

# The Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovak, and Spanish, adaptation of the Makarowski's *Aggression Questionnaire* for martial arts athletes

## Authors' Contribution:

- A Study Design
- B Data Collection
- C Statistical Analysis
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## Abstract

**Background and Study Aim:** Studying aggression and aggressiveness among martial arts athletes allows for identifying aspects of the training process, important for the professional and personal development. Makarowski's *Aggression Questionnaire* has only been published in English in 2013. The aim of the current study is recommendation to researchers, coaches of various martial arts (combat sports) disciplines, physical education teachers, and psychologists with a measure of aggression in sport.

**Material and Methods:** The Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovak, and Spanish adaptation of Makarowski's *Aggression Questionnaire* was used. The questionnaire measures the following dimensions of aggressiveness: "Go-ahead" (the athlete attacks, breaks obstacles, is courageous and see obstacles as challenges to be overcome), "Foul play" (the athlete has no scruples, is willing to blame others in order to achieve his/ her goal or to block them, often in an unethical manner - for example, by pushing an opponent on the field) and "Assertiveness" (the athlete expresses his/ her opinion and emotions directly, in a courageous way and within appropriate boundaries - for example, a critical feedback to peers or to the coach). The questionnaire's reliability and validity analyses on martial arts athletes from Hungary (n = 50), Latvia (n = 31), Lithuania (n = 51), Poland (n = 49), Romania, (n = 53), Russia (n = 55), Slovakia (n = 30) and Spain (n = 24) were made. Reliability was assessed using the Cronbach's  $\alpha$  internal consistency coefficient, which ranged from 0.69 to 0.83 for the individual subscales. The test's internal structure was verified via confirmatory factor analysis.

**Results:** The adapted versions of Makarowski's *Aggression Questionnaire* have good psychometric properties and can be used in international studies. Also, single-factor analysis of variance highlighted that martial arts athletes from Spain achieved the highest mean on the Go-ahead subscale, martial arts athletes from Latvia achieved the highest mean on the Foul play subscale, while martial arts athletes from Poland obtained the highest values on the Assertiveness subscale. Considering the lowest Go-ahead scores, these were observed in martial arts athletes from Romania, the lowest Foul play scores - in martial arts athletes from Spain, and the lowest Assertiveness values - in martial arts athletes from Hungary.

**Conclusions:** In accordance with the general methodological standards, the questionnaire can be used in coaching practice, as part of psychological skills training and in international research. The appendix includes Arabic, Chinese, French, German, Greek, Hungarian, Indian (Martahai and Hindi), Indonesian, Italian, Latvian, Lithuanian, Macedonian, Persian, Polish, Portuguese, Romanian (implicitly Moldavian), Russian, Slovak and Spanish versions of the Makarowski's *Aggression Questionnaire* for martial arts athletes, together with the norms for both women and men. The questionnaire can be used not only by athletes, but also by other people over 16 years old who need to be tested for their level of aggressiveness.

**Keywords:** combat sport • aggression • aggressiveness • martial arts • "go-ahead" • foul play • assertiveness

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**Cold aggression** – noun is the rational, predatory type of aggression which can be evoked by stimulating the perifornical lateral hypothalamus, the ventral part of the periaqueductal grey (PAG), and the ventral tegmental midbrain, which contains dopamine-producing neurons. The evoked aggressive reaction – predatory attack – requires

## INTRODUCTION

For the purposes of this article, aggression will be defined as conscious action aimed at harming or damaging its object. In turn, aggressiveness is an attitude (or personality trait) denoting the tendency to actively overcome obstacles. Aggressiveness involves the existence of psychophysical resources needed to achieve a goal [1].

Over time the authors discussed about instrumental aggression and hostile aggression [2]. It seems that instrumental aggression increases with the level of competition, while hostile aggression (intended to hurt opponents) decreases [3]. In sport, appropriate use of offensive aggression requires a careful choice of the moment to initiate action, a choice of an opponent, and modulation of the character and intensity of the behaviour dependent on how

the situation unfolds. On the other hand, appropriate use of defensive aggression requires a choice whether an emotional attack, a rational attack, or escape is the most beneficial.

Among many categorizations of aggression, the distinction between emotional and instrumental, or cold, aggression can be mentioned in particular. Cold aggression occurs when behaviours are undertaken with premeditation, rationally, in order to obtain certain advantages or to fulfil one's responsibilities, for example, forcefully breaking up the fight by a referee or subduing an aggressive prison inmate [4]. Other instrumental aggression examples in sport could be: physical contact to block an opponent in handball or basketball, dispossession by slide tackle to win the ball or different BJJ submissions, for example: rear naked choke, straight armbar, triangle choke etc. (much of the aggression in sports is instrumental). Emotional aggression has a radically different character, involving the stimulation of the sympathetic nervous system, responsible for the defensive-aggressive reactions of the fight-or-flight type [5]. The amygdala (central to fear) will be activated by the strong emotions felt by athletes in different contexts in competition, its activation being responsible for all the situations in which emotional decisions surpass the rational ones, the mechanism of action being hormonal. The "emergency route": Analyzer - Talamus - Amygdala differs from the neural route that goes from Analyzer - Talamus - Neocortex, where the proper interpretation of information takes place [6].

In martial arts, aggression is closely related to effectiveness. In order to win, athletes must act aggressively and energetically to defeat their opponents. This type of aggression is regulated by martial arts rules and is accepted socially [7].

As a result of meta-analysis of studies on the relationship between martial arts and aggressive behaviours [8], researchers showed that long-term training in martial arts is related to lower aggression [9-13]. Comparing aggression levels between adolescents training taekwondo and hockey, as well as not training in any sport, authors underlined that aggression levels were significantly lower in the group training taekwondo compared to the other two groups [14]. Also, budo practitioners, even without participation in competition, registered a lower trait-aggression level than participants

from the control group [15]. It is worth mentioning that in the case of children (primary school), one year of judo training is not related to lower aggression [16].

Other researchers also reported differences in aggression levels between men training boxing and karate [17]. Additionally, women training karate displayed aggressive behaviours more frequently than women from the control group. The authors suggest that women might associate karate with the right to physical defence against assault, while men might associate it with defence without unnecessary violence.

It was found that men display higher levels of aggressive behaviours than women regardless of the type of practiced sport, level of competition, or type of aggressive behaviour measured [18]. Thus, aggressive behaviours manifest in various forms: dominance behaviour, anger, verbal aggressiveness, thoughts, competition, or physical violence. Researchers found that athletes' testosterone rises during the aggressive phases of sports games and the testosterone levels are higher in dominance trials, the winners of competitions and when athletes are facing factitious opponents [19].

Carrying out a review of literature on the role of aggression in sports success, authors noted that the results on the relationship between sports and aggression levels are inconclusive [20]. They also noted a higher level of aggression among contact sports athletes and in studies on younger or less experienced athletes.

It was asserted that people practicing team sports display a higher likelihood of using physical aggression compared to people practicing individual sports [21]. The authors also reported a higher level of physical aggression among adolescents practicing sports 3-4 times per week compared to both adolescents who are not physically active and who practice sports more than five times per week. People with a stronger tendency towards physical aggression practice sports, which reduce this tendency only after a long-term engagement. According to specialized literature, aggressive behaviours in hockey are not a natural consequence of frustration [22]. These behaviours can be better understood as learned reactions (instrumental conditioning) which first become modelled and then reinforced through subsequent modelling.

planning and strategy and thus engages the cerebral cortex [50].

**Emotional aggression – noun** is controlled by the medial hypothalamus and the dorsal PAG. The glutamatergic neurons responsible for this behaviour are located in the anterior medial hypothalamus. They directly stimulate the NMDA receptors in the dorsal PAG. In turn, the PAG neurons project to the somatosensory and autonomic areas of the lower brain stem and the solitary nucleus. This controls aspects of emotional aggression such as vocalizations or autonomic responses (e.g., turning pale or piloerection) [51].

**Assertiveness – noun** is a characteristic, for example, of athletes who express their points of view without anxiety, succeeding to defend what they want, feel and think while respecting peers, opponents, referees or coach. It involves courage, a very fine balance between combativeness and abandonment, self-confidence and internal flexibility [52].

**Combat sport – noun** a sport in which one person fights another, e.g. wrestling, boxing and the martial arts [53].

**Martial arts – plural noun** any of various systems of combat and self-defence, e.g. judo or karate, developed especially in Japan and Korea and now usually practised as a sport [53] – "every combat sport is martial arts but not vice versa" [54, p. 18].

**Sport psychology – noun** includes the following areas - psychological skills training, motivation, motor learning, sport skill acquisition, and it refers to the application of psychological science to increase the performance and to understand the human mind and behaviour in sport [55].

**Questionnaire – noun** is perhaps the most common research method in the field of sports and physical education. Synthetically defined, a questionnaire is a set of standardized questions, developed in order to obtain data from a subject/ group of subjects. Questionnaires are usually associated with quantitative research, when a large amount of data is needed, from a large group of participants [56].

The studies presented above lead to the conclusion that sports aggression has a varied character. The results are often contradictory [23]. However, these contradictions might stem from the differences between the various sports disciplines included in the studies. The discrepancies in the results follow from the fact that martial arts create conditions in which athletes can, though they do not have to, become aggressive. It must also be noted that literature reviews on sports aggression rarely make references to the various theories of aggression which could explain the results.

Based on the available literature, analyses of study results, as well as numerous discussions, we assumed that sports aggression is composed of three elementary factors: (1) the “go-ahead”, (2) foul play, and (3) assertiveness. Foul play, or behaviours intended to prevent the opponents from reaching their goal, simultaneously increasing the likelihood of reaching one’s own goal, is the closest to the traditional definition of aggression.

**The go-ahead** in sports is the determined perseverance in reaching the goal despite numerous obstacles. It characterizes individuals who always “get what they want,” sometimes regardless of the costs. They are expansive and dynamic. Athletes high in go-ahead are bold, remain on the offensive, and they do not hesitate. They see obstacles as challenges to be overcome. “Go-ahead” is associated to aggression, but also with risk [24, 25]. “Go-ahead” people are more likely to achieve success in sport [26], the opposite of a “go-ahead” person being a passive one.

**Foul play** in sports is the blocking of others’ activities, often in an unethical manner. This means preventing others from carrying out a certain action, for example, by pushing an opponent on the field, grabbing their uniform, tackling them, and so forth. However, foul play can also involve discrediting others or spreading hurtful rumours. The unethical aggressor sometimes has a long-term strategy in mind. For example, they can use others for their own benefit to discredit an opponent in front of their coach, manager, or sponsor. Foul play means standing in someone’s way, inhibiting them from reaching their goal through blocking them. This type of aggression involves unfair, “dirty” play, also within one’s own team. Sometimes players are instructed to be unscrupulous on the field and manifest violent tactical game strategies, situations which increase the

risk of injury. Regarding the foul (violent) play, it is enough for one athlete to defy the rules, to be violent and hurt the opponent(s) in order to favour the emergence of violent conflicts [27].

**Assertiveness in sports** means the ability to accept and voice criticism, compliments, and other opinions. It is the skill to behave decisively, including rejections. It means having one’s own opinion and expressing one’s emotions directly, within appropriate boundaries. An assertive athlete can convey critical feedback to other athletes or to the coach if they do not agree with something, even if it would threaten his/ her position. Assertiveness is thus the ability to decisively voice one’s own opinion, to not yield to threats and domination by others. It can be said that an assertive athlete lives by the rule of “Your rights and needs are as important as my own”. Athletes vary greatly in terms of their ability to be assertive, and they often tend towards excessive submissiveness or excessive entitlement. Researchers mention that in sport, the assertive behaviour can enhance performance [28] due to the fact that the athlete, knowing the rules, will not harm the opponent, even though the competition takes place at a very high intensity.

The aim of the current study is recommendation to researchers, coaches of various martial arts (combat sports) disciplines, physical education teachers, and sports psychologists with a measure of aggressiveness.

## MATERIAL AND METHODS

### Characteristics of the examined group

Three hundred and forty-three athletes (82 women, 261 men) took part in the study, practicing: judo (n = 112), boxing (n = 78), karate (n = 56), wrestling (n = 10), sambo (n = 25), taekwondo (n = 19), jiu-jitsu (n = 13), Muay Thai (n = 12) and aikido (n = 18). The athletes obtained performances at national level, and about 15% at international level (some of them are World or European champions in boxing and judo). They were athletes from Hungary (n = 50), Latvia (n = 31), Lithuania (n = 51), Poland (n = 49), Romania (n = 53), Russia (n = 55), Slovakia (n = 30) and Spain (n = 24).

### Ethical requirements

The research protocol was in accordance with the ethical standards of the Helsinki Declaration. We obtained the informed consent of all the

participants, data were treated confidentiality and the anonymity of the examined group was ensured. Ethical approval for the study was provided by the regional/ local ethics committee of the National University of Physical Education and Sport, Bucharest (the number of the study authorization assigned is 1833).

### Procedure

The adaptation in eight European languages of the Makarowski's *Aggression Questionnaire* [29] will allow for assessing athletes and athlete groups in terms of engaging in aggressive behaviours. The adaptation of the questionnaire to each language version proceeded along the following steps: analysis of the theoretical construct, direct translation into the target language from the English version [29], review and comparison of the direct translations, creating the working versions, back-translation, review and comparison of the back-translations, creating the final version, qualitative research, and quantitative research [30]. All authors contributed equally to the study and questionnaire versions. The versions of the Makarowski's *Aggression Questionnaire* were prepared and applied on-line between December 2019 to June 2020.

### Theoretical validity

The most important, basic, and necessary type of validity is theoretical validity, that is, the rating of the degree to which a given questionnaire reflects a latent psychological trait. One of the methods of testing theoretical validity involves assessing a questionnaire's internal structure using confirmatory factor analysis, which tests whether the questionnaire consists of a given number of factors, estimated on the basis of a given psychological theory.

### Subscale reliability

In order to estimate the internal consistency, a reliability analysis was carried out using the Cronbach's  $\alpha$  coefficient. Internal consistency, also referred to as the homogeneity of the method, denotes the degree to which a questionnaire might be considered to measure a single construct.

### Statistical analysis

The estimation and analysis of the results is based on the following indicators: count (N); mean (M); median (Me); standard deviation (SD or  $\pm$ ); significance level, probability ( $p$ ); the significance level  $\alpha$  is the threshold for  $p$  below which the null hypothesis is rejected even though

by assumption it was true, and something else is going on ( $\alpha$ ); distribution, F-Snedecor statistics, result of the analysis of variance ( $F$ ); degrees of freedom ( $df$ ); Root Mean Square Error of Approximation (RMSEA); low RMSA (LO); high RMSE (HI); goodness of fit index (GFI); adjusted goodness of fit index (AGFI);  $CMIN/df$  denotes the chi-square value divided by the degrees of freedom, whereas TLI denotes the Tucker-Lewis index; test of closeness of fit ( $p$ -close). The latter indices are related to structural equation modelling [31, 32].

Three single-factor analysis of variance where country of origin was the grouping variable and the types of aggression were the dependent variables (DV's) were conducted. We used also Tukey's test for unequal sample sizes. Descriptive statistics and correlations (Pearson's  $r$ ) between the scales of the Makarowski's *Aggression Questionnaire* were calculated first. The first stage of the statistical analysis involved calculating the descriptive statistics for all the studied groups (Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovak, and Spanish athletes). Then, a confirmatory factor analysis (CFA) was carried out. Thus, the psychometric properties of the resulting scales were tested by calculating the descriptive statistics and correlations, by carrying out an internal consistency and criterion validity analyses. The Statistica 13.1 and SPSS Amos 26 software was used for the analyses.

When the root mean square error of approximation (RMSEA) value is less than 0.05, the model fits the data well [33, 34]. The model fits the data acceptably if the RMSEA value is between 0.06 and 0.08 [33, 35]. If the value is greater than 0.08, the model fits the data poorly.

The  $p$ -close test assesses the closeness of fit of the empirical data to the theoretical model. Additionally, the  $p$ -close tests the null hypothesis that the RMSEA is not greater than 0.05. If the  $p$ -close test value is less than 0.05, the null hypothesis is rejected and it is concluded that the computed RMSEA is greater than 0.05, which indicates a lack of a close fit. The goodness of fit index (GFI) should exceed 0.90 [36]. This measure is not directly linked to the sample size, but it provides information as to whether the tested model fits the data significantly better than no model at all [37]. Therefore, we can conclude that our model has been verified against the results distribution from the data matrix.



## RESULTS

### Descriptive statistics and scales correlations

The age and gender proportions of the samples were relatively similar (Table 1).

The descriptive statistics for each language version of the Makarowski's *Aggression Questionnaire* show that, for example, martial arts athletes from Spain achieved the highest mean on the Go-ahead subscale ( $M = 20.21 \pm 3.11$ ), martial arts athletes from Latvia achieved the highest mean on the Foul play subscale ( $M = 13.88 \pm 3.62$ ), and martial arts athletes from Poland achieved the highest mean on the Assertiveness subscale ( $M = 18.89 \pm 4.15$ ). The lowest Go-ahead

scores were observed in martial arts athletes from Romania ( $M = 17.31 \pm 3.59$ ), the lowest Foul play scores - in martial arts athletes from Spain ( $M = 7.32 \pm 2.93$ ), and the lowest Assertiveness values were found in martial arts athletes from Hungary ( $M = 13.70 \pm 4.19$ ) (Figure 1 and Table 2).

Cronbach's  $\alpha$  values are presented in Table 2. For Go-ahead, they range from 0.69 to 0.83, for Foul play - from 0.72 to 0.83, and from Assertiveness - from 0.70 to 0.83.

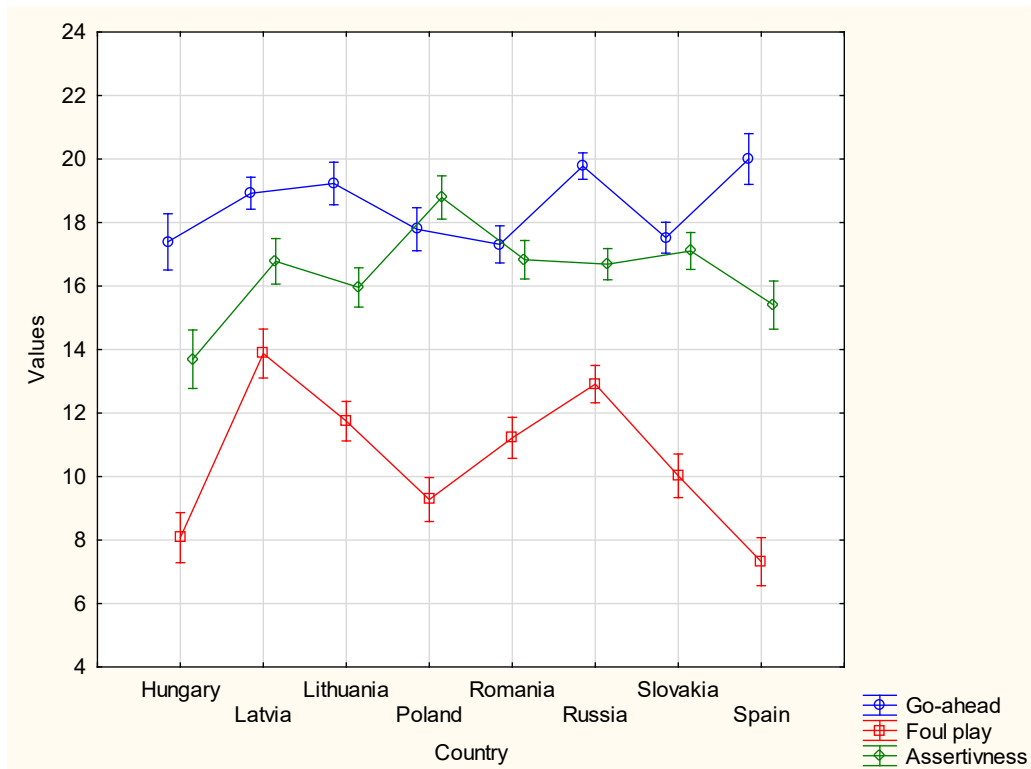
The DV's are normally distributed (skewness coefficient being less than 1), while variances of the DV's are relatively equal for each of the

**Table 1.** Descriptive statistics of the sample

Country	N	Women	Men	M <sub>age</sub>	SD
Hungary	50	19	31	34.58	11.11
Latvia	31	12	19	26.16	8.80
Lithuania	51	7	44	21.72	5.87
Poland	49	4	45	30.46	10.18
Romania	53	16	37	26.45	7.92
Russia	55	8	47	21.08	3.01
Slovakia	30	9	21	30.40	14.03
Spain	24	7	17	28.87	10.87
Total	343	82	261		

**Table 2.** Descriptive statistics, reliability coefficients and differences in aggression levels among athletes from the eight countries included in the study

Country	Go-ahead			Foul play			Assertiveness		
	M	SD	$\alpha$	M	SD	$\alpha$	M	SD	$\alpha$
1. Hungary	17.49	4.07	0.69	8.22	3.52	0.73	13.70	4.19	0.78
2. Latvia	18.90	2.19	0.75	13.88	3.62	0.76	16.14	3.12	0.83
3. Lithuania	19.41	3.26	0.80	11.87	3.33	0.81	15.91	3.36	0.70
4. Poland	17.91	4.27	0.74	9.13	4.67	0.78	18.89	4.15	0.78
5. Romania	17.31	3.59	0.77	11.21	3.76	0.75	16.78	3.69	0.81
6. Russia	19.54	2.65	0.83	12.54	4.45	0.77	16.71	3.36	0.80
7. Slovakia	17.57	2.83	0.78	10.23	4.85	0.72	17.12	3.37	0.73
8. Spain	20.21	3.11	0.72	7.32	2.93	0.83	15.37	2.88	0.73
Differences	1:3; 1:6; 1:8; 3:5; 5:6; 5:8; 6:7; 7:8			1:(2,3,5,6,7); 2(3,4,5,7,8); 3:4; 2:5; 3:7; 3:8; 4:(5,6); 5:8; 6:(7,8); 7:8			1:(2,3,4,5,6,7); 2:4; 3:4; 3:5; 3:7; 4:5; 4:6; 4:7; 4:8		
F	13.055			35.075			16.692		
p	<0.05			<0.05			<0.05		
f	0.30			0.53			0.39		



**Figure 1.** Mean aggression levels in the eight countries included in the study

groups under comparison (Levene test is not significant, in the case of the three factors of aggression). Regarding Go-ahead, Foul play and Assertiveness, statistical analysis of the data revealed significant differences between the eight investigated groups. The effect size index is  $f = 0.30$  (Go-ahead),  $f = 0.53$  (Foul play), respectively  $f = 0.39$  (Assertiveness). We can argue that there are moderate to strong, respectively strong associations between the values registered for the three factors of aggression and the affiliation of athletes in one of the eight groups (Table 2).

### Theoretical validity – confirmatory factor analysis

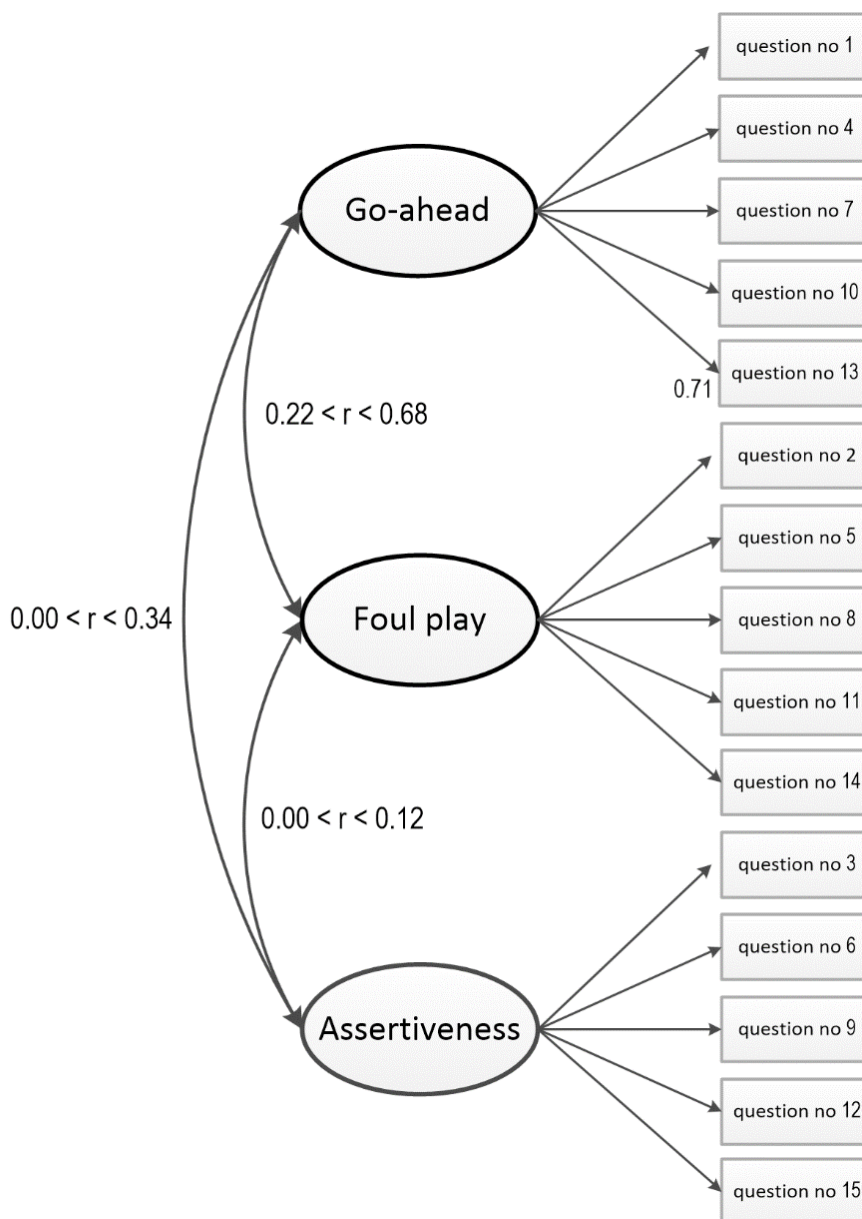
The eight path models consisted of three latent variables: Go-ahead, Foul play, and Assertiveness (Figure 2).

In each sample of martial arts athletes, the Pearson's  $r$  correlation coefficient between Go-ahead and Assertiveness was positive and ranged from 0 to 0.34. The correlations between Go-ahead and Foul play ranged from 0.22 to 0.68, and between Foul play and Assertiveness – from 0 to 0.12.

In all eight models, the RMSEA values are, generally, lower than 0.05 (some values being comprised between 0.06 and 0.08), meaning that the models fit the data well, respectively acceptably. Also, the TLI, GFI, and AGFI values were, in most cases, greater than 0.90, and the p-close value was generally greater than 0.05, which testifies to the model's good fit. The properties of the  $\chi^2$  distribution make it so that the test is overly likely to reject the null hypothesis and discredit the model in case of large samples, whereas the model can, in reality, be acceptable (Table 3).

## DISCUSSION

Sports psychologists argue that aggression and violence, in some limits, represent a source of pleasure, enthusiasm, and satisfaction for athletes [38]. Martial arts (and sports, generally) benefit from a specific behavioural code which includes moral and ethical values and in the light of this code the acts of uncontrolled violence should rarely occur. At the same time, the fierce struggle for winning in competition can generate violence and aggressive behaviours in athletes. Thus, the management of aggression in



**Figure 2.** General model of the Makarowski's Aggression Questionnaire

**Table 3.** Fit indices of the models in the eight European countries included in the study

Country	$\chi^2$	p	CMIN/df	RMSEA	LO	HI	TLI	GFI	AGFI	p-close
Hungary	133.24	0.001	1.532	0.018	0.002	0.033	0.911	0.912	0.922	0.501
Latvia	146.12	< 0.001	1.680	0.041	0.022	0.076	0.895	0.945	0.897	0.018
Lithuania	140.39	< 0.001	1.691	0.062	0.032	0.072	0.914	0.927	0.901	0.024
Poland	201.67	> 0.001	1.381	0.060	0.026	0.796	0.914	0.917	0.912	0.227
Romania	100.63	0.017	1.381	0.060	0.026	0.086	0.902	0.912	0.903	0.227
Russia	187.19	< 0.001	2.152	0.028	0.013	0.042	0.929	0.929	0.899	0.022
Slovakia	140.07	< 0.001	1.611	0.043	0.505	0.081	0.921	0.938	0.917	0.052
Spain	97.83	0.200	1.125	0.046	<0.001	0.058	0.879	0.929	0.911	0.504



a constantly changing world and affected by various problems (most recently by the COVID-19 pandemic) is an important phenomenon. We can observe that sport, on the one hand offers a positive experience for managing aggression, but on the other hand, sport can reinforce and foster aggression by its, sometimes, extremely competitive nature.

In our study samples of martial arts athletes from eight countries were assessed. The analyses yielded three subscales in each of the samples: (a) Go-ahead, (b) Foul play, and (c) Assertiveness. Each of these types of aggressiveness can manifest as instrumental or emotional aggression depending on the situational context.

The questionnaire consists of 15 items, five for each subscale. It can be used for quickly and effectively measuring aggression levels in sports. As researchers underline [39], among the advantages of a suggested questionnaire are availability, simplicity and easy testing in various conditions, characteristics which, besides methodological criteria, the suggested tool meets. It can be applied by sports psychologists, coaches of various sports disciplines, and athletes themselves. The data gathered by the questionnaire can be used to estimate a given athlete's tendency to engage in one type of aggressive behaviours over another. Among young athletes in particular, the questionnaire can be used to shape aggressive behaviour preferences according to the so-called master model of a given sports discipline. It is known that aggression is necessary (but not enough) to achieve success in sport [40], but in the case of young athletes (mainly) the "win-at-all-costs philosophy" can generate violent behaviours in sports activity, influencing young athletes' development, their physical and mental health. Using the Makarowski's *Aggression Questionnaire* scales, researchers or athletes themselves may increase awareness regarding the level of manifestation of various factors of aggression, preventing unethical and violent behaviours, with possible negative impact on wellbeing of young athletes.

It has to be noted that all language versions of the questionnaire exhibited similar psychometric indicators. Thus, the questionnaire can be recommended for use in these language groups and for further language adaptation studies. Modern sports increasingly often require measures with good psychometric indicators. Psychology also plays an evidently increasing

role in providing a competitive advantage for athletes. Our adaptations of the Makarowski's *Aggression Questionnaire* fit with the trend of creating modern methods of measuring aggression in athletes and allow for measuring three types of aggressiveness, in multiple languages. Our results supported the proposed theoretical-model by Makarowski [29] which states that aggressiveness in sport may be defined by three factors: "Go-ahead", "Foul play" and "Assertiveness". The questionnaire fills a gap in practice and completes the list of relatively few methods in applied sport psychology research – considering aggression in athletes, of which we mention the most common [40]: Taylor Aggression Paradigm [41]; Bredemeier Athletic Aggression Inventory [42]; Buss-Perry Aggression Questionnaire [43], including the following scales – physical aggression, verbal aggression, anger and hostility; Aggressiveness in Sport Questionnaire [44]; Sport Emotion Questionnaire [45]; Competitive Anger and Aggression Scale [46] and Conduct in Sport Towards Opponent Scale [47]. The newest is the Mental and Social Health (M&SH) Questionnaire [48] (verified in validation studies [49]), which can also be used in research on athletes. One of the questions is: "In sports fight with my participation: (and five alternative answers)".

Our research has a cross-sectional nature and taking into account the sports performances of the athletes, at national or international level (some of them being World or European champions) conclusions relating to the selection process and also relating to the professional development of novices (and not only) martial arts practitioners can be drawn. We mention that using the Makarowski's *Aggression Questionnaire* researchers cannot draw conclusions considering the mental health of a particular athlete.

## CONCLUSIONS

The proposed model of aggressiveness in sports distinguishes Go-ahead, Foul play, and Assertiveness. Each type of aggression is motivated by different causes. Go-ahead is the determined perseverance in reaching the goal despite numerous obstacles. It characterizes individuals who always "get what they want," sometimes regardless of the costs. Athletes high in go-ahead are bold, remain on the offensive, and they do not hesitate. They see obstacles as challenges

to be overcome. Foul (violent) play in sports is the blocking of others' activities, for example, by pushing an opponent on the field, grabbing their uniform, tackling them, and so forth. However, it can also involve discrediting others or spreading hurtful rumours. Assertiveness in sports is the ability to accept and voice criticism, compliments, and other opinions, as well as to behave decisively. An assertive athlete can convey critical feedback to peers or to the coach, if they do not agree with something, even if it would threaten his/ her position. Assertive athletes would not yield to threats and domination by others and live by the rule of "Your rights and needs are as important as my own".

Every coach or sports psychologist would benefit from knowing which types of aggression a given athlete prefers, and what are their individual aggression type levels. This knowledge can facilitate modifications to training plans, as well as to tactics during competitions. The current adaptation study involving eight European countries showed that the Makarowski's *Aggression Questionnaire* meets the methodological criteria, has good psychometric parameters (validity and reliability) and can be successfully used by coaches, sports psychologists, and athletes themselves (from 16 years old). The questionnaire can be used among martial arts athletes and other athletes.

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## APPENDIX

### Description of Makarowski's Aggression Questionnaire dimensions

The Makarowski's Aggression Questionnaire is used to measure the level of manifestation of three factors of aggression: (1) the "go-ahead", (2) foul play, and (3) assertiveness.

The go-ahead in sports is the determined perseverance in reaching the goal despite numerous obstacles. It characterizes individuals who always "get what they want," sometimes regardless of the costs. They are expansive and dynamic. Athletes high in go-ahead are bold, remain on the offensive, and they do not hesitate. They see obstacles as challenges to be overcome.

Foul play in sports is the blocking of others' activities, often in an unethical manner. This means preventing others from carrying out a certain action, for example, by pushing an opponent on the field, grabbing their uniform, tackling them, and so forth. However, foul play can also involve discrediting others or spreading hurtful rumours. The unethical aggressor sometimes has a long-term strategy in mind. For example, they can use others for their own benefit to discredit an opponent in front of their coach, manager, or sponsor. Foul play means standing in someone's way, inhibiting them from reaching their goal through blocking them. This type of aggression involves unfair, "dirty" play, also within one's own team.

Assertiveness in sports means the ability to accept and voice criticism, compliments, and other opinions. It is the skill to behave decisively, including rejections. It means having one's own

opinion and expressing one's emotions directly, within appropriate boundaries. An assertive athlete can convey critical feedback to other athletes or to the coach if they do not agree with something, even if it would threaten his/ her position. Assertiveness is thus the ability to decisively voice one's own opinion, to not yield to threats and domination by others. It can be said that an assertive athlete lives by the rule of "Your rights and needs are as important as my own".

### Rating scale and norms

The questionnaire can be used in individual and group studies. The respondents give their answers on a five-point Likert-type scale where "a" denotes *Definitely not* (1 point), "b" denotes *Probably not* (2 points), "c" - *Hard to say* (3 points), "d" - *Rather yes* (4 points), and "e" denotes *Definitely yes* (5 points).

The Go-ahead subscale items are 1, 4, 7, 10 and 13, the Foul play subscale items are 2, 5, 8, 11 and 14, while the Assertiveness scale items 3, 6, 9, 12 and 15. Scores for each subscale are calculated by summing the points from the individual item responses. The minimum score is 5, and the maximum score is 25. There are no reverse-scored items. Norms were calculated for athletes, but the questionnaire can be used in research of other groups, not only athletes.

**Norms** (The norms for women and men are the same):

The questionnaire can be used without individually requesting the authors' permission.

Appendix 1. Language versions of the Makarowski's Aggression Questionnaire (The Sports Aggression Questionnaire)

Sten	Go-ahead	Foul play	Assertiveness	Sten	Score
1	11–12		5–9	1	Very low
2	13–14	5	10–11	2	Very low
3	15	6–7	12–13	3	Low
4	16–17	8–9	14–15	4	Low
5	18–19	10–12	16–17	5	Average
6	20–21	13–14	18–19	6	Average
7	22	15–16	20–21	7	High
8	23–24	17–18	22–23	8	High
9	25	19–20	24–25	9	Very high
10		21–25		10	Very high

The questionnaire can be used without individually requesting the authors' permission.

(Martahai and Hindi), Lithuanian, Latvian, German, Persian, Polish, Portuguese, Slovak, Romanian, Russian, Hungarian and Italian version of the Questionnaire for athletes and not only athletes.

The appendix includes English, Arabic, Chinese, French, Greek, Spanish, Indonesian, Indian

Note: The Arabic, Chinese, French, Greek, Indonesian, Indian (Martahai and Hindi), German, Macedonian, Persian, Portuguese and Italian were not validated (cultural adaptation of these questionnaires was not carried out).

## English

**The Sports Aggression Questionnaire (Makarowski)****(go-ahead, foul play, assertiveness)**

Please respond to each statement. There are no right or wrong answers, only honest ones count. Please put a cross next to selected answer.

		Definitely NOT	Probably NOT	Hard to say	Rather YES	Definitely YES
1	To achieve any goal you need to push forward without paying attention to others.	a	b	c	d	e
2	Winning is what counts, no matter how is achieved.	a	b	c	d	e
3	When I think that my coach or supervisor is wrong I tell him that.	a	b	c	d	e
4	Success is achieved mostly thanks to a constant push to reach the goal.	a	b	c	d	e
5	I would not hesitate to blackmail my opponent if it will help me to win.	a	b	c	d	e
6	I'm not afraid to speak up to my supervisor, if I know that he is wrong.	a	b	c	d	e
7	I use every chance possible to reach my goal.	a	b	c	d	e
8	In order to gain promotion I would not hesitate to crush other team members.	a	b	c	d	e
9	I discuss with the referees and the trainers (or supervisors at work) when I think they are wrong.	a	b	c	d	e
10	There is no argument that would turn me away from reaching my goal.	a	b	c	d	e
11	I think that "anything goes" rule is appropriate to achieve the victory.	a	b	c	d	e
12	I'm not afraid to stand up for my own rights, even in front of the higher-ranking people than me.	a	b	c	d	e
13	"Pushing forward" is the meaning of my life.	a	b	c	d	e
14	I feel satisfaction when I manage to hurt the opponent.	a	b	c	d	e
15	For the right cause I'm willing to criticise my supervisor.	a	b	c	d	e



## Arabic

## عَضَائِرِي فِي نَوْدَعِ نَائِبَتِ سَا (Makarowski)

### (رَارِصِإِ، عَاطِخْأُ، عَسْكَاشِم)

	ال دِي كَاتَابِ	ال بَضَائِلِ نَم	دِدْجَلِ بَعْصِ	عَنْ بَضَائِلِ نَم	عَنْ دِي كَاتَابِ	
1	نِي رِخَالِ يَلْعُ كِئَارُو رِظْنَتِ الْوَمَامِ أَلِ يَلْ مَدَقْتِ نَأْ كِي يَلْعُ فِدْهِي أَيْ قِي قِحْتَلِ	a	b	c	d	e
2	مَهْمُ رِي غَهْيَلِ قِي رِطَلِ وَ مَهَالِ وَ هُ رَارِصَتِ نَأْ	a	b	c	d	e
3	قِحْ يَلْعُ أَوْ سِي لِمَهْنِ نِظْأْ مَدْنَعِ فِرْشِمِ وَأُ بَرْدِمِ لِمَ عَمِ مَلَكْتِ أْ	a	b	c	d	e
4	عِدَاوِهِ الْبِ فَادْهَالِ لِمَكْأُ يَنْزَالِ حَاجِ نَلِ قِقْحْ أْ قِقْوَلِ نَمِ رِثْكَأُ يَفِ	a	b	c	d	e
5	هَائِرْتِ فَالِ يَفِ مَدْنِ يَأْ كَانَهُ سِي لِي وَدَعْلِ يَلْعُ رَارِصَتِ نَأْ لِحْ أْ نَمِ	a	b	c	d	e
6	كِلْدَلِ بَكْرِدْمِ أْنَأْ إِذْ قِحْ يَلْعُ سِي لِي هِنِ فِرْشِمِ لِمَ لَوْقْأُ نَأْ فِخْ أْ أَلِ	a	b	c	d	e
7	حَاجِ نَلِ قِي قِحْتَلِ لِمَ كَالِ عَصْرَفِ لِمَ لِكْ لَغَسْتِ أْ	a	b	c	d	e
8	سِفَانِمِ لِمَ عَارْتِ فَالِ يَفِ مَدْنِ يَأْ كَانَهُ سِي لِي قِي قِرْتَلِ يَلْعُ لَوْصَحْلِ لِمَ	a	b	c	d	e
9	قِحْ يَلْعُ أَوْ سِي لِمَهْنِ نِظْأْ مَدْنَعِ (لِمَ عِلْمِ يَفِ فِرْشِمِ وَأُ) بَرْدِمِ لِمَ وَ مَكْحَلِ عَمِ لِدَاجْ أْ	a	b	c	d	e
10	بَغْرِمِ لِمَ فِدْهَالِ يَلْعُ لَوْصَحْلِ نَمِ يَنْفِقْوَالِ عَجْ قِي أَيْ كَانَهُ سِي لِي	a	b	c	d	e
11	رَارِصَتِ نَالِ لَوْصَحْلِ قِي رِطِ يَفِ لِي سَوَالِ لِمَ مَادْخِ تَسْإِ يَفِ قِحْ يَلْعُ يَنْزَالِ نِظْأْ	a	b	c	d	e
12	نِي فِرْشِمِ مَامِ نَأْ وَ تَادَقْتِ عَمِ عَفَادِ نَأْ فِخْ أْ أَلِ	a	b	c	d	e
13	يَتَايَحِ يَنْعَمِ وَ هُوَ مَدَقُّ يَضْمِ لِمَ	a	b	c	d	e
14	وَدَعْلِ رَرِضِ مَعِ أَمْدِنَعِ اَضْرَابِ رِعْشْأْ	a	b	c	d	e
15	فِرْشِمِ لِمَ دَقْنِ لَزَهَاجِ أْنَأْ عِلْدَاعِ لِمَ اِيضِ قِي يَفِ	a	b	c	d	e

Chinese

# 运动攻击性的问卷调查 (Makarowski)

(好斗、犯规、自主性)

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	绝对不是	可能不是	不一定	可能是	肯定是
1 要实现任何目标，需要不断向前进，不要回头看别人。	a	b	c	d	e
2 胜利才是最关键的，不管以哪种方式获胜。	a	b	c	d	e
3 当我觉得教练或上级有错误时，我一定会告诉他。	a	b	c	d	e
4 我获得成功是通过不懈的追求目标实现的。	a	b	c	d	e
5 如果获得胜利要求我拉黑对手，我会毫不犹豫这么做。	a	b	c	d	e
6 只要觉得上级是错的，我会勇敢地提醒他。	a	b	c	d	e
7 为了获得胜利，我会利用任何机会。	a	b	c	d	e
8 只要能升职，我会毫不犹豫使对手陷入困境	a	b	c	d	e
9 当我觉得他们没有道理时，我会跟裁判和教练（或工作上的经理）争论。	a	b	c	d	e
10 没有任何因素能使我放弃已设定的目标。	a	b	c	d	e
11 我同意想要获得胜利可以不择手段，这个说法。	a	b	c	d	e
12 哪怕对方是上级，我也不怕坚持自己的意见。	a	b	c	d	e
13 “向前进”是我生活的基本准则。	a	b	c	d	e
14 如果我可以伤害我的对手，我会感到很满意。	a	b	c	d	e
15 只要是有充分的理由，我会批评上级。	a	b	c	d	e

## Français

# Questionnaire sur l'agressivité (Makarowski)

Rappelle-toi, il n'y a pas de de "bonne" ou de "mauvaise" réponse, seulement celles qui sont vraies comptes. Merci de cocher la réponse avec un 'X'.

		Définitivement non	Plutôt non	Difficile à dire	Plutôt oui	Définitivement oui
1	Pour réussir quelque chose, il faut aller de l'avant et ne pas regarder les autres	a	b	c	d	e
2	Seule la victoire compte, peu importe le chemin qui y conduit.	a	b	c	d	e
3	Quand je considère que l'entraîneur ou le supérieur a tort je le lui dit.	a	b	c	d	e
4	Je remporte des succès le plus souvent grâce à ma détermination à atteindre l'objectif	a	b	c	d	e
5	Pour gagner je n'aurais pas de scrupules à salir mon adversaire.	a	b	c	d	e
6	Je n'ai pas peur de le faire remarquer à un supérieur, si je sais, qu'il a tort.	a	b	c	d	e
7	Je me sers de chaque opportunité pour gagner.	a	b	c	d	e
8	Afin d'obtenir une promotion je n'aurais pas de scrupules à faire tomber mon rival.	a	b	c	d	e
9	Je discute avec les juges et l'entraîneur (ou mon patron au travail), quand je pense qu'ils ont tort.	a	b	c	d	e
10	Il n'existe pas d'argument, qui pourrait me dissuader d'atteindre l'objectif que je me suis fixé.	a	b	c	d	e
11	Je pense que tous les coups sont permis afin d'emprunter la voie de la réussite.	a	b	c	d	e
12	Je n'ai pas peur de défendre mes opinions, même devant des personnes de niveau hiérarchique supérieur	a	b	c	d	e
13	„Allez de l'avant" c'est le sens de ma vie.	a	b	c	d	e
14	Je sens de la satisfaction, si j'arrive à nuire à mes adversaires.	a	b	c	d	e
15	Pour la bonne cause je suis prêt à exprimer des critiques envers mon responsable	a	b	c	d	e

## German

**Der Fragebogen zur Aggression im Sport (Makarowski)****(Vorwärtsgehen, Foulspiel, Durchsetzungsvermögen)**

Bitte antworten Sie für jede Aussage. Es gibt keine richtigen oder falschen Antworten, nur eine ehrliche Bewertung. Bitte kreuzen Sie die ausgewählte Antwort an.

		Definitiv nicht	Eher nicht	Es ist schwer zu sagen	Eher JA	Definitiv Ja
1	Um ein Ziel zu erreichen, muss man vorwärts gehen, ohne auf andere zu achten.	a	b	c	d	e
2	Nur der Sieg ist wichtig und nicht die Mittel, mit denen wir ihn erhalten.	a	b	c	d	e
3	Wenn ich denke, mein Trainer oder Chef liegt falsch, sage ich es ihm.	a	b	c	d	e
4	Der Erfolg beruht hauptsächlich auf der Beharrlichkeit beim Erreichen des Ziels.	a	b	c	d	e
5	Ich würde nicht zögern, meinen Gegner zu erpressen, wenn dies mir helfen würde, zu gewinnen.	a	b	c	d	e
6	Ich habe keine Angst, meinen Chef/Vorgesetzten anzusprechen, wenn ich weiß, dass er falsch liegt.	a	b	c	d	e
7	Ich nutze jede Chance, um mein Ziel zu erreichen.	a	b	c	d	e
8	Um eine Beförderung zu erreichen, würde ich nicht zögern, andere Teammitglieder zu vernichten (bzw. aus dem Weg zu räumen)	a	b	c	d	e
9	Ich diskutiere mit den Schiedsrichtern und den Trainern (oder Vorgesetzten bei der Arbeit), wenn ich denke, dass Sie falsch liegen.	a	b	c	d	e
10	Es gibt kein Argument, das mich vom Erreichen meines Ziels abbringen würde.	a	b	c	d	e
11	Ich denke, dass die „Alles ist erlaubt“ Regel angemessen ist, um den Sieg zu erreichen.	a	b	c	d	e
12	Ich habe keine Angst davor, meine Rechte zu verteidigen, selbst vor Menschen, die eine höhere Position / einen höheren Status als ich haben.	a	b	c	d	e
13	„Vorwärts gehen“ ist der Sinn meines Lebens.	a	b	c	d	e
14	Ich bin zufrieden, wenn ich es schaffe, meinen Gegner zu verletzen.	a	b	c	d	e
15	Für die richtige Sache bin ich bereit, meinen Chef / Vorgesetzten zu kritisieren.	a	b	c	d	e

## Greek (Ελληνικά)

# Αθλητική επιθετικότητα- Ερωτηματολόγιο (Makarowski)

## (επιμονή, βρώμικο παιχνίδι, επιθετικότητα)

Παρακαλώ απαντήστε σε κάθε δήλωση. Δεν υπάρχουν σωστές και λάθος απαντήσεις, Μόνο αληθείς. Παρακαλώ βάλετε ένα σταυρό σε κάθε απάντηση.

		Σίγουρα Όχι	Μπορεί Όχι	Δύσκολο να πω	Ίσως Ναι	Σίγουρα Ναι
1	Για να πετύχετε οποιοδήποτε στόχο σας, πιέζετε χωρίς να προσέχετε τους άλλους γύρω σας.	α	β	γ	δ	ε
2	Μόνο η νίκη μετράει, χωρίς να έχει σημασία πως επιτυγχάνεται.	α	β	γ	δ	ε
3	Όταν πιστεύω ότι ο προπονητής μου, είτε ο ανώτερος μου κάνει λάθος το επισημαίνω .	α	β	γ	δ	ε
4	Η Επιτυχία επιτυγχάνεται κυρίως χάρη στην συνεχή ώθηση για την επίτευξη του στόχου.	α	β	γ	δ	ε
5	Δεν θα διστάσω να εκβιάσω τον αντίπαλο μου, εάν αυτό με βοηθήσει να κερδίσω.	α	β	γ	δ	ε
6	Δεν φοβάμαι να μιλήσω στον ανώτερο μου, αν γνωρίζω ότι έχει κάνει λάθος.	α	β	γ	δ	ε
7	Χρησιμοποιώ κάθε πιθανή ευκαιρία να φτάσω στον στόχο μου..	α	β	γ	δ	ε
8	Για να προαχθώ δεν θα διστάσω να διαλύσω τα άλλα μέλη της ομάδας.	α	β	γ	δ	ε
9	Συζητάω με τους διαιτητές και τους προπονητές (είτε ανώτερους στην δουλειά) όταν σκέφτομαι ότι έχουν κάνει λάθος.	α	β	γ	δ	ε
10	Δεν υπάρχει διαφωνία που θα με απομακρύνει από την επίτευξη του στόχου μου.	α	β	γ	δ	ε
11	Πιστεύω ότι ο “όλα επιτρέπονται” κανόνας είναι κατάλληλος να επιτύχω τον στόχο μου.	α	β	γ	δ	ε
12	Δεν φοβάμαι να υπερασπιστώ τα δικαιώματά μου, ακόμα και σε αυτούς που βρίσκονται και σε υψηλότερη κατάταξη από μένα.	α	β	γ	δ	ε
13	„Πιέζοντας μπροστά“ είναι το νόημα της ζωής μου.	α	β	γ	δ	ε
14	Νιώθω ικανοποίηση όταν καταφέρνω να πληγώνω τον αντίπαλο.	α	β	γ	δ	ε
15	Για τον σωστό λόγο, προσφέρομαι να κριτικάρω τον ανώτερο.	α	β	γ	δ	ε

## Indian Marathi

**The Sports Aggression Questionnaire (Makarowski)****(go-ahead, foul play, assertiveness)**

नीचे उन कथनों की एक सूची दी गई है, जिनसे आप सहमत या असहमत हो सकते हैं। निम्नलिखित पैमाने का उपयोग करके उनमें से प्रत्येक पर एक नज़र डालें:

निश्चित रूप से नहीं  
शायद नहीं  
बल्कि हाँ  
निश्चित रूप से हाँ

	निश्चित रूप से नहीं	शायद नहीं	बल्कि हाँ	निश्चित रूप से हाँ
1 किसी भी लक्ष्य को प्राप्त करने के लिए आपको दूसरों पर ध्यान दिए बिना आगे बढ़ने की जरूरत है।	अ	ब	क	ड
2 जीतना क्या मायने रखता है, कोई फर्क नहीं पड़ता कि कैसे हासिल किया जाता है।	अ	ब	क	ड
3 जब मुझे लगता है कि मेरा कोच या सुपरवाइजर गलत है तो मैं उसे बताता हूँ।	अ	ब	क	ड
4 लक्ष्य तक पहुँचने के लिए एक निरंतर धक्का के लिए अधिकतर सफलता प्राप्त की जाती है।	अ	ब	क	ड
5 मैं अपने प्रतिद्वंद्वी को ब्लैकमेल करने में संकोच नहीं करूँगा अगर यह मुझे जीतने में मदद करेगा।	अ	ब	क	ड
6 मैं अपने पर्यवेक्षक से बात करने से डरता नहीं हूँ, अगर मुझे पता है कि वह गलत है।	अ	ब	क	ड
7 मैं अपने लक्ष्य तक पहुँचने के लिए हर संभव मौके का उपयोग करता हूँ।	अ	ब	क	ड
8 प्रचार पाने के लिए मैं टीम के अन्य सदस्यों को कुचलने में संकोच नहीं करूँगा।	अ	ब	क	ड
9 जब मुझे लगता है कि वे गलत हैं तो रेफरी और प्रशिक्षकों (या काम पर पर्यवेक्षकों) के साथ चर्चा करता हूँ।	अ	ब	क	ड
10 ऐसा कोई तर्क नहीं है जो मुझे मेरे लक्ष्य तक पहुँचने से दूर कर दे।	अ	ब	क	ड
11 मुझे लगता है कि "कुछ भी हो" नियम जीत हासिल करने के लिए उपयुक्त है।	अ	ब	क	ड
12 मैं अपने स्वयं के अधिकारों के लिए खड़े होने से डरता नहीं हूँ, यहाँ तक कि मेरे मुकाबले उच्च रैंकिंग वाले लोगों के सामने भी।	अ	ब	क	ड
13 "आगे बढ़ना" मेरे जीवन का अर्थ है।	अ	ब	क	ड
14 जब मैं प्रतिद्वंद्वी को चोट पहुँचाने का प्रबंधन करता हूँ तो मुझे संतुष्टि महसूस होती है।	अ	ब	क	ड
15 सही कारण से मैं अपने पर्यवेक्षक की आलोचना करने को तैयार हूँ।	अ	ब	क	ड

लिंग [स्त्री] [पुरुष] उमर.....



## Hindi

**The Sports Aggression Questionnaire (Makarowski)****(go-ahead, foul play, assertiveness)**

आपण सहमत विवा असहमती दशवू शता अशा विधानांची यादी खाली दिली आहे. पुढील परिमाण वापरून त्यांची उत्तरे लिहा :

मुळीच नाही  
कदाचित नाही  
कदाचित हो  
अवश्य

	मुळीच नाही	कदाचित नाही	कदाचित हो	अवश्य
1. कोणतेही ध्येय साध्य करण्यासाठी आपल्याला इतरांकडे लक्ष न देता पुढे जाणे आवश्यक आहे.	अ	ब	क	ड
2. जिंकणे महत्वाचे, मग त्या साठी कोणत्याही मार्गाचा वापर केला तरी चालेल.	अ	ब	क	ड
3. जेव्हा मला असे वाटते की माझा प्रशिक्षक किंवा पर्यवेक्षक चुकीचे आहेत तेव्हा मी त्यांना तसे सांगतो.	अ	ब	क	ड
4. सतत मागे लागत राहील्यानेच ध्येय पूर्ण होते.	अ	ब	क	ड
5. जर मी जिंकणार असेन तर मी त्यासाठी माझ्या प्रतिस्पर्ध्याला ब्लॅकमेल करण्यास मागेपुढे पाहणार नाही.	अ	ब	क	ड
6. पर्यवेक्षकाची चूक असल्यास मी न धाबरता त्यांना त्यांची चूक लक्षात आणून देऊ शकतो.	अ	ब	क	ड
7. मी माझ्या ध्येयापर्यंत पोहोचण्यासाठी प्रत्येक संधीचा उपयोग करतो.	अ	ब	क	ड
8. पदोन्नती मिळविण्यासाठी मी संघातील इतर सदस्यांना मागे ढकलण्यास अजिबात संकोच करणार नाही.	अ	ब	क	ड
9. परीक्षक किंवा पर्यवेक्षकाची चूक आहे असे लक्षात असल्यास मी त्याविषयी त्यांच्याशी चर्चा करतो.	अ	ब	क	ड
10. अशी कोणतीच गोष्ट नाही जी मला माझ्या ध्येयापर्यंत पोहोचण्यापासून मला दूर नेईल	अ	ब	क	ड
11. मला वाटते की विजय मिळविण्यासाठी "काहीही करणे" हा नियम योग्य आहे.	अ	ब	क	ड
12. माझ्यापेक्षा उच्च पदाच्या लोकांसमोर असतानाही मी माझ्या स्वतःच्या हुक्मांसाठी उभे राहण्यास धाबरत नाही.	अ	ब	क	ड
13. "लगे रहो" (चालत राहूंदे) हा माझ्या जीवनाचा मूलमंत्र आहे	अ	ब	क	ड
14. मी जेव्हा प्रतिस्पर्ध्याला दुखापत करतो तेव्हा मला समाधान मिळते.	अ	ब	क	ड
15. योग्य कारणासाठी मी माझ्या सुपरवायझरवर टीका करण्यास तयार आहे.	अ	ब	क	ड

लिंग [स्त्री] [पुरुष] वय.....

## Hungarian

# Agresszió és erőszakosság a sportban kérdőív (Makarowski)

## (harciaság, csalás, asszertivitás)

Olvassa el az állításokat és döntse el, igazak vagy sem Önre! Döntse el mindegyik kérdésnél, melyik állítás vonatkozik Önre az alábbi skála alapján.

		Egyáltalán nem	Talán nem	Nehéz megállapítani	Inkább igen	Teljes mértékben igen
1	A cél elérése érdekében a legfontosabb, hogy haladni kell előre másokra való tekintet nélkül.	a	b	c	d	e
2	Csak a győzelem számít, az nem, milyen eszközökkel érjük ezt el.	a	b	c	d	e
3	Amikor úgy érzem, hogy az edzőm vagy az ellenőr/felügyelő/supervisor/bíró téved, közlöm vele.	a	b	c	d	e
4	A győzelem eléréséhez nélkülözhetetlen, hogy folyamatosan haladjunk előre célunk elérése érdekében.	a	b	c	d	e
5	Ellenfelem zsarolásától sem tartózkodnék, ha erre lenne szükség a győzelemhez.	a	b	c	d	e
6	Nem zárkóznék el attól, hogy visszaszóljak a felügyelőnek/ellenőrnek/supervisoroknak/bírónak akkor, ha úgy érzem, hogy téved.	a	b	c	d	e
7	Minden alkalmat kihasználok, hogy elérjem a célom.	a	b	c	d	e
8	Előrelépés elérése érdekében akár a csapattagjaim érdekeit is háttérbe szorítanám.	a	b	c	d	e
9	Vitába szállnék a bíróval vagy edzővel, ha úgy érzem, tévednek.	a	b	c	d	e
10	Nincs olyan érvelés, ami eltántorítana céljaimtól.	a	b	c	d	e
11	Úgy gondolom, hogy a „minden belefér” szabály is elfogadható a céljaim elérése érdekében.	a	b	c	d	e
12	Nem félek kiállni a jogaimért akkor sem, ha nálam magasabb fokozatú személyekkel szemben kell fellépnem.	a	b	c	d	e
13	Az „előrehaladás” az élet értelme.	a	b	c	d	e
14	Elégedett vagyok, amikor kárt okozok az ellenfelemnek.	a	b	c	d	e
15	A cél elérése érdekében hajlandó vagyok a ellenőromet/felügyelőmet/supervisoromat is kritizálni.	a	b	c	d	e

**Bahasa Indonesia**

## **Kuesioner Agresivitas dalam Olahraga (Makarowski)**

**(bertarung, main curang, ketegasan)**

**(ASQ)**

Di bawah ini adalah daftar pernyataan yang dapat Anda setuju atau tidak setuju. Lihatlah masing-masing menggunakan skala berikut.

Pernyataan	Tentu saja tidak	Mungkin tidak	Sulit untuk dikatakan	Lebih tepatnya ya	Pasti ya
1 Untuk mencapai tujuan apa pun, Anda perlu maju tanpa memperhatikan orang lain.	a	b	c	d	e
2 Menang adalah hal terpenting, tidak peduli bagaimana caranya.	a	b	c	d	e
3 Ketika saya berpikir bahwa pelatih atau instruktur saya salah, saya mengatakan kepadanya.	a	b	c	d	e
4 Kesuksesan dicapai sebagian besar berkat dorongan terus menerus untuk mencapai tujuan.	a	b	c	d	e
5 Saya tidak akan ragu untuk memaksa/ mengancam lawan saya jika itu akan membantu saya untuk menang.	a	b	c	d	e
6 Saya tidak takut untuk berbicara kepada instruktur saya, jika saya tahu bahwa dia salah.	a	b	c	d	e
7 Saya menggunakan setiap kesempatan yang mungkin untuk mencapai tujuan saya.	a	b	c	d	e
8 Untuk mendapatkan kemajuan/naik level, saya tidak akan ragu untuk menghancurkan anggota tim lainnya.	a	b	c	d	e
9 Saya berdiskusi dengan wasit dan pelatih (atau instruktur), ketika saya pikir mereka salah.	a	b	c	d	e
10 Tidak ada argumen yang akan mengubah saya dari mencapai tujuan saya.	a	b	c	d	e
11 Saya pikir aturan "segalanya berjalan" adalah sesuai untuk mencapai kemenangan.	a	b	c	d	e
12 Saya tidak takut membela hak saya sendiri, bahkan di depan orang-orang memiliki ranking lebih tinggi daripada saya.	a	b	c	d	e
13 „Mendorong untuk maju” adalah makna hidupku.	a	b	c	d	e
14 Saya merasakan kepuasan ketika saya berhasil melukai lawan.	a	b	c	d	e
15 Untuk alasan yang benar, saya bersedia mengkritik instruktur/atasan saya.	a	b	c	d	e

## Italiano

## Questionario dell'aggressività nello sport (Makarowski)

Sotto si trova un elenco di affermazioni con le quali puoi essere d'accordo oppure in disaccordo.

		Decisamente no	Più no che sì	Difficile dire	Più sì che no	Decisamente sì
1	Per ottenere qualsiasi cosa bisogna andare avanti e non guardare gli altri.	a	b	c	d	e
2	Importa solo l'obiettivo e non come è stato ottenuto.	a	b	c	d	e
3	Quando penso che il trainer o il mio superiore ha torto glielo dico.	a	b	c	d	e
4	Di solito ottengo successo grazie alla mia determinazione.	a	b	c	d	e
5	Per vincere non mi faccio scupoli nel parlare male dei miei rivali.	a	b	c	d	e
6	Non ho paura di far presente al mio superiore che ha torto.	a	b	c	d	e
7	Sfrutto ogni opportunità per vincere.	a	b	c	d	e
8	Per ottenere la promozione non mi faccio scupoli nel mettere in difficoltà mio rivale.	a	b	c	d	e
9	Discuto con i giudici ed allenatori (o superiore al lavoro) quando penso che non hanno ragione.	a	b	c	d	e
10	Non c'è un argomento che possa distrarmi dal raggiungere il mio obiettivo prescelto.	a	b	c	d	e
11	Penso che tutto è concesso quando uno vuole vincere.	a	b	c	d	e
12	Non ho paura di difendere le mie ragioni, anche davanti a persone di livello più alto.	a	b	c	d	e
13	Andare avanti a tutti i costi è il senso della mia vita.	a	b	c	d	e
14	Sono molto soddisfatto se riesco a danneggiare il mio avversario.	a	b	c	d	e
15	Per una giusta causa sono pronto a ricevere le critiche del mio superiore.	a	b	c	d	e

## Latvian

# Agresivitātes aptauja sportā (Makarowski)

### (iet uz priekšu, negodīga spēle, pašpārliecinātība)

Zemāk ir saraksts ar apgalvojumiem, kuriem jūs varat piekrist vai arī nepiekrist.

		noteikti nē	visticamāk nē	grūti atbildēt	drīzāk jā	noteikti jā
1	Lai sasniegtu mērķi, ir jāvirzās uz priekšu, nepievēršot uzmanību citiem.	a	b	c	d	e
2	Tiek ņemta vērā tikai uzvara un nav nozīmes tam, kā tā tika sasniegta.	a	b	c	d	e
3	Ja es domāju, ka trenerim vai vadītājam nav taisnība, es viņam to pasaku	a	b	c	d	e
4	Panākumus galvenokārt es gūstu, pateicoties pastāvīgai vēlmei sasniegt mērķi.	a	b	c	d	e
5	Es nevilcināšos šantažēt savu pretinieku, ja tas man palīdzēs uzvarēt.	a	b	c	d	e
6	Es nebaidos runāt ar savu vadītāju (vai treneri), ja zinu ka viņš/a kļūdās.	a	b	c	d	e
7	Es izmantoju visas iespējas, lai gūtu uzvaru	a	b	c	d	e
8	Lai iegūtu augstāku vietu, es nevilcināšos sagraut citus pretiniekus	a	b	c	d	e
9	Es diskutēju ar tiesnešiem un treneri (vai darba vadītājiem), ja uzskatu, ka viņiem nav taisnība.	a	b	c	d	e
10	Nav neviena argumenta, kas mani varētu novirzīt no mērķa sasniegšanas.	a	b	c	d	e
11	Es ticu, ka jebkuri līdzekļi uzvaras sasniegšanai ir pieļaujami	a	b	c	d	e
12	Es nebaidos aizstāvēt savas tiesības pat pret augstāk par sevi stāvošu cilvēku priekšā	a	b	c	d	e
13	„Virzība uz priekšu” ir visas manas dzīves jēga.	a	b	c	d	e
14	Es izjūtu gandarījumu, ja varu pieveikt savu pretinieku.	a	b	c	d	e
15	Īstā iemesla dēļ es esmu gatavs/a kritizēt savu vadītāju (treneri).	a	b	c	d	e

## Lithuanian

# Agresyvumo sporte klausimynas (Makarowski)

### (kovingumas, pražangos, tvirtumas)

Atsakykite į kiekvieną klausimą. Atminkite, kad nėra teisingų ar neteisingų atsakymų, todėl pasirinkite tą, kuris Jums labiausiai tinka. Pažymėkite pasirinktą atsakymą kryželiu.

		Tikrai NE	Veikiau NE	Sunku pasakyti	Veikiau TAIP	Tikrai TAIP
1	Norint pasiekti tikslą, reikia nenusotinti veržtis pirmyn, nekreipiant dėmesio į kitus.	a	b	c	d	e
2	Laimėjimas yra svarbiausia, nesvarbu, kaip jis pasiekiamas.	a	b	c	d	e
3	Kai manau, kad mano treneris neteisis, aš jam pasakau.	a	b	c	d	e
4	Sėkmė pasiekama daugiausiai dėl nuolatinio troškimo pasiekti tikslą.	a	b	c	d	e
5	Aš nedvejodamas šantažuočiau savo varžovą, jei tai padėtų man laimėti.	a	b	c	d	e
6	Aš nebijau kalbėti su savo vadovu, jei žinau, kad jis klysta.	a	b	c	d	e
7	Aš pasitelkiu visas įmanomas priemones savo tikslui pasiekti.	a	b	c	d	e
8	Siekdamas įgyti pripažinimą aš nepaisau kitų komandos narių.	a	b	c	d	e
9	Aš diskutuoju su teisėjais, kai manau, kad jie yra neteisūs.	a	b	c	d	e
10	Nėra tokių argumentų, kurie galėtų atitraukti mane nuo savo tikslų siekimo.	a	b	c	d	e
11	Manau, kad taisyklė „Viskas bus gerai“ yra tinkama pasiekti pergalę.	a	b	c	d	e
12	Aš nebijau pakovoti už savo teises net prieš aukštesnio už mane rango žmones.	a	b	c	d	e
13	„Veržtis pirmyn“ yra mano gyvenimo prasmė.	a	b	c	d	e
14	Jaučiu pasitenkinimą, kai man pavyksta pakenkti varžovui.	a	b	c	d	e
15	Dėl svarios priežasties aš esu pasirengęs kritikuoti savo trenerį.	a	b	c	d	e



## Macedonian

## Прашалник А-111 (Makarowski)

(упорност, насилна игра, наметливост)

Ве молиме да одговорите на сите прашања. Не постојат точни и грешни одговори, туку само искрени. Ве молиме да го одбележите селектираниот одговор со X.

		Дефинитивно НЕ	Веројатно НЕ	Тешко да се одговори	Веројатно ДА	Дефинитивно ДА
1	За да постигнете која било цел, треба да туркате напред без да внимавате на другите.	a	b	c	d	e
2	Победата е она што важи, без оглед како се постигнува.	a	b	c	d	e
3	Кога мислам дека мојот тренер или супервизор не е во право, им го кажувам тоа.	a	b	c	d	e
4	Успехот се постигнува главно благодарение на постојаниот притисок за постигнување на целта.	a	b	c	d	e
5	Не би се двоумел да го уценувам противникот ако тоа ми помогне да победам.	a	b	c	d	e
6	Не се плашам да зборувам со мојот претпоставен ако знам дека тој/таа не е во право.	a	b	c	d	e
7	Ја користам секоја можна шанса за да ја постигнам целта.	a	b	c	d	e
8	За да добијам унапредување, не би се двоумел да ги уништам другите членови на тимот.	a	b	c	d	e
9	Разговарам со судиите и тренерите (или супервизорите на работа), кога мислам дека не се во право.	a	b	c	d	e
10	Нема аргумент што ќе ме оддалечи од постигнување на мојата цел.	a	b	c	d	e
11	Мислам дека правилото "се е дозволено" е соодветно за да се постигне победата.	a	b	c	d	e
12	Не се плашам да се залагам за своите права дури и пред луѓе со повисок ранг од мојот.	a	b	c	d	e
13	"Туркање напред" е смислата на мојот живот.	a	b	c	d	e
14	Чувствувам задоволство кога успевам да му наштетам на противникот.	a	b	c	d	e
15	За вистинска причина подготвен сум да го критикувам мојот претпоставен.	a	b	c	d	e

## Persian

## ی س ر ا ف :

## ش ز ر و ر د ی ر گ ا ش خ ر پ ه م ا ن ش س ر پ (Makarowski)

(ی دن متأرج ، ی دم ع ی اطخ ، ه ن ر ا و ه تم ر ا ت ف ر )

دی ای ام ر ف ن ای ب ک ی ر ه ص و ص خ ر د ا ر ا ن ا ت ر ظ ن د ی ای ا م ر ف ی م ف ط ل . د ی ش ا ب ف ل ا خ م ای ق ف ا و م ا م ن آ ب د ی ن ا و ت ی م ه ک ت س ا ه د ش ه د ر و آ ت ا ل م ج ز ا ی ت س ی ل ر ی ز ل و د ج ر د

		م ف ل ا خ م ا ل م ا ک	م ف ل خ م	م ت س ی ن ف ل ا خ م / م ت س ی ن ق ف ا و م	م ت ف ا و م	م ت ف ا و م ا ل م ا ک
1	To achieve any goal you need to push forward without paying attention to others. دی ی و ر ب و ل ج ه ب ن ا ر گ ی د ه ب ه ج و ت ن و د ب د ی ا ب ی ف د ه ر ه ه ب ن د ی س ر ی ا ر ب	a	b	c	d	e
2	Winning is what counts, no matter how is achieved. د ر ا د ن ت م ی د ه ن آ ق ق ح ت و ح ن ، ت س ا ی ز و ر ی پ ه ب ن د ی س ر م ه م	a	b	c	d	e
3	When I think that my coach or supervisor is wrong I tell him that. م ی و گ ی م و ا ه ب ، د ن ک ی م ه ا ب ت ش ا ن م ت س ر پ ر س ای ی ب ر م م ن ک ی م ر گ ف ی ت ق و	a	b	c	d	e
4	Success is achieved mostly thanks to a constant push to reach the goal. د و ش ی م ل ص ا ح ف د ه ه ب ن د ی س ر ی ا ر ب م و ا د م ر ا ش ف ف ط ل م ر ت ش ی ب ت ی ق ف و م	a	b	c	d	e
5	I would not hesitate to blackmail my opponent if it will help me to win. م ن ک ی م د ی د ه ت ا ر م ف ی ر ح ؛ ی ز و ر ی پ ه ب ن د ی س ر ی ا ر ب ، د ش ا ب م ز ا ل ر گ ا	a	b	c	d	e
6	I'm not afraid to speak up to my supervisor, if I know that he is wrong. م ر ا د ن ی س ر ت و ا ا ب ن د ر ک ت ب ح ص ز ا ه د ر ک ه ا ب ت ش ا م ت س ر پ ر س م ن ا د ب ر گ ا	a	b	c	d	e
7	I use every chance possible to reach my goal. م ن ک ی م م د ا ف ت س ا م ف د ه ه ب ن د ی س ر ی ا ر ب ی ت ص ر ف ر ه ز ا ن م	a	b	c	d	e
8	In order to gain promotion I would not hesitate to crush other team members. م ر ا د ن ی ی ا ب ا م ی ت ر گ ی د ای ض ا ع ا ر ی ا س ن د ر ک د ر خ ز ا ، ت ف ر ش ی پ ه ب ی ب ای ت س د ی ا ر ب	a	b	c	d	e
9	I discuss with the referees and the trainers (or supervisors at work) when I think they are wrong. م ن ک ی م ت ح ب ا م ن آ ب ، د ن ن ک ی م ه ا ب ت ش ا ( م ن ا ت س ر پ ر س ای ) ن ای ب ر م و ن ا ر و ا د م ن ک ی ر گ ف ر گ ا	a	b	c	d	e
10	There is no argument that would turn me away from reaching my goal. د ن ک ر و د م ف د ه ه ب ن د ی س ر ز ا ا ر ن م ه ک د ر ا د ن د و ج و ی ل ا ل د ت س ا چ ی ه	a	b	c	d	e
11	I think that "anything goes" rule is appropriate to achieve the victory. ت س ا ر ی ذ پ ن ا ک م ا ی ز ی چ ر ه ه ک م ی ر ی ذ ی ب د ی ا ب ، ی ز و ر ی پ ه ب ن د ی س ر ی ا ر ب م ن ک ی م ر گ ف ن م	a	b	c	d	e
12	I'm not afraid to stand up for my own rights, even in front of the higher-ranking people than me. م د و خ ز ا ر ت ا ل ا ب ی م د ر د ا ر ف ا ل ب ا ق م ر د ی ت ح ، م ر ا د ن ی س ر ت م ق و ق ح ز ا ع ا ف د ی ا ر ب ن م	a	b	c	d	e
13	"Pushing forward" is the meaning of my life. ت س ا ن م ی گ د ن ز ه ف س ل ف ، و ل ج ی و س ه ب ت ک ر ح	a	b	c	d	e
14	I feel satisfaction when I manage to hurt the opponent. م ن ک ی م م ب ر ج ت ا ر ی ب و خ س ا س ح ا ، م ن ک ی ت ی ر ی د م ا ر م ف ی ر ح ه ب ن د ن ا س ر م ه د ص م ن ا و ت ی م ه ک ی ت ق و	a	b	c	d	e
15	For the right cause I'm willing to criticise my supervisor. م ن ک ی د ا ق ت ن ا د و خ ت س ر پ ر س ز ا م ت س ه ر ض ا ح ، ی ق ط ن م و ح ی ح ص ل ی ا ل د ه ب	a	b	c	d	e

## Polish

**Kwestionariusz Agresywności w sporcie (Makarowski)****(przebojowość, faulowanie, asertywność)**

Proszę o ustosunkowanie się do każdego stwierdzenia. Nie ma dobrych odpowiedzi ani złych, liczą się tylko szczerze. Wybraną odpowiedź proszę zaznaczyć krzyżykiem.

		Zdecydowanie NIE	Raczej NIE	Trudno powiedzieć	Raczej TAK	Zdecydowanie TAK
1	Aby cokolwiek osiągnąć trzeba przeć do przodu i nie oglądać się na innych.	a	b	c	d	e
2	Liczy się tylko wygrana, nie ważne jaką drogą zdobyta.	a	b	c	d	e
3	Gdy uważam, że trener lub przełożony nie ma racji mówię mu to.	a	b	c	d	e
4	Sukces osiągam najczęściej dzięki nieugiętemu parciu do celu.	a	b	c	d	e
5	Dla wygranej nie miałbym skrupułów oczernić przeciwnika.	a	b	c	d	e
6	Nie boję się zwrócić uwagi przełożonemu, jeżeli wiem, że nie ma on racji.	a	b	c	d	e
7	Wykorzystuję każdą szansę aby wygrać.	a	b	c	d	e
8	Dla zdobycia awansu nie miałbym skrupułów pogrążyć rywala.	a	b	c	d	e
9	Dyskutuję z sędziami i trenerem (lub kierownikiem w pracy), gdy uważam, że nie mają racji.	a	b	c	d	e
10	Nie ma takiego argumentu, który odwróciłby mnie od upatrzonego celu.	a	b	c	d	e
11	Uważam, że wszystkie chwytaki są dozwolone w drodze po zwycięstwo.	a	b	c	d	e
12	Nie boję się stanąć w obronie własnych racji, nawet przed osobami postawionymi wyżej ode mnie.	a	b	c	d	e
13	„Parcie do przodu” to sens mojego życia.	a	b	c	d	e
14	Czuję satysfakcję, jeśli uda mi się zaszkodzić przeciwnikowi.	a	b	c	d	e
15	W słusznej sprawie jestem gotowy wyrazić krytykę wobec przełożonego.	a	b	c	d	e

## Portuguese

**Inquérito Agressividade no Desporto (Makarowski)****(perseverança, jogo violento, assertividade)**

Agradecemos que responda cada elemento. Não há resposta certa ou errada, apenas há resposta sincera. Por favor circule a resposta escolhida.

		Definitivamente NÃO	De preferência NÃO	Diffícil de dizer	De preferência SIM	Definitivamente SIM
1	Para atingir um objetivo, é preciso andar à frente sem prestar atenção aos outros.	a	b	c	d	e
2	A vitória é que interessa, não os meios para atingi-la.	a	b	c	d	e
3	Quando penso que o meu treinador ou chefe está errado, digo-lhe.	a	b	c	d	e
4	O sucesso obtém-se principalmente com a perseverança em atingir o objetivo.	a	b	c	d	e
5	Não hesitaria em chantagear o meu oponente se isto me ajudar a vencer.	a	b	c	d	e
6	Não tenho medo de falar com o meu chefe/supervisor se eu sei que ele está errado.	a	b	c	d	e
7	Uso qualquer oportunidade para atingir o meu propósito.	a	b	c	d	e
8	Para avançar não hesitaria em destruir outros membros da equipa.	a	b	c	d	e
9	Falo com os árbitros e os treinadores (ou com o meu chefe do trabalho) quando penso que eles estão errados.	a	b	c	d	e
10	Não há argumento que me possa impedir de atingir o meu objetivo.	a	b	c	d	e
11	Creio que a regra „tudo é permitido” está certa para obter a vitória.	a	b	c	d	e
12	Não tenho medo de defender os meus direitos, nem sequer perante as pessoas que têm uma posição/estatuto mais alto que o meu.	a	b	c	d	e
13	“Seguir à frente” é o propósito da minha vida.	a	b	c	d	e
14	Sinto satisfação quando consigo ferir ou magoar o meu oponente.	a	b	c	d	e
15	Para uma boa/certa causa estou disposto a criticar o meu chefe/supervisor.	a	b	c	d	e

## Romanian

**Chestionarul Agresivitate în Sport (Makarowski)****(perseverență, joc violent, asertivitate)**

Vă rugăm să răspundeți în cazul fiecărui item. Nu există răspunsuri corecte sau greșite, ci doar răspunsuri sincere. Vă rugăm să încercuiți răspunsul ales.

		Cu siguranță NU	Mai degrabă NU	Este dificil de spus	Mai degrabă DA	Cu siguranță DA
1	Pentru a atinge un obiectiv trebuie să mergi înainte fără a fi atent la ceilalți.	a	b	c	d	e
2	Doar victoria contează și nu mijloacele prin care o obținem.	a	b	c	d	e
3	Atunci când consider că antrenorul sau șeful meu greșește, îi spun.	a	b	c	d	e
4	Succesul este obținut în mare parte datorită perseverenței în a atinge obiectivul.	a	b	c	d	e
5	Nu aș ezita să îmi șantajez adversarul, dacă acest lucru m-ar ajuta să înving.	a	b	c	d	e
6	Nu îmi este frică să discut cu șeful/ supervizorul meu, dacă știu că greșește.	a	b	c	d	e
7	Folosesc orice oportunitate pentru a-mi atinge scopul.	a	b	c	d	e
8	Pentru a promova nu aș ezita în privința distrugerii altor membri ai echipei.	a	b	c	d	e
9	Discut cu arbitrii și cu antrenorii (sau cu șeful meu la muncă) atunci când consider că ei greșesc.	a	b	c	d	e
10	Nu există vreun argument care m-ar putea împiedica să ating obiectivul pe care mi l-am propus.	a	b	c	d	e
11	Cred că regula „orice este permis” este potrivită pentru a obține victoria.	a	b	c	d	e
12	Nu mă tem să îmi apăr drepturile, chiar și în fața persoanelor ce au o poziție/ un statut mai înalt decât mine.	a	b	c	d	e
13	“Să merg înainte” este scopul vieții mele.	a	b	c	d	e
14	Simt satisfacție atunci când reușesc să-mi rănesc adversarul.	a	b	c	d	e
15	Pentru o cauză bună/ corectă sunt dispus să îmi critic șeful/ supervizorul.	a	b	c	d	e

## Russian

# Анкета изучения агрессивности в спорте (Makarowski)

## (опережение, грубая игра, напористость)

Пожалуйста, ответьте на каждое утверждение. Здесь нет правильных или неправильных ответов, важно отвечать честно. Отметьте крестиком выбранный Вами ответ.

		Не правда	Скорее не правда	Трудно сказать	Скорее правда	Правда
1	Чтобы чего-то добиться, нужно двигаться вперед, а не смотреть на других.	а	б	в	г	д
2	Учитывается только выигрыш, независимо от того, какой маршрут ты выберешь.	а	б	в	г	д
3	Когда я думаю, что тренер или руководитель не прав, я говорю ему об этом.	а	б	в	г	д
4	Чаще всего я достигаю успеха благодаря неослабевающему стремлению к цели.	а	б	в	г	д
5	Я бы не стал сомневаться в клевете на своего противника ради победы.	а	б	в	г	д
6	Я не боюсь обратиться к руководителю, если знаю, что он не прав.	а	б	в	г	д
7	Я использую все шансы на победу.	а	б	в	г	д
8	Я бы не стал сомневаться в ситуации, требующей резкого падения моего соперника.	а	б	в	г	д
9	Я обращаюсь к судье и тренеру (или менеджеру на работе), когда считаю, что они не правы.	а	б	в	г	д
10	Нет аргументов, которые уведут меня от выбранной цели.	а	б	в	г	д
11	Я верю, что все на пути к победе позволено.	а	б	в	г	д
12	Я не боюсь отстаивать свои права даже против тех, кто выше меня.	а	б	в	г	д
13	<<Толчок вперед>> - смысл моей жизни.	а	б	в	г	д
14	Я чувствую удовлетворение, если могу причинить вред своему противнику.	а	б	в	г	д
15	В подходящем случае я готов критиковать моего начальника.	а	б	в	г	д



## Slovak

## Dotazník o športovej agresivite (Makarowski)

### (zásah, faul, asertívny)

Pozorne si prečítajte každé vyhlásenie a zamyslite sa, do akej miery sa týka aj Vás. Prosíme Vás aby ste sa zamysleli nad každým tvrdením. Neexistujú dobré a zlé odpovede, dôležitá je len vaša úprimnosť. Vybranú odpoveď prosím Vás označte krížikom x.

		Rozhodne nie	Skôr nie	Ťažko povedať	Skôr áno	Rozhodne áno
1	Ak chcete dosiahnuť akýkoľvek cieľ, musíte ísť vpred bez toho, aby ste venovali pozornosť ostatným.	a	b	c	d	e
2	Počíta sa iba výhra, bez ohľadu na to, akým spôsob ju získate.	a	b	c	d	e
3	Keď si myslím, že sa môj nadriadený /napr. tréner/ sa mylí, poviem mu to.	a	b	c	d	e
4	Úspech sa dosahuje hlavne vďaka neustálemu tlaku na dosiahnutie cieľa.	a	b	c	d	e
5	Neváhal by som vydierať svojho súpera, ak mi to pomôže vyhrať.	a	b	c	d	e
6	Nebojím sa upozorniť svojho nadriadeného, ak viem, že sa mylí.	a	b	c	d	e
7	Využívam každú šancu na dosiahnutie cieľa.	a	b	c	d	e
8	Ku získaniu postupu, by som nemal žiadne zábrany aby som potopil súpera.	a	b	c	d	e
9	Diskutujem s rozhodcami, trénerom (alebo nadriadeným), keď si myslím, že sa mylí.	a	b	c	d	e
10	Neexistuje žiadny argument, ktorý by ma odviedol od dosiahnutia zvoleného cieľa.	a	b	c	d	e
11	Myslím si, že na ceste k víťazstvu sú povolené všetky spôsoby na jeho dosiahnutie.	a	b	c	d	e
12	Nebojím sa obhajovať svoje práva, ani proti ľuďom, ktorí sú vo vyššom postavení ako ja.	a	b	c	d	e
13	„Posúvať sa stále dopredu“ je zmyslom môjho života.	a	b	c	d	e
14	Cítim zadosťučinenie, ak môžem ublížiť súperovi.	a	b	c	d	e
15	Pre správnu vec som odhodlaný kritizovať svojho nadriadeného.	a	b	c	d	e

## Spanish

# Cuestionario de agresividad en el deporte (Makarowski)

## (aprobación, juego sucio, asertividad)

A continuación hay una lista de afirmaciones/frases con las que puede estar de acuerdo o en desacuerdo.

		Nada	Probablemente no	Es difícil de contestar	Algo	Por supuesto que sí
1	Para lograr cualquier objetivo o meta, debes avanzar sin prestar atención a los demás.	a	b	c	d	e
2	Ganar es lo que cuenta, no importa cómo se logre.	a	b	c	d	e
3	Cuando pienso que mi entrenador o preparador está equivocado, se lo indico.	a	b	c	d	e
4	El éxito se logra principalmente gracias a un avance constante para alcanzar el objetivo.	a	b	c	d	e
5	No dudaría en chantajear a mi adversario/a si eso me ayudase a ganar.	a	b	c	d	e
6	No tengo miedo de hablar con mi superior, si sé que está equivocado.	a	b	c	d	e
7	Aprovecho todas las oportunidades posibles para alcanzar mi objetivo.	a	b	c	d	e
8	Con el objetivo de promocionar, no dudaría en aplastar a otros miembros del equipo.	a	b	c	d	e
9	Disputo con los árbitros y los entrenadores (o superiores en el trabajo) cuando creo que están equivocados/as.	a	b	c	d	e
10	No hay disputa que me aleje de alcanzar mi meta.	a	b	c	d	e
11	Creo que la frase „todo vale” es apropiada para lograr la victoria.	a	b	c	d	e
12	No tengo miedo de defender mis derechos, incluso frente a las personas de mayor rango que yo.	a	b	c	d	e
13	„Ir hacia delante” es el lema de mi vida.	a	b	c	d	e
14	Me siento satisfecho cuando logro dañar al oponente.	a	b	c	d	e
15	Por una causa correcta/justa estoy dispuesto/a a criticar a mi superior.	a	b	c	d	e