

## The research of the mental states of expecting a victory in men mini-football teams

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### Abstract:

The study examines the mental states of expecting a victory in men mini-football teams by means of content analysis (n=248) and factor analysis of mental states of expectations of sportsmen-footballers (n=128). The mental states of expecting a victory are important regulators of the sporting activity of its participants. The understanding of footballers' mental states of expectations by their coaches affects the choice of the game guidelines and strategy, determines the content characteristics of tactical and technical training and operationalizes the training process of footballers. The purpose is to investigate the structure, variables and interdependence of the factors of footballers' mental states of expecting a victory. Research methods: content analysis, tests with standardized questionnaires, factor analysis. Factor analysis was used to determine the structure of the mental states of expecting a victory. The main factor in this structure is F1 “value and sense self-regulation of a victory” (19.04%), correlated with F2 “pragmatic self-regulation of a victory” (rs=.424; p≤.01) and F3 “convergence of a victory” (rs=.362; p≤.01). The obtained results can be useful for coaches, sporting directors, for those dealing with training, for managers of mini-football and football clubs and also for the researchers in the area of psychology of physical education and sports.

**Key words:** mini-football, tactical training, training process, expected situation, realization of expectations, mental states of expecting a victory, structure of mental states of expecting a victory.

### Introduction

Over the past decades the range of temporal problems, the research of a desired image, the application of psychological practices of constructing the future, the research of anticipation processes and life modeling are priority trends in psychology of constructing the future. This range of problems finds its reflection in professional and amateur sports, pedagogy and psychology of physical education, in particular, in the organization and methods of a training process of team sports. Efficient sports team game requires the orientation towards innovative technologies, fast and high-quality implementation them into a training process, the consideration of psychological characteristics of a modern sportsman. Such interpretation of the scientific problems actualizes the necessity of theoretical substantiation and empirical research of the mental states of expecting a victory in men mini-football teams.

Mental states of expectations are a special kind of mental states, which integrate mental processes and personality traits and regulate personality activities. Efficient organization of a training process, tactical and technical training of footballers require coaches to have not only general knowledge in sports psychology and the understanding of psychological characteristics of sportsmen of team sports. But it is not sufficient for winning and competing for high prizes. Applied psychological knowledge comes to the fore, it can be operationalized into a training process and that will lead to considerable positive achievements. The knowledge of the factor structure, variables and psychological content of footballers' mental states of expectations can be referred to such a category of knowledge. Sportsmen's achievement of the desired result of a victory is directly dependent on the kind of mental states of expectations. Izard C. finds a close relation between mental states and mental activeness of an individual, sometimes the necessity to act acquires the features of mental stress which accompanies the

process of achieving results (Izard, 1991). Mental states of expectations accompany the training process and are reflected by such characteristics as internality, externality, activeness, passiveness, openness, closeness, adequacy, inadequacy, polarity and ambivalence. When often repeated these characteristics acquire steady dynamic features and become personality traits. This transition is interdependent (Popovych, 2017). It was theoretically substantiated and empirically proved that mental states are determined by an individual's needs and desires, by his potential and resources, ensuring his development under certain environmental conditions (Prokhorov et al., 2015).

There are no studies examining mental states and their impact on competition results in team sports, in mini-football in particular. The research of the impact of using some of mental strategies on the psychological hesitation and effectiveness of tactical activity of juniors' kumite is of considerable scientific interest. It was determined that a coach has to explain sportsmen their temporary mental states, experienced by them, in particular, such states as psychological hesitation, lack of self-confidence, mental distraction and lack of concentration. It is important to work on transforming these states into positive mental abilities to allow a sportsman to focus on the efficient use of his intellectual and physical abilities during official competitions (Nagla, 2015).

In the context of our research the following studies are of considerable scientific interest: individual-psychological characteristics of footballers depending on the game role (Pshenychna et al., 2019), model indexes of technical and tactical actions of footballers (Lebedev et al., 2018), motor activities of professional football team players (Lebedev et al., 2019).

In the context of the psychology of a team sportsman it is scientifically important to consider the results of a motivational component of social expectations in the theories of personality motivation (Popovych, 2014), where the expectation of results is a correlation between the efforts made and the results achieved. Expectation is predicted efficiency of activity. The main idea of such studies is the following – the more valuable the result is and the hire probability of an award, the more efforts a person will make to achieve the aim (Kominis, 2007; Lunenburg, 2011a; 2011b). Individual and typological characteristics of footballers which contribute to the efficiency and reliability of sporting activities were examined. It was determined that motivation, self-regulation, self-control and emotional stability are key factors in achieving results (Polishkis et al., 1998).

It was empirically examined that social expectations as an individual's mental state reflect the correlation of a subjective estimation of the actual situation of interaction and his notion of himself as a subject of behavior in this situation (Tyshkovsky, 1998). The study on flow as the state of an optimal experience of an individual entirely merged with his work (Csizentmihalyi & Nakamura, 2011) is of considerable scientific interest.

The authors consider the mental state of expecting a victory as an integral complex of available characteristics which affect the expected acceptable result, as a rule, it is a victory result, or that one ensuring the achievement of the goal (sometimes a draw result or the result which allows solving tournament tasks by the total score of two matches, in particular, in cup competitions).

The theoretical analysis of the scientific literature (Izard, 1991; Tyshkovsky, 1998; Csizentmihalyi & Nakamura, 2011; Popovych, 2014, 2017; Nagla, 2015; Prokhorov et al., 2015; Lebedev et al., 2018; 2019 et al.) showed that the place and role of team sportsmen's mental states of expecting a victory have not been thoroughly examined and this scientific problem requires urgent attention.

*Hypothesis.* The authors assume that the structure, variables and interdependence of the factors of the mental states of expecting a victory in men mini-football teams are important components of efficient tactical and technical training of footballers; the use of the research results will contribute to efficient organization of the training process of sportsmen.

*Purpose.* To examine the structure, variables and interdependence of the factors of footballers' mental states of expecting a victory.

### **Methodology of Research**

While developing the methods to examine the mental states of expecting a victory in men mini-football teams we were guided by a number of fundamental methodological principles, applied in the studies on cognitive mental states (Prokhorov et al., 2015) and mental states of expectations in educational and professional activities (Popovych & Blynova, 2019a; 2019b; Popovych et al., 2019).

It should be mentioned that mini-football (or indoor football) is a variation of football. The greatest difference between mini-football and football consists in its tactics and considerably less "sociability" of the game. The teams play "one versus one", i.e. each field player controls the actions of the competitor team player. It, in its turn, requires strong self-regulation and maximum concentration of the sportsmen. The minimum number of players (four field players and a goalkeeper) implies that each player takes part in both attack and defense. The use of content analysis makes it possible to measure psychological content parameters of the game reality relevantly, since the text allows

reconstructing the footballers' actions. The footballers' mental states of expectations before an important game were described by means of the content-analysis method "Expected situation" and the mental state of an expected result was described by means of the content-analysis method "Realization of expectations". Since one team achieved the desired result, only the winners' results were statistically processed after the game. Such methodology and organization of the research ensured validity and reliability of the empirical research. However, the accuracy of the information obtained depends on the respondents' ability to describe an expected situation and the realization of expectations in the context of performing the actual tournament task. Further the tests with standardized questionnaires and factor analysis were applied according to the purpose and subject of the research. It was important to select such tests which would allow determining the characteristics (variables), which reflect the factor structure of the mental states of expecting a victory to best advantage. Such methodology and logic of empirical research prove the fact that the mental state of expectations is an integral complex of the available characteristics which influence the expected result of a person's activity (Popovych, 2017).

## Material & methods

*Participants.* The participants of the research were the footballers of the first league teams of the Mini-football Association of Kherson region: "Dzhoker", "Yug-Svet", "Duma", "Traktor", "Yednist", "Joy Travel"; the higher league of the Mini-football Association of Kherson region: "Wezom", "Feniks", "Riativnyk", "Antserhlob"; the extra-league of the Mini-football Association of Ukraine: "Prodeksim" (Kherson), their average age was 25.4 years old. The sample consisted of 248 persons, 128 of them participated in the research of the factor structure of the mental states of expecting a victory. The research was conducted according to ethical standards of committee on the rights of experiments of Helsinki declaration (WMA Declaration of Helsinki, 2013).

*Organization of research.* The empirical profile was developed throughout November 2018 and January 2019. The organizers of the research thoroughly selected championship and cup games, which had principal tournament importance, sometimes Derby games. The administration of mini-football teams allowed conducting the research and provided consultations.

*Procedures and instruments.* Tests with standardized questionnaires were used to measure the research parameters of the footballers. The questionnaire "Level of social expectations" (LSE) (Popovych, 2017): the level of social expectations of personality (LSEp), the level of awareness of the expected events (LAEp), the level of the expected attitude towards the participants of interpersonal interaction (LEAp), the level of the expected performance (LEPp). The questionnaire "Level of subjective control" ("LSC") (Rotter, 1966): general internality (GI), internality in the area of achievements (IA), internality in the area of failures (IF), internality in relationships (IR), internality in the area of labor relations (ILR), internality concerning health and illness (IHI). "Purpose in Life Test" ("PIL") (Leontiev, 2006): life goals (LG), process (P), result (R), locus of control – Self (LCS), locus of control – life (LCL), general awareness of life (GAL). The questionnaire "The level of aspirations of personality" ("LAP") (Herbachevskiy, 1990): internal motif (IM), cognitive motif (CM), avoidance motif (AM), the motif of competition (MC), the motif of changing activity (MCA), the motif of self-respect (MS), the significance of results (SR), task complexity (TC), volitional effort (VE), estimation of the level of the achieved results (ELAR), estimation of personal potential (EPP), the projected level of mobilizing efforts (PLME), the expected level of results (ELR), regularity of results (RR), initiative (I). The responses were evaluated by means of the bipolar semantic differential scale, its value was within the range of -3 (absolutely disagree) and +3 (absolutely agree). The indexes of reliability, obtained by means of Cronbach's alpha, were:  $\alpha_{LSE} = .819$ ;  $\alpha_{LSC} = .781$ ;  $\alpha_{PIL} = .857$ ;  $\alpha_{LAP} = .711$ . The coping-test "Way of Coping Questionnaire" ("WCQ") (Lazarus & Folkman, 1988, adapted by T. Kriukova, O. Kuftiak, M. Zamyshliaieva, 2004) was used to determine coping-strategies – eight ways to overcome challenges in different areas of mental activity: confrontation (C), distancing (D), self-control (SC), seeking social support (SSS), accepting responsibility (AR), avoidance (A), planning to solve a problem (PSP), positive overestimation (PO). The responses were evaluated by means of the unipolar differential scale, its value was within the range of 0 (never) and 3 (often). The methods "Expected situation" (Popovych, 2017) and "Realization of expectations" (Popovych, 2017) were used to determine the characteristics of social expectations: internality/externality ( $IE_p$ ), activeness/passiveness ( $AP_p$ ), openness/closeness ( $OC_p$ ), adequacy/inadequacy ( $AI_p$ ). The dichotomous scale was used, Cronbach's alpha was  $\alpha = .843$ . The indexes of reliability of the methods used and the tests of Cronbach's alpha were within sufficient (.7) and high levels (.9).

*Statistical analysis.* Statistical processing of the empirical data was performed by means of the statistical program "SPSS" v. 23.0. Spearman's correlation coefficients ( $r_s$ ) were used to find and determine the correlation between the indexes obtained. We used the principal component method combining oblique Promax rotation that allows calculating the correlation between the factors. Arithmetic mean value of minimum (min), maximum (max), parameters (M) and mean-square deviation

(SD) were calculated. The differences between the values of the variables at the level  $p \leq .05$  are considered statistically significant.

### Results of Research

#### The content analysis of the footballers' mental states of expecting a victory

The method "Expected situation" implied a brief description of a footballer's behavior before an important game (8–10 sentences). The respondents described cognitive, emotional, value and conative manifestations in the actual situation of a mini-football game, other situations were not considered (n=248). After the game all the respondents described (8–10 sentences) the realization of their expectations, reconstructing the social reality. The winners' results were processed (n=128) according to the research subject. The results were evaluated using the scales minimum (min), maximum (max), arithmetic mean value (M) and mean-square deviation (SD), given in Table 1.

**Table 1.** The mean values and mean-square deviations of the scales of the characteristics of the footballers' mental states of expecting a victory (n=128)

Scale	Minimum, min	Maximum, max	Arithmetic M	mean, SD	Mean-square deviation, SD
IE <sub>p</sub>	.10	.87	.48		.20
AP <sub>p</sub>	.10	.85	.48		.20
OC <sub>p</sub>	.20	1.10	.72		.23
AI <sub>p</sub>	.20	1.25	.73		.23

Note: min – minimum; max – maximum; M – arithmetic mean; SD – mean-square deviation.

The obtained results of the content analysis proved that the dominant state of internality of expectations is characteristic of 20.11% of the footballers, the state of externality of expectations – of 22.63%, activeness of expectations – of 22.03% of the footballers, the state of passiveness of expectations – of 24.17%, the state of openness – of 37.13%, the mental state of closeness of expectations – of 26.01%, adequacy of expectations – of 42.22% and inadequacy of expectations – of 23.17% of the research participants. The indicators of polarity of expectations were identified in 12.1% of the research participants and ambivalence of expectations – in 2.1%. Further statistical analysis was performed by the data of only those respondents whose mental states of expectations had complete descriptions and were dominant (n=112).

#### The factor structure of the mental states of expecting a victory

The obtained results of the research parameters were evaluated considering the scales of minimum (min), maximum (max), mean arithmetic value (M) and mean-square deviation (SD) given in Table 2.

**Table 2.** The values of the scales of the research parameters (n=128)

Scale	Minimum, min	Maximum, max	Arithmetic M	mean, SD	Mean-square deviation, SD
<b>"LSE"</b>					
LSE <sub>p</sub>	41.00	93.00	68.85		12.68
LAE <sub>p</sub>	10.00	24.00	17.48		3.27
LEA <sub>p</sub>	10.00	19.00	14.70		1.80
LEP <sub>p</sub>	19.00	53.00	36.70		8.54
<b>"LSC"</b>					
GI	136.00	251.00	197.12		21.77
IA	28.00	71.00	54.78		7.88
IF	20.00	73.00	49.82		8.54
IR	19.00	56.00	39.64		6.87
ILR	26.00	53.00	36.65		5.34
IHI	5.00	29.00	18.73		4.47
<b>"PIL"</b>					
LG	12.00	42.00	32.27		7.15
P	13.00	42.00	30.39		5.44
R	8.00	35.00	25.77		5.01
LCS	7.00	30.00	21.50		4.52
LCL	14.00	42.00	30.14		4.31
GAL	56.00	130.00	103.62		14.88
<b>"LAP"</b>					
IM	5.00	20.00	12.84		2.89
CM	8.00	21.00	15.28		2.78

AM	3.00	20.00	11.62	3.60
MC	4.00	19.00	12.00	3.27
MCA	4.00	21.00	12.74	3.59
MS	8.00	21.00	13.70	3.07
SR	3.00	17.00	8.65	3.05
TC	2.00	18.00	5.78	2.58
VE	5.00	19.00	12.73	3.01
ELAR	4.00	14.00	9.80	2.09
EPP	8.00	20.00	13.88	2.89
PLME	9.00	21.00	13.99	2.62
ELR	3.00	14.00	9.80	2.06
RR	5.00	21.00	13.70	2.50
I	9.00	21.00	12.82	2.65
<b>“WCQ”</b>				
C	16.67	75.00	47.63	19.74
D	12.50	83.33	50.32	25.10
SC	16.67	83.33	71.11	16.35
SSS	12.50	71.43	40.56	21.13
AR	16.67	83.33	53.86	21.27
A	12.50	83.33	47.82	26.21
PSP	12.50	83.33	63.98	20.87
PO	12.50	71.43	49.02	19.09

Note: min – minimum; max – maximum; M – arithmetic mean; SD – mean-square deviation.

The complex of 39 psychological parameters is methodologically substantiated, that reflects the subject of the research of the mental states of footballers’ expecting a victory. The names of the scales reflect the essence of the research parameter. We will explain the similar scales: LCS – measures the notion about oneself as a strong individual possessing sufficient freedom of choice; LCL – measures an individual’s ability to control his life, make decisions easily and implement them in life. There are similar parameters, determined by means of different tests: the level of the expected performance ( $LEP_p$ ) and the expected level of results (ELR). We consider the obtained results to be highly reliable because the values  $LEP_p$  (.722) and ELR (.543) are close and load F1 (see Table 3). The correlation matrix with 39 variables was determined with the principal component method. 11 factors have their own values, which are more than unity and explain 73.79% of the variable dispersion (Table 3).

**Table 3.** The matrix of the factor loadings of the mental states of expecting a victory

Scale	F1	F2	F3	F4	F5	F6	F7	F8	F9	F10	F11
LSE <sub>p</sub>	<b>.756</b>	-.314		.284							
LAE <sub>p</sub>	<b>.681</b>	-.404	-.269								
LEA <sub>p</sub>	<b>.617</b>		-.258				.231				
LEP <sub>p</sub>	<b>.722</b>	-.269		.322							
GI	<b>.580</b>	<b>.535</b>		-.396							
IA	<b>.605</b>	.405		-.199						.275	
IF		<b>.550</b>		-.401			.340				
IR	.298	<b>.529</b>		<b>-.581</b>							
ILR	.335		-.362	-.276					.262		
IHI	.389			-.281							<b>.542</b>
LG	<b>.666</b>		.436								.208
P	<b>.616</b>		.313				-.269				
R	<b>.682</b>		.191				-.289				
LCS	<b>.694</b>		.362		-.210	.227					
LCL	<b>.553</b>		.302		-.299						
GAL	<b>.846</b>		.311		-.214						
IM				<b>.510</b>				<b>-.534</b>		.397	-.216
CM		.441		<b>.578</b>				-.410			
AM		-.182	.389				.375	-.182			
MC			.398		.392						-.262
MCA	-.245		<b>.594</b>	-.365					<b>.511</b>		
MS	.372	.455				.297					

SR	<b>-.643</b>												
TC				.312									.282
VE			.424										
ELAR		.305											<b>-.521</b>
EPP	.342	.481											
PLME		<b>.527</b>		<b>.527</b>									.314
ELR	<b>.543</b>		.316										
RR	.374			.398	.434								
I				<b>.523</b>									
C													
D													
SC													
SSS													
AR													
A													
PSP													
PO													
Dispersion, %	19.04	9.57	7.96	7.50	5.77	5.47	4.99	4.51	3.35	2.96	2.67		
∑ dispersion, %	19.04	28.61	36.57	44.07	49.84	55.30	60.29	64.80	68.15	71.11	73.79		
Value	7.426	3.732	3.104	2.924	2.251	2.132	1.944	1.758	1.308	1.155	1.043		

Note: The loadings of the significant variables are given in bold type.

**F1 “Value and sense self-regulation of a victory”** shows the dependence of the expectations related to sporting activities on a footballer’s meaning-of-life and value orientations, on the general level of a subjective control, on the level of awareness of life, on setting life goals and internal position in achievements. This is a key factor and its activity is characterized by value and sense self-regulation of sporting activities.

**F2 “Pragmatic self-regulation of a victory”** is a combination of the general level of a sportsman’s subjective control and internal position in the areas of failures and relationships (to see a reason in oneself) and it is accompanied by high indexes of the projected level of mobilizing efforts. Such a mental state is characterized by the ability to regulate the course of a sports competition pragmatically.

**F3 “Convergence of a victory”** is the mental state of expecting a victory related to the motif of changing events, it is negatively correlated with the motif of escape and reflects a convergent regulation of the course of events.

**F4 “Cognitive self-regulation of a victory”** is significantly correlated with inner and cognitive motifs in competitions, it is accompanied by initiative and the projected level of mobilizing efforts, cognitive orientation towards the aim, supported by inner resources. It has negative internality in relationships. This mental state of expecting a victory is characterized by a high cognitive self-regulation ability.

**F5 “Distantness of a victory”** consists of the changes, the psychological content of which reflects the aspiration to distant oneself in difficult life situations and it is accompanied by a negative correlation with self-control and the plan of solving a problem. The participants with the mental state of distantness of a victory cause destructions in organizing team actions, but their actions are very often unexpected for the competitors as well.

**F6 “Affiliation-confrontational self-regulation of a victory”** is characterized by a subject’s aspiration to be better than others and confront. The subject seeks social support in difficult situations, even through confrontation, accompanied by a negative correlation with the plan of solving a problem. This mental state of expecting a victory is an aspiration to obtain acknowledgement of one’s own rating and professional position not only from the part of the people around, but also in one’s own eyes.

**F7 “Predictiveness of a victory”** shows that the mental states of expecting a victory are accompanied by the correlation with the plan of solving a problem and have a negative correlation with distantness. Orientation towards the determined plan is characteristic of the subjects who efficiently follow the guidelines and tactics of the game.

**F8 “Self-regulation of a complicated choice of a victory”** is characterized by the motif of selecting task complexity and considerable volitional efforts made, that at the same time have a negative correlation with an internal motif. A subject’s mental state of expecting a victory is

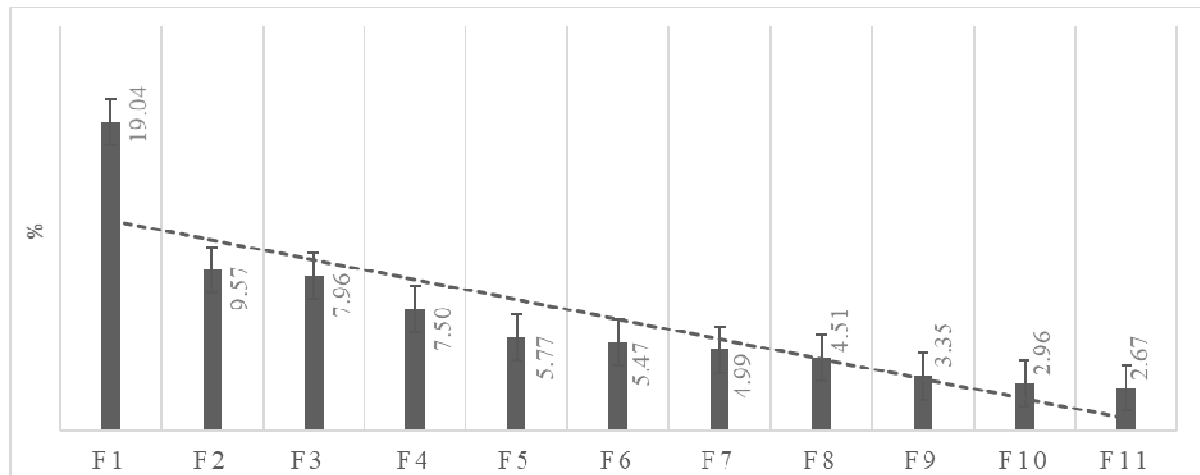
accompanied by the tendency to seek a complicated choice of a victory and it is opposite to “cognitive self-regulation of a victory”.

**F9 “Self-regulation of changes in a victory”** is the domination of the motif of a change in a sporting activity. The place of this factor in the structure of the mental processes of expecting a victory allows stating that F9 is not a main mental state of footballers.

**F10 “Self-regulation of a victory process”** is negatively correlated with the evaluation of the achievements. Such subjects are guided by a procedural component in competitions, their technical and tactical actions are partly spectacular and characterized by the elements of entertainment that makes their victory beautiful.

**F11 “Physiological self-regulation of a victory”** is accompanied by a footballer’s internal position in physiological components, in particular, in health and illness. Such subjects believe that a victory is won due to physiological and anthropological indexes.

The following factors have loadings which are beyond the limits of the total dispersion of variables (less than 0.980). Thus the results of the statistical processing allowed presenting 11 basic factors (73.79%) determining the structure of the mental states of expectations (Figure 1).



Note: ---- – the change of the mean value (trend); I – the limit of error.

**Figure 1.** The structure of the mental states of expecting a victory

**The interdependence of the factors determining the structure of the mental states of expecting a victory**

We will analyze the most robust correlations between the chosen factors (see Table 4). The correlation of F1 and F2 (.424), F1 and F3 (.362) is the most significant one ( $p \leq .01$ ). F2 has the largest number of significant correlations with F1, F3 and F4. Thus, pragmatic self-regulation of a victory is an important component in the structural and functional organization of the mental states of expecting a victory. The most dependent factors in the structure of the states of expectations are: F2, F3, F4 i F7.

**Table 4.** The correlation matrix of the components of the structure of the mental states of expecting a victory

	1	2	3	4	5	6	7	8	9	10	11
1	1.000	.424**	.362**	.138**	.031	.129**	.151**	-.081	.078	.109*	.061
2	.424**	1.000	.279**	.241**	.100*	.095*	-.013	-.169**	.009	.201**	.166**
3	.362**	.279**	1.000	.269**	.056	.009	.152**	-.262**	.056	.088*	.084*
4	.138**	.241**	.269**	1.000	-.095*	-.059	.211**	-.135**	.047	.285**	-.049
5	.031	.100*	.056	-.095*	1.000	.110**	-.078	-.034	-.039	.039	-.152**
6	.129**	.095*	.009	-.059	.110**	1.000	.004	-.053	-.248**	.001	.176**
7	.151**	-.013	.152**	.211**	-.078	.004	1.000	-.044	.129**	-.074	.237**
8	-.081	-.169**	-.262**	-.135**	-.034	-.053	-.044	1.000	-.257**	-.171**	.068
9	.078	.009	.056	.047	-.039	-.248**	.129**	-.257**	1.000	.111**	.153**
10	.109*	.201**	.088*	.285**	.039	.001	-.074	-.171**	.111**	1.000	-.108**
11	.061	.166**	.084*	-.049	-.152**	.176*	.227**	.068	.153**	-.108**	1.000

Note: \* – statistical significance of  $p \leq .05$ ; \*\* – statistical significance of  $p \leq .01$ .

## Discussions

There is a lack of studies on the mental states of expecting a victory in the scientific literature on psychology of physical education and sports. It is known that mental states of expectations often acquire steadiness and become personality traits (Izard, 1991; Popovych, 2017). Therefore this or that dominant mental state of expecting a victory in the structure under study (see Figure 1) affects the content of a sporting activity and the result of a match. In particular, F5 “distantness of a victory” and F7 “predictiveness of a victory” are oppositely directed, that is important in tactical and technical training of the sportsmen of team sports. In particular, the presence of the sportsmen with F4 and F8 in one team also weakens the organization of a team game. It is evident that the combination of the footballers with the dominant F1 “value and sense self-regulation of a victory”, F2 “pragmatic self-regulation of a victory”, F4 “cognitive self-regulation of a victory” and F7 “predictiveness of a victory” in one team contributes to the achievement of the desired result.

We state that the chosen complex of methods and tests allowed examining the research subject. The methods “Expected situation” and “Realization of expectations” were used to outline important aspects of the footballers’ behavior under stress – the state of solving an important sport task. It allowed differentiating one mental state of expectations from another, determining the characteristics of the mental states of expecting a victory. The majority of the respondents’ responses are directed at solving a particular problem that is an image of the expected result. The variables of the mental states of expecting a victory and the correlation of the factors reflect the levels of the footballers’ regulatory abilities. The achievement of the expected result is directly dependent on the kind of the mental state of expecting a victory. The obtained results have much in common with the empirical research of the regulatory role of mental states in the structure of cognitive and mental resources of personality (Silvia et al., 2009; Thoman et al., 2011; Prokhorov et al., 2015a; Popovych & Blynova, 2019a; 2019b).

The obtained empirical results confirm the hypothesis that the structure, variables and interdependence of the factors of the mental states of expecting a victory are important components of tactical and technical training of footballers and the use of the research results will contribute to efficient organization of sportsmen’s training process.

We have reasons to state that the obtained results of the research of the mental states of expecting a victory in men mini-football teams operationalize the process of solving the tasks of tactical and technical educational and professional activities. The issue of the correlation of a particular mental state of expecting a victory and the indexes of footballers’ tactical and technical actions is open to question.

## Conclusions

The content analysis of the footballers’ responses showed that the mental states of expecting a victory occurring in the process of important matches are a rather complex phenomenon. The content analysis allowed qualitative interpretation of the mental states of expecting a victory, differentiating one state from another, determining the characteristics of the mental states of expecting a victory. Factor analysis was used to determine the structure of the mental states of expecting a victory consisting of 11 basic factors (73.79%). It was determined that the main factor is F1 “value and sense self-regulation of a victory” (19.04%) correlated with F2 “pragmatic self-regulation of a victory” ( $r_s=.424$ ;  $p\leq.01$ ) and F3 “convergence of a victory” ( $r_s=.362$ ;  $p\leq.01$ ).

It was substantiated that the structure, variables and interdependence of the factors of the mental states of expecting a victory is an important component of tactical and technical training of footballers; the obtained empirical research results will contribute to efficient organization of the training process. The research results can be useful for coaches, sporting directors and those dealing with training and management of mini-football and football clubs and also for the researches in the area of psychology of physical education and sports.

*Prospects of subsequent researches.* Subsequent scientific research will focus on examining the mental states of team sports athletes who lose a game and comparing to the results of the research of the mental states of expecting a victory.

**Conflict of Interest.** The authors declare that there is no conflict of interest.

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