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***Artículo: “La disposición de los deportistas a rendir”.******García Ucha, F.E. (2020).Reseña******Article: “The disposition of the sportsmen to yield”.******García Ucha, F.E. (2020). Review*****Lillian Revé Crump**

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Review The article reviewed today is entitled "The willingness of athletes to perform", its author, Francisco Enrique García Ucha, PhD in Psychological Sciences, Professor and Consultant at the University of Physical Culture and Sport, "Manuel Fajardo", Havana, Cuba. Invited professor by universities in Latin America and the Caribbean, for the development of research, publications, conferences and workshops.

Professor of master's and doctoral programs. He held positions as Sports Psychologist in high performance teams in the country, Methodologist in the Vice-Rectorate of Research at the Higher Institute of Physical Culture, Director and Vice-Rector of the Institute of Sports Medicine. He has to his credit numerous researches and publications on the subject, with active participation in international and national congresses.

In Psychology applied to sport, much has been addressed in terms of psychological factors and their influence on sports performance from training and competitions, especially the willingness of athletes to perform, but perhaps it might seem that due to the multiplicity of these studies and their valuable scientific content, the subject is sufficiently addressed. On the contrary, given the technological advances, the results of high performance sport, the new marks, records, similarity in the preparation of athletes, it is essential that new theories and reflections emerge to respond to the demands of today's sport, and therein lies the scientific value of the text that is valued.

Therefore, the review aims to value and contribute to the dissemination of scientific experiences collected in the article, with respect to new ways of conceiving the constant controversies surrounding the conceptual theory of the psychological and attitudinal aspects that lead to the psychic disposition of the athlete.

A simple reasoning comforted the author to write the article, to bring to the scientific debate the different aspects that characterize the willingness of athletes to perform in training and competitions, and to place in the hands of specialists of Physical Culture and Sport, those theoretical and practical knowledge that enable them to effectively carry out the processes of training, competition and teaching in Physical Culture and Sport,

To achieve this purpose, the author weaves his framework of ideas from a coach's concern about the meaning of the willingness to perform, which states that, "it is associated with a lasting tendency of the motivation processes and these processes give orientation, direction and intensity to the behavior of the athlete", (Quoted in García, 2020, para. 14). The reader, with great skill, is able to situate and identify himself in his own problemical, and consequently, to build together with the ideas provided, the most appropriate answers, which provide a solution to the problem posed, appropriate for his context.

Siendo la situación polémica el punto de partida para todo discurrir científico en el artículo, conduciendo de forma atrayente al lector hacia la comprensión de la naturaleza y características del papel de los entrenadores en las labores que se llevan a cabo gracias a una visión clara de su quehacer, potencialidades, limitaciones y riesgo en su actividad.

Here we answer questions related to: What is disposition how is it integrated to other psychological processes, how to know if an athlete has an adequate disposition or not to perform in training and competitions, and what are the guidelines to face the lack of disposition. How to know if an athlete has an adequate disposition or not to perform in training and competitions? What orientations exist to face the lack of disposition? In order to answer these questions, he starts from some general considerations of the term disposition, and also makes evident how disposition involves characteristics that

include the bodily aspects of behavior, and that are manifested by the bodily attitude, as well as its inexorable link with the processes of motivation.

Making it clear that the disposition is not isolated in the psychological sphere of the athlete, but is integrated and is the result of beliefs and ways of assimilating and giving value in an active way to the sports tasks. In short, it emphasizes the existence of learning and training process of the athlete that must be formative, educational, and conductive, not exempt of difficulties between coaches and athletes.

All the content offered emphasizes the regulatory role of the athlete's motives and aspirations. And something fundamental, it makes us see the observation capacity of the trainer and specialists to accurately determine limitations or potentialities in the disposition to perform. All this with a more integral representation of the pedagogical, which does not cancel the knowledge built up to this moment, on the contrary, it is nourished by the best experiences in the subject.

It is remarkable how plausible results are presented from the application of psychological techniques and methods, in favor of determining the types of athletes, in relation to the degree of willingness to perform in training and competition, are considered appreciable and relevant for their concreteness, clarity and quality with which they are expressed and exemplified, taking into account the behavioral patterns of athletes with low or high willingness to perform in training and competitions.

The information presented here lets us know that one type or another of athlete can change their attitude to perform under certain conditions, and the change may have different causes, associated with the physical and psychological state, in this regard Ogilvie, and Tutko, (1966) point out: "the availability to be trained constitutes one of the most essential qualities for those who wish to perform feats". (Quoted in García, 2020, para. 31).

Thus, for example, it is noted that athletes with low willingness to perform, generally do not have a sense of responsibility and belonging to the team of which they are part, unlike athletes with a high willingness to perform.

In a general way, the previous information considers the influence of the coach in the solution of problems of the willingness to perform, and summons him to be in charge

of a methodology directed to reduce the negative effects of the training load, where the help of the sport psychologist is inserted in the solution of problems. All this raising the perception of the causes that can provoke the lack of willingness to perform, since its tendency always goes straight to the ineffective resolution.

Another achievement of the author in his article is that he discusses about the most used psychological interventions to stimulate the willingness to perform in training and competition, he points out in this regard, "...if statistics were used more accurately we would surely have a clearer awareness of the great human potential that is lost in sport as a result of the lack of willingness to perform". (Quoted in García, 2020, para. 43).

In general terms, the work has an inestimable scientific value, as it constitutes a guide for the redesign of the training programs of Physical Culture and Sport, at the same time that it offers a systematization of knowledge, experiences and research results that have been achieved in the last years, leading the reader to understand important concepts of the sport practice, in relation to the psychological contents.

Due to the aspects previously exposed about the text, for its current look to scientific knowledge, for the need of a continuous improvement of the Cuban Sports Practice, and for a longing of change in the performance of trainers, specialists and athletes, it is pertinent to have a discussion of such magnitude, which permanently summons us to continue revolutionizing the training for competition, in unity with the aspects that favor the development of a more committed athlete.

## **Bibliographical references**

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<http://psicologiadeldeporte.space/articulo/disposicion-de-los-deportistas-a-rendir/>