

Original Article

Exploring the Psychological Dynamics: A Comprehensive Analysis of Personality Variables in male Taekwondo Athletes

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Abstract

Taekwondo is a Korean martial art which is practised by many students all around the world. It is commonly recognised that psychological characteristics play a major role in mental training and are among the most important aspects of a player's overall preparation. The objective of the study was to explore the psychological dynamics of male Taekwondo athletes on Personality Variables. To attain the objective the present study focuses on the status of Taekwondo Players of different levels and analyses their personality variables. For this purpose, 20 male Taekwondo Players were selected randomly from different Taekwondo Academies of Delhi on the basis of the level of the participations. The age of the selected subjects was in range of 18 to 25years. Big Five Inventory (BFI) which was developed by John, O.P., & Srivastava, S. (1999) was selected to identify the personality variables of the subjects. SPSS was used for the calculation of mean, standard deviation and z-score of the data. Microsoft Excel was later used for the graphical representation of the results. The results revealed that Extraversion has the lowest and the highest Z scale value. It also revealed that most of the Taekwondo players shows extrovert personality, have an agreeable nature, are conscientious and neurotic. Most of the Taekwondo players are also Open to new experiences.

Key Words: Taekwondo, Personality, Psychological Profile, Z-scale

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Introduction

Taekwondo is a Korean martial art that is practiced by many students all around the world. It is commonly recognized that psychological characteristics play a major role in mental training and are among the most important aspects of a player's overall preparation. It is a widely held belief among coaches and athletes alike that "sport at its best is 90% mind" (Gould, Weinberg, & Jackson, 1980). Studies indicate that receiving formal training in martial arts positively impact psychological factors including self-esteem and self-concept. Therefore, it is challenging to ignore psychological variables when examining the factors that influence sports performance. Athletes' psychological makeup plays a significant part in the success of martial arts. Due to a variety of factors, including age, personality types, training level, and competitive level in the sport, martial arts athletes are susceptible to high levels of mental stress. Direct physical contact and an attempt to subjugate an opponent is what sets martial arts apart from other forms of sports (Remiszewska, Miller, Graczyk, & Lachowicz, 2020).

The objective of the study is to explore the psychological dynamics of male Taekwondo athletes on Personality Variables. To attain the objective the present study focuses on the status of Taekwondo Players of different levels and analyses their personality variables. This will give the player insight into

their psychological and mental factors that influence performance enhancement and help them implement an appropriate psychological training programme to improve performance.

Methodology

For the purpose of the study, 20 male Taekwondo Players were selected randomly from different Taekwondo Academies of Delhi based on the level of the participation. The age of the selected subjects was in range of 18 to 25years. 2 players (10%) participated in the Interuniversity level, 5 players (25%) participated in the national level, 8 players (40%) have participated in state level, 3 players (15%) have participated in intercollege level and 2 players (10%) have participated in zonal level. Graphical Representation of male taekwondo players according to their level of participation is given in figure 1. It was also kept in mind that all the subjects should participate voluntarily for the purpose of data collection during present study. Big Five Inventory (BFI) which was developed by John,O.P., & Srivastava,S.(1999) was selected to identify the personality variables of the subjects. SPSS was used for the calculation of mean, standard deviation and z-score of the data. Microsoft Excel was later used for the graphical representation of the results.

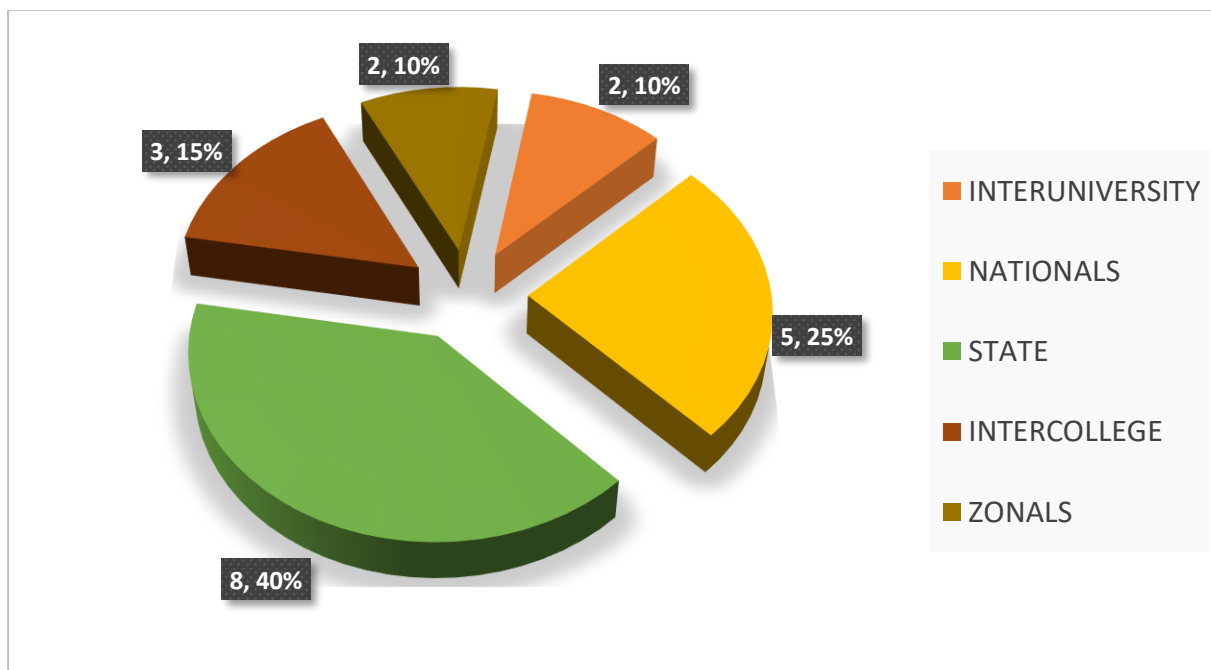


Figure 1 Summary of taekwondo players belonging to different levels of participation.

Results

To obtain the psychological profile of the Taekwondo players the researcher first obtained the mean and standard deviation of the scores of personality traits. The researcher later used the z scale to represent the data in line graph to understand the distribution of players from the mean score. Finally, the researcher depicted the number of players in each variable from the personality traits in form of graphs.

Table 1 shows the descriptive statistics of variables of the psychological profile of taekwondo players.

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Extraversion	20	17.00	38.00	27.3000	4.69154
Agreeableness	20	28.00	40.00	34.4000	3.53032
Conscientiousness	20	25.00	42.00	31.3500	4.77135
Neuroticism	20	12.00	30.00	20.9500	4.82837
Openness	20	29.00	46.00	36.6000	4.47684

Table 1 shows the mean and standard deviation of the personality variables used for psychological profile of Taekwondo players. Table reflects the mean value of Extraversion is 27.3 ± 4.69 , Agreeableness is 34.4 ± 3.53 , Conscientiousness was 31.35 ± 4.77 , Neuroticism was 20.95 ± 4.82 and Openness was 36.6 ± 4.47 . The graphical representation of mean value of different variables of the Big Five Personality Trait of the Indian Taekwondo Players is shown in figure 2.

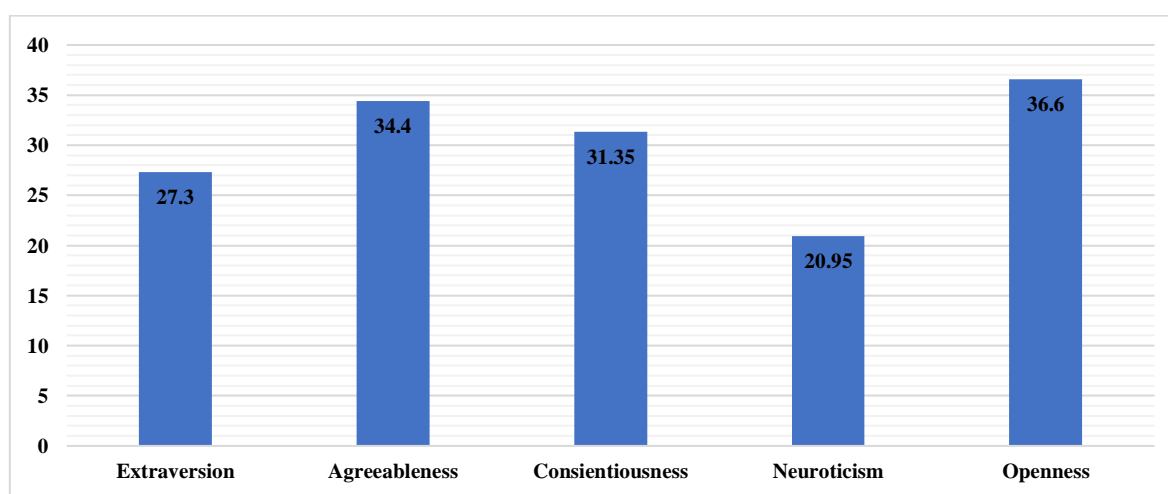


Figure 2 Graphical representation of mean value of different variables of big five personality trait of Taekwondo players

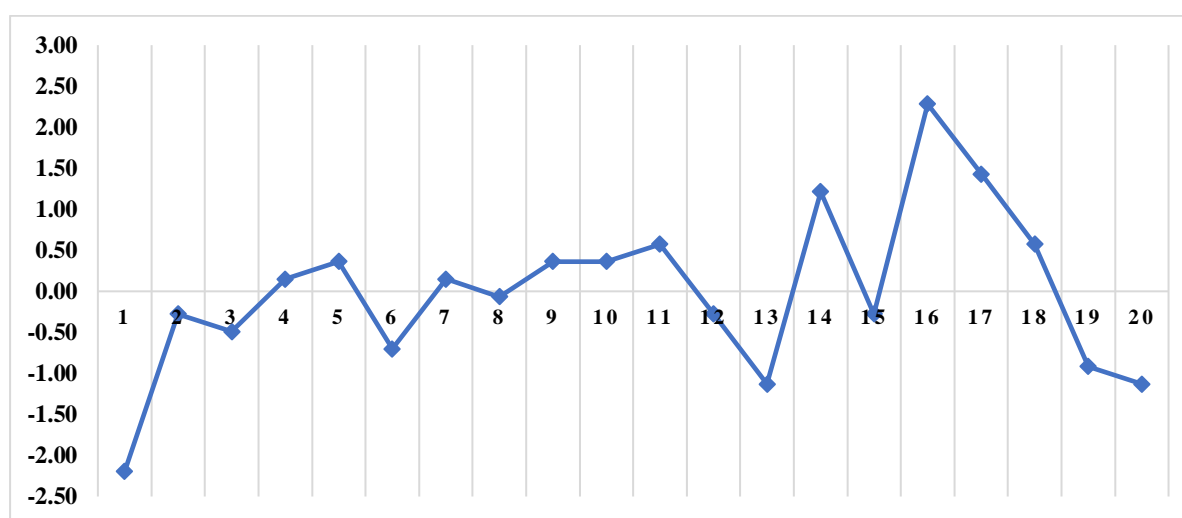


Figure 3 Taekwondo player's Z Score of Extraversion of Personality Traits

Figure 3 shows the Z score of extroversion variable of personality trait in Taekwondo players. It reveals that the highest Z scale score among the 20

Taekwondo players is 2.28, whereas the lowest Z scale among the 20 Taekwondo players is -2.2.

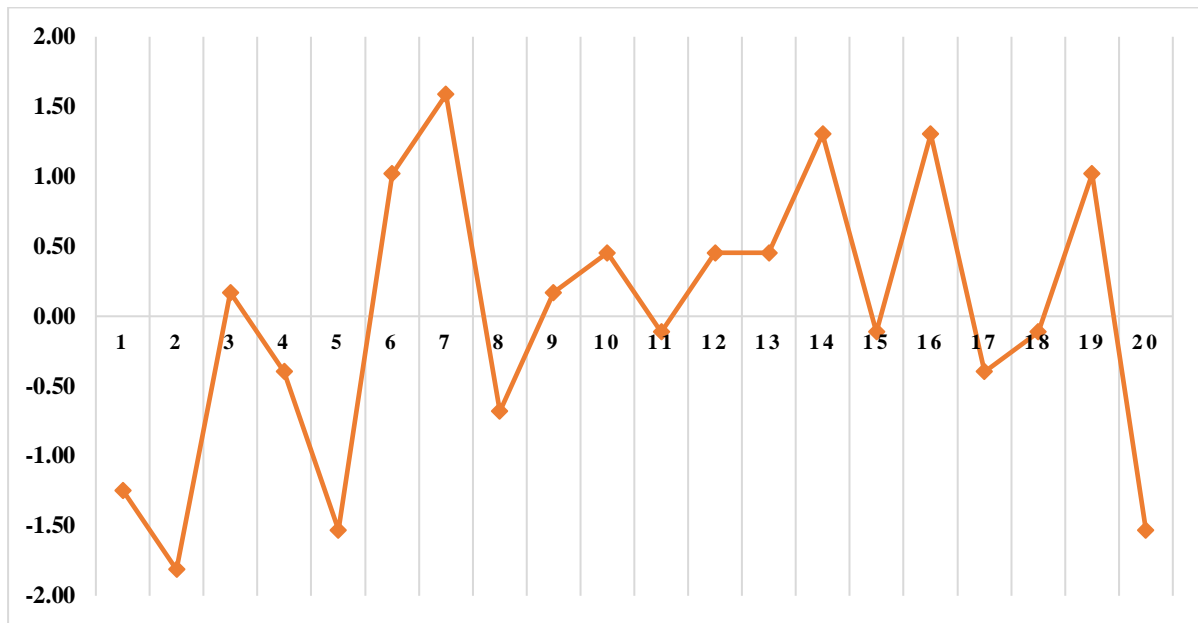


Figure 4 Taekwondo player’s Z Score of Agreeableness of Personality Traits.

Figure 4 shows the Z score of agreeableness variable of personality trait in Taekwondo players. It reveals that the highest Z scale score among the 20 Taekwondo players is 1.59, whereas the lowest Z scale among the 20 Taekwondo players is -1.8.

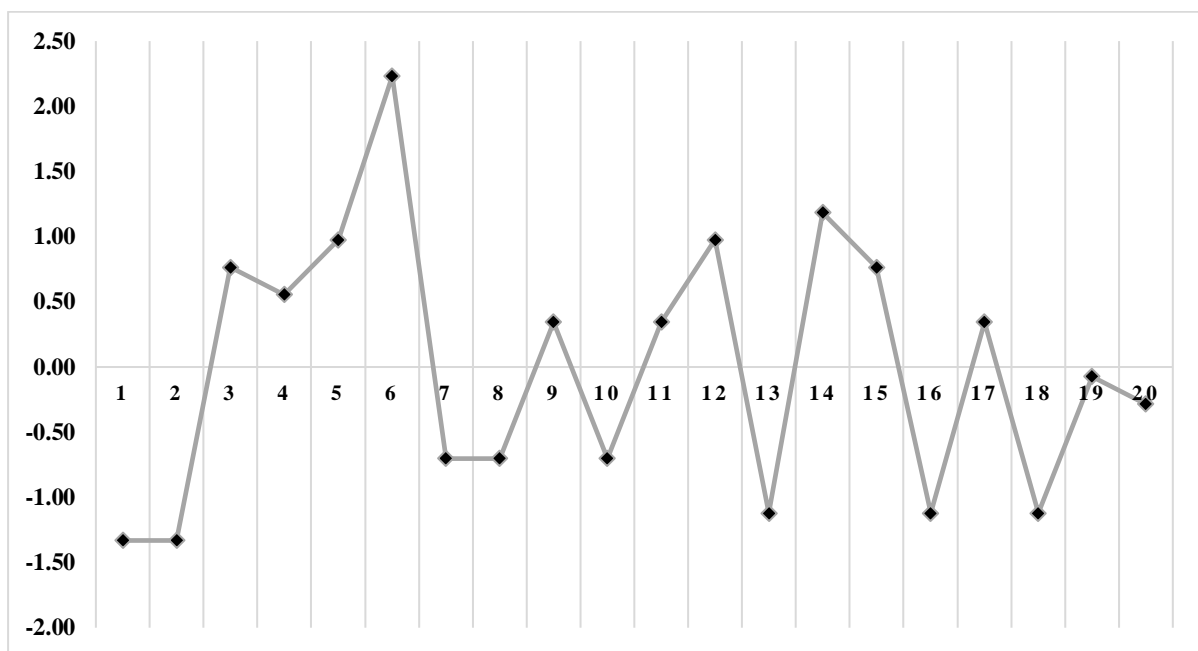


Figure 5 Taekwondo player’s Z Score of Conscientiousness of Personality Traits.

Figure 5 shows the Z score of the conscientiousness variable of personality trait in Taekwondo players. It reveals that the highest Z scale score among the 20 Taekwondo players is 2.23, whereas the lowest Z scale among the 20 Taekwondo players is -1.3.

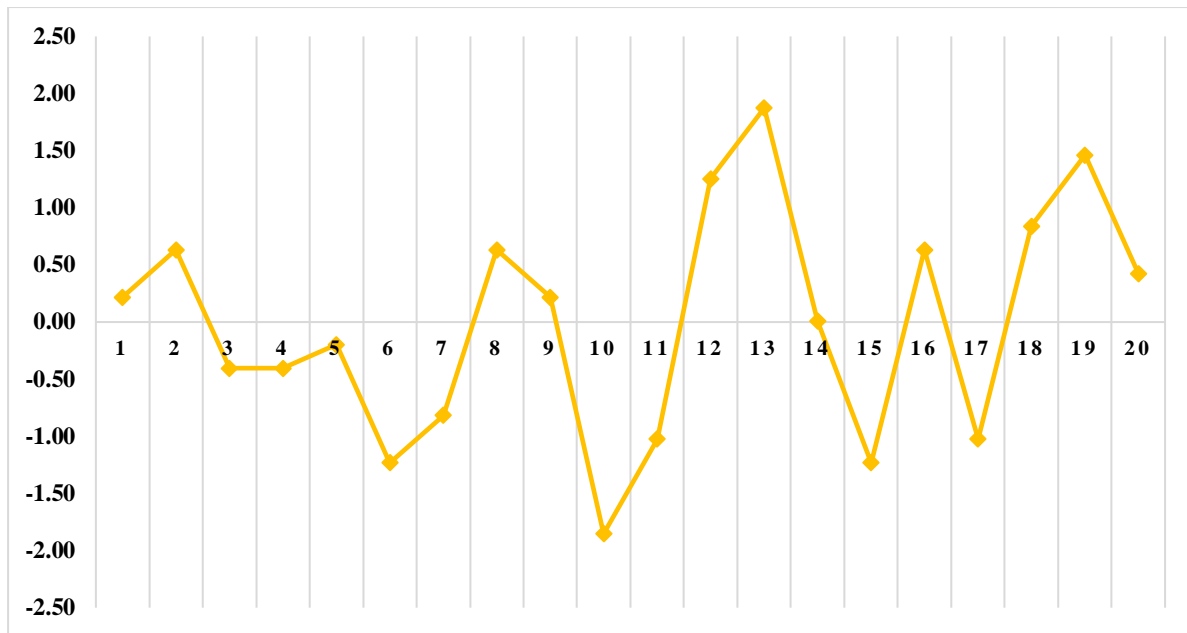


Figure 6 Taekwondo player’s Z Score of Neuroticism of Personality Traits.

Figure 6 shows the Z score of neuroticism variable of personality trait in Taekwondo players. It reveals that the highest Z scale score among the 20 Taekwondo players is 1.87, whereas the lowest Z scale among the 20 Taekwondo players is -1.8.

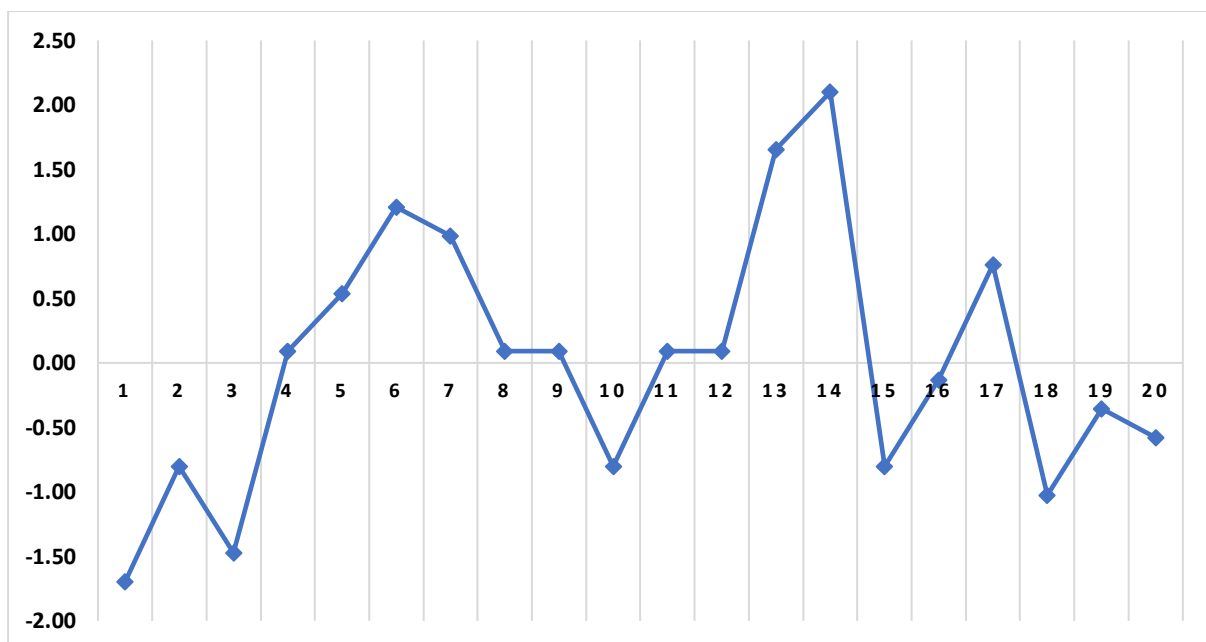


Figure 7 Taekwondo player’s Z Score of Openness of Personality Traits.

Figure 7 shows the Z score of openness variable of personality trait in Taekwondo players. It reveals that the highest Z scale score among the 20 Taekwondo players is 2.1, whereas the lowest Z scale among the 20 Taekwondo players is -1.7.

Table 2 Z Score of Sub Variables of Personality Traits of Male Boxers

	Z Scale Min	Z Scale Max
Extraversion	-2.2	2.28
Agreeableness	-1.8	1.59
Conscientiousness	-1.3	2.23
Neuroticism	-1.8	1.87
Openness	-1.7	2.1

Table 2 provides the linearly transformed standard scores for each of the personality sub-variables of Taekwondo players as a Z scale minimum and Z scale maximum. Furthermore, it is evident that Extraversion has the lowest Z scale value where the min score is -2.2. However, Extraversion also has the greatest Z scale value where the max score is 2.28. The graphical representation of the table is shown in figure 8.

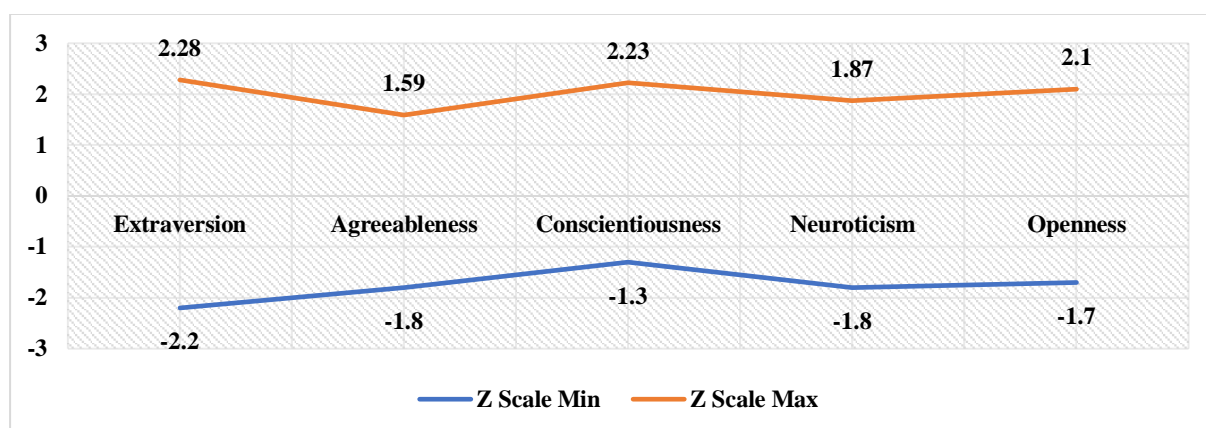
**Figure 8** Standard scores for all the sub-variables of Taekwondo player's Personality Traits.

Figure 9 to 13 shows the graphical representation of Evaluation of psychological profile of Taekwondo players on Personality traits i.e. Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness.

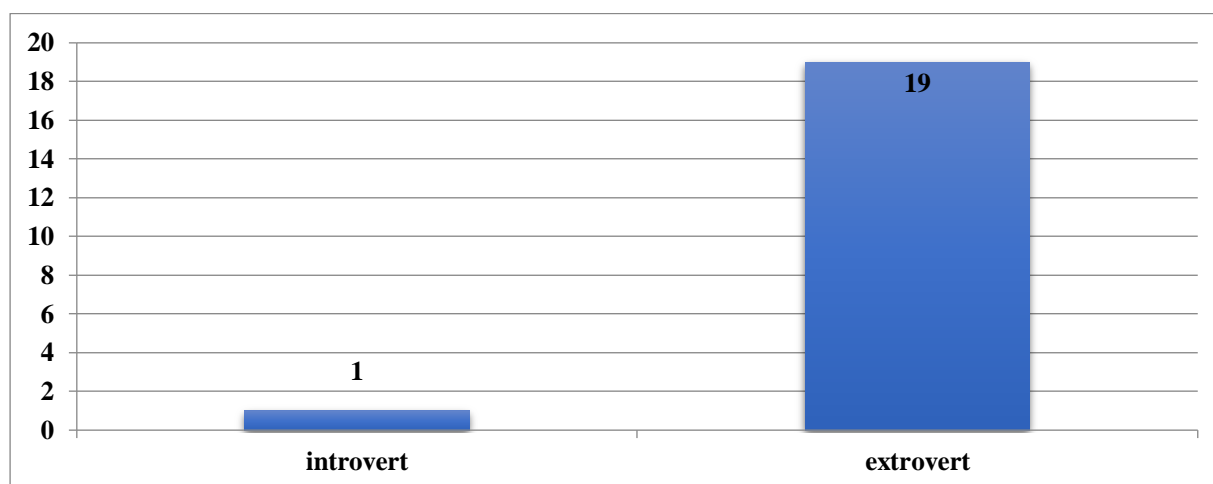
**Figure 9** Evaluation of Personality Trait: Extroversion/Introversion.

Figure 9 shows the evaluation of taekwondo players on Personality Trait: "Extroversion / Introversion". The result shows that 19 out of 20 Taekwondo players are extrovert.

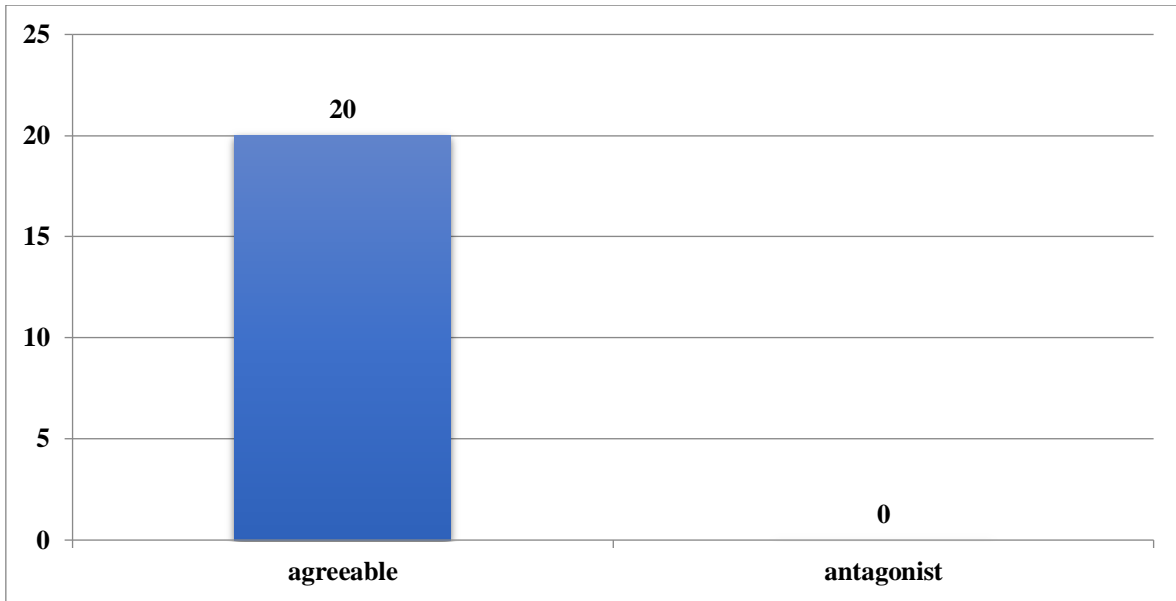


Figure 10 Evaluation of Personality Trait: Agreeableness/Antagonism.

Figure 10 shows the evaluation of taekwondo players on Personality Trait: “Agreeableness / Antagonism”. The result shows that all Taekwondo players are Agreeable.

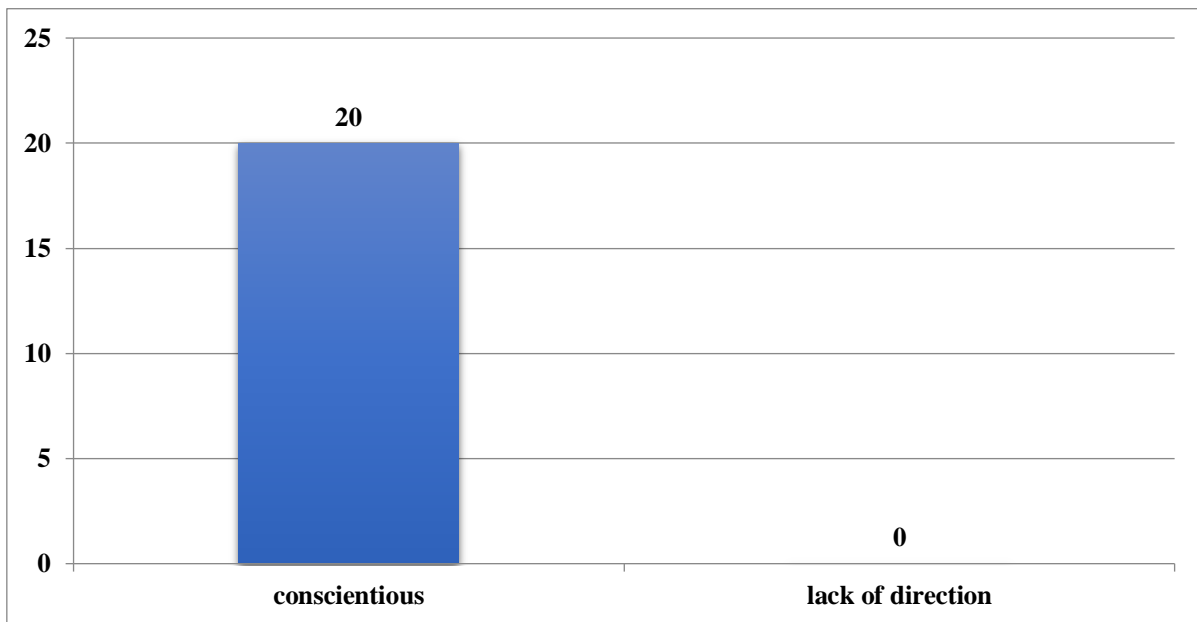


Figure 11 Evaluation of Personality Trait: Conscientiousness/Lack of Direction.

Figure 11 shows the evaluation of taekwondo players on Personality Trait: “Conscientiousness / Lack of Direction”. The result shows that all Taekwondo players are Conscientious.

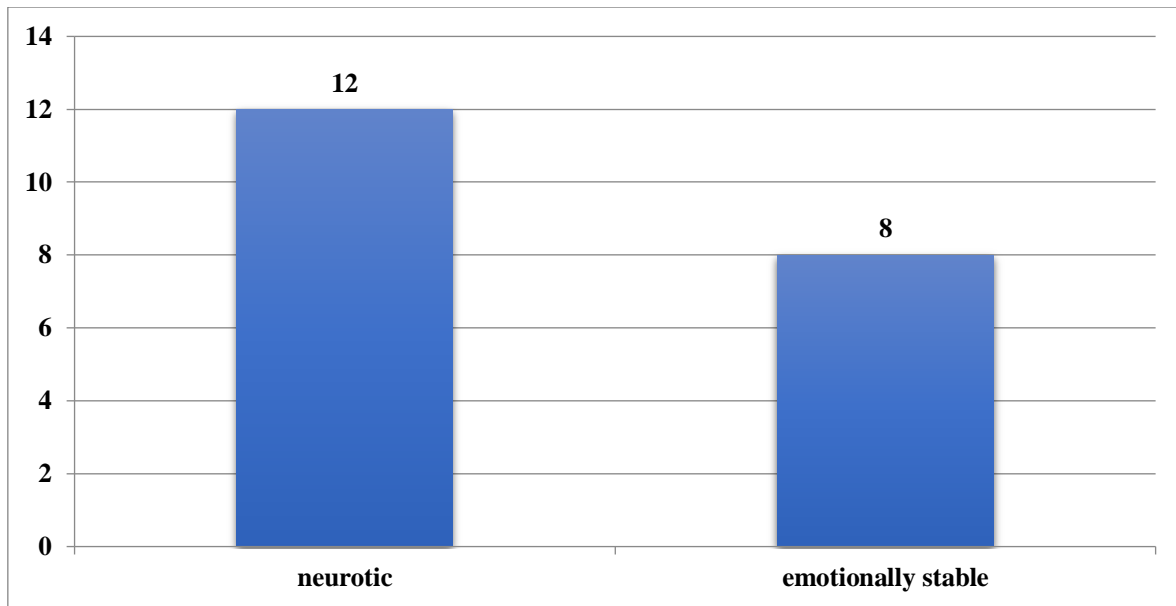


Figure 12 Evaluation of Personality Trait: Neuroticism/Emotional Stability.

Figure 12 shows the evaluation of taekwondo players on Personality Trait: “Neuroticism / Emotional Stability”. The result shows that 12 out of 20 Taekwondo players are Neurotic.

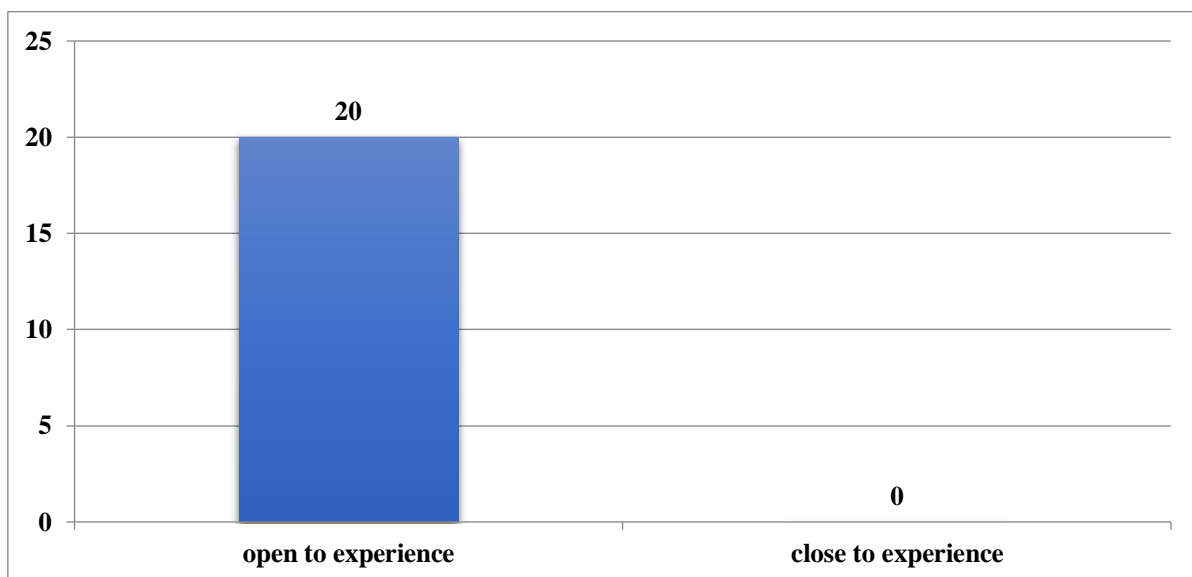


Figure 13 Evaluation of Personality Trait: Openness/Closedness to Experience.

Figure 13 shows the evaluation of taekwondo players on Personality Trait: “Openness / Closedness to Experience”. The result shows that all Taekwondo players are Open to Experience.

Discussion of Finding

The results revealed that Extraversion has the lowest and the highest Z scale value. The result also showed that most of the Taekwondo players shows extrovert personality, which means the male Taekwondo players tends to show energy, positive emotions, surgency, assertiveness, sociability and the tendency to seek stimulation in the company of others, and talkativeness (Friedman, 2016). When compared the Agreeableness vs Antagonism and Conscientiousness vs Lack of Direction of male taekwondo players it was

evident that most of the Taekwondo players have an agreeable and conscientious personality, which means the male Taekwondo players shows high tendency to be compassionate and co-operative rather than suspicious and antagonistic towards others. It also means that male Taekwondo players tends to be organized and dependable, show self-discipline, act dutifully, aim for achievement, and prefer planned rather than spontaneous behaviour. When compared the Neuroticism vs Emotional Stability and Openness vs closedness to experiences it was evident that most of the Taekwondo players have a Neurotic and Open Personality, which means the male Taekwondo players have low tendency to experience unpleasant emotions easily such as anger, anxiety, depression, and vulnerability. It also means that the male Taekwondo players tends to appreciate art, emotion, adventure, unusual ideas, curiosity and variety of experience (Friedman & Schustack, 2016).

Conclusion

From the results obtained, following conclusions were drawn:

- Extraversion has the lowest and the highest Z scale value.
- Most of the Taekwondo players show extrovert personality.
- Most of the Taekwondo players have an agreeable personality.
- Most of the Taekwondo players have conscientious personality.
- Most of the Taekwondo players have a Neurotic Personality.
- Most of the Taekwondo players have an Open Personality.

Conflict of Interest: No conflict of interest was declared among the authors.

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