



PRINCIPLES OF PERSONALITY EXAMINATION OF ATHLETES

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Annotation

This article discusses the principles of personal examination of athletes. The relevance of the study and application of the integration of psychology and sports is revealed. We study the penetration into the personality of the athlete and its consequences, the adaptation of the athlete to the conditions of the competition and the general emotional well-being.

Keywords: sports, psychology, personality, examination of athletes, principles of personal examination of athletes.

Introduction

In a broad sense, the psychological examination of athletes should, apparently, include obtaining two personality parameters:

fairly stable personality traits;

dynamic components of personality, including temporary motivational states, transitional levels of anxiety, etc. [12].

Information obtained from a carefully and well-designed personality assessment program can be useful in cases where it is necessary to:

to identify valid research principles that would help to study the sports activities and functioning of men and women under stress, as well as to understand how to contribute to the best performance of athletes;

to enable the athlete to better know himself, his relationships with people and the conditions of sports activities that may affect him;

to help the coach and specialists more effectively direct the efforts of the athlete, better understand him and create more favorable interpersonal interactions and contact between the athlete and the coach [12].

Methods for the study of personality traits. Personality tests are a favorite method of sports psychologists around the world. From time to time, mass studies of athletes of a certain specialization are carried out and profiles are built, with which the test results of individual athletes are subsequently compared. In some cases, the information obtained through these tests helps the athlete to better understand the characteristics of his own behavior. In others, the test results are analyzed by the team's coach and doctor, and then compared with the results that the athlete shows



in individual training sessions, during the week, throughout the season. Sometimes the athlete is informed in detail about the purpose of the upcoming testing, but sometimes this is not done.

In general, before personality testing of athletes of all levels, the following criteria should be considered:

Immediately before the examination, it is necessary to explain in detail to the athletes why it is carried out, and after testing, to acquaint them with the results obtained. If active assistance from participants is desired, then athletes, especially experienced ones, should not be hidden from the real goals of testing, the idea behind the methodology, and the possible shortcomings of the tests used.

The approach itself and the level of research, of course, suggest that it is carried out by a qualified psychologist who is able not only to correctly conduct testing, but also to professionally interpret the results. Correspondence testing by mail, which is carried out on the forms sent by the trainer, and then sent to no one knows where for interpretation, does not meet either ethical or scientific principles for obtaining reliable information about a person *.

The personality tests used should be suitable for apparently mentally healthy people. For example, the already mentioned MMPI methodology (Minnesota Multilateral Personality Inventory), often used when working with athletes, is designed to examine large samples of people in order to identify symptoms of rather serious mental disorders and therefore is not suitable for assessing personality parameters in a normal sample of subjects.

The tests used must be scientifically valid and reliable. Each person working with the test should consult the relevant literature to ensure that his validity. Such tests must be valid in terms of factor analysis, i.e. each parameter measured by the test must be independent and not confounded with other factors. In addition, the characteristics identified by the test must also be relatively stable and comparable with the results of other tests that measure the same qualities in the same groups of athletes.

When evaluating important personality characteristics (such as anxiety), not one but several methods should be used to ensure that the result obtained is not an artifact of any of the specific tests used.

The frequent use of any personality test (various forms of surveys) will help determine whether the resulting personality indicators are variable or stable. This can be especially useful when testing long before the competition and just before the start.

Despite the recommendation just given, the duration of testing should not be abused and cause unwanted emotions in the athlete. The unwillingness and even hostility on the part of athletes, unwillingness to cooperate and other signs that are often found in



practical work can distort the results of the examination and personal indicators. In examination programs using personality tests, along with testing athletes, the study of the personal characteristics of their coaches should be provided. This approach will allow athletes and coaches, with the help of a psychologist, to find out the causes of their difficulties and problems in the field of interpersonal contacts. Subjects should be well aware of the limitations of personality tests. At the same time, the data obtained must be considered in context and in combination with other materials about the subjects (observations, characteristics of independent and competent judges, etc.). For example, the collection of detailed biographical data often assists the psychologist and coach in correctly interpreting an athlete's personality traits, as well as in identifying the consistency of those traits. The obtained personal indicators are often used in the interpretation of other test results. For example, using a sociogram, one can single out an athlete isolated in a team. However, only the simultaneous use of personal characteristics, from which it is clear that this athlete has expressed introversion and a low need for communication with other people, allows us to make an assumption that he is relatively satisfied with the isolation in which he is. On the other hand, if it follows from personal characteristics that an athlete has a high need for the approval of others, and from other data it turns out that he is not accepted by team members, then a completely different picture of the athlete's state is obtained [12]. Thus, it can be concluded that personality tests should be used primarily to help the athlete understand himself, as well as to improve the contact between him and the coach. Results from valid and reliable personality tests should be thoroughly interpreted before and after the survey and communicated to all concerned. And, finally, the results of personality testing should be interpreted as part of a general survey program involving biographical and socio-demographic data, as well as an assessment of motor abilities and more variable, situational indicators of mood and states, which will be discussed below [8]. Methods for the study of dynamic states. Whether an athlete performs well or poorly depends not only on relatively stable personality characteristics, but also on more variable states. For example, the literature indicates that a person, along with a relatively stable indicator of general or "personal" anxiety, also has a more variable "situational" anxiety. Although usually a person is motivated by goals and tasks that are important for him, however, the degree of importance, significance that he attaches to one or another specific work, situation, depending on time, can significantly change in one direction or another. Those who have had to develop survey techniques for the study of personality,



attitudes, temperament and motivation have long noticed the volatile nature of at least some of the indicators obtained from this. A sports psychologist must also consider which personality traits may change the most, especially if an athlete is faced with an emotionally intense situation in a competitive sport in which he will have to show his full potential.

In order to understand the nature of these changing emotional states, a psychologist can use various approaches:

You can repeatedly test athletes during training, especially as competition day approaches, using abbreviated versions of personality tests, anxiety scales, etc.

The psychologist must master techniques specifically designed to assess temporary emotional states. An example of such a technique is the Cattell Motivation Test . It contains sections relating to fears, attitudes towards a career, towards oneself and other similar dynamic qualities that make up the integral structure of the personality [8].

Cattell and others have given several explanations for why these temporary or superficial traits change. One reason is that the group tends to form personal attitudes, especially in the face of those of its members who differ most from some average. This is characteristic not only of a sports team, but also of human society as a whole. Therefore, with more frequent exposure to the group environment, these semi-permanent characteristics may become more pronounced and change from time to time. Changes in personality traits in young swimmers noted over a period of time in a study by Ogilvy and Tatco show how the team's social microclimate can shape individual superficial personality traits [8].

Conclusions

When defining the concept of personality, it is assumed that there are fairly stable characteristics that reflect the relationship of the individual to himself, to social contacts, stressors and environmental events. Penetration into the personality of an athlete can have important consequences for his success in performance, adaptation to the conditions of the competition and overall emotional well-being.

Personality traits are generally stable components of a holistic personality, which, we believe, can be measured using numerous (more than a hundred) types of tests. The use of personality testing in sports involves the formulation of certain principles both in philosophical and operational (practical) terms.

Athlete personality research should generally be as comprehensive as possible. It should use a wide range of tests and other methods that allow you to study various types of social, emotional behavior and sports activities proper. Testing, in addition,



should be carried out several times during the season (provided, however, that it does not take too much of the athlete's time).

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