RESULTS OF A QUESTIONNAIRE BASED INTERNATIONAL SURVEY ON THE ROLE OF POSITIVE CONSOLIDATION AT GYMNASTIC TRAININGS

Hamar Pal, Munkacsi Istvan, Kalmar Zsuzsa, Leibinger Eva
(Semmelwei University Faculty of Physical Education and Sport Science (TF) Budapest, Hungary)

Introduction
Success and the sense of achievement are primary motivators for any age groups at competitive sports. This statement stands for gymnastics too. Consolidation is a crucial condition for acquiring and securing any behaviour or experience – in our case, for learning gymnastic elements. Consolidation is very important as it influences the future manifestation of the learnt behaviour. For this reason, it is a widely used educational method of pedagogy.
Positive consolidation can be any stimuli, objects, training or competitive situations, which would later result in another good achievement when learning new elements or maybe during another competitive situation.
The performance presented at the competitions depends on the quality and quantity of the daily trainings. The excellent pedagogic knowledge of the coaches is vital for this – often monotonous – practising. Due to the movement material of gymnastics, the competitors need the constant feedback from the coaches. Within this cooperation the coaches have to use the widest possible choices of the educational methods. The growth of a sport person’s, a gymnast’s self-confidence, and through that the growth of the achievement can be reached mostly by positive consolidation. This is true for all age groups. A praising look, gesture, or word can be motivation, this way it can help the gymnast through the deepest of deadlocks.
Even young, novice competitors really need a healthy self-confidence. Later the positive – and unfortunately the negative – effects accompany the gymnast’s whole career. During trainings the gymnasts’ mood, state of mind is not always suitable for doing the job at the highest level. This state of mind can result in a sense of achievement or in failure. The aim of positive consolidation is to make the gymnast repeat such behaviour – in our case sport movement – during subsequent realizations that will further one’s development.
The aim of the study
In our paper we studied the opinions on the educational methods that are used by gymnastic coaches and result in positive consolidation. This way we got a picture of how the examined coaches use positive consolidation as an educational method.
Methods of the study
180 coaches took part in the survey. Among the coaches we asked, there were those who had trained Olympic Champions, working as National Coach and young novice ones.
For our study we chose eleven of one hundred statements. We compared them with Pearson’s pair correlation and Crombach-alpha. After the calculation we kept four variables.

Results
Results show when the coaches apply praising, what are the most important factors of motivation, and how relevant the social background for motivation of gymnasts. Statistically demonstrable, that those coaches who have high school qualification and more effective in the gymnastics more often use positive consolidations at gymnastic trainings.
Key words: gymnastic training, learning a gymnastic element, positive consolidation, excellent sport results.
Keywords: Education, Gymnastics, Methodology