

Xiang-Qian Xu, Korobeynikov G., Korobeynikova L.
National University of Ukraine on
Physical Education and Sport, Kyiv, Ukraine

COGNITIVE CHARACTERISTICS OF BADMINTON PLAYERS

Introduction. Badminton is considered one of the three most hard sports game in relation to physical loadings and is the fastest one among the so-called "racquet sports". According to its characteristics, badminton refers to a game complex coordination sport, it is characterized by the following features: speed of movement, speed of thinking, speed of execution of techniques [1, 2].

The analysis of the psychophysiological state of badminton players forms an idea of the objective state of the players. The general functional state of the organism is an idea of the functional system that controls a specific type of activity and characterizes the level of functioning of individual systems of the organism (sensory, intellectual, motor) or the athlete's organism as a whole [3, 4].

However, there is no idea about the nature of the manifestation of cognitive functions in qualified badminton players.

The purpose to study the cognitive characteristics of qualified badminton players.

Methods. Study of the cognitive characteristics of qualified badminton players. 34 qualified badminton players, 12 men and 22 women were test subjects. Testing was carried out individually.

The study of the cognitive characteristics of badminton players was organized using the hardware-software computer complex "Multipsychometer-05". In our research, the first part of Raven's advanced progressive matrices was applied. It is an express version of the test, consisting of 12 tasks and covers the entire range of possibilities diagnosed by the full test.

Results. The analysis of Raven's progressive matrices showed that qualified badminton players have an average level of productivity, speed and accuracy, a level below the average of test performance. The study of cognitive abilities, taking into account sexual dimorphism, showed that, in terms of speed and quality indicators of cognitive tests, women demonstrate significantly better values in relation to men.

The analysis showed that qualified badminton players have an average level of productivity, speed and accuracy of perception and processing of non-verbal information. In terms of speed and quality indicators of cognitive tests, female badminton players demonstrate significantly better values in relation to men. General cognitive abilities can be used as diagnostic and prognostic criteria in the selection process for qualified badminton players.

Conclusion. General cognitive abilities can be used as diagnostic and prognostic criteria in the selection process for qualified badminton players.

Reference

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