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Distinctive-style characteristics of athletes' behavior as the index of the leading role of personal or social-normative levels of regulation

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Abstract: Modern epoch is characterized by the urgent level of psychophysical characteristics of a person and the increasing dissociation between the level of technogenic civilization development. Sport is a specific kind of person's activity and a special form of social life. It reflects all crisis phenomena. They are typical for society in general. However, the analysis and summarizing in terms of western sport development orientation are not sufficient. It is possible to see the advantages and disadvantages of "work" social technologies with a personality, for example, with the help of different target and axiological orientation models comparative analysis. **Materials and research methods.** The research had the character of the anonymous situation. 82 respondents formed three groups: the representatives of guard service LLC "Gazprom transgaz Chaykovskiy" - 39 people; the athletes from combat sports club (Chaykovskiy) - 13 people; students of Physical Culture and Sport Institute Udmurtia State University - 30 people. Students go in for athletic kinds of sport, other groups go in for combat sports. We used 16 personality factors Cattell test (16 PF), a form in A.G. Shmelev and V.I. Pokhilko modification. **Results.** On the basis of psycho-diagnostic research results, concerning distinctive-style characteristics of behavior we described three classes of traits: adaptive, energetic and autoregulatory. Bipolar character of the Cattell test scales conditioned two levels of characterological features demonstration - high and low one. **Conclusion.** The leading level of behavior regulation for the representatives of athletic kinds of sport becomes an individual level. It provides and supports the mechanisms of athletes' social adaptation; for people, who go in for fighting single combats- personal level.

Keywords: distinctive-style characteristics of athletes' behavior, personal level of regulation, organismic, individual and personal component.

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INTRODUCTION

"Sport is a specific kind of person's activity and a special form of social life. It reflects all crisis phenomena. They are typical for society in general" [1,2]. The urgency of the research is in the fact that it is insufficient to analyze and summarize only in terms of western orientation of sport development, as sport of high achievements is a social Institute in its form and functions. That is why it reflects not only the problems of modern society, but also social technologies of "work" with a personality. They prevail in society. In order to define their advantages and disadvantages comparative analysis of different target and axiological orientation models is necessary [3,4].

The aim of the research is to compare

distinctive-style characteristics of athletes' behavior in athletic kinds of sport and combatants as the index of social-normative and personal level of behavior regulation.

The following problem was solved during the research: on the basis of individual profile analysis to summarize distinctive-style characteristics of athletes' behavior [5,6].

MATERIALS AND METHODS

In order to estimate the leading role of social-normative or personal levels of regulation in the present psycho-diagnostic research we used 16 personality factors Cattell test (16 PF), a form in A.G. Shmelev and V.I. Pokhilko modification. The research had an anonymous

character. 82 respondents formed three groups: the representatives of guard service LLC "Gazprom transgaz Chaykovskiy" – 39 people; the athletes from combat sports club (Chaykovskiy) – 13 people; students of Physical Culture and Sport Institute Udmurtia State University – 30 people. Students go in for athletic kinds of sport, other groups go in for combat sports.

For the results handling we used the following methods: the methods of nonparametric statistics – conjugate tables method, using chi-squared criterion and Mann–Whitney U-test; methods of cluster analysis [7].

In order to make summarized psychological portrait of the group, we used a traditional scheme of results classification according to stain scale. According to his scale the values from 7 till 10 stains were considered as high ones; the average corresponded with the range from 4 till 6 stains; the values from 1 to 3 stains were considered as low ones.

RESULTS AND DISCUSSION

We defined the following general distinctive-style characteristics of behavior on the basis of psychodiagnostic research results distribution analysis in students-athletes: high level of responsibility and conscientiousness (G), orderliness and self-control (Q3), prudence and tactfulness (N), cheerfulness (F), emotional steadiness (C), communicability (A), vitality and courage (H), propensity to leadership (E), conformism (Q2), pragmatism (M) and conservatism (Q1).

Cluster analysis of results helped to combine the results into two clusters (clusterization level = 0,22). The first cluster included 97% of the results (29 people from 30 respondents). They have coincidence according to the mentioned above features. The second cluster includes the results only of one person, his portrait was made from the characteristics, opposite to the corresponding characteristics in the main group – emotional instability (C), unsociability (A), taciturnity (F), gentleness and flexibility (E), dreaminess (M), shyness (H), self-sufficiency (Q2), tenseness (Q4). In terms of further clusterization we revealed three groups of results (clusterization level = 0,45).

For the first group (23% from general number) the following characters are typical – dominance (E), sociability (A), courage (H), carelessness (F), dependence on the group (Q2). Content analysis showed that this group was with high energetic abilities. It is demonstrated in self-confidence, talkativeness, energy, activity, power, dominance. However, on this basis discreetness and self-control functions are not developed enough. For the representatives of this group it is typical to show lack of initiative at a social level. It is demonstrated in independence from the opinion of the group. This profile demonstrates the prevalence of behavior organismic mechanisms in terms of personality and individual mechanisms.

The second group presents the athletes' results (60%). They have "smoothed" character of an individual profile, on the one hand. It corresponds with the main tendencies of the whole group and, on the other hand it doesn't have some special characteristics. In this group the prevailing level of behavior regulation is social-normative or individual. The tendency to hypothyria (O) and general tension (Q 4) increase is the "psychological price" of social adaptation success for the representatives of this group.

In the third group (13%) the leading characteristics in general structure of personal features are the following: control-regulating traits of personality; emotional steadiness or "Self Power" (C) and self-control (Q3). In this profile we see the predominance of personal mechanisms in behavior regulation and in life in general.

The results of guard service analysis we revealed typical features of this group representatives. They formed its psychological portrait. These features were the following:

- high values prevalence according to C factor. They reflect emotional steadiness of the personality or "Self Power";
- high values according to G factor, which reflect conscientiousness or power of "Super Ego" (G). The results according to the mentioned two scales (C and G) can be the result of an artificial vocational selection;
- high values of kharriya (I) and parmiya (H) or masculinity features, such features as

impudence, courage, realness and rigidity;

- low values of suspiciousness (L). They prove the absence of neurotic tendencies and dreaminess (M). They reflect pragmatism and realness of target mindsets of life among the representatives of the group;

- hyperthymia tendency prevalence (O);

- radicalism as the feature of cognitive-personal sphere;

- high values according to the scale of the ability to obey the rules and self-control (Q3);

- because of basic needs frustration there were no features of tension.

The values of Q4 scale prevalence prove tranquility, enervation of the group participants.

On the basis of cluster analysis we revealed four main clusters (level = 0,27) and seven additional in terms of further clustering main clusters (level = 0,5).

First cluster included three groups (38% of all results). The first group (15% of results) has the combination of tenderness (G) and self-control (Q3). In psycho-diagnostic practice such kind of factors combination is known as “self-control under the influence of social necessity” [2]. Behavioral features of the profile are “poor” enough.

The representatives of the second group (18% of general number) have no features, available for interpretation. The values of the whole profile are within the range from 4 till 6 stens.

In psycho-diagnostic practice such type of profile is characterized as “closed” one, as it is impossible to interpret it diagnostically and prognostically.

The third group (5% of all results) is characterized by power-consuming features: sociability (A), dominance (E), courage (H), radicalism (Q1), carelessness (F). The leading level of behavior regulation for the representatives of this group is a personal level. Thus, for this group it is typical to have the combination of the formed mechanisms of personal self-regulation and sufficiently high indices of behavior energy.

The second cluster (15% of all results of the questioning in the group of guard service) was divided into two groups.

In the first group the mechanisms of social

adaptation prevail. The values according to the scales of conservatism (Q 1) and pragmatism (M) prove that super-task of social adaptation, such as the objective of individual abilities adaptation to the environment demands is urgent.

The second group is known for social detachment (A), shyness and undaring (H), more distinct seriousness and taciturnity (F), dependence on the group. For this group it is typical to have an individual level of behavior regulation. It provides an adequate social adaptation problem solution.

The third cluster (33% of general amount of results) included the groups, which didn't differ much in life energy features.

The first group combines high values of responsibility with high indices of emotional steadiness and self-control. Personal mechanisms of behavior and life regulation prevail.

The second group differs slightly from the first group according to the level of energy or activity. It preserves such structure of personal behavior regulation.

The fourth cluster (10% of all results of guard service) is known for energetic and control-regulating features of behavior. They have maximum possible values in terms of the given scale of stens.

In this profile self-regulation starts to serve not only outer (social) objectives, but also inner ones (personal). That is why we have the hypothesis that the phenomenology of the life subject is described by such profile of typical-stylistic characteristics of behavior.

Thus, the results of guard service representatives individual profiles analysis, who have a long-term experience of going in for martial arts, helped to summarize the traits of typical-stylistic peculiarities of behavior and define three groups of features: behavioral qualities, which provide an adequate social adaptation; behavioral characteristics, which reflect energetic level of life provision; autoregulatory features, which provide and support an optimal level of a personality's life.

The first group of the characterological features is provided by an individual level of regulation; the second is regulated mainly at organismic level, the third reveals the actions of the subjective and personal mechanisms of life.

16 PF results analysis, received in the group of athletes from fighting combats sports club (Chaykovsky), helped to define typical features of the summarized psychological portrait of this group – high values of tenderness and responsibility (G), self-control (Q3), emotional steadiness (C), the absence of high values of tenderheartedness (I) and suspiciousness (L).

On the basis of cluster analysis we defined three groups (level = 0,03).

The first cluster (85%) was divided into two groups (level = 0,32). For the athletes of the first group (23% of all results) it is typical to have the combination of high indices of psychic self-regulation (C, Q1, Q3) with high-energy traits (A, E, F, H, O, Q1) with not distinct social adaptive qualities (G, N).

The second group (62%) we defined as “closed” one, as the average values according to all scales prevail in it. Although the presented clusters contain 15% of all results, we included them into the analysis, as in other groups of respondents such structures have been already met.

For the profile of the third cluster it is typical to have the combination of high values according to the scales of social-normative qualities. At the same time, for the class of energetic traits it is typical to have low values (A, E, H), there are neurotic traits. Conservatism (Q1) and dependence on the group (Q2) gain the status of necessary ones in the aspect of social adaptation objectives. Such kind of characterological type was considered as the profile, in which defensive-adaptive behavior prevails.

The distinctive feature of the 4th cluster is a high energy potential. The level of pragmatism (M) demonstration in combination with social-normative qualities (G, N, Q3) with maximal value of emotional steadiness (C) and orientation toward the norms of the group show the success of social adaptation problems solution.

CONCLUSION

On the basis of psycho-diagnostic research results analysis, concerning distinctive-style characteristics of behavior we described three classes of traits: adaptive, energetic and autoregulatory. Bipolar character of the Cattell test

scales conditioned two levels of characterological features demonstration – high and low one.

The hypothesis verification, concerning the traits independence (type of sports specialization – the leading level of regulation) with the help of conjugate tables method, using chi-squared criterion proved the alternative hypothesis about the connection between the mentioned features ($p = 0,01$).

The leading level of behavior regulation for the representatives of athletic kinds of sport became an individual level. It provides and supports the mechanisms of athletes' social adaptation; for people, who go in for fighting single combats-personal level.

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