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**THE INFLUENCE OF SPECIAL PSYCHOLOGICAL TRAINING  
(ATTENTION, FOCUSING) ON SUPES STUDENTS IN ACHIEVING  
SPORTS PERFORMANCE IN TABLE TENNIS**

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**Keywords: Psychological training, table tennis, ideomotor movement, technique, coach, athlete.**

**Abstract:** Psychological training - attention and focusing training. Its essence is that we logically stream in detail one or another movement that we train in real life. By reproducing this movement in our imagination, we seem to be paving the way for certain connections in your brain that reproduce this movement in reality. The fields of application of this technique are numerous. This means not only developing a separate technique, but also managing the athlete's condition, creating the psychological training for victory, instant rest and relaxation between outings.

**Introduction:** Table tennis is not just a technique and a tactic, it is the emotions that the player experiences: the joy of a successful shot, the pain after losing a point. Excessive joy, as well as failure, negatively affects the results of the game. As a form of educating the feelings in any situation we must always stay focused. No wonder quoting: "Before you can defeat others, you must overcome your weaknesses." Only a warm heart and a cold mind will help us manage the game and win it. It has already become a well-known fact that champions use psychological training in the process of training for important competitions [2,3]. The need for coaches to be familiar with approach to psychomotor components in training [4].

Psychological training contributes to a better training to achieve success in competitions, trains the focus on the goal of the game, increases the accuracy and effectiveness of tactical and technical sports actions. The means of psychological training are special ideomotor exercises that mentally shape the motor actions of the player in competitions. The psychological training of an athlete should start with a workout, namely from the formation in his mind of those images and motor representations that underlie the technique of the table tennis. In order to form the necessary motor representations in the athlete's psyche, each coach begins the psychological training of the young beginner athletes by demonstrating the

movements and motor actions necessary in this sport, namely he demonstrates the necessary movements and offers to perform them by imitation. [8]

After mastering the initial movement with the paddle, the coach invites the students to close their eyes and perform the same movement in the mind, namely ideomotor or mental way. The higher the ideomotor connection of an athlete, the easier the ideomotor training will be for him and, consequently, the faster he will achieve a high-quality performance of a motor action [9].

In order for the thoughts and images of the future movement to be embodied as effectively as possible, it is necessary to understand how to use them correctly: 1. The more accurate the mental image, the more accurately the physical action will be performed. We let the athlete follow the way the master's movement is performed, an alternative is to watch the training video, where we can see in detail all the components of technique 2. The athlete's physical condition is necessary to perform each specific action. If the muscles or joints are not prepared for this, it can lead to trauma. 3. Before translating the thoughts and images into the interpretive part, it is desirable to give the student a position as close as possible to that required in reality. This facilitates the perception of images of movements coming from the brain and also improves the connections between the programming and execution parts of the body. 4. When learning a new element, at first it is necessary to imagine its execution in slow motion. Such a representation will allow you to more accurately represent all the constituent parts of the learned action and also to report possible errors in time. Gradually, the presentation time must be brought to the level of the time that is actually spent for a certain action during its physical execution. 5. A fairly common mistake is that the athlete thinks about the end result immediately before performing the exercise. He "sees" the ball in his pocket, still not feeling the execution of the shot. When such a thought dominates the mind, it replaces those actions, without which it would simply be impossible to score a ball. 6. An ideomotor representation can only be such a representation in which thoughts and images are associated with the muscular-articular feeling of a person. This is how the motor training for mastering the sports technique begins - first with imitation, then with the memorization of the motor movements and actions demonstrated by the coach, then the reproduction of these movements in the mind. A mentally learned action turns into a motor skill and, as it is trained and automated, into a mental motor skill [10].

In the future, as exercise becomes more difficult to master the technique, it becomes possible to improve it. If an athlete's set of future tactical and technical actions has already been memorized in the training process, then it will be imprinted in his memory and will be easily reproduced in his mind. Therefore, psychological training in the preparation of tennis players can continue outside the table tennis. The effect of training in training is first stored in the short-term motor

memory of athletes, and then in long-term memory and is fixed by psychomuscular relaxation at rest [11].

The analysis of the pre-competition training shows that the training work, which mainly aims at the physical and tactical-technical training of the players, determines only 10% of the competitive success, while the remaining 90% of the success belongs to psychological skills, psychomotor intelligence, endurance and volitional qualities of a person, athletes. In each training step the physical component has a well determined place and a volume of hours of preparation concordant with the established performance objectives [6]. Meditation and psychological training can be successfully combined. To enhance the effects of psychological training, many successful tennis players around the world now use oriental meditation techniques. Therefore, mental training can also be performed during an athlete's sleep, according to a pre-formed framework for falling asleep. The coach is not recommended to rigidly impose his will and course of action on the athlete in a mental-emotional process as subtle as the methods and procedure of mental training. At the same time, it is very important for a coach to teach tennis players not only to see, but also to use their technical skills, depending on the actions and counter-actions of an opponent, to "feel" the game situation invisibly. It is necessary to know the overall condition of the athletes' body, especially biological parameters, for it gives us information on how the athlete behaves in training and competition [5].

The technique of psychological training must take into account the following psychological, sports and technical characteristics of the tennis, which imposes great demands on the personality of athletes: a) is a complex-coordinated sport with a biomechanical structure of athletes' movements , high mobility, strength and balance of nervous processes; b) during the game, the tennis player must make decisions in a very short period of time, which requires quick thinking and precise visual-sensory-motor reactions to control the palette and movements; c) there are no time limits in tennis matches, which imposes great demands on the mental stability and physical endurance of the players; d) the game forces the player to constantly improve the psychological ability to anticipate the trajectory of the ball and the possible movements of the opponent; e) only athletes with a predominantly bloody temperament, with the dominant motivation to achieve success, with the defensive motivation to avoid the failure left in the background, become successful athletes in tennis; f) many experts believe that the ability of a tennis player to prepare for the game through self-persuasion and self-hypnosis, mastering the techniques of conscious mental self-regulation of states, realistic self-assessment and setting achievable goals for himself, the ability to relax in motion and to recover quickly from stress, to endure fatigue and to maintain strength until the end of the match - these and other qualities are the most important from a sports

point of view for the personality of a tennis player. Increasing the need for self-improvement in a young tennis player through regular psychological training in a chosen sport is one of the most important pedagogical principles of a modern coach. The psychological training of tennis players improves the psychomotor thinking and motor memory of the athlete, develops the ability to quickly enter the optimal state of preparing for competition fighting, to maintain the "sports form" throughout the tournament [12].

**Material-method:** The object of study is the special psychological training (attention, focusing) of SUPES students.

The subject of the study is, obtaining performance in table tennis.

The aim of study is to emphasize the special psychological training (attention, focusing) of SUPES students in achieving performance in table tennis

The objectives of this study are the investigative analysis of the dynamic contents of the results of Supes students in obtaining performance in table tennis. In accordance with the purpose of the research, the tasks were identified, among which the most important were the importance, particularities, factors, role, periods of special psychological training (attention, focusing) of Supes students, as well as obtaining performance in table tennis.

Research methods: Analysis and generalization of data from the scientific-methodological literature, study of statistical data, observation.

Study organization. As a form of organizing the study of this issue, the performances of Supes students at the National University Championship in Table Tennis have been analyzed and generalized over the years (2018, 2019, 2021, 2022 - the period after the pandemic), by applying during table tennis training lessons the method of special psychological training (attention, focusing), by Valeria Grosul university assistant at the Chair of Theory and Game Methodology, Supes.

In organizing and directing the experiment on the importance of special psychological training (attention, focusing) of Supes students in achieving sports performance in table tennis, certainly the psychological performance is analyzed through the variables as follows: self-confidence; attention control; visual control of the image (visualization); motivational level; activation control; control of positive emotions; control of negative emotions and which in the end is represented in variables, the competitive results.







Psychological performance is a system of influence aimed at acquiring intellectual skills that are essential to improve performance in dealing with various sports and competition but also as a development of oneself.

**Results and Discussions:** In order for the study to be carried out further, there were researched the results of 4 aspects of the periods that determined the influence and importance of special psychological training (attention, focusing) of SUPES students to achieve sports performance in table tennis, as follows [1]:

Table 1. Final of Table tennis (men)

Nr.	E.	1	2	3	4		P.	L.
1	<b>USEFS</b>		<del>2</del> 4:0	<del>2</del> 4:0	<del>2</del> 4:0		6	I
2	<b>USM</b>	$\frac{1}{0:4}$		<del>2</del> 4:0	<del>2</del> 4:0		5	II
3	<b>ASEM</b>	$\frac{1}{0:4}$	$\frac{1}{0:4}$		<del>2</del> 4:3		4	III
4	<b>USMF</b>	$\frac{1}{0:4}$	$\frac{1}{0:4}$	$\frac{1}{3:4}$			3	IV

Table no. 2. Final of Table tennis (women's)

Nr.	E.	1	2	3	4	5	6	P.	L.
1	<b>ASEM</b>		<del>2</del> 4:0	$\frac{1}{1:4}$	<del>2</del> 4:0	<del>2</del> 4:0	$\frac{1}{0:4}$	8	III
2	<b>UASM</b>	$\frac{1}{0:4}$		$\frac{1}{1:4}$	$\frac{1}{1:4}$	$\frac{1}{0:4}$	$\frac{1}{0:4}$	5	6
3	<b>USM</b>	<del>2</del> 4:1	<del>2</del> 4:1		<del>2</del> 4:1	<del>2</del> 4:0	$\frac{1}{0:4}$	9	II
4	<b>UTM</b>	$\frac{1}{0:4}$	<del>2</del> 4:1	$\frac{1}{1:4}$		$\frac{1}{3:4}$	$\frac{1}{0:4}$	6	5
5	<b>USMF</b>	$\frac{1}{0:4}$	<del>2</del> 4:0	$\frac{1}{0:4}$	<del>2</del> 4:3		$\frac{1}{0:4}$	7	4
5	<b>USEFS</b>	<del>2</del> 4:0	<del>2</del> 4:0	<del>2</del> 4:0	<del>2</del> 4:0	<del>2</del> 4:0		10	I





Conclusion 1. Based on the results obtained during 2018, by implementing the method (special psychological training (attention, focusing) of Supes students to achieve sports performance in table tennis) can be observed the dynamics and the significant gaps between the results obtained by the winning team (Supes) which ranked first, with an average gap of 4: 0, both in the women's and men compared to all the teams with which it competed, the Supes team. This indicates the successful implementation of the program proposed by the coach this year.

- Aspect no.2, period no. 2. National University Championship 2019.

Table3. Final of Table tennis (men)

Nr.	E:	1	2	3	4	5	6	P.	L.
1	<b>USEFS</b>		<u>2</u> 4:0	<u>2</u> 4:0	<u>2</u> 4:0	<u>2</u> 4:0	<u>2</u> 4:1	10	I
2	<b>UASM</b>	$\frac{1}{0:4}$		$\frac{1}{2:4}$	$\frac{1}{1:4}$	$\frac{1}{0:4}$	$\frac{1}{1:4}$	5	VI
3	<b>ASEM</b>	$\frac{1}{0:4}$	<u>2</u> 4:2		<u>2</u> 4:3	<u>2</u> 4:3	$\frac{1}{1:4}$	8	III
4	<b>UTM</b>	$\frac{1}{0:4}$	<u>2</u> 4:1	$\frac{1}{3:4}$		$\frac{1}{1:4}$	$\frac{1}{1:4}$	6	V
5	<b>USMF</b>	$\frac{1}{0:4}$	<u>2</u> 4:0	$\frac{1}{3:4}$	<u>2</u> 4:1		$\frac{1}{0:4}$	7	IV
6	<b>USM</b>	$\frac{1}{1:4}$	<u>2</u> 4:1	<u>2</u> 4:1	<u>2</u> 4:1	<u>2</u> 4:0		9	II

Table no. 4. Final of Table tennis (women's)

Nr.	E:	1	2	3	4	P.	L.
1	<b>USEFS</b>		<u>2</u> 4:0	<u>2</u> 4:0	<u>2</u> 4:0	6	I
2	<b>ASEM</b>	$\frac{1}{0:4}$		$\frac{1}{0:4}$	$\frac{1}{3:4}$	3	IV
3	<b>UTM</b>	$\frac{1}{0:4}$	<u>2</u> 4:0		<u>2</u> 4:1	5	II
4	<b>USARB</b>	$\frac{1}{0:4}$	<u>2</u> 4:3	$\frac{1}{1:4}$		4	III

Conclusion 2. According to the results obtained during 2019, by implementing the method (special psychological training (attention, focusing) of Supes students to achieve sports performance in table tennis) you can see the significant results and gaps between the results obtained by the winning team (Supes) which ranked first, and an equal gap of 4: 0, both in the women's and men compared to all the teams with which it competed, the Supes team. This indicates the successful implementation of the program proposed by the coach this year as well.

- Aspect no.3, period no. 3. National University Championship - 2022.

Table no. 5. Final of Table tennis (men)





Nr.	E	1	2	3	4	P.	L.
1	<b>USM</b>		$\frac{1}{1:4}$	<u>2</u> 4:0	<u>2</u> 4:1	5	II
2	<b>USEFS</b>	<u>2</u> 4:1		<u>2</u> 4:0	<u>2</u> 4:1	6	I
3	<b>UASM</b>	$\frac{1}{0:4}$	$\frac{1}{0:4}$		$\frac{1}{0:4}$	3	4
4	<b>AMAI</b>	$\frac{1}{1:4}$	$\frac{1}{1:4}$	<u>2</u> 4:0		4	III

Table no. 6. Final of Table Tennis (Women's)

Nr.	E.	1	2	3	4	5	6	G	P	L
1	<b>USEFS</b>		<u>2</u> 4:2	<u>2</u> 4:1	<u>2</u> 4:0	<u>2</u> 4:1	<u>2</u> 4:0		10	I
2	<b>UTM</b>	<u>1</u> 2:4		<u>2</u> 4:3	<u>2</u> 4:2	<u>2</u> 4:1	1 3:4	<u>7/7</u>	8	III
3	<b>ASEM</b>	<u>1</u> 1:4	<u>1</u> 3:4		<u>2</u> 4:1	<u>2</u> 4:1	<u>2</u> 4:1	<u>7/5</u>	8	II
4	<b>USM</b>	<u>1</u> 0:4	<u>1</u> 2:4	<u>1</u> 1:4		<u>2</u> 4:2	<u>1</u> 0:4		6	5
5	<b>UASM</b>	<u>1</u> 1:4	<u>1</u> 1:4	<u>1</u> 1:4	<u>1</u> 2:4		<u>1</u> 0:4		5	6
6	<b>USMF</b>	<u>1</u> 0:4	<u>2</u> 4:3	<u>1</u> 1:4	<u>2</u> 4:0	<u>2</u> 4:0		<u>5/7</u>	8	4

Conclusion 3. In the end it proves once again that results obtained during 2022, by implementing the method (special psychological training (attention, focusing) of Supes students to achieve sports performance in table tennis) can be seen the results and significant discrepancies between the results obtained by the winning team (Supes) which ranked on the first place, and an average gap of 4: 1, both in the women's and men's in relation to all the teams it competed with, the Supes team. This indicates the successful implementation of the program proposed by the coach this year as well.

-Aspect no. 4, period no. 4 (the period after the pandemic was also analyzed and with this it influenced the competition results). National University Championship - 2022. Final of Table tennis (men).

Table no. 7. Final of Table tennis (men)





Nr.	E	1	2	3	4	P.	L
1	<b>USM</b>		<u>1</u> 1:4	<u>2</u> 4:0	<u>2</u> 4:1	5	II
2	<b>USEFS</b>	<u>2</u> 4:1		<u>2</u> 4:0	<u>2</u> 4:1	6	I
3	<b>UASM</b>	<u>1</u> 0:4	<u>1</u> 0:4		<u>1</u> 0:4	3	4
4	<b>AMAI</b>	<u>1</u> 1:4	<u>1</u> 1:4	<u>2</u> 4:0		4	III

Table no. 8. Final of Table tennis (women's)

Nr.	E'	1	2	3	4	5	6	G	P	Ț
1	USEFS		2 4:2	2 4:1	2 4:0	2 4:1	2 4:0		10	I
2	UTM	$\frac{1}{2:4}$		2 4:3	2 4:2	2 4:1	1 3:4	7/7	8	III
3	ASEM	$\frac{1}{1:4}$	$\frac{1}{3:4}$		2 4:1	2 4:1	2 4:1	7/5	8	II
4	USM	$\frac{1}{0:4}$	$\frac{1}{2:4}$	$\frac{1}{1:4}$		2 4:2	$\frac{1}{0:4}$		6	5
5	UASM	$\frac{1}{1:4}$	$\frac{1}{1:4}$	$\frac{1}{1:4}$	$\frac{1}{2:4}$		$\frac{1}{0:4}$		5	6
6	USMF	$\frac{1}{0:4}$	2 4:3	$\frac{1}{1:4}$	2 4:0	2 4:0		5/7	8	4

Conclusion 4. Finally, in aspect no. 4 it is desired to emphasize the appearance, period and results after the pandemic, where the results obtained for the implementation of the method of special psychological training (attention, focusing) of Supes students in achieving sports performance in table tennis, a break that was created by the pandemic, which deviated from the normal effects of the program only due to the development of training (theoretical and practical) at distance (online - Zoom), significant gaps are in the results obtained by the winning team (Supes) which ranked first, and an average gap of 4: 1, both female and male in relation to all aspects and periods previously researched. This indicates that although the Supes team ranked first, those planned by coach was determined, the pandemic deviated from normal, the successful implementation (100%) of the program proposed by the coach in this post-pandemic.

Methodological - practical indications. The use of techniques in the psychological training of tennis players maintains a high self-esteem of playing skills and the athlete's confidence in personal success, contributes to psychological self-improvement, personal growth and ensures rapid recovery after training and competitive loads. Thus, self-regulation is achieved through self-communication between the "Ego" of the subject and parts of his body ("not Ego"), perceived by the subject as subpersonalities or elements of the intrapersonal field. Training and/or psychological preparation of volitional attention, concentration techniques and exercises, memory development, tactical thinking skills, decision making, self-esteem correction, self-confidence; attention control; visual control of the image (visualization); motivational level; activation control; control of positive emotions; control of negative emotions, where in the end there were achieved remarkable competitive results. [1].

### Conclusions



1. Education of the need for mental self-improvement in a tennis player with regular psychological training lessons, in the event chosen by the coach, is a highly qualified coach in the field of modern sports activity.
2. A player's ability to be very thorough and to predict the tactical and technical actions of an opponent requires greater competitive success and longevity in the sports careers of world-class players.
3. The psychological training of tennis players improves the psychomotor thinking and motor memory of an athlete, develops the ability to quickly enter an individual state of struggle to prepare for competitions, to maintain the "sports form" throughout the tournament. Play table tennis with pleasure, and our coaches will help you master the secrets of this wonderful game!!!  
Although our research is intended to be an "author" one, following the model of the international ones, it does not contain anything competitive, but only complementary.
4. Scientific research in the field of sportive training, show that the process of obtaining excellent sports performances is closely related/ in close connection to the most favourable/ adaptable type of management of the multiannual training relies on new principal conceptions that ensue/result from systems theory, cybernetics, information theory and, at the same time, from physiological conception and biological activities [7].

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