

PSIWORLD 2013

Study on the function and dysfunction agreement between coaches and athletes psychic sport high performance

Rață Bogdan Constantin^{a*}, Rață Gloria^b, Dobrescu Tatiana^c, Rață Marinela^d

^{a,a,b,c,d} "Vasile Alecsandri" University of Bacau, Mărășești, no.157, 600115, Romania

Abstract

The aim of this research is to emphasize the correspondence between psychological perception functions and dysfunctions in high performance sport 40 athletes in track and field. We used a questionnaire as an assessment instrument, and as methods. The results have shown the difference existing in the perception of coaches and athletes of 4 psychic functions and 4 psychic dysfunctions. The psychic functions we chose are cognitive, psychological, educational and socio-emotional functions, and we included stress, anxiety, fatigue, lack of self-confidence. The conclusions drawn underline the existence of difference of opinion between coaches and athletes regarding the psychic functions and dysfunctions.

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Selection and peer-review under responsibility of Romanian Society of Applied Experimental Psychology.

Keywords: psychic functions, psychic dysfunctions, sport's performance

1. Introduction

The human psychic system is an assembly of sensory, cognitive and regulating psychic functions and processes which are in interaction and perform simultaneously, found at three levels: consciousness, sub-consciousness and unconsciousness. They develop as a result of the activity of the microsystems (physical, biological, socio-cultural) in the realities in which every individual acts. The human psychic is a subsystem, and a psychological investigation

* Corresponding author. Tel.: +4-075-707-3063.

E-mail address: rbogy75@yahoo.com

object is a system consisting of subsystems coming from the interaction of elements, the latter being represented by: psychic processes, functions, states, characteristics. The manner of achieving tasks or performing activities depends on the manner in which the psychic system functions. Human performance, in any field of activity, depends on structuring the components of the psychic capacity which works positively or negatively.

2. The method

In this research, we started from the **hypothesis** that psychic states include psychic functions and dysfunctions which should be equally perceived by coaches and athletes in their activity to achieve sports performance. The research was conducted in January-February 2013, at the Athletics Hall in Bacău. The **subjects** are represented by 20 coaches (27-59 years) and 20 performance athletes (17-23 years) in athletics and are part of the same team (namely coach-sportsman). In **this research**, we used the bibliographical study, inquiry, statistical-mathematical method, graphical representation and as assessment indicators, sum, mean and standard deviation. In order to highlight the perception of the coaches and athletes of the functions and dysfunctions, we used an inquiry, on the basis of a questionnaire which comprises 8 items with open/closed answers. The questionnaire was created to detect the knowledge of functions and dysfunctions, to underline the correspondence between the perception of the coaches and of the athletes and was willingly filled in by the subjects. 5/4 to 1 points were granted, according to the number of answer options, in a hierarchical order of the individual choices.

3. Results

The answers to the questionnaire were gathered and presented for each item. For question no. 1 *Arrange the functions in the order of their importance*, the answers are centralized in Table no.1. The obtained results have shown differences regarding their choices. In terms of scores, the highest value for coaches was for the psychological function, and for the athletes, for the socio-emotional one. The next value for coaches was for the cognitive function, and for athletes, for the cognitive and psychological ones. At the lowest level, there are the socio-emotional and educational functions for coaches, and the educational function for athletes.

We can say that there is no correspondence between the perception of the coaches who place on their top list the psychological function and that of the athletes who place on top of the list the socio-emotional function, but there is a correspondence regarding the educational function, which is ranked on the fourth place.

Table no. 1- Results of the values of the psychic functions for coaches and athletes

Indicators	Coaches				Athletes			
	CF	PF	EF	SEF	CF	PF	EF	SEF
Score	52	57	45	46	51	51	40	58
Mean	2.6	2.85	2.25	2.3	2.55	2.55	2.00	2.9
Deviation	0.99	0.93	1.07	1.41	0.89	1.23	0.92	1.29

Legend * CF = Cognitive function, PF= psychological function, EF= Educational function, SEF = Socio-emotional function

For question no.2: What is the function that helps you the most?, Table no. 2 underlines the fact that 60% of the coaches consider that the psychological function helps them the most and 50 % of the athletes consider the socio-emotional function. By ranking the advantage given by a function, both coaches and athletes placed the educational function on the last place.

Table no.2 – Percentage results related to which psychic function helps the most

Functions	Coaches		Athletes	
	No. subjects	Percentage %	No. subjects	Percentage %
CF	5	25	4	20
PF	12	60	4	20
EF	1	5	2	10
SEF	2	10	10	50

Legend * CF = Cognitive function, PF= psychological function, EF= Educational function, SEF = Socio-emotional function

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