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PERSONAL DETERMINANTS OF COMPETITIVENESS OF YOUNG ATHLETES

Summary

The article is devoted to the problem of competitiveness of the person. Different approaches to the definition of «competitiveness» have analyzed. Competitiveness is understood as a willingness to join the competitive fight in order to satisfy their needs. It is expressed in the frequency of participation and degree of involvement in the competition. Competitiveness is characterized by varying degrees of severity in different individuals. Because most competitive situations are in sport research competition of young athletes is grounded. To date, the question of psychological preparedness athlete to competitive activities is the most studied area in sport psychology, but the issue of competitiveness remains unexplored.

As a diagnostic apparatus were used methods “Behavioral activity type Jenkins” (adaptated by Wasserman L.I., NV Gumenyuk), “Scale of highly settings” R. Rikman’s, Hawitt-Flat’s “Multidimensional scale of perfectionism”, V. Romek’s test “Self-confidence”, test “Motivation to succeed” S.A. Pakulina, Cattell’s “16 Personality factors test”.

As a result of empirical research, by means of regression analysis, it was found that the personal determinants of competitiveness of athletes are self-sufficiency personal perfectionism (focused on ourselves, focused on others), emotional stability, discretion, dominance, social courage.

Keywords: *competition, competitiveness, athletes, personal qualities, perfectionism, emotional stability, A-type behavior.*

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ОСОБИСТІСНІ ДЕТЕРМІНАНТИ КОНКУРЕНТНОСТІ МОЛОДИХ СПОРТСМЕНІВ

Анотація

Стаття присвячена аналізу проблеми конкурентності особистості. Проаналізовані різні підходи до визначення поняття «конкурентність». Конкурентність розуміється як готовність вступати в конкурентну боротьбу задля задоволення своїх потреб і виражається в частоті участі та ступені залучення в процес конкуренції. Конкурентність характеризується різною мірою вираженості у різних осіб. Оскільки найбільше конкурентних ситуацій є в спорті, обґрунтованим є дослідження конкурентності молодих спортсменів. На сьогоднішній день в психології спорту найбільш вивченим є питання психологічної готовності спортсмена до змагальної діяльності, питання конкурентності залишається не дослідженим.

В якості діагностичного інструменту були використані методики «Тип поведінкової активності Дженкінса» (адаптація Л.І. Вассермана, Н.В. Гуменюка), «Шкала висококонкурентних установок» Р. Рікмана, «Багатомірна шкала перфекціонізму» Хьюїта-Флета, опитувальник «Впевненість в собі» В.Г. Ромека, опитувальник «Мотивація досягнення успіху» С.А. Пакуліної, 16-факторний особистісний опитувальник Р. Б. Кеттела.

В результаті емпіричного дослідження, з застосуванням регресійного аналізу, з'ясовано, що особистісними детермінантами конкурентності спортсменів виступають самодостатність, перфекціонізм особистості (орієнтований на себе, орієнтований на інших), емоційна стійкість, розсудливість а також домінантність, соціальна сміливість.

Ключові слова: конкуренція, конкурентність, спортсмени, особистісні якості, перфекціонізм, емоційна стійкість, поведінка типу А.

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ЛИЧНОСТНЫЕ ДЕТЕРМИНАНТЫ КОНКУРЕНТНОСТИ МОЛОДЫХ СПОРТСМЕНОВ

Аннотация

Статья посвящена анализу проблемы конкурентности личности. Анализируются различные подходы к определению понятия «конкурентность». Конкурентность понимается, как готовность вступать в конкурентную борьбу ради удовлетворения своих потребностей и выражается в частоте участия и степени вовлечения в процесс конкуренции. Конкуренция характеризуется разной степенью выраженности у разных лиц. Поскольку большинство конкурентных ситуаций встречается в спорте, целесообразным является исследование конкурентности молодых спортсменов.

В качестве диагностического инструмента были использованы методики: «Тип поведенческой активности Дженкинса» (адаптация Л.И. Вассермана, Н.В. Гуменюка), «Шкала высококонкурентных установок» Р. Рикмана, «Многомерная шкала перфекционизма» Хьюитта-Флэтта, опросник «Уверенность в себе» В.Г. Ромека, опросник «Мотивация достижения успеха» С.А. Пакулиной, 16-факторный личностный опросник Р. Б. Кеттела.

В результате эмпирического исследования, с использованием регрессионного анализа, установлено, что личностными детерминантами конкурентности спортсменов являются самодостаточность, перфекционизм личности (ориентированный на себя, ориентированный на других), эмоциональная стойкость, рассудительность, доминантность, социальная смелость.

Ключевые слова: конкуренция, конкурентность, спортсмены, личностные качества, перфекционизм, эмоциональная стойкость, поведение А-типа.

Formulation of the problem. "Competitive Analysis" – a new interdisciplinary field of knowledge, which, according to A. Shmelev, must deal with clarifying the motives and strategies of implicit competitive behavior. The author examines the “competition” as the basic categories of psychology and other sciences and observes: “Introduction to psychological practice the concept of “competition” and “competitive environment”– is the actual path of enrichment and analytical development of categorical apparatus of general psychological theory of activity, which explains the significant role of explicit or implicit competition in most types of human activity and animal behavior” [4, p. 105]. Accordingly, the research manifestations of competition in different sectors of human activity – in education, business, and sports meet the challenge of modern science.

A. Alexandrova, G. Lozhkyn, N.V.Grishina, L.A.Karamushka I. Kirtsner, Porter, S. Savchuk have engaged in research of the nature of competition. Psychological aspects of a person's behavior in a situation of competition analyzed in the writings of L. Galagan, L. Karamushka, psychological culture of competition is the subject of research O. Alekseeva, A. Fil.

In scientific publications of various kinds are dozens of definitions of “competition”. So far as, among other approaches we find the interpretation of competition as a contest of competing entities that seek the same goal - to have the same “object” (good), it can be argued that the greatest problem of competition represented in competitive activities of athletes. In the spotlight of sports psychologists raises the problem of the nature and form of competitive activity (Babushkin H.D.), psychological preparedness/adaptation to competitive activities (Nikulychev A.A). Competitions in sport are characterized by two features: firstly, it is a procedure for comparing qualities (abilities) rivals and secondly – a goal that



participants set themselves – to achieve superiority over his opponent, to be the best in comparison to others, beat them.

In sports psychology, at the moment, has accumulated a lot of data on the psychological conditioning of athlete readiness to competitive activities. The influence of personality traits on pre-competitions states athlete is undeniable. Also, indisputable is the fact of personality traits influence the success of sports activity. However, the question remains open which are the personal qualities of the individual factors of competitiveness.

Analysis publication. Competition in the broad sense is one of the main types of social interaction. Often competition is characterized by high personal involvement in the fight, intensification of business activity, depersonalization partial representations on opponent. But at the same time competition is closely related with cooperation, as competitive interaction requires compliance with certain rules and sanctions, without which it could go to war.

The structure of the competition in terms of activity approach includes: the subject of competitive interactions; motivation, availability of competitive motives; process aimed at achieving success in the competition; the result of which determines the position of winner and loser. During the competition, each competitor satisfies the need for personal fulfillment in the work, the quest for self-improvement.

In the publications structure of competition includes: the competitive environment; competitive situation; reaction; consequences of reaction; post-effect (the effects of competition).

The concept of “competitiveness” is less developed in our time. A. Monsaas considers competitiveness, as a description of social behavior that is modeled, reinforced and recognized significant in terms of family education. The theoretical basis of these views serves social learning theory, the essence of which is that people learned certain social behavior that modeled by important people, reinforced through a system of rewards and punishments, and finally seen as a significant value of adults [5].

R. Ryckman with colleagues in developing scale of hyper competitiveness attitudes based on the theory K. Horney. Following K. Horney, one could argue that western culture requires continuous inclusion in the competition fight, the ability to compete is value in all areas of life.

C. Podosinnikov consider competition as “subjective readiness to participate in a competitive relationship in chosen field of activity for themselves”, that acting integral component of the complex properties of the individual – competitiveness [2, p. 27].

A. Gavrilova also defines competitiveness. Competitiveness is the individual attitude directed to the satisfaction their needs through competition, which is expressed in the frequency of participation and degree of involvement in the competition. That competitiveness appears as susceptibility to competition. It may change over a lifetime, depending on the achievements of a person, their self-efficacy. Competitiveness has different severity in different individuals. The high level of competitiveness characterized by an increase in the behavior of the individual, readiness for competition, that resulting in finding competitive situation in various activities. Highly competitiveness person considers having sufficient resources and powers to win.

The author also analyzes the results of the expert survey managers, during which found that a number of personality traits determine the presence of competitive personality. It is such qualities as high self-esteem, risk appetite, activity, desire for superiority over the other, the high level of claims.

R. Scanlan identifies several stages in the development of competitive personality, analyzing which can be traced dynamics of motivation to participate in competitive situations:

1. Stage of autonomous competence. In the early stages of development (up to 4 years) it is important for a child to master their own particular skill, and not focusing on others.

2. Stage of social comparison (with 5 years of children is actively involved in a competitive situation, it is important to prove their advantages over the others, they find out who is faster, stronger etc.).

3. Integrated stage (the person independently assesses the situation and decides whether to compete with others or not). It is interesting that the author does not identify specific age limits for this stage, bearing in mind that this stage is related with personal maturity, the formation of which depends on many factors).

So, we see that the makings of competition as the individual readiness to compete formed in the high school age.

We can assume that some people with high levels of competitiveness realize this aptitude in sports activities, because the competition (in other words – a situation of competition) is an essential feature of sport. According to A. Pune, psychologically competition characterized by the desire to achieve increasingly higher athletic performance in regulated by rules of the struggle with other people. [6].

According to the behavioral approach, the behavior of an athlete in a situation of competition will depend on the individual achievement motivation and on the probability of success. Successful athletes are finding a challenge in a situation with a probability of success of 50/50, because they like to compete with equal rivals or perform difficult tasks. Athletes, who do not achieve great success, avoid such situations, preferring easy task where success is guaranteed, or, conversely, too difficult, where the probability of failure is almost obvious. Sometimes they tend to very serious problems because no one expects them to succeed. In a situation where the success rate is 50/50, they feel excessive anxiety and worry, which increases the likelihood of weak performance. Competition is available both in individual and in team sports. Almost every team inherited the competition (rivalry) between players. In the case of competition does not leads to conflict, but only encourages athletes to improve their skill, it is certainly a positive phenomenon. So in some sports, such as basketball, competition between attacker and defender, leads to the improvement of the result of the game. Healthy competition in this case to some extent, contributes to the improvement of the training process. Of competition in team also has negative

effects – some sportsmen (if status of their opponents is very high) – it leads to frustrate feelings, the desire to quit sports or only “do their number” in team.

Purpose of the article is to present the results of empirical research of the personal determinants of competition of young athletes.

The main material research. The theoretical basis of the research was the position of D. Dzhenkins, R. Rikman, M. Fulop, K. Horni, A. Shmelev, S. Podosinnikova. According to D. Dzhenkinson behavioral A-type syndrome characterized by hyper competitiveness, aggression, high motivation to succeed, tension of all muscles of the body. By description of the A-type behavior was composed conceptual idea of competitiveness. R. Rickman’s research aimed at the study hyper competitiveness of the personality: highly-competitive personality characterized by the desire for self-development and self-improvement. Hallmark of the highly-competitive personality is that win or reward for her is not the main purpose. Such person gets joy exactly from the process of competition, have fun during the movement to the purpose. So, based on lists investigations, it was determined two methods for measuring the main concept – competitiveness: methods of “Jenkin’s behavioral type of activity” (adapted by Wasserman L.I., Gumenyuk N.V.), R. Rickman’s “Hypercompetitive Attitude Scale”. It was determined the possible determinants of competitiveness and appropriate methods chosen for their mensuration 1) the level of perfectionism – Hewitt - Flat’s “Multidimensional scale of perfectionism”; 2) Self-confidence level – V. Romek’s test “Self-confidence”; 3) motivation of achievements – “Motivation to succeed” S.A. Pakulina; 4) personal traits (emotional stability, independence, self-sufficiency, self-control, social boldness, etc.) – Cattell’s “16 Personality factors test”.

The volume of respondents includes 96 sportsmen, aged 18 to 23 years. Average length of sportsmen is 6 years; 46% of samples are girls (team of fitness) and 54% - boys (volleyball team), research conducted at the National Aviation University and NTU "Kyiv Polytechnic Institute".

In order mathematical data processing methods, were used the primary descriptive statistics methods as a method of correlation analysis and regression

analysis. In processing the empirical data used by the computer program "SPSS 19 for Windows". The use of regression analysis allows predicting the result for a certain number of the known characteristics also lets you to identify which characteristics are most significant. In conducting regression analysis into account the following requirements. All variables were measured in the metric scale and have a normal distribution. Independent variables significantly correlated with the dependent variable and poorly – with each other.

Indicators of competitiveness (obtained by Jenkin's method or by Rickman's) considered as the dependent variable (model 1, model 2, respectively), and a set of independent variables were property rights as an individual, person, entity, measured in quantitative scale. Analyze both regression models.

Model 1: 564,270 (constant) + 24,518 (self-sufficiency) + -0.836 (other-oriented perfectionism) + 0,500 (itself-oriented perfectionism) + 7.473 (emotional stability).

Model 2: 12,632 (constant) + 3,067 (self-sufficiency) + 3.959 (tension) + 2.229 (diplomacy) + 2.308 (dominance) + 1.407 (social boldness).

These data allow us to interpret the eight personality characteristics as those that determine the competitive athlete.

Competitiveness individual as a willingness to enter into competition with other depends on self-sufficiency, ability to be independent, independent in their thoughts and actions. We believe that the independence of the opinion of others will allow the individual to perceive competition constructively: as a motivating factor as a chance to show their best result. The situation of comparing themselves with others outlines ways of improvement. Moreover, if the situation of competitive is losing end, it does not damage self-esteem of the individual, but rather will be a signal for the development, person will be able to be included in such situation again.

Another determinant of competitiveness empirically confirmed is self-oriented perfectionism. Sports associated with the ongoing process of improving skills, personality requires self-discipline and commitment to a high level of achievement in their chosen field. For the athlete a key task is a superiority their personal records.

Perfectionism as the ability to follow standards too high activity and high demands to the self is the basis for a critical attitude to the results to compare their current and previous results. Self-oriented perfectionism, in our opinion, stimulates competition as an athlete readiness to compete with itself.

Interestingly, that high competitive athletes characterized by a low rate of other-oriented perfectionism. In other words, the athlete turns easier in a situation of competition unless in respect of other uses his high personal standards. This setting is constructive competition, because in the win / loss situation athlete holds full responsibility for themselves.

Competitiveness depends on the athlete emotional stability, because the latter acts as a process of emotional self-regulation intense competitive activity. According to L. Abolin emotional stability is related to the ability of an athlete to overcome negative emotional experiences and prefer positive emotions during the race. Many researches in sports psychology as well proven positive impact on the progress athlete of emotional stability. A successful positive experience is the key to self-esteem, which in turn allows a person to be competitive, because, as you rightly observes Anastasia Gavrilova “high competitiveness of a person - a kind of “luxury”, which itself can allow only those people who have a certain reserve of “self-esteem” [1, p. 122].

Another determinant that determines the level of competition sportsmen is tension of personality. Tension can manifest as psychic as well as physical terms. In this psychic aspect is the constant activity and energetic nature, excitation of nervous system. In the emotional aspect it manifests as enthusiasm and inphysical - in muscles ton. The energize is a necessary component of competitive activity.

Diplomacy (factor N) determines the severity of the individual competition. Diplomacy, in particular, is revealed through a series of characteristics such as insight, cunning, prudence, ambition, which is an advantage for the party competitive situation. To succeed in the competitive situation, it is necessary to show prudence in evaluating competitor strategies, properly assess yours advantages and disadvantages. Competitiveness personality predetermined by individual ability to show dominance,



assertiveness, aggression to some extent and social courage. Competitive situation in the sport takes the form of struggle, therefore courage and aggressiveness is justified. Effectiveness is measured athlete coaches, referees, spectators, sponsors so the presence of social courage is important for competition.

Conclusions and research prospects:

1. Competitiveness is understood as the willingness of the individual to participate in the competition; this is individual setting to meet their needs through competition, which is expressed in frequency of participation and degree of involvement in the competition.

2. The analysis of individual psychological determinants of competitiveness outlines ways of creating this important for athlete's personality in the group and individual work with sportsmen.

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