

THE INFLUENCE OF SPORTS ACTIVITIES FOR PERSONALITY OF JUDOIST

Beygul I.O.

Dniprodzerzhinsk State Technical University

Annotation. *Purpose:* the testing of personality quality, physical and psychical health of judoists within preparatory and contest periods of their activities. *Material:* 52 sportsmen, the age from 17 to 22 years old, have been took part in investigation. *Results:* found that the features of the influence of sports activities on the quality of individual athletes are caused by their stress tolerance and the conditions under which it is carried out (training or competitive). Significant and strongly influence the results of performances of athletes in competitions are such qualities as self-confidence, composure, calmness. Athletes are aware that they need to mobilize their strength and skills to be as active and ready for action in unfamiliar situations. *Conclusions:* the complication of activities conditions for sportsmen in contests period has been demonstrations presence of negative changes of personality virtue, absence of professional and qualitative psychological training.

Key words: qualitative of personality, judoists, health, activities, psychological training.

Introduction

Conditions of modern sport training in elite sports and extremely high level of contest require form sportsmen maximal tension and mobilization of all physiological potentials of organism, including psychic ones. In this connection dependence of competition functioning's effectiveness on individual psychic qualities of sportsman's personality increases [4, 6]. It conditions demand in perfection of sportsmen's training system not only in direction of technical tactic skills' development, but also in direction of searching of new psychological resources, which would ensure increased efficiency of sportsmen's performances [1, 2, 15].

As a result usage of knowledge about psychic features of sportsman's personality becomes still more important. Analysis of numerous works [8, 9, 10, 14] shows that conditions of human functioning substantially influences on manifestation of personality's features, person's character and temper. From practice of sports functioning it is known that such personality's qualities as emotional and nervous-psychic stability, anxiety, aggressiveness, depressiveness and other to large extent influence on results of sportsmen's performances [10, 11, 15].

At the same time scientists note insufficient development and low level of recommendations for sportsmen, practicing different kinds of sports, which would consider not only age, sport qualification and individual potentials, but also influence of specificity of certain kind of sports on personality's qualities and health of sportsmen. Concerning judo wrestlers there is very little such researches.

The urgency of solution of a.m. questions is evident that exactly forced us to fulfill such research.

The research has been fulfilled in compliance with plan of scientific-research works of Ministry of family, youth and sports of Ukraine by topic "Psychological-pedagogic foundation of increasing of sport functioning's effectiveness and recreational processors after physical loads".

Purpose, tasks of the work, material and methods

The purpose of the work is to test qualities of personality, judo wrestlers' physical and psychic health in preparatory and competition periods.

Organization and methods of the research: in the present research 52 sportsmen (male) of age from 17 to 22 years), who had the following sport qualifications: first sport degree, candidate master of sports, master of sports of Ukraine. All sample of sportsmen consisted of two groups: successful – control group (CG) and unsuccessful – experimental group (EG). Application of method of experts' evaluations with analysis of exercises' mastering, practicing of sparring at trainings and, the main thing, quantitative evaluation of wins at competitions, permitted to call CG a successful group and EG – unsuccessful.

Diagnostic of many-factors' research of personality by R.B. Cattle [5] is one of the best methods of analyzing of environmental factors' influence on personality's qualities. Quantitative data were processed with methods of mathematical statistics [12].

Results of the research

Like in many other kinds of sports, sport functioning of judo wrestlers is realized in extreme conditions and has its own peculiarities [1, 3]. In literature there exists an opinion that specificity of sport functioning appropriately reflects in qualities of sportsman's personality [7, 13]. Sport functioning of judo wrestlers is composed of training and competition processes, which substantially differ from each other, mainly by psychological criteria.

Data about influence of training functioning on personality's qualities of judo wrestlers are given in table 1.

Table 1

Level of personality's manifestation of the tested sportsmen on preparatory period of their sport functioning ($\bar{X} \pm m$)

Factors 16 PF	Control group (n=26)	Experimental group (n=26)	Level of probability	
			t	p
A	7.06±0.38	6.18±0.34	1.8	>0.05
B	7.13±0.27	6.30±0.21	2.5	<0,05
C	6.37±0.29	5.46±0.24	2.5	<0.05
E	8.08±0.27	7.63±0.21	2.3	<0.05
F	6.30±0.79	7.51±0.85	2.8	<0.01
G	8.07±1.20	5.36±1.17	2.3	<0.05
H	9.06±0.37	7.72±0.30	2.9	<0.01
I	5.13±0.41	6.87±0.54	2.6	<0.05
L	5.33±0.52	7.04±0.56	2.2	<0.05
M	8.45±0.81	6.27±0.75	2.0	<0.05
N	7.38±0.72	5.67±0.67	1.8	>0.05
O	7.05±0.077	8.11±0.082	2.6	<0.05
Q ₁	6.11±0.44	7.84±0.50	2.6	<0.05
Q ₂	9.26±0.82	6.55±0.74	2.5	<0.05
Q ₃	8.17±0.43	6.88±0.37	2.3	<0.05
Q ₄	6.02±0.65	8.58±0.74	2.6	<0.05

Notes: A – closeness-friendliness; B – intellect; C – emotional instability-stability; E – obedience—domination; F – continence-expressiveness; G – low behavioral standards; H – timidity – brevity; I – severity- kindness; L – credulity-suspiciousness; M – practicality – daydreaming; N – straightness - diplomacy; O – calmness – anxiety; Q₁ – conservatism – radicalism; Q₂ – conformism – non-conformism; Q₃ – low self-control – high self-control; Q₄ – relaxation – tension.

Results of competition functioning's influence on personality's qualities of judo wrestlers are given in table 2.

Table 2

Manifestation of personality's qualities of the tested sportsmen in competition period ($\bar{X} \pm m$)

Factors 16 PF	Control group (n=26)	Experimental group (n=26)	Level of probability	
			t	p
A	6.04±0.44	7.86±0.50	2.3	<0.05
B	8.65±0.36	7.45±0.31	2.6	<0.05
C	8.43±0.36	7.13±0.31	2.8	<0.01

Factors 16 PF	Control group (n=26)	Experimental group (n=26)	Level of probability	
			t	p
E	11.50±1.21	7.51±1.16	2.4	<0.05
F	5.34±0.78	7.96±0.86	2.3	<0.05
G	10.66±0.51	8.81±0.43	2.8	<0.01
H	10.95±.72	8.14±0.67	2.9	<0.01
I	6.71±0.77	8.33±0.88	2.8	<0.01
L	8.56±0.18	7.89±0.21	2.6	<0.05
M	7.96±0.51	6.14±0.43	2.7	<0.01
N	8.59±0.57	6.57±0.51	2.6	<0.05
O	7.93±0.83	10.37±0.80	2.1	<0.05
Q ₁	6.38±0.38	7.41±0.42	1.8	>0.05
Q ₂	10.26±1.76	5.30±1.48	2.2	<0.05
Q ₃	8.36±0.57	6.95±0.51	2.3	<0.05
Q ₄	7.46±1.16	11.55±1.21	2.4	<0.05

Marks by first factor A witness about differently oriented changes of personality's qualities in compared groups of sportsmen. Videlicet: in CG, in comparing with preparatory period, there is observed reduction of marks from 7.06 to 6.04 stens ($p<0.05$), and in experimental group (EG) this indicator increases from 6.18 to 7,86 ($p<0.05$). It means that in competition period EG sportsmen also activate their friendliness, discuss possible variants of their performances; they are ready to listen to the thoughts of other.

Concerning CG sportsmen, their increasing of emotional tension is accompanied by increasing of closeness, reducing of friendliness, personal speculations about own tactic in future duels.

As per scale of intellect in both groups of the tested higher than in training period marks were received. In EG increment of this indicator changed by 1.11 points and in CG – by 2.45 ($p<0.05$). That means that sportsmen of both groups in this period manifested intellectual efforts for achievement of their performances' success. Though, CG sportsmen made it more efficiently. It is quite obvious that it was conditioned by their "switching off" from environment, "by diving in their sub-consciousness". In any way, increasing of intellectual activity can be regarded as a tool of choice of behavior, taking more reasonable and correct decision, especially in extreme conditions of sport functioning, which achieved with sportsman's experience.

Emotional balance is also an important lever in formation of resistance of personality's psychological sphere to stressful factors. The data, received by this scale, also demonstrate increment of marks in both groups of the tested. Though, again it should be noted that there is substantial difference between indicators of both groups. EG sportsmen had increment by 1.67, and CG – by 2.06 ($p<0.05$). In other words, emotional balance of judo sportsmen is manifested in this period much higher. In the author's opinion, methodic by R.B. Cattle, increasing of emotional balance is always accompanied by reducing of nervous tiredness, increasing of emotional rigidity and lowering of threshold or sense perception organs' irritability, that is especially important in martial arts.

Lowering of marks by scale E means increasing of dependence, obedience to general psychological atmosphere, to group actions, demand in listening to other's opinions. Just this is realized in EG with increasing of nervous-psyche tension. That is why, in competition period, their obedience increases that is manifested in low marks and it is quite logic and corresponds to received by us results (we registered reduction of this indicator by 0.12, $p<0.05$).

At the same time, in CG we observed increasing of this indicator by 3.42 points ($p<0.05$). This fact should be understood as proof of demand in extreme conditions to have dominance of own actions and not to depend on adversary, to have own tactic of duel and be concentrated on this tactic.

Marks by factor F also permitted to convince in directly opposite direction of their changes in both groups. For example, for EG judo wrestlers, this indicator increased, though insignificantly, by 0.45. It can be explained by which and understanding of importance of interpersonal contacts, mutual analysis of competition situations and results of intermediate performances.

In Cg, on the contrary, marks by this factor reduced by 0.96 points ($p < 0.05$). It is also important for receiving of positive results, because, it means that these subjects, being influenced by stressful factors, become more reasonable, cautious, —measure” every step, comparing all actions with actions of adversaries. So, it is quite logic that CG judo wrestlers to lagers extent than EG sportsmen are able to self mobilization at competitions.

Especial jump of data was after analysis of G-scale marks. It was determined that in EG this indicator increased to 10.66 points, that, in comparison with preparatory period is by 3.45 higher, and in CG – to 8.81 that is higher by 2.59 points ($p < 0.05$). In other words in both groups competition’s conditions mobilize responsibility, commitment, wish to win. However, quantitative value of changes in this direction is higher, is sportsman is able to control himself, is stress-resistant in extreme conditions, i.e. it is higher in CG group.

Increasing of indicators by factor H also illustrate presence of adequate responses to situations and plasticity of psychic processes of CG sportsmen. They understand that they shall mobilize all their strength and skills, be maximally active and be ready for sudden situations. For example EG judo wrestlers’ indicator increased only by 0.42 points because competition conditions do not cause their emotional uplift. At the same time, CG wrestlers have increment of this indicators by 1,60 points ($p < 0.01$). It is undoubtedly substantial difference in change of indicators by this scale.

The next factor, I, permits to calculate —security – kindness”. In both groups there is observed reduction of kindness and romanticism in competition period. Like in previous scale changes in indicators take place in one direction – they increase. But in EG – by 1.46points and in CG – by 1.58p<0.01).

The same changes were detected after analysis of data by scale L. In both groups indicators in competition period increase. In EG – by 0.85 and in CG – by 3.23 points ($p < 0.05$). Cautiousness, egocentricity, suspicious attitude to adversary are sharpened.

By scale M we obtained data, which show decreasing of marks in EG by 0.13 points and reduction of their quantitative value in CG by 0.49 ($p < 0.01$) that means increasing of responsibility and attention even to insignificant changes in environment.

Marks by scale N increase in both groups of the tested. With it, in CG we registered increment by 0.90 points and in CG – by 1.31 ($p < 0,05$). In other words for CG it is very important to sharpen such qualities as calculation of own actions and behavior, which are reflection of positive influence of better psychological training on their mentality.

Such qualities as self assurance, calmness are also rather substantial and influencing on competition results. But, unfortunately, as received data witness, in both group marks by scale o increase that means weakening of the above listed qualities: in CG – by 0.88 points and in EG – by 2.15 стена ($p < 0.05$). Such change of psychological status, is surely undesirable for sportsmen and such results can be explained only by poor psychological training, inability to control oneself in extreme conditions of competitions.

Scale Q₁ permits to measure —onservatism-radicalism”. In our research we received by this scale unconfident data, but we should not insignificant rising of this indicator in CG and reducing in EG.

The marks, obtained as a results of Q₂, scale’s analysis shows their reduction in EG and increasing in CG. In CG quantitative reduction equaled to 1.25points and in EG – increasing by 1.0 ($p < 0.05$). Increasing of this indicator in CG is explained y strengthening of such qualities as independence, domination of own decisions, obedience to own tactic that, undoubtedly, is very important for victory in judo.

As per factor Q₃ we received also increment of indicators, but in EG increasing of one of the main quality – self-control was only by 0.07 points and in CG – by 0.19 ($p < 0.05$). In this case we have to mark that increasing of so important for judo qualities should be higher than actual. In our opinion such insignificant shift was a result of poor psychological training of sportsmen.

Especially clearly this opinion is proved by analysis of Q₄ scale’s results. With sufficiently reliable control of emotions, skills of self-regulation, control psychic state in extreme conditions sportsmen would not have such undesirable qualities as hyper excitability, frustration, anxiety and depression in competition conditions. But, unfortunately, CG sportsmen had increment of this indicator by 1.44points and EG – by 2.97 ($p < 0.05$). It can mean only one thing: with such increment of negative qualities’ manifestation against the background of constant (in competition conditions) influence of this qualities on sportsmen’s behavior it would be difficult to expect some significant success..

Conclusions:

1. Peculiarities of sport functioning’s influence on sportsmen’s personalities are conditioned by their stress-resistance and training or competition conditions. In both groups in competition period level of personality’s qualities was higher than in training one. However, EG members had higher the following indicators: friendliness, intellect, emotional stability, brevity, trustfulness, straightness, calmness, radicalism, discipline, tension, irritability.

Judo wrestlers of CG in competition period had the following increased qualities: quick-witness, emotional maturity, independence, persistence, bent to risk, self assurance, self-control, suspiciousness, hyper-excitability, frustration, aggressiveness.

2. Increasing of manifestation of qualities, which are required for successful sport functioning in extreme conditions, was insignificant in both groups (within 1.2-1.7 points). It is conditioned by absence of good qualified general and special psychological training.

The further prospects of the researches can be determination of factors, which influence not only on psychological but also on physiological processes in sportsman's organism.

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Information about the author:

Beygul I.O.: ORCID: 0000-0002-3892-6023; Bej-igor@mail.ru;
Dniprodzerzhinsk State Technical University; Dniprobudivska Str. 2,
Dneprodzerzhinsk, 51918, Ukraine.

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