

## PERSONALITY AND PERFORMANCE SPORT

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### Abstract

This work has proposed to address several broad objectives and some specific objectives.

### General objectives:

- Identify personality traits and motivational structures of athlete performance profile in order to optimize the current patterns of selection in sport performance;
- Highlighting the effects it has long practice of sport in the individuals personality;
- Identifying the specific type of motivation that has significant influence in obtaining performance;

### Specifically, we pursued the following objectives:

- Presentation of personality factors underlying the differentiation of personality profiles of the two groups of subjects.
- Identification of specific temperamental type for each group of athletes examined.
- Highlighting the weight of the intrinsic and extrinsic motivation reported to sports success.

Research is certifying and descriptive study, which has the target population for a total of 40 athletes, who are divided into two groups: one consisting of 20 persons who practice or have practiced individual sports performance and other composed of 20 current or former collective sports performers.

### The tests used were:

- A. Sixteen Personality Factor Questionnaire (R.B. Cattell)
- B. Personality Questionnaire of Guilford – Zimmerman
- C. Questionnaire for temperamental identification (Belov)
- D. Questionnaire for motivation identification (made by the authors)

Under these tests, can be concluded that the first test significant differences were observed in 5 of those factors 16. In this regard can be said that differences between groups are in terms of self image, how to assert personal and expression of conventional trends. In the second, are obvious differences in the 3 factors of 10, the direction of effective emotion in shares obedience. Belov test emphasize the significant differences concerning the type of temperament and objectivity in conduct various events here. The weight of internal and external motivation for sport is different aspects in the 2 groups of athletes, and this is shown by the last test applied.

As a general conclusion one can say that long practice relevant to a particular sport help shape a profile of personality. The essential characteristics that define the personality profile for individual sports group subjects are: courage, dynamism, a desire to be independent, assuming responsibilities and risks, the ability to make decisions in short, slight tendency to emotional instability, impulsivity and excessive consumption of energy carried. For athletes other relevant group following basic features: constant interest and attitude, emotional stability, depending on group, perseverance, hesitation to communicate with the public.

This study completes a series of proposals to optimize the less favorable aspects highlighted in the personality of the members of 2 groups to improve performance both in life and in sports performance.

**Key words:** personality, individually, collectively, performance sport

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## INTRODUCTION.

### Theoretical basis

Separate study of mental processes, such as affectivity, thinking or motivation, is the description of the person as a whole is difficult. The concept of personality tends to cover all mental processes so as to reveal a picture of how the individual feels, thinks and behaves. Due to the complexity of her, personality has proved difficult to define, over time specialists in the field without reaching agreement, significant in this respect is the controversy arising between theorists of feature and those of situation. However, some psychologists use the term to refer to differences between individuals or affectivity including intellectual functioning, while others limit the term emotional and social aspects of behavior.

Although the definitions of personality are numerous and contradictory, G. Allport made a

comparative analysis of several conceptual delimitation and grouped them into three broad categories as: definitions by external impact, by internal structure and positivist definitions. In my opinion, the definition of the match is the last category, "as personality is the most appropriate conceptualization of a person's behavior in all its details, which may give a scientist at a time."(G.Allport, 1991 p.27)

With the criterion of personality traits may be off four main models, namely:

► *Analytical personality (planner)* - very attentive to details, addresses competition rational, logical and vulnerabilities of adversaries seeking. Limits lies the theme of trying new things and are considered excessive in their executions.

► *Personality type showman* - eager to be in the spotlight, is voluble admirers have defects

involving the lack of focus attention on important aspects of the sport race.

► *Dominant personality* - seems tireless, willing to lead, is animated by an intense desire to achieve success, sometimes becoming aggressive. The weakness is the inability to listen and opinions of others.

► *Personality conciliatory* - interact effectively with members, advocate of consensus, with the excess defects kindness and granting priority to the detriment of personal relationships to obtain victory. (www.ipersonic.com/type/AT.html)

Meaning of the term Sport is one of the most controversial in the literature of the field, both in terms of content and origin. It occurred in the context of physical education promoted in British schools, the late nineteenth century, was the strength of Thomas Arnold's theory, and describe education achieved through emulation and competition.

Sport is defined as "organized play, accompanied by exercise, done in a formal structure, organized in a context of formal and explicit rules of conduct and procedures, and observed the audience". (Rutten, A., K.H.Bette, 1991, p.34.)

Tournament includes active behavior and performance of athletes embody the bio-psycho-social unity of the personality as the individual self-expression in terms of race. In the competition share psychological factors, physical and social is different, so depending on the specific branches of sport and sport samples, but also the organizational form of sport. Base conduct sports competitions is a competitive regulation, which establishes, among others, decisions on the allocation by age, gender, class performance, eligibility requirements, announced financial rights of participants, costs, how to measure and conduct. (Prescorniță, A., 2007)

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**The motivation** of the choice of this theme is due to the fact that in our country the studies of sportive psychology are inadequate and more than this, those ones aren't recent.

The research is a fact finding and descriptive study, that has as aim people a number of 40 performance sportsmen, those ones being divided into 2 groups: one formed of 20 persons that practice or practiced individual performance sports and another one composed of 20 actual or former performers of collective sports.

**The general hypothesis:**

There is a biunique relation between the personality and the sport performance

**Specific hypotheses:**

1. The temperamental predominant type determines the practice of certain sportive branches.
2. There are differences of personality profile between the practitioners of individual sports and those ones of collective sports.
3. The sport success is influenced by specific motivational factors.

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**Description of tests used:**

**A. Sixteen Personality Factor Questionnaire** (R.B. Cattell). The inventory is based on the 12 source traits defined by factorial analysis, and the items are selected on the basis of saturation in those factors, without specifying how they were originally formulated or chosen. Many of the descriptions of the features are special formulations of Cattell. To this respect, what is important is the scientific accuracy of terminology and to this end, the elimination of all language-specific connotations usually choose to redefine the exact solution of the concepts used and, moreover, the systematic and coding terms. In this regard, the questionnaire is appropriate to be used only by professionals familiar with Cattell's theory and the exact meaning of each factor. The questionnaire has two parallel forms, the 26 items each. Can be used with both forms simultaneously. But research has shown great loyalty to those forms for all 16 scales of the questionnaire (50 to 88). uniformity coefficients (from 22 to 4) and validity (from 32 to 86) entitling an equivalence of scores for Form A and B. Factors evaluated by factorial analysis are bipolar constructs that attempt to contain the set of specific behavioral manifestations size, gradually, from one of its poles characterized by maximum expression in the conduct of an extreme size, to the other, characterized by a maximum expression of the opposite. The test assesses the normative data of the individual position along this continuum. Specific such assessments, which consider the interpretation that significant and active role in the actual behavior of the person whose weight is a factor that exceeds in one direction or another area of medium significance.

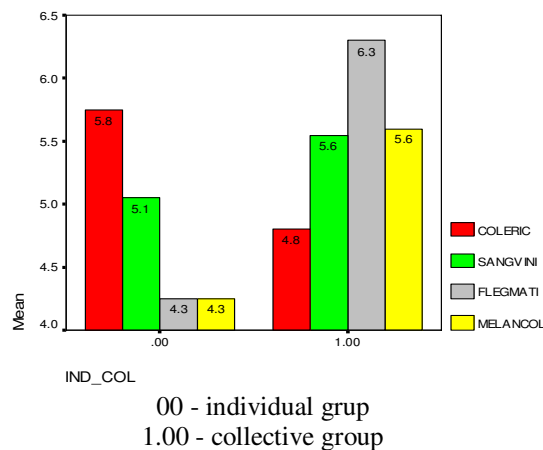


2. Guilford-Zimmerman test results.

**Table. 2** distribution mean values and standard deviation Guilford-Zimmerman test

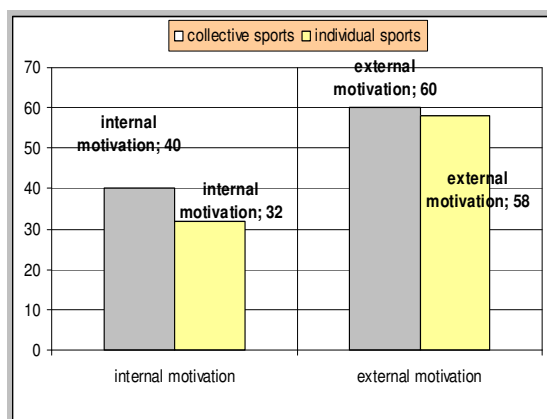
Feature	Average			St. Deviation	
	Indiv.	Collect.	Total.	Collect.	Indiv.
G	15.67	13.94	14.80	4.97	3.23
R	18.36	18.43	18.39	5.35	4.43
A	18.87	16.07	17.47	5.06	4.86
S	18.23	18.45	18.34	6.97	6.33
E	16.97	18.93	17.95	5.32	6.47
O	17.92	17.35	17.63	6.15	6.79
F	13.81	14.72	14.26	3.97	3.41
T	19.84	19.90	19.87	5.34	5.63
P	16.91	17.21	17.06	5.05	4.98
M	18.73	18.17	18.45	5.11	5.21

3. Belov test results.



**Chart 1.** Distribution media on standard notes, Belov

4. Questionnaire for motivation identification results.



**Chart 2.** Percentage values of internal and external motivation

## CONCLUSIONS:

After the realization of this study, can be dignified the following:

1. Between the 2 studied groups, there are observed significant differences regarding the temperamental predominant type. The profile of **choleric-sanguine** temper is characteristic for the practitioners of individual sports, and the **phlegmatic-sanguine- melancholic** type is specific to the team sportsmen.
2. The prolonged practice of a certain sport contributes relevantly to the shaping of a certain personality profile. The essential characteristics that define courage, dynamism, the desire to be independent, the assumption of responsibilities and risks, the capacity to take decisions within short time, a easy tendency of emotional instability, of impulsivity and of excessive consume of energy within the activities development. For the sportsmen of the other group are relevant the following base attributes: constancy in interests and attitudes, emotional stability, group dependency, perseverance, hesitation to communicate with the public.
3. The inherent motivation represents the main form of motivation that determines the sportsmen of the two groups to practice the chosen sports. The lower values registered at the level of the group of team sports can be due to the fact that the professional sportsmen are better paid and better promoted (the mass media institutions promote more in different advertisings the sportsmen from this category), so, the external stimulations are more intense.
4. There were identified relevant similarity between the results got by the use of some different instruments (questionnaires). The most representative resemblances were observed between the feature E (Guilford-Zimmerman) and the factor C (16 PF), as well between the feature G and the definitive characteristics for the temperamental types predominant for each group: choleric and phlegmatic.
5. There were signalized significant aspects within the personality sphere or of the motivation having the gender as comparison

criteria between the members of the two groups.

6. From the analyze of the three case study, it results that the obtaining of the sportive performances is significant determined by the manifestation with regularity of the positive individual characteristics on the base of the predominant motivation of inherent type.

## PROPOSALS:

- I believe that in developing selection strategies in sport, it is appropriate to consider more strongly by psychological factors, especially if medical criteria (morpho-functional), technical and /or tactics are not enough.
- Given that subjects belonging to the group collective sports were found low on concern for others, the selflessness and effective communication (see results from the factor L - 16 PF), it is recommended that this category of performers to create suitable opportunities for possible manifestation of their individuality to the optimal parameters in the group and beyond.
- It is preferable that the individual athletes to start the group in practice drills autogenous and other relaxation techniques and mental self to counter the effects due to emotional instability and impulsivity.
- It is appropriate training methods are tailored to particular personality of athletes and to wear out more than individual training even in collective sports.
- For both categories of performers, I think it is appropriate to use the specific training type mainly ways to motivate positive (praise, encouragement, etc..) And less judgmental sentences and words to reinforce a strong sense of self.

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