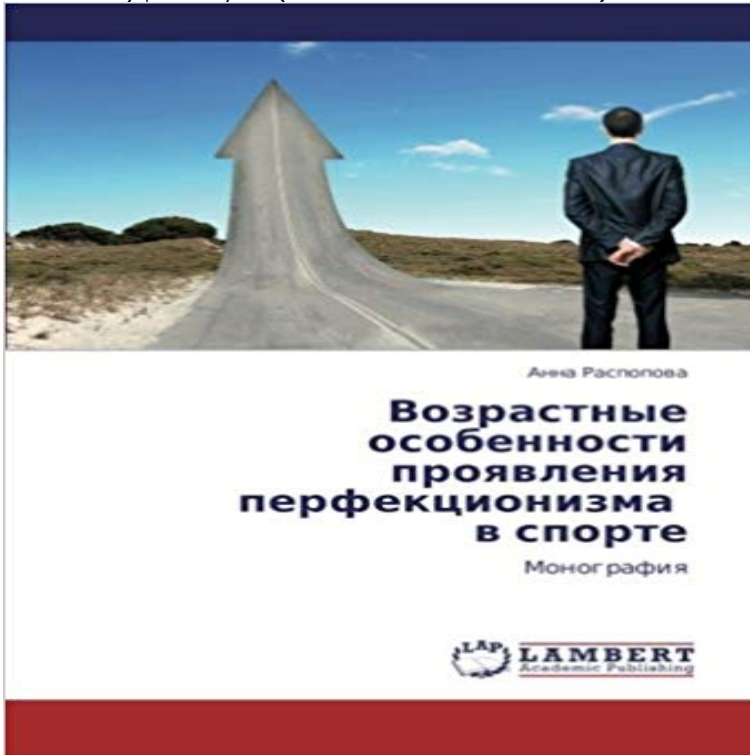


Vozrastnye osobennosti proyavleniya perfektsionizma v sporte: Monografiya (Russian Edition)



Perfektsionizm - eto stremlenie k dostizheniyu sovershenstva. V otechestvennoy psikhologii sporta eta problematika ne izuchena. V knige izlozheny osobennosti proyavleniya fenomena perfektsionizm, ego determinatsiya, vliyanie na povedenie i effektivnost deyatel'nosti, osobennosti proyavleniya v sporte, vliyanie na lichnostnye svoystva sportsmenov, takzhe predstavleny rezultaty empiricheskogo issledovaniya perfektsionizma u sportsmenov i ne zanimayushchikhsya sportom ispytuemykh raznogo vozrasta. Predstavleno obosnovanie effektivnosti programmy treninga, napravlennogo na formirovanie lichnostnykh resursov konstruktivnogo proyavleniya perfektsionizma v sporte, kotoryy yavlyaetsya effektivnym sredstvom profilaktiki psikhicheskogo perenapryazheniya i sposobom povysheniya konkurentosposobnosti rossiyskikh sportsmenov.

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