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## Comparative analysis of "Psyche" of young judo players from a big city and small towns

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### Summary

**Aim:** To provide judo coaches the info about some aspect of 'Psycho' of young judo adepts so it can be used in the training process.

**Materials and methods:** The group of 31 young boys who practice judo in Bydgoszcz and the group of 27 boys who practice judo in small towns around Bydgoszcz were selected for the test. The so called 'Brown Test' by prof. W. Starosta of the Sport Way Academy was used.

**Results:** There were significant differences observed in all measured values.

**Conclusion:** The psychological 'Brown test' is an important source of information of children's psychological predispositions.

## **Introduction**

There have been a lot of researches in the field of sport psychology which have been interested in different aspect of human- athlete 'Psyche' [1,2,3,4,5]. The pursuit of sport perfection and all successes that come along with it is the aim of each athlete.

Professional literature and recent researches pay attention to the fact that not only physical training is important but also psychological one [6]. The analysis of the components of the sport predispositions tests shows that the 'psyche' aspect is very important and joins the athlete in a holistic way [7]. The term 'psyche' is defined as all of human activities, except strictly intellectual acts, where the brain plays a major role. 'Psyche' is a symptom of human spiritual energy which drives an individual to action [8,9].

The will to involve one in some activities and training different sport disciplines depends on the access to right facilities and support. The researched subject that is worth attention is the comparison of 'psyche' of young judo players from a big town to players from small towns. The psychological 'Brown Test' was created by prof. Starosta and associates to test 'psyche' of young judo adepts. The test consists of 24 questions divided into four categories: positive expectations, coping with difficult situations, controlling attention and learned optimism. The base for positive expectations is thinking about the possibilities which a young player encounters. A positive approach in this area can be an element of visualization and mental aspect during trainings with a coach and a psychologist with a young player [10]. Lazarus and Folkman's stress conception, coping with difficult situations relate to relation between an

individual and its surroundings where mutual interactions appear and sometimes result in considering the situation overwhelming and going beyond the possibilities of coping with it by the individual, which is measured by the other variable in the test- coping with difficult situations [11]. Another aspect measured in the test is controlling attention, which is the ability to overlook the distracters from surroundings during trainings and competitions and so called directing attention to the proper tracks [12]. The last factor measured in the test is the learned level of optimism which is the efficiency in working on player's attitude and a way of thinking [13]. The elements of test, which are the base for analyzing of 'psyche' of young judo players from big and small towns, have a fundamental role in comparing those two groups.

## **Materials and methods**

The psychological researches were conducted in summer month of 2018 during young judo players' summer camp. The players came from different sport clubs: AZS UKW Bydgoszcz, BKS Bydgoszcz, UKS "10" Bydgoszcz, LZS 'Szubinianka Szubin, UKS"5" Żnin, UKS Chodzież, MLKS Kcynia, AZS Białe Błota. The tested boys came from Bydgoszcz (the big town in the text) and from small towns around Bydgoszcz. The psychological test from The Sport Way Academy, so called, 'The Brown Test' was used, authorized by professors W. Starosta and A. Siniarską-Wolańską. The test results were elaborated according to 'Do You think like Winner Questionary" - Jim Mc Lennan J , Blackman C.

Access on <http://www.akademiadrogisportowej.pl/>

There were 31 boys practicing judo in Bydgoszcz and 27 boys practicing judo in small towns tested. The test was conducted in twos in the presence of two authors, who explained the questions in doubts. There were questions about age and length of judo training added.

For statistical purposes Excell 2007 and Statistica v.6 were used.

The results are presented in Tab. 1-2 and on charts Ryc. 1-3.

The results are presented in tables 1-3 and on charts 1-2.

## **Results**

Tab. 1 Basic demographic and sport data for both researched groups of judo players

	Age (years)	Range (years)	Length of a sport career (years)	Range (years)
Judo adepts from a big city n=31	11,0±0,5	14,0-8,5	4,1±0,4	7,0-1,0
Judo adepts from small towns n=27	10,4± 0,6	13,0-8,0	3,4±0,5	7,0-0,5

Tab. 1 shows that there are no statistically important differences in demographic and sport data. The young judo players are at the same phrase of development and have similar length of a sport career.

Tab. 2 Data determining 'psyche'- positive expectations, coping with difficult situations, controlling attention, learned optimism- measured by the test in both researched groups

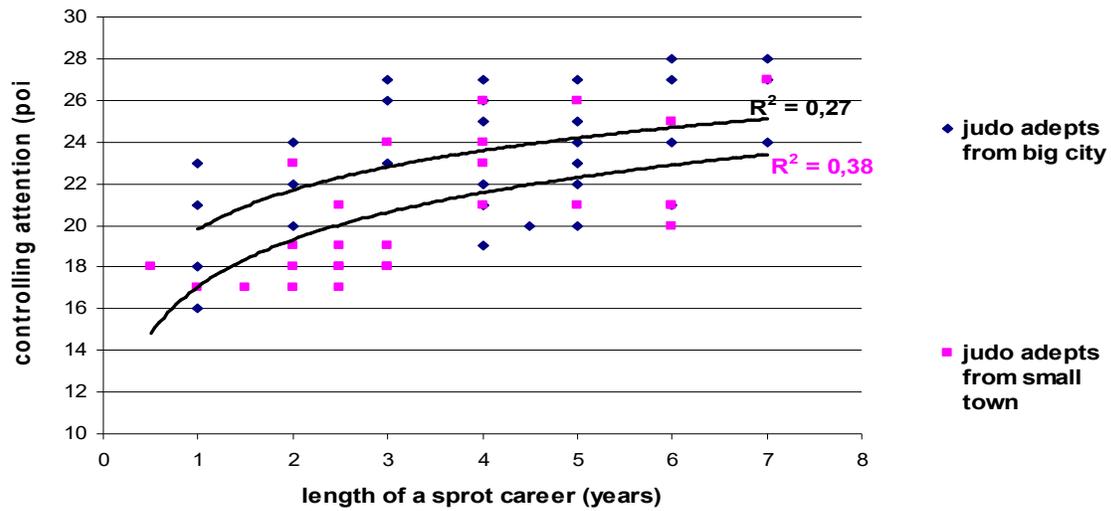
	Positive expectations range	Coping with difficult situations range	Controlling attention range	Learned optimism range
Judo adepts from a big city	25,0 ± 3,6*	22,4 ± 3,1*	23,3 ± 3,2*	24,8 ± 3,4*
Judo adepts from small towns	21,6 ± 4,7*	20,2 ± 4,4*	20,6 ± 3,7*	21,3 ± 4,2*
	High level of "psyche" 25-30 points	Medium level of "psyche" 19-24 points	Your reserves of "psyche" below 19 points	

Data gathered in Tab. 2 shows that all components determining young players 'psyche' are statistically important and higher in the group of young judo adepts from a big city.

Tab. 3 The percentile distribution of 'psyche' level in both researched groups.

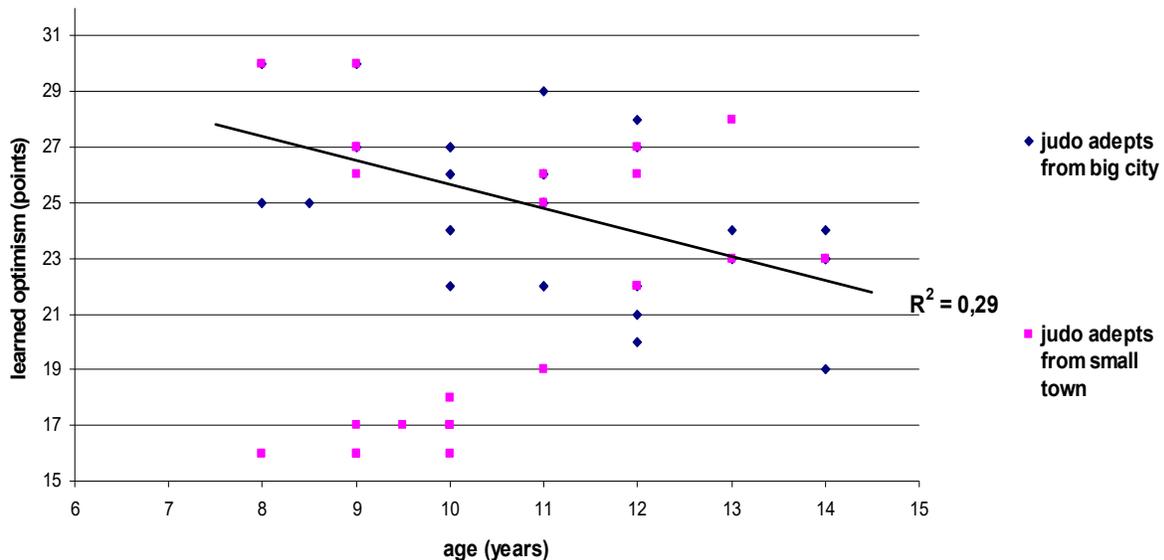
Judo adepts	Level of "psyche"	Positive expectations (%)	Coping with difficult situations (%)	Controlling attention (%)	Learned optimism (%)
Big city	high	54,8	22,6	35,5	54,8
	medium	38,7	54,8	58,1	41,9
	reserves	6,5	22,6	6,4	3,2
Small towns	high	25,9	14,8	14,8	37,0
	medium	44,4	33,3	40,7	18,5
	reserves	29,6	51,9	44,4	44,4

Data gathered in Tab. 3 shows that the judo adepts from a big city scored results at the high/medium level, while boys practicing in small towns scored results at the level indicating that they have reserves of their 'psyche' to be improved.



Ryc. 1 The relation between controlling attention and a length of a sport career in both researched groups

The analysis of changes happening as a result of training showed one only relation- common for both judo adepts- the increase of controlling attention along with the increase of the length of a sport career. Both determining indicators  $R^2=0,27$  and  $R^2= 0,38$  are statistically important at the low level.



Ryc. 2 The relation between learned optimism and age of both researched groups

The chart indicates the fall of the learned optimism along with the age in the group of judo adepts from a big city- the determining factor  $R^2=0,29$  is statistically important at a low level and there is no relation like that among the judo adepts from small towns.

## **Discussion**

The data gathered in Tab. 1 shows that the basic demographical and sport data for the both researched judo adepts groups are similar. On those bases one can suggest that the access for children to practice judo is at the similar level in both big cities and small towns. Those results are also confirmed in other researches in which nationality, place of living and parents' education did not have any influence on the children's answers related to sport classes [14].

The analysis of Tab. 2 allows saying that all components determining young judo adepts 'psyche' are significantly higher in the group practicing in a big city. Taking into account the possibilities offered to young players by a big city, it can be suggested that better access to specialists, like: dieticians, psychologists and most of all to coaches, increases young boys practicing judo motivation [15,16]. Higher level of motivation and awareness of a possibility to get a professional support account also for an increase of positive expectations, coping with difficult situations and as well as controlling attention and learned optimism. This thesis, however, requires verification and it can put the grounds for further researches. Data gathered in Tab. 3 gives information about the percentile distribution of 'psyche' level in both researched groups. The analysis of the data tells that boys practicing judo in a big city scored most of the results at the high/ medium level, and adepts from small towns showed reserves as to increase the level of motivation, which is one of the 'psyche' factor that drives individuals to action [17,18]. In the researches conducted after 2011 it can be still observed that children from the rural areas tend to lack motivation and confidence in actions and changes [19]. From that perspective, despite the years passing, still the significant factor in increasing self-confidence and 'psyche' level are the equality programmes for children and youth. As the researches show, easier access to trainings is not the factor to increase the level of self-confidence in young judo adepts living in small towns. One of the factors that increase the 'psyche' level can be a long-term practicing of sports, including judo. The data showed in Ryc.1 indicates (at a low level of statistic importance) that along with the length of a sport career, controlling attention is also

increasing in both researched groups [20,21]. Finding additional causes for increasing controlling attention level requires further researches in that area. An interesting challenge for the following researchers can be also the study of the decrease in learned optimism in the group of judo adepts practicing in a big city and a lack of that relation in a group from small towns. It is possible that the socializing processes and cultural requirements decreased the level of learned optimism in favour for rational attempts of analysing one's abilities. An interesting, however, requiring further analysis, is the thesis that the adepts from big cities have more possibilities to compete against players from other clubs, which increase their awareness of so called 'sport competition' and can lower an optimistic view on one's chances. It is very important to conduct further researches to find answers for the above mentioned questions- thank to the scientific approach they can put the grounds for creating the equality and increasing 'psyche' level programmes among young judo adepts.

## **Conclusion**

1. The psychological Brown Test is a source of knowledge of children psychological predispositions that allows to direct young people to different sport discipline- customized to needs and abilities of young adepts.
2. Big cities allow children bigger confidence in their sport abilities- respondents from small towns lack trust in their abilities what increases their reserve to rise of 'psyche' level.

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