



COMPARATIVE ANALYSIS OF PERSONAL DISPOSITION IN FREESTYLE AND GRECO-ROMAN WRESTLERS

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ABSTRACT

The purpose of the study was to reveal the characteristics of personal disposition by determining the goal orientation of wrestlers. The first study was conducted in 2023, and we compared these results with the results obtained from a study conducted in 2011. Sixty Freestyle and Greco-Roman wrestlers took part in the study. Methods: Task and Ego Orientation in Sport Questionnaire – TEOSQ was used. Variation analysis, descriptive statistics, and comparative analysis (the Mann-Whitney criteria) were applied. The mathematical and statistical processing packages IBM SPSS v 23.0 and Microsoft Office Excel 2016 were used. Results: The variation analysis of the experimental data showed that the subjects generally demonstrated a higher task orientation than ego orientation. The comparative analysis of the goal orientation between the groups showed that there was no statistically significant difference between them. As the orientation to the task prevailed over the ego orientation, this confirmed the hypothesis that in most of the studied persons, the goal orientation was aimed at the masterful performance of the tasks. Conclusion: The obtained data are of essential importance for increasing the effectiveness of sports training, as the conducted research expands the picture of sports activity with the manifestations of goal orientation and its reflection on the personality qualities of wrestling competitors.

Key words: Wrestling, task orientation, ego orientation, motivation

INTRODUCTION

There are numerous approaches for studying the parameters influencing athletes to enhance their sports results and to help their personal sports development. One of the most important psychological issues in sports activity is the athletes' motivation and personal disposition to sports activities (1). Freestyle and Greco-Roman wrestling are among the most interesting sports in Bulgaria and worldwide. There is an apparent rivalry, on different levels, with various techniques and the definite role of tactical way of thinking (2). Intellectual preparation is crucial because it motivates the analysis, understanding, making decisions in advance in a particular problematic situation, foreseeing the opponent's actions, and setting new goals. Success or failure

is due to athletes' own abilities, personal qualities, or invested efforts (3-4). Various surveys made by Bulgarian sports psychologists contribute to revealing the “hidden triggers” creating the exceptional creative conditions in this sport (5-8). It is not accidental that recently, the most often applied theory in the field of sports psychology has been the goal orientation theory. There have been a lot of studies in this field in the United States, United Kingdom, Japan, Greece, Spain, Croatia, Korea, and China (9-16).

The goal orientation theory examines two groups of goals (10), according to which a person gets orientated and motivated: ego orientation is manifested in a person's demonstration of their sense of superiority, in their aspiration to assert themselves, to acquire prizes. An individual is driven by outer criteria and wants to impose their behavior so that they can manifest their qualities and demonstrate their superiority. Task orientation toward mastery of the tasks and their

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execution outlines athletes' attitudes. The main goal is related to their idea of maximally successful execution of the tasks and to the optimal regulation of their behavior. There is an inner criterion associated with this goal – the person strives to their best and develops themselves constantly in resonance with their goals. The data from the systematic experimental research by authors such as Geron and Mutafova (1, 5) have proven the role of the motivational climate emerging in the sports team as a result of the domination of a particular kind of goal orientation. Ego orientation or orientation toward mastery is a significant factor for the athletes' overall motivation, which is also influenced by the situation in the social environment, dependent on various objective and subjective factors. Goal orientation can be viewed in two forms – as a personal disposition – readiness for a certain type of goal orientation (to tasks, to oneself, to social recognition) and as a situational goal orientation provoked by the impact of the environment and situation creating a certain type of motivational climate (17). In this way, the existing personal disposition can gradually turn into another kind of goal orientation. Some authors, such as Roberts, determine the perception of one's own abilities as a leading factor directly influencing behavior (18). Others, such as Biddle, point out that the understanding of one's own competence plays a specific, binding role between goal orientation and achievement motivation (19). The surveys by Garland confirm that goals are images of the future level of performance which an individual wants to achieve (20). Locke also found that goals direct

an individual's attention and activity to "the important components of the task; they stimulate their efforts, help their stability, cooperate for the selection of optimal strategies to achieve results", and so on (21). The data from the research by Bandura and Cervone added to the understanding of the idea of goals. They promoted the idea that goals can act as motivational resources but only if there is high confidence in one's own efficiency to perform a specific action and high self-esteem (22).

Based on the collected information, the results from the analyzed data, and our personal experience, we formulated the work hypothesis claiming that most researched individuals would be characterized by goal orientation toward mastery of the tasks.

The aim of this research was to determine the major manifestations of the determinants of personal disposition by determining wrestlers' goal orientation. The research was done in 2023, and the results were compared with those obtained in 2011 for the age group 18-29 years.

METHODS

The research was done among 60 active wrestlers competing in Freestyle and Greko-Roman wrestling (most subjects are medallists from National Championships, and some have medals from World and European Championships and Olympic Games).

Table 1. Psychological questionnaire

I have the sense of the greatest achievement in sport when:	I totally disagree	I don't agree	I can't say	I agree	I totally agree
	1	2	3	4	5
1. I acquire a new skill, and this makes me train more					
2. I am the only one to play the game or do the exercise					
3. I learn something funny					
4. I can do better than my friends					
5. I acquire a new skill by practicing hard					
6. The others don't do as good as me					
7. I work really hard					
8. The others make mistakes; I don't					
9. The thing I've learnt stimulates me to train more					
10. I score the most points/goals, etc.					
11. The learnt exercise makes me feel good					
12. I am the best					
13. I do my best					

For the purposes of this research, we made a theoretical analysis of the specialized literature; an interview with the participants, which enabled the communication between the researcher and the subjects—the questions and answers related to general issues of wrestlers’ personal disposition.; Task and Ego Orientation in Sport Questionnaire – TEOSQ, created by Duda and Nicolas for researching goal orientation in sport (23), adapted for Bulgarian conditions by Domuschieva-Rogleva (24) (**Table 1**).

We used the packages for math-statistical processing of the data IBM SPSS v 15 and v 23.0,

Microsoft Office Excel 2016. We included different statistical procedures: variation analysis, descriptive statistics, and comparative analysis (we applied Mann – Whitney criterion for two samples and percentage distribution).

RESULTS

The variation analysis (**Figure 1**) of the data showed that the researched individuals from the two groups, as a whole, demonstrated a higher task orientation (M=5,675; SD=0,504) than ego orientation (M=2,468; SD=0,624).

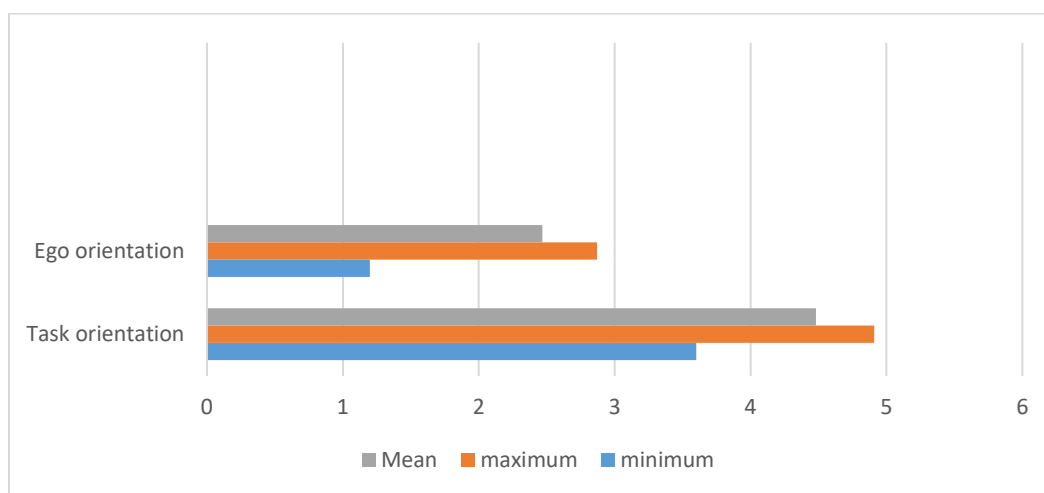


Figure 1. Mean values of goal orientation of all researched individuals

The calculated mean values from the research conducted in 2023 (task orientation M=4.88; SD=0.49, ego orientation M=2.58; SD=0.53) and the research conducted in 2011 (task orientation

M=4,53; SD=0,60, ego orientation M=2,51; SD=0,57) showed a higher task orientation than ego orientation (**Figure 2 and Figure 3**).

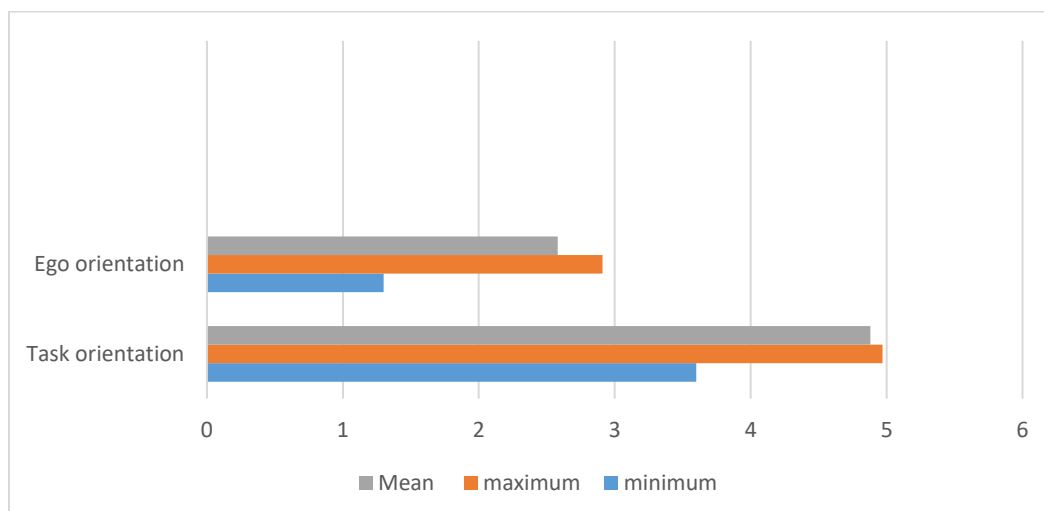


Figure 2. Mean values of goal orientation in 2023

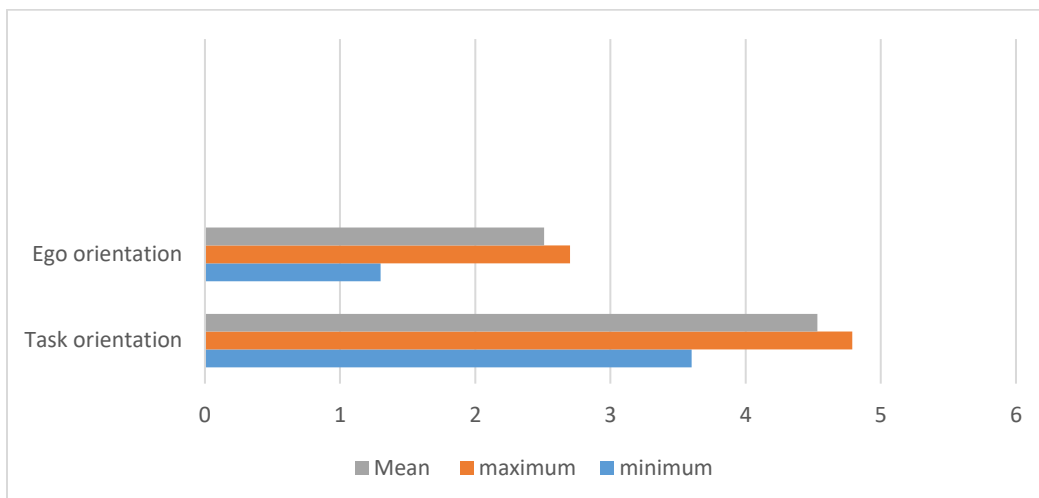


Figure 3. Mean values of goal orientation in 2011

The comparative analysis of goal orientation between the two groups (Mann – Whitney criterion) showed that there was no statistically significant difference, and the task orientation prevailed over the ego orientation.

Figure 4 presents the percentage distributions of the researched individuals as regards the norms for task orientation and ego orientation. It turned out that the percentage of athletes with average levels of task and ego orientation was the highest. This percentage for the group in 2023 was 79.33% toward the task and 66.7% toward the ego. The percentage for the group in 2011 was 73.36% toward the task and 59,94% toward the ego.

The lowest was the percentage of athletes with a high ego orientation. In the research carried out in 2023, there was only one individual (3.33%), and in the research from 2011, there were two individuals (6.66%).

About one-third of the participants in the first survey (33,73%) showed values of low ego orientation, which is quite a significant percentage. In the second survey, this percentage was (26,64%).

A few wrestling competitors from the group in 2011 had a high task orientation (a little over the average level) or (23,31%). Almost the same but with a slight difference was observed in the group from 2023 or (16,65%).

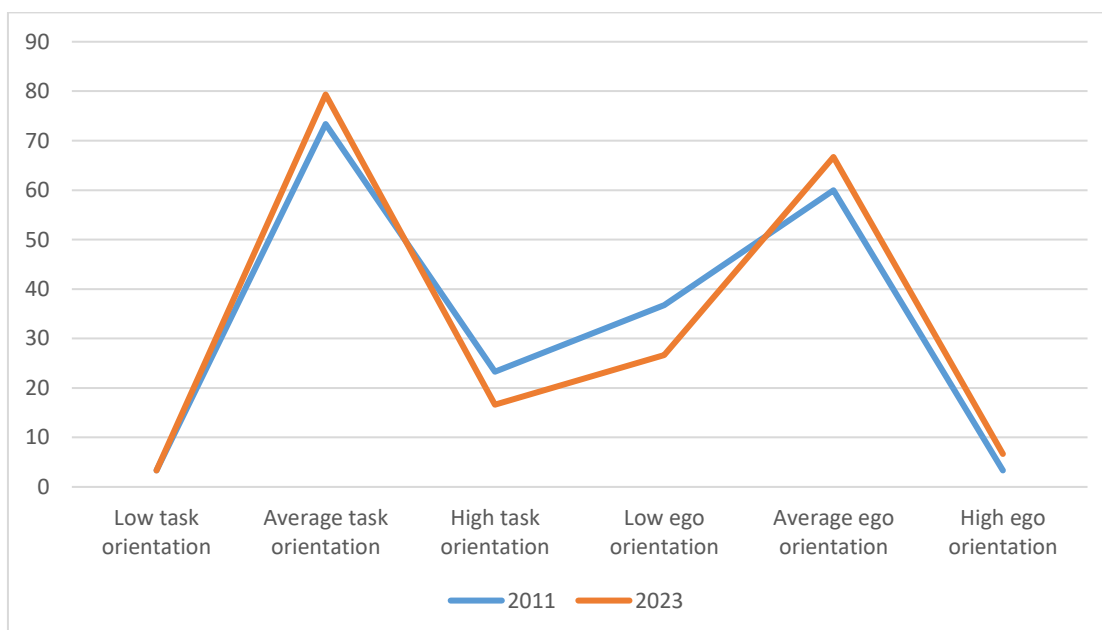


Figure 4. Goal orientation – distribution of the individuals depending on the norms in %

The prevailing part of the competitors showed average levels of task and ego orientation. The percentage of athletes with high ego orientation was the lowest. The athletes with average levels of task and ego orientation were the most numerous.

The percentage of the athletes with average levels of task and ego orientation was 69,83%, and the group with low task orientation and high ego orientation was the smallest - 16.65%.

The results from the test with the wrestlers revealed the dominance of goal orientation toward mastery of the tasks and a desire for perfection over the ego-oriented athletes.

CONCLUSION

The obtained data confirmed the work hypothesis that the researched individuals' motivational activity was related more to goal orientation toward mastery and task orientation – in training and competition than to ego orientation.

After the interview with the participants, we found the significant factors of ego orientation, such as rewards, material stimulus, financial assistance, etc.

The values motivating the majority in their desire for successful performance are related to the sense of their own competence, with efforts, work, experience, and training, which are important for the development of inherent skills and abilities, as well as athletes' physical qualities. They all are in the basis of goal orientation toward mastery of the task performance.

For the researched wrestlers, the leading orientation was toward mastery, seen in their desire to fulfill their tasks and achieve mastery through doing their best, investing great efforts in training and exercise, acquiring new knowledge, and applying it in training and competition. They are persistent in the training process and perceive wrestling as a "game", an "entertainment" bringing them positive emotions.

A significantly smaller part of the participants showed ego orientation, seen in the high evaluation of their need for a constant comparison with the others' results, their high self-confidence, the conviction in their exceptionality "The others don't do as well as me", their sense

of faultiness "The others make mistakes, I don't", a mania for greatness "I am the best", and a high self-evaluation of their self-efficiency "I score the most points/goals, etc."

It is essential that athletes be aware of the wide range of goals motivating their educational-training process so that they can reveal the nature of goal orientation as a motivational factor.

Coaches should analyze and evaluate athletes' peculiarities and activity and their most effective behavior in building an adequate motivational climate based on task orientation and good performance in competition.

The creative process in training is based on the awareness of the major requirements for achieving sports mastery which forms an athlete's harmonious personality.

The obtained data are very important for increasing the efficiency of sports preparation. This research broadens the idea of sports activity with the manifestations of goal orientation and its effect on the personal qualities of the wrestlers.

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