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STUDY ON THE PERCEPTION OF THE PHYSICAL CAPACITIES PERCEIVED BY THE UNIVERSITY CLIENTS CORRELATED WITH THE MEASURED VALUES

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Abstract

Aim. The complex process of self-perception is the representation of an image that it shapes not only about itself and our characteristics, but also about body or segment movements in all planes of space. This study aimed to identify correlations between the physical performance that the client believes he can achieve and the degree of confidence in his own capabilities, both relative to objectively measured values.

Methods. The study was conducted with the participation of 38 clients of the Ovidius University of Constanta, to whom we addressed a questionnaire with eleven questions, in order to determine their perception of their own physical abilities expressed by the academic staff. Subjects actually performed a physical test after completing the questionnaire. The values provided by the subjects were compared with those initially expressed in the questionnaire.

Results. As most clients have a past where expressing in front of viewers, friendly or hostile, performed in all forms was an integral part of the permanent tasks, the capacity for recovery is high in value, a percentage highlighted by the question - You get back to yourself quickly after you do not properly perform a movement on the practical work, a percentage higher than 94%. The central question of our study was - If you try to do a 360 return jump, I will succeed from the first attempt 35.7%, I will succeed from three attempts 42.9%, and I do not think I will succeed 21.4%. The measured values differ significantly from those expressed. The percentage of those who made it to the first attempt of a 360 return jump was 13.15%.

Conclusions. The answers brought to the attention of specialists some trends included in the area of interest, which confirmed a degree of overvaluation, but also aspects on which we need to focus our attention in the complex process through which we transmit information and train competencies.

Keywords: perception, correlation, trust in own abilities.

Introduction

Biological organisms, various electronic assemblies and organizations are governed by algorithms that form the basis for all decision-making processes, and must have access to the source of the information. We humans continuously gather and process information about a large part of the events in our surroundings, but in parallel there is the creation and updating of a model through which we make decisions and which provides us with information that we use in the construction of perceptions, which clearly influences perceptions and in the last stage decisions. In sport, especially in games, opponents can gain a significant advantage in the competitive area by contaminating a model through which the opponent's perceptions are formed, thus negatively influencing his ability to make decisions. This can be achieved by providing sets of information that the opponent includes in the collection channel and implicitly in the processing of information.

Various cases of perception errors and self-deception (Dixon, 1976; Peck, 1983; Speer, 1970) show that individuals can involuntarily or deliberately manipulate their world model in a harmful manner. Although these manipulations are not caused by a competitor, they produce the same results as attacks by a competitor. Similar to situations where deliberate interventions or unintentional errors existed from the outside, they can cause the same undesirable effects and both can be classified as causes of misperception (Brumley, Kopp & Korb, 2006). This study aimed to examine equally the importance of interpreting previously acquired information, in driving experiences, as well as the efficiency of the capacity of accurate analysis and information of algorithms and power decision-makers.

Confrontation in the field, in the case of sports confrontations, involves the use of offensive and defensive means against competitors. Thus, all actions that use and target intelligence to gain advantage information are used in an attempt to achieve victory, similar to armed confrontation (Denning, 1999; Hutchinson & Warren, 2001). Borden (1999) and Kopp (2000) have the following stock classification. The first category includes degradation or refusal of information, about the capacities or results obtained. There is also the possibility that external factors can contribute to the degradation or destruction process and thus the subject can refuse information to a teammate, coach, parent or analyzer, thus causing the information channel to be flooded with confusing messages or changing priorities by bringing to the main plan insignificant or intentionally manufactured aspects. The second reason presented by the authors of this classification is

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the introduction of corrupt messages into the information stream, which imitate a signal that the defender accepts as authentic.

The signal is perceived by the defender as authentic and causes the defender to change his beliefs for the benefit of the attacker. The next category is denial, in which a subject acts against his own interests due to the inability to accept reality, he continues to use the same tactic, even if for many spectators this approach removes the team or athlete from the desired victory. Exploitation is the last category in which information is provided by a receiver near the opponent.

Objectives

The provision of messages by various people who are not always in the group of closest and most trusted collaborators contributes to the formation and updating of many mechanisms that underpin the results achieved by all of us. The complex process of self-perception is the representation of an image that it shapes not only about itself and our characteristics, but also about all the movements of the body or body segments in all the planes of space. This study aimed to identify correlations between the physical performance that the client thinks he can achieve and the degree of confidence in his own capabilities, both relative to objectively measured values.

Methods

The study was conducted with the participation of 38 clients of the Ovidius University of Constanta, to whom we addressed a questionnaire with eleven questions, to determine their perception of their own physical abilities expressed by the university staff. Subjects actually performed a physical test after completing the questionnaire. Subject values were compared with those initially expressed in the questionnaire.

Results

Several arguments have been presented in the literature on the perception of physical possibilities and motor capabilities. One of them is based on the idea that the possibility of making certain jumps, moves or blows is correlated with the mental representation preexisting at the moment when a subject tries to directly exemplify.

This paper presents the results measured after verbal expressions or recordings made using the application through which the questionnaire was sent. However, the purpose of this study does not have a purpose here, the results discussed in the next part show us to a small extent a significant difference. The results are related to mental representations

compatible with the general theses of mental model theory. The first question of the questionnaire was: Do you generally feel positive about yourself? The answer variant - Sometimes - is 23.8%. The second choice was - Generally yes - with 64.3%, and the last choice for the first question - Not particularly - with 11.9%. The high percentage for the first variant added with the second variant brings a result close to the maximum percentage, only 11.9% shows less confidence in itself.

The second question was: How often do you worry about living up to the standards of others? The latter - More than occasionally - has a percentage of 11.9%. In the previous discussions, clarification regarding the questions was presented. In this case, the term was defined - the standards of others - here we included family members, teachers and coaches (most of them being practitioners of sports disciplines, in various forms) and other people close to the customers participating in this study. The result represented by 11.9% is, in our opinion, a negligible one, finding explanations and organizing causes in groups and categories is a theoretical dispute that sociologists and specialists bring to the public more and more frequently, especially after the end of the restrictions imposed by the COVID-19 pandemic. The first response was - Occasionally - with a percentage of 38.1%, we believe that the public, or the people physically expressed in front of those who participated in this study, can represent a motivating context or not, along with the objectives and rewards in that scenario along with the competitive factor.

The latter with a percentage that we consider to be very high, we cannot support with scientific arguments, but we can observe and introduce into the discussion. We believe that this last percentage is essential not to neglect it in the future pedagogical strategies that we need to develop and update annually, correlated with the trends of university clients. The last answer was - Never, with 50%.

The third question of the questionnaire was: Do you recover quickly after you do not properly perform a movement for practical work? The first choice of answer - Usually yes, but much depends on the sport discipline 38.1%, brings up an expected percentage, the challenges that the client in the university receives are closer to the accumulated motor baggage or not. A desired percentage of the second response - Yes, I am quickly recovering, even after major failures - 47.6%. The last response was - Not quite; I need some more time to get back to work - by 14.3%.

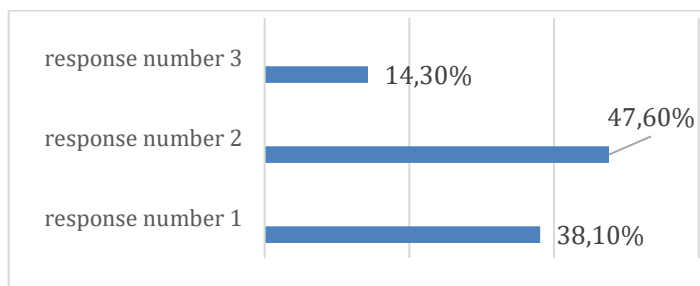


Figure 1. Graphical representation for answers to question one-three

We bring to attention the partial conclusion of this questionnaire, the physical expression capacities, measured by the subjects participating in the study do not represent an obstacle to their engagement in other activities that involve spatial representation of the segments or of the entire body in motion, or execution of some segment movements, jumping, which they perform for the first time. The fourth question: Do you ever feel that you are aware of how you execute or show your practical work? The question refers to practical activities in sports. The first response variant was - Sometimes 53.7% - The value of this percentage is not correlated with the degree of accuracy in the execution of movements. The second choice was - Never 7.3% - and the last choice was - Often - 39%. The fifth question from this study was: Do you think it's funny to live dangerously sometimes? The first response - Perhaps only occasionally - brings a high percentage of 52.4%, which expresses the openness to new challenges in which qualities and skills are required without which the subject can be exposed to risks. The low correlation between the actual possibilities of the subjects and risk-taking predisposition is the main source of this percentage recorded in the first response. The second option — yes — is 19%. Those who reject these challenges in which there is a risk of accidents are represented by 28.6% and chose the answer option - No. The next question, number six, was, How confident are you in your own decisions? The first choice was — pretty confident 50%. The second response variant was - Very confident - and had a percentage of 38.1%, added with the one calculated for the first response variant, brings into the analysis a very high value statistically analyzing. The group of those who are modest and prone to low risk is the subjects who chose the last course of response - I would rather hope that I made the right decision than to trust it - with 11.9%. As our questionnaire comprised several parts, question number seven was: How often do you set goals? The first choice of answer was - Occasionally - where I put down 33.3%. The second choice was - More than occasionally - with 61.9% and the last choice of answer - Rarely or never, because I think you have to accept life as it is - with only a 4.8% cut. The results show that most university's clients are targeted and show an increased maturity. The last three questions are oriented to the purpose proposed in this paper, and the eighth question was: What is your attitude toward failure? The first choice was — I try again and again and again — with 28.6%. The second choice of answer was the one that garnered the most votes and was present with a percentage of 57.1%.

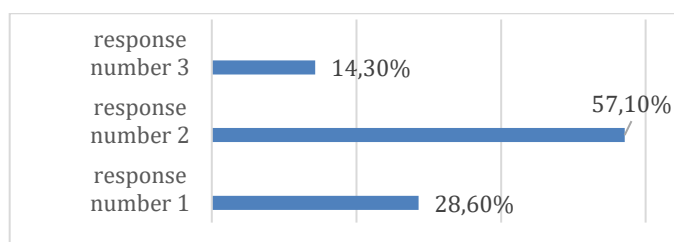


Figure 2. Graphical representation for answers to question one - eight

The optimistic way in which the participants in this study report makes us believe that it can be estimated a gain in the baggage of the motor and theoretical experience, which the clients of the university can achieve with efficiency, the answer was - Failure is an experience from which you have to learn. The last response was - Disappointment - and it added up 14.3%. One of the main questions of the study that was done, the ninth grade, was: When are you going to attempt a 360-degree turn? The first two response options put together 78.6%, they were — I'll make it on the first try — with 35.7%, and the second response was — I'll make it on the third try 42.9%. The third response was — I don't think I'm going to make it 21.4%. The measured values differ significantly from those expressed by the participants . The percentage of those who managed to execute on the first attempt of a 360 return jump was 13.15%, considerably different from that expressed by the participants in the study. Question number ten of the questionnaire was: If you try to execute the element cumpana on the beam, you have three options to answer, the first was - I succeed from the first attempt 38.1%. The second was - I will make it out of three attempts - and it garnered 54.8% votes. The first two variants of the response

accounted for 92.9%. The last response was - I do not think I will manage - 7.1%. The last question, question number eleven, a key question of our study was: If you see a demonstration that you're running a two-by-eight-stroke complex, where your lower limbs are jumping off the far side and your arms are going from the bottom, sideways, up, up, and on your shoulders, then your arms are going up the left, right sideways, back up and back again, and your lower limbs are jumping back and forth.

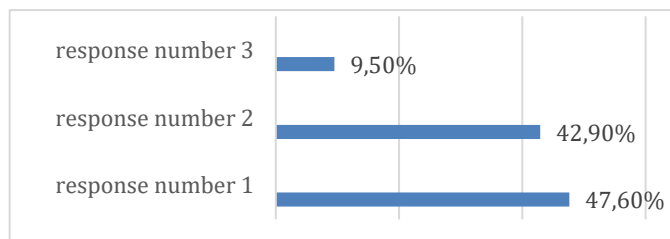


Figure 3. Graphical representation for answers to question one - eleven

The first answer was — I'm going to make it on the first try — 47.6%, value. The value of this answer correlates with the results of previous questions in which we found a level of confidence that was much higher than the level of the measured values. The sum of the value of the percentages recorded in the first questions brings to attention an unexpectedly high value, confirming an opinion about their psychomotor abilities without correlation with the real possibilities of those who participated in this study. The second answer was — I'm going to make it out of three tries — 42.9%. The sum of the first two responses was 90.5%. The last response was — I don't think I'll make it — 9.5%.

Conclusions

The answers brought to the attention of specialists some trends included in the area of interest, which confirmed a degree of overvaluation, but also aspects on which we need to focus attention in the complex process through which we transmit information and form competences. To the question - If you are trying to make a 360 return jump, I will make it from the first 35.7% attempt, I will make it from three 42.9% attempts, I do not think I will make it 21.4%. The measured values differ significantly from those expressed. The percentage of those who made the first attempt on a 360 return jump was 13.15%, which is three times lower than the percentage expressed by the participants in the study. The percentage of the second question response variant was 42.9%, much higher than the measured values that were expressed in 10.2%, almost four times lower than the percentage of those who participated in the study. We believe that the effects of the school activities conducted online have contributed to the distortion of the convictions that the university's clients have. In addition to the case mentioned above, we also discuss the increasing time spent in front of the screens. The concatenation of the two cases made a decisive contribution to deviating from the mechanism of forming perception of motor capabilities.

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