

Personal and Motivational Characteristics of High Calibre Judoists

Joseph Andruschyshyn and Alina Ten

Kazakh Academy of Sport and Tourism, Kazakhstan

Abstract: A characteristic feature of modern sport is the rapid improvement of sports results, utilizing maximum complexity of technique for performance. All this, of course, places high demands on the psyche of athletes. Major competitions are held, usually, with great intensity between opponents of equal skill and strength. Just a fraction of a second, a few millimeters and even draw often determine the victory. This suggests that sport is not only the struggle of muscles, but a struggle of wits and nerves.

Key words: Personality • Motivational characteristics • Judoist • Comparative analysis

INTRODUCTION

Sporting activities, at the highest level, place increased demands on the individual athlete, especially in the mental factors of consciousness and will. Desire and the will to win largely determine the results of the activities. The success of competitive activity is influenced by such important aspects of personality as temperament, typological constitution, motivational features, focus, as well as activity-related, technical performance capabilities and potential of the person [1, 2].

An individual is a product of socio-historical development and of one's own human activity. An individual has consciousness and a system of social qualities and performs certain functions in society. In sports, as in other human activities, personality is very important. Achievement of success is possible only if the individual characteristics of the athlete and his or her specific technical and tactical style are correctly considered.

Only by knowing the individual characteristics of the athlete, can his or her capability be developed fully and used effectively.

Personality is characterized by a certain consistency, unity and stability of the qualities [3].

It is known that in the course of long-term activities in a sport, gradually a specialized dynamic structure of mental processes, mental states and important sports personality traits of the athlete develop, which ensures the effectiveness of the activities [4].

For modern judo, with its sharp rivalry, daring, innovation, risk and self-control are very relevant and no matter in which competition he/she performs, the athlete always meets with a rival, who is also interested in victory. In this regard, both the coach and athlete ask these questions: "How to optimize the athlete's psyche to extreme competitive conditions to achieve victory?" "How to improve mental performance of the athlete during training for serious competition and allow the creation of the necessary conditions for successful performance in the competition?"

This is one of the most important objectives of a modern judo coach, whose decisions will enhance the mental performance of the athlete during training and competition and will create the necessary conditions for successful performance in competition.

In preparing the athlete for competition, coaches often overlook those aspects that could optimize the athlete's performance. In this case, the coach should know the psychological characteristics of the athlete and use them reasonably, as well as the methods and forms of optimization of the psyche of athletes who feel the need to show a high competitive result.

The higher the desired athletic performance, the more work the coach and athlete should do on issues of optimizing mental activity of the athlete in precompetitive and competitive periods.

Each sport has its own demands not only as to personal characteristics of the athlete, but also as to the optimal level of motivation. Judo is no exception.

Motivation of the athlete plays one of the most important roles in achieving results. [5] In judo, too much motivation will prevent successful performance of judoists, because it is a type of sport requiring a high coordination of motor actions. Excessive motivation leads to increased mental tension, which has a negative impact on the quality of motor actions. Only the optimal level of motivation in accordance with the “Yerkes-Dodson law” provides the opportunity to demonstrate the maximum success of the activities or behavior.

Currently in judo there is virtually no research aimed at studying the personalities of individual female judoists. There are only a few studies related to the study of the personality of male judoists. There is absolutely no research to optimize the mental state of male or female judoists. Knowing their personality characteristics will enable athletes, on a rigorous scientific basis, to find the means and methods for optimizing their mental state.

Based on the foregoing, it was decided to explore these features of female judoists of the national team of the Republic of Kazakhstan (“RK”), while taking into account the different weight categories and further to create complex psychological and educational methods for optimizing mental state. This is the focus of this study.

Methodology: The study of personality and the basic motives of high calibre female judoists.

Objectives of the Study:

- Identify the personality profile of female judoists of the national team of the RK.
- Determine the relevant characteristics of the individual judoists in different weight categories.
- To do a comparative analysis of the personality and motivational characteristics of these judoists in light, medium and heavyweight categories.

To achieve the objectives, the following methods were used:

- Educational observation is a method by which the perception of specific factual data is utilized for educational purposes. [6] Observation was used for indirect study of the behavior of judoists during training and competition activity.
- 16-factor test of R. Cattell (16PF) (the “Cattell Test”). The use of this questionnaire is a multidimensional technique that evaluates personality. [7].

- The method of E.A. Kalinin (the “Kalinin Method”), which seeks to identify the main reasons for sport activities and is used for in-depth psychological examination of athletes [8].
- Methods of mathematical statistics. Identified: the arithmetic value (\bar{x}), standard deviation (S_x), the coefficient of variation (V) and t-criteria of Student to calculate the statistical differences on all factors of personality and motives of athletes [9, 10].

Organization and Conducting the Study: In a preliminary experimental study of personality and sports motivation, the primary and backup members of the national women's judo team participated. The total number tested - 44 people. Qualification of athletes who participated in the survey: the masters of sports of international class - 13 people, master of sports of RK - 26 people, candidate master of RK - 5 people. Among them: two Asian champions, 1 champion of Grand Prix, 2 silver and 20 bronze medalists of the Asian Championship and Asian Games, 28 winners of the Championship of RK. In accordance with the objectives of the study, judoists took the Cattell Test and used the Kalinin Method. In addition, all the subjects, representing seven weight categories, were divided into three conditional categories: light (athletes with weights 4 of 8 kg, 52 kg, 57 kg), medium (63 kg, 70 kg) and heavy (78 kg and 78 + kg). It was assumed that these athletes of different weight categories may differ in their personality from each other. This is important for the proper psychological and educational analysis during this experiment.

Results of the Study: Based on analysis of the average 20 personality factors presented in Table 1 and Figure 1, we selected personality profiles of high calibre female judoists, which include the following factors for the high values: sociability factor (A - 7.9 points), sensitivity (factor I - 7.7 points) and activity (Factor H - 6.3 points).

Analyzing Table 1, the averages of the Cattell Test on the three selected categories, it may be noted that in the lighter weight category the following characteristics are most pronounced: sociability (7.1 points), discipline (7.6 points), activity (7.2 points) and sensitivity (7.3 points). There is reason to believe that these qualities will be a personality profile of female judoists of the lighter weight category. In the medium weight category the highest levels were observed on the following factors: sociability (8.7 points), sensitivity (7.7 points), the propensity to innovate (6.3 points) and extraversion (6.3 points).

Table 1: General average personal properties judokas qualifications and weight categories

Factors by R.Cattell											
Weight categories	<i>A</i>	<i>B</i>	<i>C</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>H</i>	<i>I</i>	<i>L</i>	<i>M</i>	<i>N</i>
Light weight categories	7,1	4,9	5,4	5,3	5,5	7,6	7,2	7,3	6,2	4,7	5,0
Medium weight categories	8,7	3,8	5,3	5,7	5,0	4,7	5,0	7,7	5,3	5,0	4,7
Heavy weight categories	7,8	4,7	4,4	5,8	6,4	5,8	6,6	8,0	6,4	4,7	5,7
\bar{x}	7,9	4,5	5,0	5,6	5,6	6,0	6,3	7,7	6,0	4,8	5,1
σ	0,8	0,6	0,6	0,2	0,7	1,5	1,1	0,3	0,6	0,2	0,5
<i>V</i>	10	13,3	12	3,6	12,5	25	17,5	3,9	10	4,2	9,8
Factors by R.Cattell											
Weight categories	<i>O</i>	<i>Q1</i>	<i>Q2</i>	<i>Q3</i>	<i>Q4</i>	<i>F1</i>	<i>F2</i>	<i>F3</i>	<i>F4</i>	<i>F/d</i>	<i>C/M</i>
Light weight categories	4,7	4,8	4,9	5,7	5,0	5,4	6,2	3,5	3,6	5,6	5,1
Medium weight categories	6,0	6,3	3,3	5,3	5,4	5,1	6,3	4,4	4,8	5,6	5,4
Heavy weight categories	6,5	5,6	3,7	6,7	7,0	6,4	7,4	3,5	4,2	4,3	6,8
\bar{x}	5,8	5,6	4,0	5,9	5,8	5,6	6,6	3,8	4,2	5,1	5,7
σ	0,9	0,8	0,8	0,7	1,1	0,7	0,6	0,5	0,6	0,8	0,9
<i>V</i>	15,5	14,3	20	11,9	19,0	12,5	9,0	13,2	14,3	15,7	15,8

Table 2: Differences in personal characteristics between light, medium and heavy weight categories

Factor	Comparative weight categories	\bar{x}	S_x	\bar{x}	S_x	t	P
G	L and M	7,6	2	4,7	2,5	3,537	0,01
	L and H	7,6	2	5,8	1,5	2,571	0,05
H	L and M	7,2	1,7	5	2,1	3,666	0,01
Q2	L and M	4,9	1,9	3,3	2,3	2,286	0,05
Q4	L and H	5	2,6	7	2,4	2,105	0,05
C/M	L and H	5,1	1,7	6,8	1,9	2,833	0,01

Table 3: Indicators motives sports activities judokas qualifications (by EA Kalinin)

Weight categories	n	A	W	I	C	F/i	M/g
Light weight categories	17	30,3	26,6	31,5	28,9	27,9	27,8
Medium weight categories	14	32,2	27	30,4	28,5	27,4	29,2
Heavy weight categories	13	32,2	27,9	32,5	31,5	30,2	30,9
\bar{x}	31,5	27,2	31,5	29,6	28,5	29,3	
σ	1,1	0,7	1	1,6	1,5	1,5	
<i>V</i>	3,5	2,6	3,2	5,4	5,3	5,1	

Table 4: Differences based sports activities between light, medium and heavy weight categories

тПотребности	Comparative weight categories	\bar{x}	S_x	\bar{x}	S_x	t	P
A	L and M	28,5	4,8	32,5	4,8	2,174	0,05
M/g	L and H	26,5	5,9	30,9	3,8	2,316	0,05

These factors would appear to characterize the personality profile of judoists of the medium weight category. In heavyweight categories, the highest factors: sociability (7.8 points), sensitivity (8 points), frustration (7 points) and extraversion (7.4 points). Obviously, these factors determine the personality profile of female judoists of the heavyweight category.

Given that the study included almost all the strongest female judoists of Kazakhstan, we can say that the isolated personality profiles will reflect the relevant characteristics of high calibre female judoists.

Identification of differences by Student criteria (Table 2) shows that female judoists of the lighter weight category differ from judoists of the medium weight

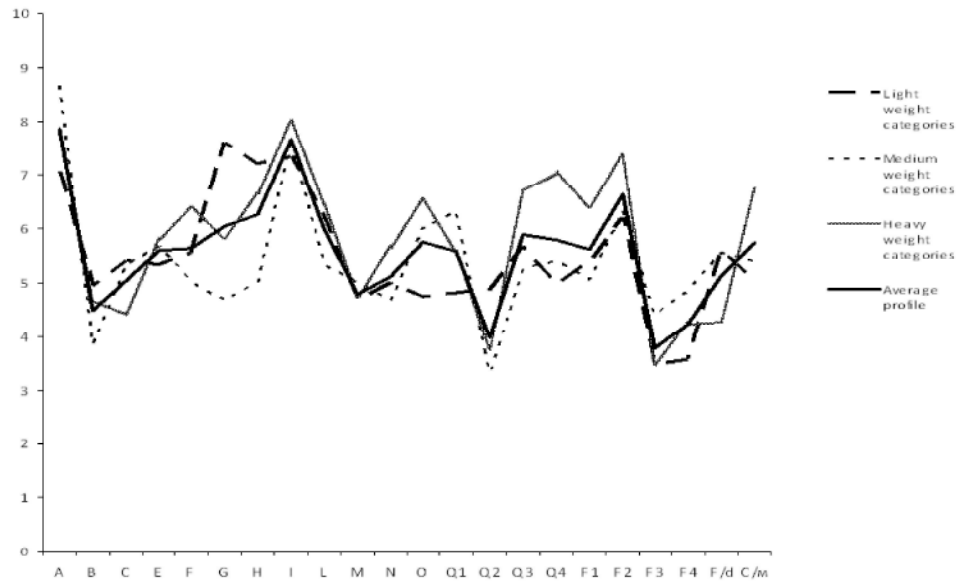


Fig. 1: Indicators of personal properties judokas qualifications.

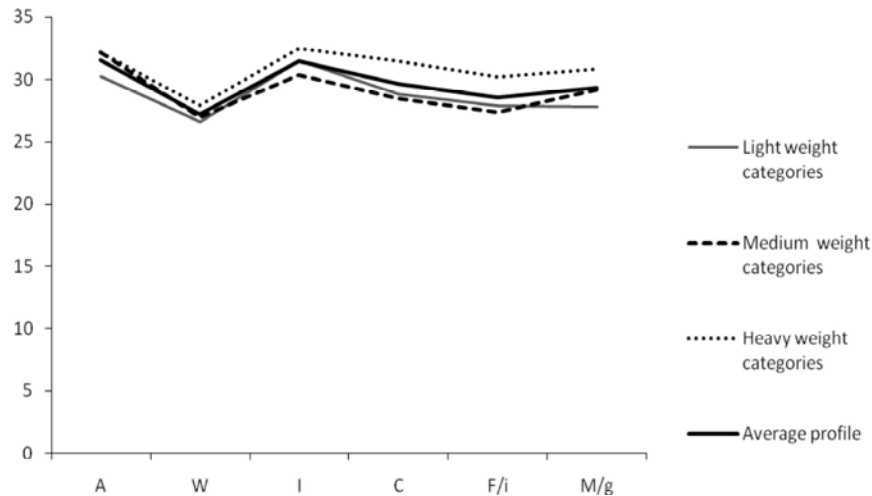


Fig. 2: Dynamics severity motives sports activities judokas qualifications in general and weight categories

category on such qualities as level of discipline ($t = 3,537$; $P < 0,01$), higher activity ($t = 3,666$; $P < 0,01$) and lower tendency toward collectivism ($t = 2,286$; $P < 0,05$) and from the heavyweight category for the most disciplined ($t = 2,571$; $P < 0,05$), less frustration ($t = 2,105$; $P < 0,05$) and lower levels of competitive motivation.

The study of female judoists using the Kalinin Method (Table 3, Figure 2) produced the following results: the highest severity was observed in the need for achievement and self-improvement ($= 31.5$), which is higher than the normal range. The lowest severity of requirements was in the need for fighting, which lies within the range of average values 25 ± 5 .

Identification of differences between the above categories of female judoists gives reasons to say that in the majority of the needs they do not differ from each other. A comparison of values for t-test (Table 4) shows significant difference between the categories on the need to achieve ($t = 2,174$; $P < 0,05$) and common motivation ($t = 2,316$; $P < 0,05$). Representatives of the lighter weight category (28.5 points) are inferior in pursuit of achievement to medium weight category judoists (32.5 points) and on the level of overall motivation to heavyweight category judoists (27.8 points and 29.3 points, respectively).

CONCLUSION

Based on study results, the following conclusions were made:

- The most important properties of the individual qualifications of female judoists were determined and this determines their personality profile.
- Personality profiles of female judoists in light, medium and heavyweight categories were set and differences in the expression of personal qualities were identified.
- The characteristics of the main motives for sporting activities and the differences between them in light, medium and heavy weight categories were studied.

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