledge of step-by-step training in Kazakh Kuresi wrestling sports skills with professional psychological support, excluding psychological pressure on the training staff and ensuring a properly calculated dosage of physical activity, considering the individual psychophysical characteristics of the athlete (Dmitriyev & Gunina, 2018). This criterion will strengthen motivation, create a strong team spirit in the national team, prolonged athlete's professional career, and allow avoiding physical and psychological injuries, which has economic importance and is a favourable parameter, given the time, amount of effort, financial costs that fall on the training of one highly qualified athlete in Kazakh Kuresi wrestling. During the preparation of athletes, it is important to consider personal characteristics that should be correctly adjusted during training when setting the necessary sports tasks (Owusu-Sekyere & Gervis, 2016; Ten et al., 2022). Despite the general necessary parameters

in the field of Kazakh Kuresi wrestling, which absolutely every professional athlete should possess, the coaching staff needs to remember that individually an athlete has their own personal motivational, social, psychological, physiological, biomechanical features that can change daily under the influence of environmental factors (Dhabhar, 2019).

These parameters are considered during psychological support, which facilitates successful interaction between the coach and the athlete and the harmonious development of the athlete's personality in this sport (Konovalova, 2016). Professional psychological support will increase the effectiveness of the training process, create the most comfortable conditions for the preparation for competitions, and ensure a long sports career with consistently high results in sports activities (Varii et al., 2020). When providing this support, it is necessary to choose the most appropriate, adaptive forms that reproduce creative communications of the entire sports team, which will strengthen the level of trust between athletes and the coach, allow the team to lead for a long time showing a high level of competitive achievements (Gencer, 2018). These facts will help to fulfil the personal characteristics of the athlete, establish a stable level of dedication in training, and strengthen one's aspirations to win competitions. This support should be at an in-depth level, considering the knowledge on training for objective motivation and analysis of the athlete's performance (Heyes, 2018; Kozhan et al., 2023).

Since a sports career involves frequent relocations, the entire coaching staff and the team of athletes should be able to mobilise and show the best results in different conditions and cities, countries, this is possible with the proper arrangement and internal self-confidence, friendly support from the entire coaching staff and coach, who should be strong people capable of solving all problems and finding the right words of support, whose activities are aimed at strengthening personal harmony and the psychological state of the athlete (Stietz et al., 2019; Halian et al., 2023). Thus, specialists providing psychological support should themselves be psychologically stable individuals capable of reducing the level of anxiety, strengthening motivation, will, thinking to stimulate athletes in achieving the best results (Sabiston et al., 2020a; Oralgaliyevna et al., 2022). It is essential to remember that the above tasks are solved provided that the coaching staff and other accompanying persons of athletes have certain professional qualities and a formed culture of psychological health-saving, which will create a fundamental approach to the training environment of athletes using an integrative-personal attitude in training and competitions.

The purpose of the study is to investigate the critical role and impact of psychological support in the training of highly qualified athletes in Kazakh Kuresi wrestling. This includes integrating methodological knowledge of step-by-step training with professional psychological support and assessing the importance of tailoring training regimes to the individual psychophysical characteristics of athletes.

A key objective is to understand the role of psychological support in improving the interaction between athletes and coaches, and in the overall development of the athlete. This aspect is crucial for promoting motivation and team spirit, preventing injuries, and considering the economic implications of training elite athletes. The study also seeks to highlight the need for a personalized approach to training that takes into account the unique motivational, social, psychological, physiological and biomechanical characteristics of each athlete, recognizing that these may change on a daily basis under the influence of various environmental factors.

However, the study identifies several gaps that need to be addressed. These include a deeper understanding of how daily environmental factors influence an athlete's individual characteristics, the impact of coaching staff psychological stability on athlete performance, and the role of a culture of psychological health within the coaching environment.

## Materials and Methods

This research employed a mixed quantitative-qualitative approach, collecting numeric data through standardized questionnaires as well as observational data. The questionnaires specifically measured personality and motivational characteristics relevant to sports psychology and performance. The analysis incorporated both statistical testing and qualitative interpretation of the results.

In the course of the study, certain methods were used

for an in-depth examination of the severity and quality of the main indicators, including emotional indicators, hypochondria, hysteria, social introversion, phobias, which together allow identifying the individual level of psychological characteristics of the individual. In addition, the used testing has confidence and correction scales, which makes the questionnaire reliable. The revealed indicators will allow determining the psychomotor skills of an athlete, which depend on the properties of the psyche, and in turn, affect the ability of athletes to perform specified actions by the coach and accurately reproduce sports movements and control them, which is necessary for success in sports activities and the growth of professional skills. In fact, such abilities are key factors of interaction between a coach and an athlete, who must do exactly what they are required to. The effectiveness of the abilities depends on the arbitrariness of motor actions, motor memory, coordination, reaction speed, motor imagination. The determined tendency to psychoemotional stress, as a trait of individual and personal characteristics, is also necessary to consider when correcting psychological training and accompanying an athlete.

Questionnaire survey by T. Ehlers includes 2 tests. In the first, the questions are aimed at determining the tendency to avoid failure and it is necessary to choose the most appropriate word from the proposed three in 30 lines, in the second, it is necessary to answer 41 questions in the form of "yes" or "no", which will determine the desire to win. Thus, the chosen words and answers of the subjects allow judging their motivation to achieve success and to avoid failure, fear of making a mistake and, in fact, a personal attitude to risk in professional sports activity, which can be a serious obstacle to winning competitions, where a highly qualified athlete must show their capabilities as quickly as possible. This parameter is also considered in psychological correction to achieve better results in sports. When calculating the data of both questionnaires, ready-made keys are used to identify the test results.

A detailed analysis of the identified indicators allows determining the psychophysiological structure of a person within the framework of their training, competitive success, and health saving, which is also important for an athlete. Following the above-mentioned facts, the selected diagnostic methods are reliable and valid tools for studying the psychological characteristics and aspirations of athletes, which should be considered during psychological support and training, and then, based on them, the main aspects of training highly qualified athletes in Kazakh Kuresi wrestling will be disclosed. To calculate the results, standard methods of mathematical calculation and graphical representation of the results were used. The experimental base of the study was the Kazakh Kuresi wrestling sports club "Kyzyljar arlandary" in Kazakhstan. The questionnaire according to the chosen method was conducted among 15 athletes, the age of the respondents was in the range of 22-28 years. Informed consent was obtained from all individuals included in this study. The research was conducted in three stages:

1. At the first stage, a theoretical analysis of existing

methodological approaches to psychological training of athletes in philosophical and psychological scientific literature, dissertations on the problem; the problem, purpose, and research methods were identified, an experimental research plan was compiled.

2. At the second stage, respondents were surveyed, the indicators were clarified, and the main aspects of psychological training were highlighted based on the individual characteristics of the psychological functioning of highly qualified athletes; experimental work was conducted, the conclusions obtained during the experimental work were analysed, verified, and clarified.

3. At the third stage, experimental work was completed, theoretical and practical conclusions were clarified, the results obtained were generalised and systematised.

## Results

Based on the system-activity approach, a detailed analysis of the survey data obtained by the chosen method of highly qualified Kazakh Kuresi wrestling athletes was conducted, considering the elements reflecting the respondents' personality indicators, such as motivational-target, content-procedural, performance-evaluation, and structural components. The detailed analysis of the properties and characteristics of personality, including a hierarchically ordered set of psychological traits, qualities, social, natural, social relations, intellectual, behavioural, and emotional properties, relates to the motivational and goal-oriented area and, within the framework of psychological support, is one of the main indicators that will guide and coordinate the actions and behavioural reactions of an athlete to achieve high sports results.

Correctional activity within the framework of support of athletes is a multidimensional and multilevel system, as result of which the versatility of personal qualities, properties, a special, systemic reproduction of personal emotions and associations that prompt an athlete to productive training and success in competitions are revealed. The personal motivation for victory and effectiveness in sports activities is determined by individual thinking, which promotes and encourages an athlete to certain behaviour and physical actions (Pidhaina, 2022). It follows from the above that the self-knowledge should be guided by a detailed analysis of one's aspirations, goals, ideas about the future and be considered as a set of unique, inimitable, purely individual qualities of a person that determine one's social status and distinguish one from other people.

These qualities constitute the inner world of a person based on pathophysiological, biological, and socio-psychological characteristics which collectively determine the development of professional qualities of an athlete and their predicted result in sports, conscious actions in training and competitions, further behaviour regarding the improvement of sports performance, the general attitude to professional activities, their colleagues in the national team, coaches, and society (Bocheliuk et al., 2022). Thus,

a detailed analysis allows determining the area, criteria and predict further results in relation to a sports career and understand the aspects and the course of the necessary psychological work with highly qualified athletes for their successful preparation.

The content-procedural component of the questionnaire analysis included an analysis of all the components of the content characteristics that fully covered the multifaceted aspects of the personality traits of the subject. Attention is also drawn to the analysis of the sequence and comparisons of responses in similar groups of psycho-emotional characteristics, a logical chain of sequential actions is discovered, reflecting the future model of perception to a number of features in sports professional activity (Trotsenko, 2022). The performance-evaluation component of the analysis involves the analysis of results, correction, identification of the levels of development of motivational reactions and subsequent skills expressed in actions based on the selected criteria and indicators. These components of the study in interaction disclose the organisation of development of indicators of psychological aspects of the training of athletes in Kazakh Kuresi wrestling. The result of the functioning of the study under consideration is a particular level, which allows forming certain and highlighted aspects of training highly qualified athletes in Kazakh Kuresi wrestling. The introduction of a structured results analysis model involved the following stages of research:

- identification of the initial level of the individual psychophysiological state of highly qualified athletes using the methods of questioning, and statistical processing of study results;

- identification and introduction of psychological aspects for training highly qualified athletes in Kazakh Kuresi wrestling, contributing to the successful functioning of the structural and functional model of the analysis of research results for their subsequent practical application in the field of high-performance sports;

- definition of the model within the framework of the compiled aspects of psychological support for training highly qualified Kazakh Kuresi wrestling athletes.

*Summative stage.* In total, the study covered 15 highly qualified Kazakh Kuresi wrestling athletes. The analysis of the results of the diagnostic questionnaire allowed concluding that the majority of athletes easily adapt to new conditions (93%), are satisfied with training sessions in a sports club (93%) and get joy from them (93%), do not experience difficulties in communicating with each other (80%), understand and positively perceive the coach and the given instructions (86%). All the surveyed athletes strive for maximum self-fulfilment in sports professional activity (100%). Some athletes require an occasional individual conversation with prioritisation and for a more sensitive perception of their individuality and the need for a team (33%), which is determined by their personal qualities and abilities for successful competitive activity. Most athletes need moral support and praise (80%), given their achievements, abilities, and capabilities. Most of the respondents (86%)

have a need to analyse their work in training and a detailed analysis of personal skills, the presence of supporting factors that can predict a highly competitive result.

The results of this study indicate high communication skills among athletes and willpower to win (100%). The majority have developed steady attention (93%), there is a deep interest in sports activities (100%), their highly developed strong-willed qualities manifested in sports, confidence, and high personal and public estimation (100%) are disclosed, which is socially important for each athlete. Along with this, some of the subjects had an increased level of dubiousness, the need to be understood (33%), which necessitates further correction through individual conversations with the analysis of their good results in training and competitions, to increase their practical self-esteem and self-confidence. Half of the athletes have a high level of self-critical attitude and experience of their failures. All athletes (100%) have a highly developed sense of responsibility and a great will to win. Thus, a detailed analysis of the diagnostic results showed positive individual characteristics of highly qualified Kazakh Kuresi wrestling athletes within the framework of activity, masculinity, ability to overcome difficulties, striving for success, perseverance, responsibility, ability to control their emotions, and a high desire for self-fulfilment and victory (Figure 1).

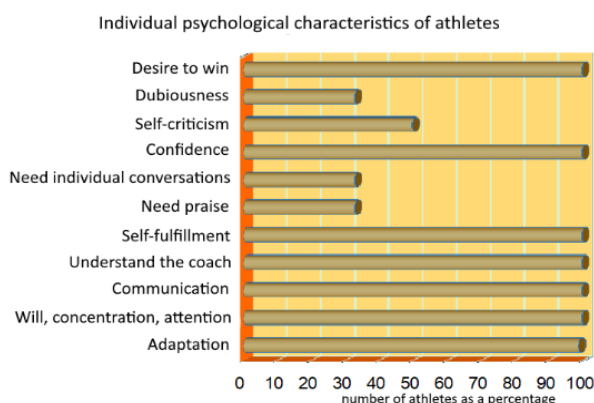


Figure 1. Distribution of individual psychophysiological data of athletes after questionnaire analysis

The obtained information allows forecasting the high quality of training and competitive indicators and evaluating the results of joint activities for the preparation and communication with the coaching staff, which confirms the high level of professionalism of the Kazakh Kuresi wrestling sports club "Kyzyljar arlandary". In the reflexive evaluation criteria, the identified indicators can be explained by the presence of the readiness of athletes to use their experience, to act based on an analysis of the phenomena and events of their sports activities. Notably, an appropriate health-saving culture during training and competitions with a stable indicator of psychological balance will allow the athlete to creatively approach the solution of current and emerging issues maintaining inner harmony and calmness, which will emphasise dignity and increase their self-esteem and overall

image of athletes with their purposeful identification of the correct solution and a way to overcome current situation to achieve greater sporting results preserving physical and psychological health. The results of the analysis showed that the studied athletes have a sufficient level of personality traits and qualities to achieve high results in professional sports.

*Formative stage.* The implementation of the research conditions in developing psychological aspects required methodological work on the data obtained during the study. Step-by-step analysis of the results allowed identifying the main components of this process and determine the main ones depending on the level of development of individual indicators of highly qualified athletes for the further methodological allocation of aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling. The factors of evaluating resource capabilities and predisposition to the perception of new information, self-learning, self-knowledge to improve athletic performance and moral stability externally in the pre-competitive and competitive periods are highlighted.

Thus, important aspects of the support and training of highly qualified Kazakh Kuresi wrestling athletes were identified, affecting an increase in quality of the training and facilitating the exchange of personal knowledge, meanings, experience, and values between the coach and the athletes of the club team, which contributes to the improvement and deepening of knowledge, sports skills, and abilities through reflection, experience, comprehension of the sports and professional experience, of materials received based on possible different situations during training and competitions. These aspects support and create a very important atmosphere of goodwill and mutual support for the development of successful sports activities. It should be noted that in a given form, with a high level of health-saving culture, which is established with competent psychological control, the coach and athletes will be able to promptly make adjustments to problematic, controversial issues arising during training and competitions, and will also be able to design a system for analysing situations that have arisen, determine everyone's place in solving common sports goals and objectives, organise effective interaction with team members to ensure the achievement of a high sports result. Considering the above, psychological aspects of the training of highly qualified Kazakh Kuresi wrestling athletes were identified, which included motivational-value, cognitive-informational, analytical-active, sociable, emotionally respectful, creative, cultural-aesthetic, individual-psychological types.

At the *control stage* of the study, data were obtained considering the results of the questionnaire and the identification of psychological aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling, which allowed confirming the functional efficiency of the selected aspects to improve sports achievements (Figure 2).

Based on the data obtained, when using the selected aspects for the support and training of highly qualified Kazakh Kuresi wrestling athletes, the characteristics of an

emotionally respectful, creative, cultural, and aesthetic, the parameters of the motivational and value level considerably improve, which increases sports performance. Correction according to the selected indicators will give the basis for the real integrity of the athlete's personality and its successful development at all levels of physical, psycho-emotional, and social factors, considering the psychobiological and empirically acquired integral characteristics of the personality. The correctness of the study was ensured by the fact that the characteristics and data parameters of the questionnaire and the developed criteria were appropriately compared. The analysis of the study results showed that the psychological aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling can considerably increase the effectiveness of sports achievements.

Distribution of athletes according to the necessary levels of correction of psychological aspects, %

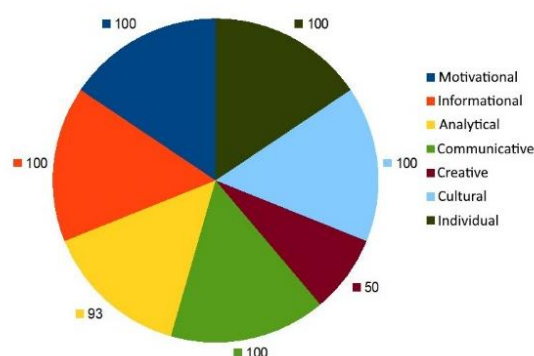


Figure 2. Classification of athletes based on required correction level of psychological aspects

## Discussion

In the sport of the highest achievements, the psychological training of athletes is essential since it increases the effectiveness of interaction with an athlete, considering an individual approach and characteristics, it allows comprehensively planning classes to ensure the training process for all multilevel factors affecting sports performance (Nelson et al., 2016). It is known that the effectiveness and success in competitive activity is an indicator of the training process, and it is associated to a greater extent with the interaction of this type of support with close and trusting interaction of all participants in the training process, from the athlete to the training staff (Rodgers et al., 2020). The selected aspects of psychological training of highly qualified athletes have several areas: individual-social, psychological-therapeutic, training-competitive. Individual-social allow developing and adjusting the personal characteristics of athletes.

Psychological and therapeutic timely identify and correct negative situations and emotions that arise in athletes during training or competitions, and in the form of individual conversations and elaboration of some aspects identified during observation, they can be compensated for to improve sports performance (Pickett & Cunningham,

2017). The training and competitive area enhances positive personal factors and qualities to achieve better results, an increase in self-esteem, physical and psycho-emotional qualities, and so due to the actualisation of the personal potential of an athlete, willpower and concentration on sports skills increase, which strengthens the goals of winning and achieving higher results in competitive activities (Battaglia et al., 2016).

The highlighted aspects of the training of highly qualified athletes in Kazakh Kuresi wrestling, such as motivational-value, cognitive-informational, analytical-active, sociable, emotionally respectful, creative, cultural-aesthetic, individual-psychological types with a complex general and situational impact in training and competitive activities go along all the main areas mentioned above and they are associated with increased motivation, strengthening psychological-volitional qualities and self-esteem, which brings success in high-achievement sports. The complexity of the impact on the athlete of the described aspects forms their self-consciousness, which takes them to a new professional level with a responsible attitude to themselves and to the team and allows them to train qualitatively to improve their capabilities. This increases the activity of the athlete, there is a desire to achieve the accuracy of specific physical qualities of movements, and an understanding of the mirror movements of the opponent, which is important in the Kazakh Kuresi fight (Sabiston et al., 2020b).

During the pre-competitive and competitive period, a highly qualified athlete may encounter many unforeseen factors that will create conditions for lowering adaptive capabilities and will contribute to neuroticism and increased anxiety (Barker-Ruchti & Schubring, 2016). Thus, at this stage, a professional, competent based on certain aspects of psychological support and actions of the coach within this framework, the psychologist and each person in the team will stabilise the inner, harmonious state of the athlete and improve the indicators of their psycho-emotional sphere to ensure their confidence in their own strength and opportunities, to deepen the will to win, and adaptation to new conditions, which will give great chances for the long-awaited victory. During training and after competitions, it is essential to conduct a analysis and characterisation of the sports activity of each athlete individually and together with the team (Bar et al., 2016; Martínez-Alvarado et al., 2023). The coach must remember and understand that there are moments that cannot be said in front of all athletes to avoid humiliation and discrimination related to sports skills so that the self-esteem and motivation of a highly qualified athlete are not affected, and the team creative spirit is preserved at a high social and respectful level. With a general analysis, it is worth generalising situations and tactical factors of how to act in a given situation, speak respectfully to the individual, and find reasons for praising each athlete. Within the framework of the training process and psychological support, systematic work should be undertaken with coaches and the entire staff that accompanies athletes in their everyday life and during the competitive period, since

the state of the athlete depends on their behaviour, words, actions, they are entrusted with great responsibility related to the effectiveness of the work of the sports club. Working with the coaching staff includes mastering the skills of identifying commonalities in training and the requirements imposed on a particular athlete, considering individual personal, emotional, and volitional characteristics of the individual style of training and competitive activity (Parent et al., 2019; Vázquez et al., 2023).

The application of the highlighted, above-described aspects will be practice-oriented in the conditions of sports training and competition. The joint work of the coaching team also includes discussion and adjustment of the individual plan of the athlete, considering psychological aspects, and it is necessary to form a programme of psychological stability of the entire team, team spirit, sports ethics, which will positively influence the results of all the activities of the sports club and bring success in the competitive activities of athletes (Moola & Krahn, 2018; Spytka, 2023b). Notably, the proposed psychological aspects are purposefully aimed at ensuring high performance of the competitive activity of athletes in conditions of intensive training and multiple competitions. The aspects allow preparing an athlete of a high level of readiness and provide a predictable result during performances at various levels of competitions. Achieving a high sports result is limited by the ability of athletes to activate additional internal resources and implies the need to mobilise all the forces of the body, an adequate increase in psychological stability, the ability to self-control and self-regulate emotional state in difficult conditions of training and competitive activity (Smith & Sparkes, 2016). Considering the identified aspects in the preparation of highly qualified athletes, the dynamics of personal and social development will be visible along with the balancing of the specific properties of the psyche of athletes, which will be harmoniously adjusted and developed towards strengthening volitional qualities under the influence of the psychological support of their sports activities (Kavanagh et al., 2017).

It is important to highlight the motivational and value aspect in psychological activity since the effectiveness of sports achievements is associated with the need to understand the system of motives for athletes' sports activities and their motivational criteria, to analyse the commonality of motivation, goals, and views on the ways to achieve it (Smith & McGannon, 2018). The reflexive-evaluative component involves studying the dynamics of an athlete's self-esteem, considering their increased self-criticism, and identifying weaknesses, which may be influenced by the opponent in the future. Identifying these parameters is crucial for future influence on them, considering the strengthening of self-esteem and eliminating the relationship of self-criticism with past possible failures (Spytka, 2023a). It is necessary to regulate the personality of an athlete during their self-fulfilment in sports activities for future successful indicators in sports career. Certainly, self-exactingness and readiness for healthy competition should be present, but

dubiousness and disbelief in one's own achievements and capabilities should be eliminated since this lowers self-confidence and desire to win, which are very important for a highly qualified athlete and are the main indicators of their readiness for competition (Rice et al., 2016).

In sports, the criterion for determining its effectiveness is the sports results, for that reason, the highlighted aspects are aimed at improving them. The achieved high level of readiness by athletes is not guaranteed to be present in real competition conditions, but with the correct informative component and analysis, the support of the mood with a positive team spirit, the athlete begins to feel the strength to win and confidently attempts to achieve the goal. In this case, this is also ensured by the ability of a highly qualified athlete to self-control and self-regulate personal mental state on the eve of the performance and during the competition (Aquino dos Santos et al., 2023). The developed aspects of psychological preparation of the educational and training process and competitive activity will give a sense of self-confidence and satisfaction from the results of working together with the training staff, which will establish adequate high self-esteem, allow identifying and evaluating the strengths and weaknesses of the opponent since the previously agreed schemes for waging a fight with an opponent help to present oneself in the best light, showing one's abilities to the fullest for future victory (Mykhed, 2022). Thus, successful psychological training during sports activities contributes to building a successful trajectory of any athlete's sports career, which makes a great practical contribution to the sport of the highest achievements.

The continuity of psychological support of athletes with all the selected aspects will allow the athlete to be corrected throughout the training process, maintaining balance and confidence, strengthening personal qualities, since the results of sports activities directly depend on the maximum concentration of a highly qualified athlete on their self-perception, estimation of their capabilities, pace, and rhythm of movements (Parent et al., 2020). Without strong-willed qualities, an athlete cannot achieve victory in sports (Smits et al., 2017), they help during the daily training process and during competitions. These qualities create a psychological barrier from the external environment, allow a person to successfully overcome obstacles, and, in fact, make one insensitive to various psychological hindrances and actively prevent them from negatively affecting the emotional background and positive attitude of an athlete while maintaining their high self-esteem, a sense of self-confidence, and determination to win.

Furthermore, the qualities described above depend on the moral traits of the athlete's personality, which influence their self-criticism, dubiousness, the general intensity of emotional experiences, attitude to sports successes and failures, the presence of emotional breakdowns in training and competitions, suggestibility, this should be considered and compensated during psychological training, where it is necessary to train athletes in self-regulation methods, which

will have a therapeutic and psychological effect and contribute to the strengthening of one's personal qualities. Self-regulation methods are used to bring an athlete out of a state of apathy after a loss or a long period of failure in the development of sports movements and skills. They allow activating efficiency, mobilising personal efforts in the necessary action (Parent et al., 2020; Espinal-Ruiz et al., 2023). The practically applied complex set of psychological aspects in the preparation of highly qualified Kazakh Kuresi wrestling athletes will, in turn, overcome the stress of intensive training and competitions, will create a psychological shield of sublimation, rationalisation of actions and reactions of the athlete, establish psychological readiness for sports, will train not only the coach, but the athlete to apply practical psychological technologies in their sports activities (Kotchenko, 2018). Therefore, a competent approach will be created in training highly qualified athletes with the ability to present the necessary practical information, analyse sports actions, and solve emerging issues within the framework of correction at a high creative level with respect for the personality of the coach and athlete, without psychological pressure, maintaining great motivation and satisfaction from sports activities.

At the stage of training, athletes become listeners, students of their coach, they absorb knowledge and change depending on the form of information presented to them and the quality of knowledge and practical skills, their worldview is formed, which will be reflected in their future life and sports career, which is important for society in general. Thus, the personality of the coach is just as important, and the form of their communication with athletes is of great consequence, it should be respectful and creative, aesthetic in a psychological sense, preserving the dignity of the athlete's personality (Shaffer et al., 2020). During training, the internal and external qualities of a coach and an athlete collide, and in this duel, the most harmonious approach and form of knowledge transfer, training should be found, so that sports results tend to grow. Both motivation and satisfaction from classes only grew. Therefore, the whole complex of measures related to psychological support and training should be built on the culture of psychological health saving, considering it in aspects of training such as emotional-respectful, creative, cultural-aesthetic. Thus, the highlighted motivational-value, cognitive-informational, analytical-active, sociable, emotionally respectful, creative, cultural-aesthetic, individual-psychological aspects of the psychological training of highly qualified Kazakh Kuresi wrestling athletes will contribute to the development of the necessary sports skills and abilities to increase the effectiveness of sports activities and the persistent successful performance of a highly qualified athlete at competitions.

## Conclusions

It is established that the use of certain psychological aspects will contribute to the successful training and compet-

itive results of highly qualified Kazakh Kuresi wrestling athletes. With this training, athletes will have high self-esteem, creative motivational attitudes, and sports goals that will ensure their successful sports career. Based on the selected aspects: motivational-value, cognitive-informational, analytical-active, sociable, emotionally respectful, creative, cultural-aesthetic, individual-psychological, it is possible to create a full-fledged training scheme for the preparation of a highly professional athlete showing highly competitive results. The training in question will have a protective and strengthening effect on the psychological health of athletes and will contribute to increasing and preserving their efficiency and effectiveness in sports activities. This research makes a great contribution to the field of high-performance sports for the training of highly qualified athletes with multifaceted logical chains increasing sports achievements, largely benefits coaches and athletes themselves in their personal and professional development, in the acquisition of high professional status, which contributes to career growth and a prosperous, active social life in the present and future.

Thus, the identified and considered aspects for the preparation of athletes used in training and competitions will maximise the integrative and personal potential of an athlete to ensure success in their sports activities, this makes support a powerful tool for achieving high results in sports and a means of individualising the training process, in which every qualified coach and highly qualified athlete understands that without an individual approach and competent psychological training, it is impossible to achieve great success in competitions. The considered aspects will provide professional psychological support to athletes during competitive activity since they are aimed at studying the patterns of manifestation and development of psycho-emotional factors of wrestlers in the field of Kazakh Kuresi and will allow establishing a harmonious psychological state with the most successful sports results in specific conditions of competitive activity. The materials of this article are useful for athletes, psychologists, and coaches, they can be applied in practice, which will increase the efficiency of training highly qualified athletes, thus solving one of the important tasks in the field of professional sports.

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