

# Structure of personality of person training ju-jitsu and wrestling

## Authors' Contribution:

- A** Study Design
- B** Data Collection
- C** Statistical Analysis
- D** Manuscript Preparation
- E** Funds Collection

Artur Litwiniuk<sup>1ABDCE</sup>, Agnieszka Daniluk<sup>1BCB</sup>, Wojciech J. Cynarski<sup>2BB</sup>, Ejgil Jespersen<sup>3AE</sup>

<sup>1</sup> Józef Pilsudski Academy of Physical Education, Warsaw, Faculty of Physical Education, Biała Podlaska, Poland

<sup>2</sup> University of Rzeszów, Faculty of Physical Education, Rzeszów, Poland

<sup>3</sup> Norwegian School of Sport Sciences, Oslo, Norway

**Source of support:** Study was financially supported by the Polish State Committee of Scientific Research (DS.-73)

**Received:** 23 November 2009; **Accepted:** 24 November 2009; **Published online:** 2 December 2009

## Abstract

### Background and Study Aim:

Research into personality in psychology of sport has been done for a long time yet a lot of conclusions drawn from the research are contradictory. The aim of this study was to investigate the type and structure of personality in persons training wrestling and ju-jitsu.

### Material/Methods:

Sixty seven persons representing combat sport (wrestling, ju-jitsu) took part in research. The type and structure of personality were measured by Questionnaire of Personality of Eysenck EPQ-R.

### Results:

Among the investigated group of person, the B type of personality is dominant (56.25% ju-jitsu and 69% wrestling), which is based on sensible approach to life. More than half of the examined wrestlers (62.5%) are extroverts and (25%) are ambiverts, totally different in the midst of ju-jitsu contestants.

### Conclusions:

Proper and regular combat sports training creates positive traits and types of personality and influences stability and emotional balance so necessary in sports competitions and a lot of life situations.

### Key words:

ju-jitsu • wrestling • personality

### Author's address:

Artur Litwiniuk, Józef Pilsudski Academy of Physical Education Warsaw, Faculty of Physical Education, Akademicka 2 Str., 21-500 Biała Podlaska, Poland, e-mail: artur.litwiniuk@awf-bp.edu.pl

## BACKGROUND

The issues concerning achieving the best sports results undoubtedly call for research and practical investigation in this area [1-3]. It seems that previous accomplishments in this field make it possible to enter new areas not only in Olympic sports. It may be diagnostic, predictive or optimising [4]. Apart from specific features, sports activity also includes basic general features of human activity which are sometimes as important as specific features as far as becoming effective in sports activity is concerned. One of the general features of human activity is its connection with the substance and mental properties of a human being [5,6]. In modern psychology of sport researchers ponder on personality of competitors and the level of intensity of its features de-

pending on a particular sport. Nevertheless, conducted analyses indicate that some personality properties may be connected with the effectiveness in a given sport. It is personality that is perceived as the area not fully exploited; however, research results do not make it possible to state exactly which personality features are connected to sports achievements [7-9]. The aim of this study was to investigate type and structure of **personality** persons training wrestling and ju-jitsu.

## METHODS

The investigation included 45 person engaged **ju-jitsu** (sections: Rzeszów and Lublin), aged =  $18.3 \pm 1.27$  and 22 person **wrestling** (Cement Gryf Sport Club, Chełm), aged =  $17.7 \pm 1.04$ . The training experience was

**Personality** – complex totality of thoughts, emotions and behaviour providing a human life with a course and cohesion.

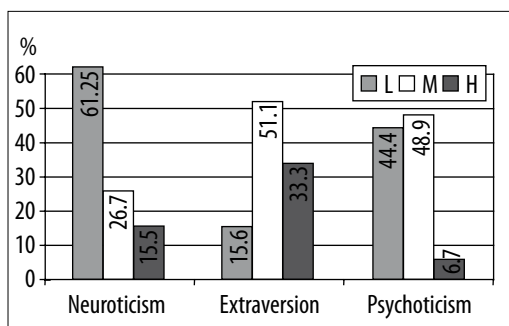
**Ju-jitsu** – contemporary sport, which emphasise the all round development of schooling

**Wrestling** – olympic sport, which consists in a direct combat between two competitors.

4–7 years. In the investigations was used Questionnaire of Personality of Eysenck (EPQ-R) to measure of type and structure of personality [5]. In statistical analysis we used the significance test: independent proportions.

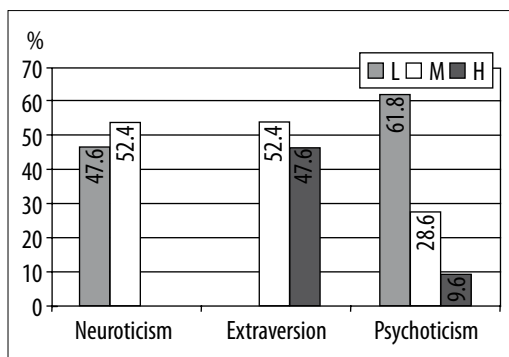
## RESULTS

Having analysed the structure of personality, it was found that wrestlers were characterised by medium and low level of neuroticism. More than half of the examined competitors, i.e. 62.5% are extroverts, 25% are ambiverts and 12.5% are introverts, so they are active, open and sociable. 61.8% of competitors are characterised by a low level of psychoticism, while only 9.6% of them by a high level (Figure 1).



**Figure 1.** Structure of personality persons training wrestling (n=22).

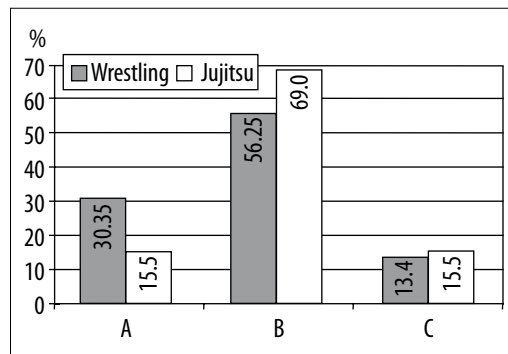
A low level of neuroticism is found in 57.8% of ju-jitsu competitors, whereas a medium level is noticeable in 26.7% of them. Ambiverts are the largest group of all the subjects (51.1%); every third subject is an extrovert (33.3%), while the remaining ones are introverts. The majority of the subjects are characterised by a low (44.4%) and medium (48.9%) level of neuroticism. Only some of them (6.7%) are characterised by a high level of psychoticism (Figure 2).



**Figure 2.** Structure of personality persons training ju-jitsu (n=45).

Personality of type B is dominant in wrestlers and ju-jitsu competitors (56.25% and 69% respectively). 35.35%

of wrestlers and 15.5% of ju-jitsu competitors have personality type A, where extroversion and neuroticism prevail and openness is connected with impulsiveness. In both examined groups personality type C is noticeable only in a few competitors (Figure 3).



**Figure 3.** Types of personality persons training ju-jitsu and wrestling (n=67).

In this study the significance of differences of feature proportions between the groups of subjects was not statistically significant.

## DISCUSSION

As far as previous studies with the use of previous methods are concerned, it was difficult to develop a thesis that would bear out the existence of particular personality type for particular sports and distinguish them from the rest of the population. For instance, in the case of Gugh’s personality inventory and Catell’s personality questionnaire, personality profiles were not defined when subjects changed [10–12]. In turn, Eysenck’s Personality Questionnaire (EPQ-R) is a tool that takes into consideration such personality dimensions as emotional balance-neuroticism and extroversion-introversion, so to some extent it makes it possible to evaluate the so-called best adjustment index. This adjustment is accomplished by those who are characterised by low neuroticism and not higher or medium extroversion. The knowledge of structure and personality types enables a coach to select training means more accurately. To a certain degree these means make it possible to have an individual approach to a training process, thus affecting this process more effectively. An extrovert, who is sociable, open, brave and resourceful, requires means, forms and methods completely different from those that apply to an introvert, who is withdrawn, meditative and inhibited. Moreover, the kind of combat sport (specificity, rules and regulations) is determined by defined patterns of behaviour [13–15]. The opinions of most researchers who have examined competitors of other sports coincide with our research results which prove that regular sports training influ-

ences stability and emotional balance so necessary in sports competitions and a lot of life situations [16–18]. On the other hand, others claim that the specificity of some sports and activity influences some traits of personality in a negative way [19–21]. That is to say, competition in combat sports requires offensive activities that might be perceived as aggressive, while in martial arts it might not be the case, as training is recreation-oriented. Therefore, numerous studies [22–25] concern assessing an aggression level, so some tests evaluating personality, e.g. Zuckerman's ZKKO, take it into account but it was not analysed in this work.

## CONCLUSIONS

The data made it possible to draw the following conclusions:

1. Both wrestlers and ju-jitsu competitors are mainly characterised by a low and medium level of neuroticism as well as a medium and high level of extroversion, which indicates that they are open, communicative and emotionally balanced.
2. Both groups differ in the case of psychotism. As for wrestlers, the level is low, whereas in ju-jitsu competitors it is medium. A low level of psychotism indicates kindness and empathy.
3. Regular combat sports training creates positive traits and types of personality and influences stability and emotional balance so necessary in sports competitions and a lot of life situations. Personality type B is dominant in both examined groups. It was noticed that personality type A is more prevalent among wrestlers than among ju-jitsu competitors.

## REFERENCES:

1. Ulatowski T: Teoria sportu. Warszawa. Trening, 1992 [in Polish]
2. Kalina RM: Teoria sportów walki. Warszawa, 2000 [in Polish]
3. Cynarski WJ, Litwiniuk A: Idea treningu holistycznego. *Movement for Culture*, 2005; 5: 228–31 [in Polish]
4. Ulatowski T: Zastosowanie metod naukowych na potrzeby sportu. Warszawa. PTNKF, 2002 [in Polish]
5. Oleś P: Wprowadzenie do psychologii osobowości. Warszawa Scholar, 2003 [in Polish]
6. Jarvis M: Sport Psychology. A Student's Handbook. Taylor & Francis, 2006
7. Gracz J, Sankowski T: Psychologia sportu. AWF Poznań, 1995 [in Polish]
8. Rychta T: Osobowość a zachowanie celowe sportowców. Warszawa, 1998 [in Polish]
9. Schwartz SH: Universals in the content and structure of values. Theoretical advances and empirical tests in 20 countries. *Advances in Experimental Social Psychology*, 1992; 25: 1–65
10. Tyszka T: Psychologia i sport. Warszawa. Z warsztatów badawczych, 1991 [in Polish]
11. Karolczak-Biernacka B: Sport. Studium psychologiczne. Z warsztatów badawczych, 1991 [in Polish]
12. Żyto-Sitkiewicz D: Z badań nad osobowością zawodników judo i zapasów. *Sport Wyczynowy*, 1981; 6: 34–35 [in Polish]
13. Daniluk A, Litwiniuk A, Błach W: Wybrane cechy osobowości a poziom agresji zawodników kadry olimpijskiej judo. (In) *Korelaty psychologiczne aktywności ruchowej i sukcesów w sporcie*. Mikołajczyk M (ed.), AWF Warszawa, PTNKF, 2004; 64–69 [in Polish]
14. Litwiniuk A, Daniluk A, Błach W: Ocena wybranych cech osobowości zawodników kadry olimpijskiej judo. (In) *Kierunki doskonalenia treningu i walki sportowej – diagnostyka*. Kuder A, Perkowski K, Śledziński D, (eds.), AWF Warszawa. PTNKF, 2005: 200–2 [in Polish]
15. Litwiniuk A, Daniluk A, Miller J: Psychological and motoric factors of competitors training Taekwondo WTF. *Acta Facultatis Exercitationis Corporis Universitatis Presoviensis*, 2009; 2: 55–59
16. Badach L: Klasa sportowa a cechy osobowości zawodników szermierki. (In) *Osobowość a zachowanie celowe sportowców*. Rychta T (ed.), Warszawa, 1998; 97–104 [in Polish]
17. Schneider I: Poziom sportowy a wybrane cechy osobowości zawodników podnoszenia ciężarów. (In) *Osobowość a zachowanie celowe sportowców*. Rychta T (ed.), Warszawa, 1998; 90–96 [in Polish]
18. Guszowska M: Wiek i poziom sportowy a cechy osobowości zawodników piłki ręcznej. (In) *Osobowość a zachowanie celowe sportowców*. Rychta T (ed.), Warszawa, 1998; 77–89 [in Polish]
19. Rasclé D, Coulomb G: Aggression in youth handball: Relationship between goal orientations and induced motivation context. *Social Behavior and Personality*, 2003; 31(1): 21–34
20. Russell WG, Arms RL: False consensus effect physical aggression, anger and willingness to escalate a disturbance. *Aggressive Behavior*, 1995; 2: 381–86
21. Storch EA, Bagner DM, Bongilatti S et al: Psychosocial correlates of overt aggression in intercollegiate athletes, 2005; 2(1): 68–75
22. Mroczkowska H, Kownacka I, Obmiński Z: Study of the indicators of social aggressiveness in competitors practising combat sport. *Polish Journal Sport and Tourism*, 2008; 15(4): 158–61
23. Nosanchuk TA, Lamarre B: Judo training and aggression: comment on Reynes and Lorant. *Percept Mot Skills*, 2002; 94, 1057–58
24. Morales-Negron H: Self-Efficacy and State Anxiety during Mandatory Combatives Training. *Arch Budo*, 2008; 4: 26–31
25. Nerwill AM, Lane AM, Lindsey J et al: Stability of psychometric questionnaires. *Journal of Sports Sciences*, 2001; 19: 273–78