

## PSYCHOLOGICAL CHARACTERISTICS ON WOMEN SOCCER PLAYERS

GIDU DIANA<sup>1</sup>, STRATON ALEXANDRU<sup>1</sup>, GIDU JUSTIN EUGEN<sup>2</sup>

<sup>1</sup> Ovidius University of Constanta, Faculty of Physical Education and Sport, ROMANIA

<sup>2</sup> C.N.C.S."CFR" S.A., Constanta, department CT 1, ROMANIA

e-mail: campiap@yahoo.com

### Abstract

In soccer game, the mastery level corresponds to executions that rely primarily on skills highly automated, with elements of originality, risk. Required all higher mental processes, but also a number of analyzers. Mental processes involved in football activity are tightly correlated with temperamental type of athlete.

**Key words:** psychological characteristics, soccer, women soccer players.

### Introduction

Football is primarily a team game, which involves direct contact with the opponent players, seeking multilateral sports players, in both the complexity of movements and/or various working conditions. Mastery level corresponds to movement executions that rely primarily on highly automated skills, with elements of originality and risk, which gives a high grade in movement execution. Also, for movement executions there are two analyzers – kinetic and balance – which gives control and are directly involved in movement executions. Body scheme and laterality are strongly engaged in soccer game (A. Dragu, 2003). We can not overlook the perception of space, which helps to create a sense of ball, gate and placement.

### Content

Regarding the higher mental processes, we note the following:

- The level of attention - the ability to concentrate attention must be maximum, which means distraction of athlete from the actions of stimuli with harmful effects and the orientation of the player, simultaneously, to its execution, teammates, opponents and referees; basically it's about flexibility and distributivity of attention.

- The level of thinking - is requested for thinking efficiency and flexibility.

- The level of imagination – in this case is required both, reproductive type of imagination (replay some action schemes which was suggested by coach) and the creative type (creation of new solutions).

- The level of intelligence - in soccer, the intelligence - resolvent-productive side of the personality - acts as technical skills, as well as, tactical intelligence.

**Technical ability** involves not only the correct execution of a technical element (passing, stoping, receiving, kicking), but also adaptation of motric behavior to the actual situation due to the nature of the field, wind, speed and direction of the ball. Therefore, it contains sensorial elements (external perception, proprioception - kinetic sensations and balance), logical (understanding the situation, reported to the task and intent), and data memory, combined with specific skills.

Intelligent motor acts present the following characteristics:

- inventiveness;
- anticipation;
- adaptability;
- variety;
- efficiency;
- promptitude;
- opportunity;
- rapidity;
- precision;
- accuracy (M. Epuran, E. Horn, 1985).

Gifted players have a good psychomotricity background (coordination, balance, body scheme) which can lead to a quick learn and progress.

**Tactical intelligence** includes motric ability, which can be structured and adjusted to the problematic situations encountered in the game. It can resolve (tactical) problem and creation (the answers to the problems already encountered and, in the same time, creating problems for the opponent). Tactical intelligence doesn't always correlate with technical skill. There may be players with technical ability, but endowed with a poor tactical intelligence. A performance player must have both tactical intelligence and technical skill, which can be added together in what is called „intelligence game”.

In terms of specific intelligence there is a great diversity which must be taken into account in both training and preparation for the game. Thus, a fairly large number of players are able to make concrete practical demonstrations, but fail to retain the information or recommendations/theoretical explanations. Others understand very well the details, but they can not realize in practice. There are also players with sound technical knowledge, but they fail to apply them in game, or players who learn the tactical and technical guidance, but cannot make the connection between theory and practice.

Most valuable players are those who not only are able to learn technique, but succeed and improve in practice.

In acceptance of M. Epuran, E. Horn (1985), soccer competence has three components:

1. Psychomotric (coordination, kinesthetic sense, body scheme, etc.).

2. Somato-physiological (somatic, motor and physiological qualities)

3. Mental (practice intelligence, voluntary and emotional adjustment).

Psychomotoric component mainly include:

- movements rapidity (optimal reactivity);
- reaction time (anticipation time);
- kinesthetic sense (movements precision);
- spatial perception (distance, depth, volume);
- perceptions of time (rhythm, tempo, duration);
- movements coordination (general and intersegmentar coordination);
- laterality;
- static and dynamic balance;
- body scheme;
- ideomotricity (ability to adjust actions by movements representation).

Somato-physiological component include:

▪ motor abilities: speed, strength, endurance, skill, mobility;

- morphological qualities: somatic type;
- exercise and recovery capacity.

Mental component include:

- practical intelligence (tactical)
- creativity;
- tenacity;
- decision;
- combativeness;
- composure;
- self-critical ability;
- resistance to stress and frustration;
- emotional balance;
- communication with others;
- motivation for performance.

For soccer is very important to know the type of temperament. **Sparkle temperament** is determined by a strong nervous system, balanced and mobile, characterized by quickness, quick movements, emotional vivacity. The player is happy, sociable.

The athlete with a such temper can also easily adapt to training and competitions. On field is lively, full of initiative, willing to cooperate with the desire for great success. The players don't have conflicts with coach and teammates and fits easily in team discipline. During the match the players don't protest at the referees decision and show no verbal aggression against opponents. Athletes with sparkle temper are named by teammates "good guys" (V. Prelici, 1980).

**Phlegmatic temperament**, are based on a strong nervous system, balanced and inert. The players show patience in activities. The players don't let disrupted by the bad situations. Because of their great capacity of concentration and perseverance can achieve exceptional results. They are moderate, with a sense of measure, do not show excessive confidence in their forces.

In sports activity, such a temper has advantages and disadvantages. The phlegmatic athlete have constant reactions and show great perseverance in both training and competitions. The players work conscientiously. In

difficult or critical moments they don't lose composure, and because its slower he can be overfulfilled in some context situation. A soccer player with a phlegmatic temperament may be particularly efficient in certain circumstances and moments.

**Choleric temperament** with a powerful and unbalanced nervous system, is explosive, boisterous and unequal. He passes from actions with maximum intensity to the abandonment or inactivity. Energetical mobilization is maximum and this occurs occasionally with depletion of energy. The player is impatient and prefer non-deliberately actions; it's comfortable when operate in conditions of risk. Due to these peculiarities, his behavior is often unpredictable. Choleric person is a good organizer and has a propensity to action and can achieve exceptional results.

Choleric soccer player seems to be favored in the sport activities, but failures - which are inherent - can have profound effects on individuals with this type of temperament. The monotony of training is hard to endure for the players and the bereave and stressful conditions may lead to the manifestations that will affect the results: violent outbursts, conflicts with opponents, teammates or coaches. Repeated failures can mobilize the player, but it may cause unacceptable reactions on social level (violence, alcoholism). **Melancholic temperament** has a nervous system characterized by weakness. In critical situations, people with a melancholic temperament do not work at their best possibilities and may fail more often than other peoples temperaments. In normal conditions, the player acts patiently and conscientiously, have a high self-exigency, but also a sensibility and inclination to sentimentalism. In some cases those with melancholic temperament are not realistic, failure may lead to dreaming or sterile dreams. Soccer players with melancholic temperament are characterized by the fact that they often get better results in training than in competition. In their cases is not about a lack of mobilization or superficiality in training, rather is an overmotivation that annihilates the initiative. They feel the need that in difficult situations to have near peoples that they trust. Athletes with melancholic temperament are disciplined, careful, with the desire to do their duty, show a high self-exigency that making the influence exerted by their coach to be particularly effective.

#### Conclusions

Mental processes involved in football activity are tightly correlated with temperamental type of athlete. Therefore a main role have the coach, who must decide how to persuade athletes to "give everything" on the ground, both in training and especially in competition.

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