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Motivational Structure of Men and Women in High Performance and Elite Judo

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Abstract

Background. This study, presented by [Litwiniuk, Bujak 1997] captured motivational factors for participation of women and men in combat sports – specifically taekwondo. Motivation is certainly one of the most important elements in the structure of personality and is therefore considered to be an important factor explaining social behavior.

Problem and goal. The main goal of the work was to identify and analyze the motivational factors of men and women in the high-performance and elite judokas, on the basis of which we determined the motivational structure of each judoka both individually and globally. Knowledge of the subject is important, especially for trainers, but also for elite athletes who influence and manage the motivational structure.

Material and Methods. We used in-depth interviews, theoretical analysis and case history by [Hlavonova 2013]. The research group consisted of four judokas who were nominated at the time of the survey as a representative selection of men and women in Slovakia. We used basic rational and logical methods to process data.

The results. The motivational factors prevailing in the motivation profile of junior athletes and the most common source of psychological crises and ways to overcome them have been identified. The motivation itself influenced in particular the aspect of the body in sporting activities.

Conclusions. In the overall motivational structure of active judo, athletes have the highest intensity of motivation. The intensity of demotivating factors in active judges resulted in the onset of a psychological crisis. A certain risk may be that some respondents put high demands on their coach.

Introduction

This study, submitted by [Litwiniuk, Bujak 1997; Sterkowicz 1993] captured the motivation factors for participation of women and men in combat sports – specifically taekwondo. Martial arts practitioners explore skills in trying to unify mind, technique and body, developing their character; to strengthen their sense of morality; and to cultivate respect and courteous behavior [Cynarski *et. al.* 2012; Kusnierz *et. al.* 2017].

Judo is one of the most successful martial arts and can be translated as “gentle”. The founder was Jigoro Kano, who was the first in the world to promote martial arts disciplines as they have inspiration, intuition and feeling.

Galloway [2004] explained the motives that are the basis of practical karate practice from the point of view of Bandura’s self-efficacy theory. Better and deeper understanding of motivation problems can be found in

textbooks of sports psychology [Jarvis 1999; Jones *et. al.* 2006].

Recently, Cherry [2013] have said that “Motivation is the force that initiates, and maintains targeted behavior. This is what makes us take steps to catch snacks to reduce hunger or enroll high school, in order to gain the degree. Forces that are under motivational power may be biological, social, emotional or cognitive [Zeng *et al.* 2013]”.

Several sports psychologists have focused on the area of goals in explaining motivation in sport. According to the authors of this theory, the interaction between the three factors is important for motivation: choice of performance goals, perception of self-abilities and performance behavior [Papaioannou, Zourbanos, Krommidas 2012].

This model enables us to develop a performance management strategy based on the right choice of goals

that increases the long-term satisfaction of sport with its own sporting growth (sporting championships) and realistic self-esteem [Davis, Jowett 2011; Rhind 2011; Stebbnig *et. al* 2011].

Baric [2004] states that motivation is often not a problem for athletes who are accustomed to winning: success is a success and victory brings many positive emotions that lead to a sustained high degree of motivation. However, the number of athletes who play matches is much bigger. Listen to them carefully and then it is important to maintain the necessary motivation for other sports activities. For most coaches, it is a common problem to keep the athlete motivated if he has not achieved optimal performance in the competition and has lost. There are several ways to maintain, but in many cases to recover, the necessary motivation to train and perform in competitions that we must know about. We are convinced that athletes should actively engage in the planning of their own goals and should be involved in the development of their training plan [Kordi *et al.* 2009; Przetacznik, Gierkowska 2002].

In the current psychodiagnostics catalog [2011] there are 5 motivational questionnaires, of which the most powerful questionnaire (DMV) is used. Popularity gradually leads to the devaluation of the test value of these tests. These motivational questionnaires do not focus on sport. There is a large number of foreign-level questionnaires and degrees that are directly specialized in various sports or based on a certain motivational theory [Duda 2005; Blais *et al.* 1995].

Many theoreticians of physical education and many sports pedagogues and sports psychologists point to the extraordinary values of martial arts and martial arts [Brown, Johnson 2000; Harasymowicz 2000; Winkle, Ozmun 2003; Wolters 2005; Kitamura *et al.* 2011; Vallerand 2012; Roberts 2014]. Shaun Galloway [2004] explains the motives that are the basis of practical judo practice from the point of view of Bandura's self-efficacy theory [Witkowski *et al.* 2013].

Materials and Methods

In our research, we have tried to quantify as much as possible the intensity of the individual motivation factors in the selected sample of judges by Hlavonova [2013]. This was a closed question in the course of the interview, where each judoist identified a motivating or demotivating factor for sport activity, and at the same time determined the intensity of each factor on the basis of the value scale. A sample of active representatives consisted of 2 men and 2 women – all active representatives.

They responded to the six open and one closed questions which we investigated and decided on: – personality characteristics, – motivational structure and intensity of

individual motivational factors, – demotivating factors that lead to frustration and weaken motivation, – the most common means of psychological preparation, – the main causes the departure of judges among former high-performance and elite athletes. We used logic methods such as: analysis, synthesis, induction, countdown, and comparison as a method of processing and evaluating acquired data through in-depth interviewing.

In addition to evaluating the incentive structure, we have evaluated and determined the overall motivational structure of both active and former judoists, which we have compared. By computing the motivational and demotivational values of the individual factors, we have organized them according to intensity from the most to the least motivating factors.

To an incentive number such as, listed in Table 1. Motivational structure (motivation number +14) counted all (plus) + values and deviated from the possible (minus) values, and this created the motivation number that is given by each table in brackets.

All respondents were from the clubs of the western, central and eastern part of Slovakia. They were regular members of the Slovak Judo Federation with a valid license and were holders of the first degree of technical excellence and the lowest grade of 1st Dan. The contribution was resolved within the project VEGA 1/0760/16.

Results

Because of the qualitative nature of our research, besides the overall assessment, we also tried to develop the motivational profile for each active judoka.

However, achieving the goal remains the most motivating for most top judokas, and at the same time it represents the main sense of effort made in the entire training activity.

Family was almost by all of the judokas referred to as complementary motivation. At the same time, they said that well-functioning relationships and communication are very important for them in terms of psychological well-being.

In view of the motivation itself, the influence of the sport dominated activity on a look-up page (body appearance). The judges are so regularly trained in well-being, which increases the overall rule productive activity in other social spheres.

Self-assertion, such as engagement in this sport, has often been described as one of the key motivational factors in our judges. Judges have identified it as an incentive factor and therefore we consider it to be another important factor in the motivational structure. The higher the need for self-reliance, the higher the motivation to exercise.

Another motivating factor for judges was material and financial conditions in judo. Most judokas are professional athletes, which means they earn wages for their sporting activities and are employees of the Dukla Ban-

ska Bystrica military sports center. Interestingly, these judokas have not introduced these financial conditions as motivations.

The judokas have generally pointed to the personality of the coach as a motivational factor in terms of negative motivation. This demotivation was specifically linked with mistrust and doubts about abilities and sports skills. It was also especially associated with the lack of training and individual judges.

1st Athlete

Brief characteristics: The athlete is characterized by psychological balance and openness. Properly working relationships are important to both the training partner and the trainer. The power of personality and perseverance help him/ her to overcome various obstacles and crisis, yet he/she is still motivated to exercise at a lower level due to certain factors.

Table 1. Motivational structure (motivation number +14)

	(max) demotivation			motivation (max)		
1. Achieving goal	+3	+2	+1	0	-1	-2
2. Team and family	+3	+2	+1	0	-1	-2
3. Status of athlete	+3	+2	+1	0	-1	-2
4. Char. features	+3	+2	+1	0	-1	-2
5. Self-realization	+3	+2	+1	0	-1	-2
6. Mat. conditions	+3	+2	+1	0	-1	-2
7. Health and fitness	+3	+2	+1	0	-1	-2
8. Trainer	+3	+2	+1	0	-1	-2

Core of motivation: The main motivation is the status of the athlete and the associated need to have others' respect and sense of self-importance. In a team, competitors share common values and prevail good relationships, which can also motivate them. "The team helps me to strengthen the belief that I can achieve something."

Additional motivations: The motivational factor also means achieving the goal. However, this motivation is influenced to a certain extent by external factors, which slow the increase in its value. The athlete says: "My goals would be higher if the trainer did not slow me down." This is also related to the power of the self-realization. The positively motivating factors are the acquired properties such as a purpose, balance, fighting and an appearance.

Risks of demotivation: In the past, some risk of the demotivation was an injury, which forced him/ her to think over a civilian work and whether he/she wants to continue his/ her previous active career. At that time, it was important to support an environment to eliminate this risk. As the demotivation are marked losses of important competitions, especially in the 1st round, or with the "weaker opponent". Occasionally, there are problems with managing stress before the competition. In view of the athlete's personality, to strengthen the performance

motivation and self-confidence, positive individual and professional approach should be applied to the athlete and sufficient confidence in his/ her abilities.

2nd Athlete

Brief characteristics: In this case, we evaluated the overall motivational structure at the high level. The personality is characterized by a psychic balance and a rational thinking. A competitor is an open and a communicative type of the athlete, with his/her inertia, by a role of an entertainer can get a favor of others and is willing to help. The team's work with the trainer does not lead to conflicts but to respect and an acceptance of the requirements. It is characterized by the high activity and due to the nature, the judo is the ideal sport to use energy.

Table 2. Motivational structure (motivation number +16)

	(max) demotivation			motivation (max)		
1. Achieving goal	+3	+2	+1	0	-1	-2
2. Team and family	+3	+2	+1	0	-1	-2
3. Status of athlete	+3	+2	+1	0	-1	-2
4. Char. features	+3	+2	+1	0	-1	-2
5. Self-realization	+3	+2	+1	0	-1	-2
6. Mat. conditions	+3	+2	+1	0	-1	-2
7. Health and fitness	+3	+2	+1	0	-1	-2
8. Trainer	+3	+2	+1	0	-1	-2

Core of motivation: As the core of the motivation he/she declared the athlete's status in terms of his/ her personality. Another strong motivation is conditioned by the team training, in which friendships and relaxed atmosphere prevail. During training and camps, the sense of humor is not missing and sometimes getting used to spending time together contributes to a strong consolidation of the relationships.

Additional motivations: In the motivational structure, the role is also played by the goal, which has fallen slightly in the recent past as the result of the injury. However, with its intensity, it still motivates in the positive direction and when the previous performance is restored and due to the character of the personality and the need for self-realization, his/her value is likely to rise again. He/she says: "I would like to push through in a life by the judo". It is also positively motivated by character features such as balance, conscience, personality and trainer's attitude, and to a greater extent, the external appearance and the material conditions.

Risks of demotivation: As a certain risk, we may mention the state of reluctance to do what he/ she says: "This sport is psychologically and physically very demanding." The above injuries were also reported. Smaller problems can also occur when managing stress before the competition, which can be removed by the mental training and the increasing performance motivation.

3rd Athlete

Brief Characteristics: This judoka belongs more to a competitive rather than a training type of the athlete. A decisive factor is the ability to concentrate and “turn on” in a moment, when it is needed. He/she focuses mainly on himself/herself and on achieving his/her goals. Communication with him/her is seamless, but in the sense that the athlete sometimes becomes accustomed to the trainer’s requirements. However, when he/she does not work well in the training process, he/she tries to co-operate with the trainer.

Table 3. Motivational structure (motivation number +14)

	(max) demotivation			motivation (max)		
1. Achieving goal	+3	+2	+1	0	-1	-2
2. Team and family	+3	+2	+1	0	-1	-2
3. Status of athlete	+3	+2	+1	0	-1	-2
4. Char. features	+3	+2	+1	0	-1	-2
5. Self-realization	+3	+2	+1	0	-1	-2
6. Mat. conditions	+3	+2	+1	0	-1	-2
7. Health and fitness	+3	+2	+1	0	-1	-2
8. Trainer	+3	+2	+1	0	-1	-2

Core of motivation: The most powerful motivating factor in terms of the intensity is the achievement of the goal, which is associated with acquired characteristics such as purpose, balance, self-discipline and patience. He/she says: “My highest goal is the Olympic gold.” Due to these qualities and the strong need for the self-realization through a joy, he/she remains focused on his/ her goals even while participating in the important competitions. The athlete’s status is also a strong motive.

Additional motivations: Because of the high performance and success of the athlete, he/she identifies both material and financial conditions for sport as motivating, with which implementation of this sport on the professional level is associated and thus becomes the main source of his/her income.

Risks of demotivation: In this case, we do not see any significant demotivating factors that could lead to longer term frustration. Maybe we may have a period of the competitions. It would be appropriate to analyze the matches and to co-operate in solving problematic competition situations. Communication with the trainer does not indicate a problem, even though there are occasional disagreements about the training resources used. He/she says: “The trainer does not always agree with me.”

4th Athlete

Brief characteristics: The performance motivation in this case has decreased to some extent, compared to previous years. However, it is still strong enough to

provide the required performance in the training and the competitions. Judo represents a certain sense of a life and gives the necessary self-confidence. The judoka is a social and an open type, important for him/her are good relationships and sufficient communication with the trainer, which significantly increases his/her motivation.

Table 4. Motivational structure (motivation number +14)

	(max) demotivation			motivation (max)		
1. Achieving goal	+3	+2	+1	0	-1	-2
2. Team and family	+3	+2	+1	0	-1	-2
3. Status of athlete	+3	+2	+1	0	-1	-2
4. Char. features	+3	+2	+1	0	-1	-2
5. Self-realization	+3	+2	+1	0	-1	-2
6. Mat. conditions	+3	+2	+1	0	-1	-2
7. Health and fitness	+3	+2	+1	0	-1	-2
8. Trainer	+3	+2	+1	0	-1	-2

Core of motivation: The most powerful motivating factor is still achieving the goal, but it is not the highest measure of the high performance and elite sport. The goals are realistically tailored to the skills and performance of the athlete. Every win for him/her means something and it shifts his/her forward. He/she says: “I am very happy to get a good result.” The important factor for him/her is the team, where strong relationships prevail, especially with the female competitors and motivation from family members.

Additional motivations: Other motivational factors are athletes’ status and characteristic features such as self-control, respect for human beings and his/her own, discipline and a fighting. He/she is also motivated by the fact that he/she is self-realized in the sports, either as the athlete or in the future as the trainer. The material conditions are weaker.

Risks of demotivation: The demotivation risks in the past (injuries) had been overcome, when the athlete too often thought about returning to the training process. Then he/she was helped by the family and some training partners. The strong relationship and friendship can be observed here. The characteristic is the need for communication and training under the professional guidance. This can be marked as the certain risk of the demotivation. He/she says: “I miss a greater interest of the trainer about how I train.”

In addition to evaluating the motivational structure, we evaluated and determined overall motivational structure of both, the active and the former judokas, which we tried to compare.

By reversing the motivation and demotivation values of the individual factors, we organized them according to their intensity starting from the most motivating factors. At the same time, we tried to point out the value of these factors in men and women.

Table 5. Intensity of motivational factors in active representatives

Intensity of motivational factors	Men (value)	Women (value)	Overall value
1. Status of athlete	+15	+13	+28
2. Achieving goal	+13	+14	+27
3. Characteristic features	+11	+11	+22
4. Team	+10	+9	+19
5. Self-realization	+10	+7	+17
6. Trainer	+5	+7	+12
7. Health and fitness	+6	+2	+8
8. Material and financial conditions	+1	+4	+5

Table 6. Intensity of motivational factors in former representatives

Intensity of motivational factors	Men (value)	Women (value)	Overall value
1. Achieving goal	+9	+8	+17
1. Characteristic features	+8	+9	+17
2. Team	+4	+6	+10
3. Self-realization	+6	+2	+8
3. Health and fitness	+5	+3	+8
4. Status of athlete	+6	+1	+7
5. Trainer	-2	0	-2
5. Material and financial conditions	+1	-3	-2

In the overall motivational structure of the active judokas, the **status of athlete** had the highest intensity of the motivation. The judokas liked to act in the ordinary society as athletes who represent their country in this sport. It gives them a sense of a uniqueness, associated with an interest in their personality.

This uniqueness represents the content of their lives in the form of sports training and achievement of sports results. In former judokas, the status of athlete appeared in the last place of all positive factors. A positive value was particularly found in men who were identifying with this status.

Achieving goal as the motivation factor had among the active judokas lower intensity than the previous factor. This result was attributed to the injuries, which were current at the time of the interview. The unfavorable health status of some judokas was the main reason for the small decrease in the intensity of this motivation. For former judokas, achieving the goal was associated with the highest intensity of motivation. The performance motivation, especially for men was high, as were their sporting achievements, such as placements in the World Youth Games, Academic Championships, World Cups or medals at the European Championship, World Championships or Olympic Games. For women, such results have not been reached at all, perhaps except for the medal placement at the European Youth Games. Nevertheless, they mentioned this factor as the greatest motivation.

The highly motivating factor for active judokas was also the **characteristic features** acquired. The long-term sport preparation, including the individual stages of training preparation, was inevitably linked to the shaping of the characteristics of the personality of the judokas, only in the educational aspect. This sport, in its essence, requires discipline, purposefulness or fighting instinct and hardiness, which have just been the most frequently mentioned acquired qualities of the elite judokas. For former judokas, characteristic features had the same motivational intensity as achieving the goal. These three motivational factors in active judokas are considered to be the most important in their motivational structure.

Discussion

While comparing the intensity of the individual factors of the judokas, we were mostly getting the same values. However, in the research there were a few exceptions, whose motivational structure, as well as these crises, differed to the certain extent in most judokas. All 14 judokas of the both examined groups attributed some positive values to almost every motivating factor and said that there had been a serious psychological crisis at least once. Only in two cases of all respondents there was the motivational structure of the form we would suppose in the elite judokas who said that they had never had a serious psychological crisis. These two groups of judokas had the constant level of the performance and were getting great sporting results. We do not want to say that the motivational structure is poorly built in others. It depends also on the personality of the athlete and his/ her needs, which are individual. But in terms of the motivation to performance, the motivational structure should be as close as possible to the two cases, which we have mentioned.

The deliberate influence on motivation is a complex problem. Some authors propose to use the realistic choice of goals [Weinberg, Gould 2007: 86-87], to reinforce internal motivation [Standage, Ryan 2012], to more frequent use of positive feedback and more encouraging criticism [Smith 2001]. Some authors emphasize the motivation of using social motives that increase the attractiveness of sport [Weiss, Chaumeton 1992]. Several authors confirm the positive influence of the athlete's relationship with the research [Philippe *et al.* 2011].

Other authors watched not only positive motives, but also the negative ones that discourage from sport, or motives that direct the athlete to other activities [Reints, Wylleman 2009]. This approach, which allows us to explore the structure and dynamics of motivation, has also been applied in our research.

In the past, the athletes' motivation was studied in a qualitative way, for example through semi-structured interviews or questionnaires with predominant

open questions by the authors [Krisandova 2011, 2009; Zakarovsky 2010]. New Motivation Theories [Mallet, Hanrahan 2004; Standage, Ryan 2012] confirm the importance of the share of internal motivation to overall motivation and identify three universal needs that are the basis of strong motivation: the need for autonomy, competence and co-ownership.

Self-realization, such as promotion in this sport, was often not labeled as one of the key motivational factors in our elite judokas in both groups, except for few exceptions that had or have the high level of the performance. The higher the need for self-realization is, the higher the motivation to the performance is. The need for self-realization is somewhat higher for men than for women in judo. This is related to the claim that men are generally more focused on the performance than women who are more responsible in other life spheres such as a school, work and a future family life.

For additional motivation in active judokas the **trainer's personality** was also marked with a weaker intensity. Those who described it as the motivational factor, talked about working cooperation and communication, which helped them mainly in overcoming the psychic crises. The elite athlete should not rely on the motivation mainly of the coach, but his/her personality and overall action can greatly influence the motivation if the athlete is experiencing anxiety and frustration associated with a particular problem. In particular, the trainer should direct the athlete, especially if at that moment he/she is unable or unwilling to so and to avail of the predominantly positive motivation, use work with the positive thinking.

For the certain motivation, **the health reason** was also marked by both judo groups, but in the view of the motivation itself, the influence of the sport activity was mainly dominated by **the aspect of the appearance**. The judokas are maintained in good physical well-being by regular training, which in turn increases overall productive activity in other social spheres. The last motivating factor for the active judokas was the **material and the financial conditions** in judo. Most of the men in our group of active judokas are professional athletes, which means they earn wages for their sporting activities and are employees of the Military Sports Centre Dukla Banská Bystrica. Interestingly, these three judoists, in just three of the four cases, had not presented these financial terms as motivations. On the contrary, the women had mostly mentioned the material conditions of the sport as minor motivation, for example representative track-suit set, kimonos, training clothing and so on. It is also confirmed by the studies that the performance motivation is more likely to be related to the "male" than the "female" role [Jarvis 1999; Jones *et. al* 2006].

The intensity of the demotivating factors in the active judokas resulted in the onset of the psychological crisis and the frustration, but it was not the cause of quitting the sport. Most of the judokas from the research group have had a

psychological crisis at least once, but they have overcome the ways and means that have always had a good effect.

Motivation was so prevalent that there might be a certain risk, for some respondents that these goals were disproportionately high and rather represented a dream, not a real goal.

In our research, the two judokas from both of the examined cases said that the motivational factors such as the trainer, team, health and fitness and in one case the status of the athlete did not play any role in terms of motivation. These two judokas had (or one former athlete) the highest level of the performance that could be achieved in judo. It shows the results achieved in the highest sports competitions.

Why do we point to this? All the attention of both groups of judokas is focused on their performance and the achievement of the goals, which necessarily implies the strong need for the self-realization and pushing through in this sport.

Similarly Witkowski *et. al* [2013] mentions the performance motivation, which divides into two basic orientations of the athlete or the coach. The first is the task of mastering the task, which is based on the need of increasing the performance and self-realization (so-called task-orientation), the other is the orientation towards their own victory, which is based on the need to be the first, to dominate over others, to achieve recognition. Frequently, in terms of the performance motivation, a target orientation is mentioned. The target orientation is a combination of life goals to build on and which complement and do not interfere with each other. It is right if the athlete on the road to the difficult goal sets short-term goals because their achievement is the encouragement on the road to the main goal. It is therefore very current in sports to look for new stimuli of the performance motivation. Consequently, better assumptions are made, so that aspirations at the sporting level do not miss and fall [Dovalil 2002].

Conclusion

Systematic exploration of motivation is a challenging process. This is because there is a great dynamics of motivational processes.

The motives arise and disappear under the influence of everyday situations and the interaction of athletes with other people and the environment. Most often motivation is estimated based on effort and personal testimony. These indicators, however, only indicate what the real motivation is. It is difficult to predict what will motivate someone in a particular case. Many trainers and good motivators usually rely more on intuition and practical experience than on motivational theories.

It is therefore necessary for sport psychology to bring new knowledge of motivation that will be use-

ful in sporting practice. Trainers should be constantly educated in modern pedagogical approaches, including coaching. Education should be a combination of theory, model exercises and practice under the supervision of more experienced colleagues. Building motivation should be based on intrinsic motivation, by selecting realistic targets and internships, job meaningfulness and gradually achieved championship. Elements such as external motivation, feedback, praise, criticism, reward, punishment, money must be sensitive and deliberately used to support internal motivation. Social motives should be used to build motivation and strengthen the positive relationship between the coach and the athlete.

Given the lack of psychodiagnostic methods to measure sport motivation, we recommend translating and standardizing certified tests from abroad. We believe that research into sports motivation will continue in the future, bringing further valuable insights and experience in the field of sport and pedagogical practice.

On the basis of acquired knowledge, we recommend the following training practice:

1. Long-term psychological training, which should start at a young age, at the beginning of sports practice. In the future, it has a huge contribution, because the athlete becomes self-sufficient and can recognize what is important today. That is why we consider this long-term adaptation and formation to be key.

2. It is advisable to consult the general effect of sports in adulthood as well as with the parents of athletes. If performance training and family environment are also important, it also has an important impact on the athlete himself.

3. Among elite judokas, it is advisable to focus on increasing motivational performance and self-confidence. It helps to meet education requirements more effectively and to compete better in competitions. The athlete is able to cope better with critical situations such as failure in competition or lack of training. It is necessary to point out the strengths of the athlete, to show confidence in him and to teach him the power of positive thinking, which plays a significant role in the hard way to the goal.

4. The incentive structure of elite judo should be objective and need for self-actualization is the key motivational factor.

Regarding personality of the athlete there should be individual and professional approach to the athlete and exercises to increase achievement motivation and self-esteem and insufficient confidence in his abilities. It is important to analyze the matches and to work together to solve the problematic situations.

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Annex

Basic data:

Name:

Age:

I have been actively doing judo for (how many years):

I was trained by (coaches):

1.	What motivated you to start judo, or how did you get into it?
2.	Have you ever had a time when you wanted to end up with judo? If so, why?
3.	What does judo give you in life?
4.	What was the greatest success in life achieved with judo? (this may not be just a contest placement)
5.	Do you have a goal that you would like to achieve in judo? If so, what?
6.	How many trainers have you been trained by up till now? (man, woman)

7.	What do you appreciate most about your current coach?							
8.	Are you satisfied with how your current coach leads you or are you missing something? (competitions, training).							
9.	Do you think that there is enough attention to psychological training in our country?							
10.	Have you ever had a problem communicating with the coach? How do you tolerate criticism from him/her?							
11.	Motivating factors:							
	(max) discourage(s)						motivate(s) (max)	
	a) team	-3	-2	-1	0	+1	+2	+3
	b) trainer	-3	-2	-1	0	+1	+2	+3
	c) achieving the goal	-3	-2	-1	0	+1	+2	+3
	d) conditions for sports	-3	-2	-1	0	+1	+2	+3
	e) health, fitness	-3	-2	-1	0	+1	+2	+3
	f) self-realization	-3	-2	-1	0	+1	+2	+3
	Other ...							

Struktura motywacyjna zawodników i zawodniczek na najwyższym poziomie zaawansowania w judo

Słowa kluczowe: judo, struktura motywacyjna, motywacja, czynniki motywacyjne, przygotowanie psychologiczne

Abstrakt

Wprowadzenie. Motywacja jest bez wątpienia jednym z głównych problemów psychologii sportu, w szczególności sportu na najwyższym poziomie. Motywacja jest z pewnością jednym z najważniejszych elementów struktury osobowości i dlatego jest uważana za ważny czynnik wyjaśniający zachowania społeczne.

Problem i cel. Głównym celem pracy była identyfikacja i analiza czynników motywacyjnych zawodników i zawodniczek na najwyższym poziomie zaawansowania w judo, na podstawie których autorzy określili strukturę motywacyjną każdego judoki indywidualnie i globalnie. Znajomość tematu jest ważna, szczególnie dla trenerów, ale także dla elity sportowców, którzy wpływają na strukturę motywacyjną i nią zarządzają.

Materiał i metody. Główną metodą badań było poza badaniem źródeł literackich badanie ex post facto. Grupa badawcza składała się z 10 judoków, którzy w czasie badań byli nominowani do kobiecej i męskiej reprezentacji Słowacji oraz 6 byłych judoków, którzy zakończyli już swoją aktywną karierę sportową. Do przetwarzania danych wykorzystano podstawowe racjonalne i logiczne metody.

Wyniki. Uzyskano interesujące wyniki. Wyznaczono czynniki motywacyjne, które dominują w profilu motywacyjnym zawodników judo i najczęstsze źródło kryzysów psychologicznych oraz sposoby ich przezwyciężenia.

Wnioski. Może to pomóc wielu trenerom i sportowcom poprawić i usprawnić cały proces treningowy i przygotowanie psychologiczne w judo.