

TEMPORAL PERCEPTION OF THE PERFORMANCE OF VOLLEYBALL PLAYERS IN THE COMPETITION

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Abstract

The sporting life is like a race against the clock, or it must succeed and juggle multiple schedules workouts and competitions. Daily time management becomes a stressor. Our work aimed to investigate the joints of time training and competition time and sporting behavior and to analyze the functions and strategies of the cooperative life time management sports teams through cultural models that underpin them. The temporal behavior seems an important condition for performance and efficiency, which implies that their variability depends on the time management during competitions and training in volleyball. It seems that the construction of a specific temporality for sport could explain a second report on the performance of the subjects involved in volleyball practice.

Keywords: temporal behaviors - Time Management - Time Dimensions - Experience sports - culture.

1. INTRODUCTION

The temporal approach renews the perspective on sports teams usually seen in the spatial angle. Indeed, the sports organization in recent decades show that the time sport separates from everyday life with its autonomous rhythm and its own events, opposition time at work, a period of intense activity always more concerned specifically timed moment sport is clearly recognizable even today with its new direction. Our research work is to study first the joints time sports, coaching and temporal behavior of volleyball players and then analyze the functions of life and cooperation strategies in time management sports teams through cultural models that underpin them, and depending on the mode of engagement of volleyball players in their teams. In addition to the implications for time management training or competition, temporal behaviors also have an interest in understanding the attitude of the Tunisian volleyball players to their training. A baseline study for the exploration of attitudes related to time style sports is that of Mudrack in 1999 which combine the results in his study of past and current research, and affirmed the potential importance of the time structure and purpose in the study of organizational behavior.

The methodological approach to the problem

Development of Hypotheses

To properly answer all the questions of the problem, it should assumptions that are plausible but tentative answers.

Main hypothesis

The practice of volleyball for a long time affects the temporality in determining the performance and could determine the temporal behavior of Tunisian volleyball.

2. MATERIAL AND METHODS

The independent variables of the population

Our study population will consist of volleyball players from team sports, senior categories evolving in different divisions. They were divided to players who have spent more than five years (old) (n= 76) and players who have spent less than five years (new) (n= 54) men and women. This is to test the ability of segmentation or reclassification of individuals in the total sample of 130 players in their groups (n) and secondly the population extracts players across gender: 68 male and 62 female volleyball players.

The sports experience: Seniority

Sports part of our research will be distributed as follows: New player one that has less than 5 years in senior category and players who have more than 5 years old in senior category. Therefore, our variable sporting experience is dichotomized.

Gender:

It is also a dichotomous variable, which deserves to be studied and also seems important. The sample of volleyball players will be represented by both sexes in a representative way since we have accurate statistics of players studied the region of Sfax.

Measuring Instruments

Questionnaire

We use the questionnaire as a measure of psychosocial reactions vis-à-vis the relationship between temporality and sports performance. To measure the temporal dimensions that are number nine, forty items (questions) were used. The majority of these items were borrowed from those used in other research such as the French. The items are presented in a disorderly manner in the questionnaire and evaluated using measuring 5-point Likert corresponding to "strongly agree" to "not at all agree" the order of items and measurement scale (5 points) are the same in the French version and in our questionnaire.

Collection and validation of data

The distribution of questionnaires was conducted during the months of October, November and September 2012 questionnaires were distributed to athletes during training. Since respondents did not all have the level required to meet authentically, we took care to explain a few items to help the respondent to select the correct answer.

Sample

This study was conducted in a population of Tunisian volleyball players of the Sfax region (n=130 players) from different sex. Detailed information on the characteristics of the study sample information is presented in Table 1.

Tableau N°1: The description of the samples studied

	size	Experience	
		-5	5
man	68	42	26
woman	62	32	30
Total	130	74	56

Sample selection

The entire group of people concerned with the goals of our survey consists of players so team sports senior category in the region of Sfax. Our sample of athletes will be extracted from all 11 teams in the region of Sfax. The total sample of 130 athletes

The survey processing

Statistical analysis of data

After the description of our investigative tool and after the inventory of the types of samples of athletes, we feel it is useful to the description of data analysis methods. Analysis of the questionnaire data is performed by parametric statistics to know Student's test, analysis of variance of two factors (ANOVA), and the study of the correlation of Bravais Pearson

Student test

The comparison between the averages scores of our study population with those of French is performed by the Student t test for paired samples not.

Correlation coefficient

The Bravais Pearson correlation measures the strength of the relationship between the different temporal dimensions.

The two-factor ANOVA

The two-factor ANOVA used to identify the potential effects of our independent variables (sex, age) on each of the dependent variables (9 temporal dimensions)

3. RESULTS AND DISCUSSION

The time in our search

The perception of time is central, especially the behavior of players. This study was developed to try to identify the differences between the perceptions of time developed by athletes during training and competitions. The concept of time and therefore the apparent temporal behavior has been studied in the behavior of players in the management of volleyball teams. Time in sport can be

an entry in any sport process. It then needs to be allocated to the performance and the highest performance. Different time slots are to be used in such a way performance. Players maximize their total satisfaction by providing the unit time to an optimal activity unit; it to a sport based on time concept is perceived as linear, continuous and progress. We conducted research, aims above all to study the behavior of the players to strengthen the role of the concept of time. Multiple time dimensions have been identified and studied, such as the economic efficiency of time, the pressure of time, time orientation of the past, present and future. The organization of time; anxiety about time preference satisfaction, time pressure. These dimensions represent a notion of time that is both internal and external to the individual (individual and social time). In this study, we consider the following dimensions of time: The use mono / chronic time poly (**MONO**); procrastination (**PROC**), the organization of time (**ORGA**), the past temporal orientation (**PASS**), present (**PRES**) and the future (**FUTU**), timeliness (**WCP**), preference for immediate gratification (**GRA- IMM**) and time / quality ratio (**TEM / QUA**). The latter is a new dimension that we will include in this study.

Authors Kaufman and Lane categorized in type mono and poly chronological. According to research by Kaufman and Lane in 1991 in the Journal of Consumer Research, the single column style refers to players who used to do one thing at a time. The poly-chronic style, in contrast, refers to players who used to do several things simultaneously. For style single column, time is often perceived as linear and separable. These players prefer to focus only on training courses, often held at the predetermined program by the coach. According to the 1991 usinier research (in the Perceptual time patterns) may include in the poly-chronic style in the world of sport, players can edit and easily give up their program and a pre workout plan; communicate with several people at the same time and do not hesitate to deal with multiple tasks simultaneously. According to Feldman and Hornik in 1981, adopting a style or other players depends on many factors: Gender and goals in the sports season, the level of education, employment status the social activity, the influence of family and culture.

Procrastination usually refers to the tendency to give a task or decision until later or tomorrow. This trend seems to be all individuals according Tukman in 1989. Regarding the driving behavior, this concept is defined as chronic, is to delay or slow down the training process.

The time orientation (past, present and future), these dimensions are widely studied in psychological research. According **Bargadaa in 1989** temporal orientation of an individual is defined as a preference to see one of three time zones.

The temporal organization of time denotes the habit or the need to organize and plan the activities of individuals. This dimension is often associated with the concept of economic efficiency of time as explained in the research usinier Building a perception of time scale in 1991 may deduct as sports that tend to organize daily workouts are those of you who see time as money.

Punctuality refers to the behavior of being on time for training and competition. This dimension which Brodowsky and Anderson recently identified in the study in their research in 2000 which is a cross-cultural study of consumer attitudes towards time in the Journal of Global Marketing.

The preference for immediate gratification was founded by owner of the factory in 1994. This dimension describes the aspect of motivation attached to the notion of time. There are two types of people, those who favor prompt or immediate results and favoring an immediate reward, others prefer or may take some time to get results.

The quality / time is the idea of many these people looking to make their work rather than chasing time; if the requirement of a good quality or effectiveness of the task could be the cause of this behavior.

Correlation analysis between the temporal dimensions in volleyball

To investigate the relationship between the temporal dimensions, we used the correlation study for ease of interpretation. The option of this method of analysis was chosen to verify the correlation coefficient between the temporal dimensions and their corresponding factors and produce scores using database for subsequent operations. Thus, by this, eight out of nine selected temporal dimensions have proven highly correlated with higher or lower coefficients of 0.05 for accuracy; refer to the results found in

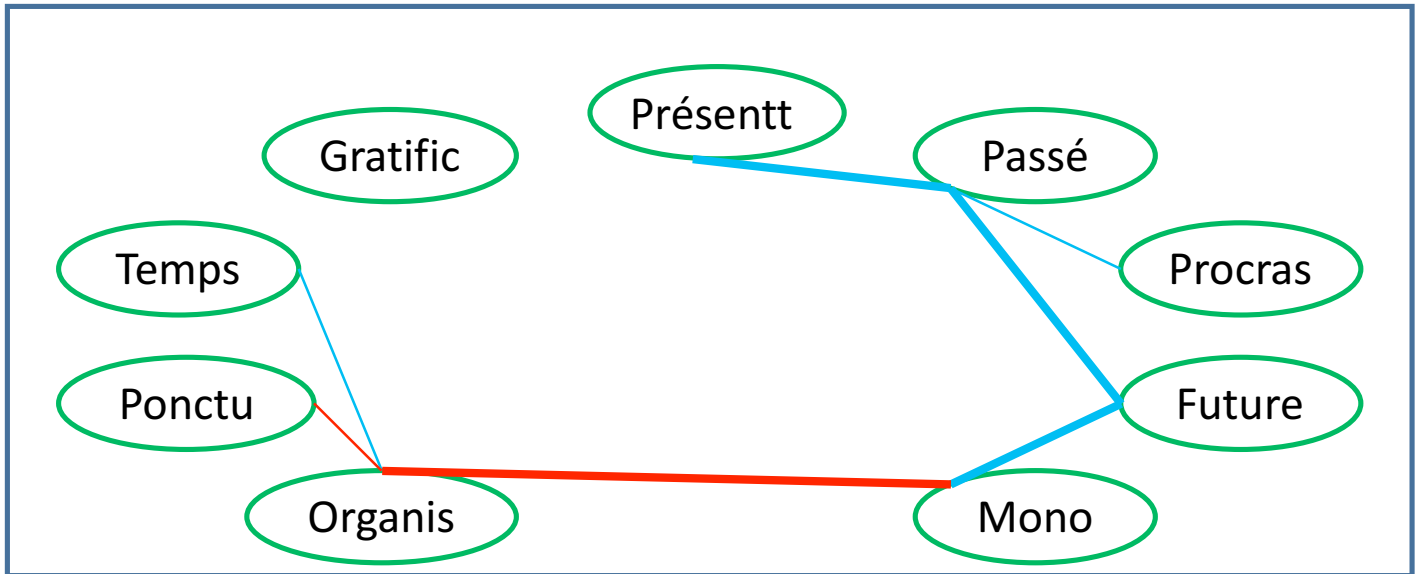


Figure 1: Schematic representation of the correlation between the temporal dimensions. The blue color is a positive correlation and red negatively correlated. Thin lines suggest correlations at $P < 0.05$ and the bold lines correlations at $P < 0.01$.

In addition to the implications for time management training and competition, the temporal behavior survey also has an interest in understanding the attitude of Tunisian volleyball players to their training. A baseline study for the exploration of attitudes related to volleyball activity inspired by the idea of time Mudrack style in 1999.

The results of our study, significant correlations were found between the volleyball in the spirit of competition and some temporal behavior such as time organization and persistence over time of procrastination. In our study, there are links between the organization of time, procrastination one hand and orientation to the past, the need for a second job. The approximation of the results found in our current study allows us to say that former volleyball players of the senior class have a strong spirit of training related to competition, which is again confirmed by their strong need to achieve in competitions. That said, they show good attitudes to their popular sports. This trend is consistent with other empirical study, that of Nguyen and Napier in 2000 in their research Nomee Work attitudes in Vietnam. Tunisian volleyball players show a generally positive values training as find in our search results. Volleyball players are ready to train hard to support their teams during the sports season.

Finally, with regard to internal relations within the team, understand and respect the nostalgic notion of volleyball players are needed to create a good atmosphere for cooperation in training and competition, as volleyball players are very attached and proud of their past or their families accompanying them as shown by the scores of questions 8 and 4.

Table 2: Matrix of inter-correlations between the time

future	R	1							
	P	-							
Instant gratification	R	-0.05	1						
	P	0.61	-						
monochronic	R	0.286	-0.030	1					
	P	0.001	0.737	-					
Organization of time	R	-0.044	0.120	-0.227	1				
	P	0.617	0.172	0.009	-				
past	R	0.255	0.107	0.078	0.011	1			
	P	0.003	0.225	0.378	0.905	-			

punctuality	R	0.065	0.092	0.160	- 0.203	- 0.028	1			
	P	0.459	0.297	0.068	0.021	0.754	-			
present	R	0.043	0.134	- 0.086	0.070	0.285	- 0.101	1		
	P	0.627	0.129	0.331	0.43	0.001	0.255	-		
procrastination	R	0.036	0.089	- 0.099	0.008	0.192	- 0.062	0.086	1	
	P	0.681	0.316	0.261	0.93	0.028	0.484	0.329	-	
Time / Quality	R	- 0.084	0.139	- 0.087	0.196	0.021	- 0.053	0.172	- 0.019	1
	P	0.34	0.115	0.323	0.026	0.813	0.546	0.051	0.827	-
		future	Instant gratification	monochronic	Organization of time	past	punctuality	present	procrastination	Time / Quality

The blue color represents a positive correlation. The red color represents a negative correlation.
P: Probability A: Correlation coefficient

These eight dimensions retained explain the total variance of proc dimensions, MONO, PASS, ORGA, TEM / QUA, WCP, GRA-IMM and future. The components of these factors are very consistent with those selected. Bravais Pearson correlation coefficient measures the factors identified in this study and the degree of correlation between the temporal dimensions; there are those who have coefficients above 0.05 the correlation is positive (TEM / QUA, ORGA, MONO, FUTURE, PROC, PASS EC) have no coefficients less than 0.05 the correlation is negative: (WCP, ORGA, MONO). These factors have a good reliability with high coefficients of 0.05 while the other factors have relatively lower coefficients of 0.05. These factors (POC ORGA, MONO) to after our research could be challenged for their low correlation. However, these factors were selected for this study because each of them represents a very specific aspect of perception and measurements of temporal elements of each are supposed characterized the style of both temporal. As regards the comparison in terms of size, we find that there are differences between men and women, old and new. The results show that the comparison of old and new players volleyball in the senior category in the sample, we find that the former tend to encourage the habit of doing one thing at a time (MONO) they lean more to the future. While the new show a less ad hoc trend (WNCP). They lean more toward the past (PASS)

Comparison between the temporal behavior of men and women volleyball players

Another statistical treatment is to compare the temporal dimensions between two populations volleyball men and women volleyball players. The results of this operation, shown in Figure2, show that the averages are statistically significantly different between the two, there are three dimensions that the difference is significant that they are those of **MONO**, **ORGA** and **PASS** the nostalgic trend is stronger in women than in men's volleyball. As for men, this can be explained by the reason that Tunisian with a strong tradition, in which the family and the group are very important for the individual in general.

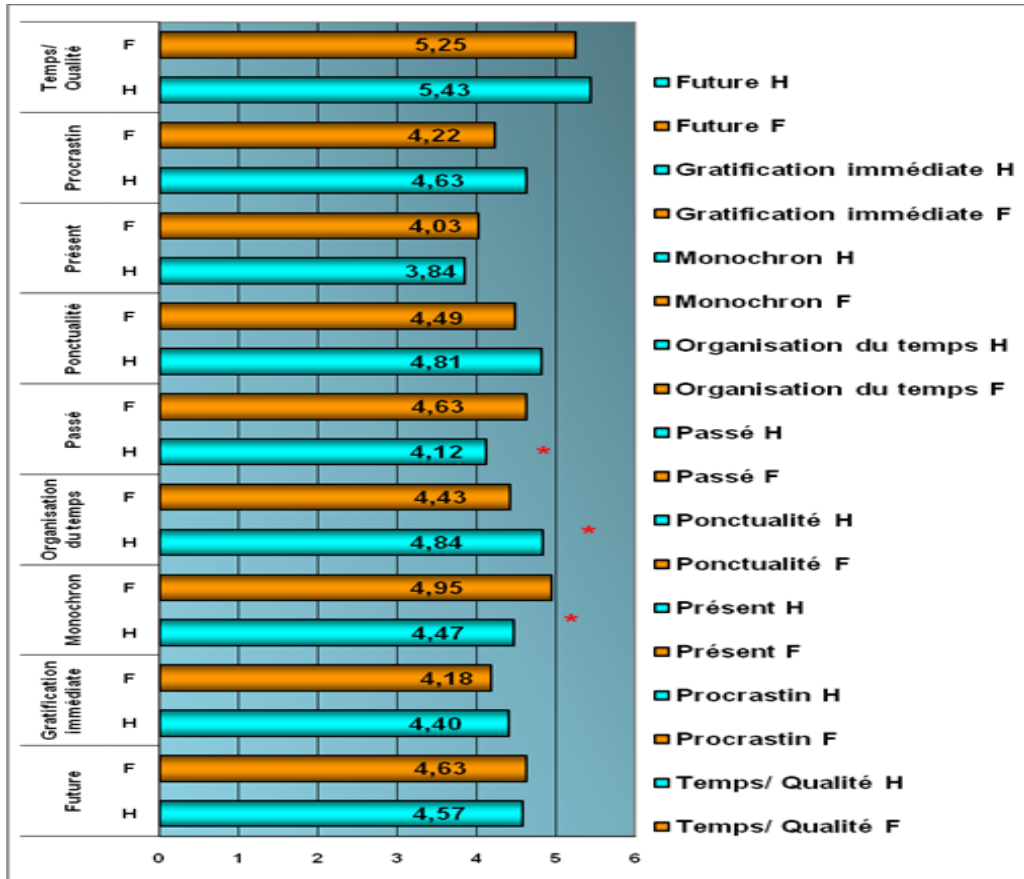


Figure 2: Comparison of means between the temporal behavior of sports men and women

But usually Tunisians are more nostalgic than the French. The focus on the past is often appreciated by society. Finally, say **MONO** dimensions, **ORGA** and **PAST** the difference of means in our research is significant for men. In organizational procedures which is predetermined in the implementation of training and competition tasks, the latter show a little more attention to the quality of work as speed.

The first reading of the results shows indeed the interest of time budget for the study of temporal behavior of Tunisian players and share experience in time management and regulation of the temporal system within a sports institution. We see already from the temporal dimensions and the results of the difference in means that overall, male and female players in their teams continue to behave in a linear time model of progress characterized by punctuality, time /quality, present and future.

The comparison between the different classes men and women, old and new shows significant differences in the behavior which indicates that former players (male or female) are best qualified to manage their time better than the new players who have fewer years of experience. A more detailed analysis would show that the difference in average temporal dimensions shows that the trend is towards a linear temporal model of progress, promoting a fast time performance, a time that characterizes the model of contemporary technology companies, the Becoming increasingly competitive.

Discriminant analysis on the difference in means between the temporal behavior of old and new players

This analysis is intended to be a discriminant function with time factors that divide the population of players who have spent more than five years in the team (former) and which number 76 and players who have spent less than five years (new) number of 54 men and women. This is to verify the ability of segmentation or reclassification of individuals in the total sample of 130 athletes in their groups (n) and secondly the population of players separated across gender: 68 men and 62 women athletes.

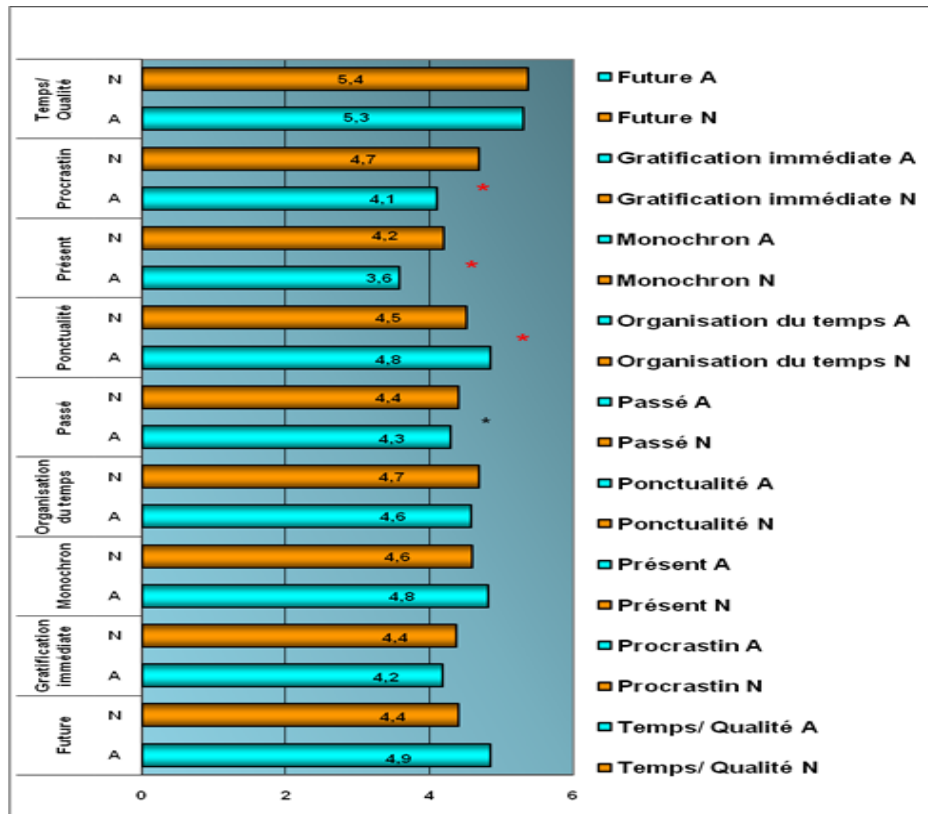


Figure 3: Comparison of means between temporal behavior Former and new players.

The segmentation criteria considered explanatory variables are the 9 time factors; the statistical descriptions of these variables for the two samples such that their medium in two groups are shown in Figure 3 above. Besides the interest of building a discriminant function to clarify the difference between the temporal behaviors of old versus new players is to indicate the part of the experience in time management. The difference in means was very significant for the future and punctuality and to the former. In this section, following discussions on the results we will present the implication of this study in time management teams. These discussions relate particularly to the most influenced by the temporal behavior of sports and the human factor plays a decisive role disciplines. At first we see that the results obtained in our study are consistent with those found in some previous research about the time. Thus, the actual behaviors of individuals sporting objects of our Tunisian culture study meet the temporal behavior of non-sporting French. Indeed, regarding the chronic mono style in the use of time our research shows that respondents from the new-class athletes are less than the old mono chronic respondents.

This result explains the different temporal dimensions of his research on the sociology of the time. Indeed, regarding the habits of the organization of training and competition, the study shows that the ancient respondents often organize their activities ahead of the new. This result is consistent with the actual behavior in the absence of new used for training on time, while in the former, the appointments are essential to progress. Rating listed in Figure 3 show that the difference is significant at the middle first. There is a significant difference in favor of the former on procrastination with a value of (4.8) for the old and (4.5) for the new and future value of the average scores which is (4, 9) for the old and (4.4) for news. Indeed, our results indicate that the sports less organized daily activities and it is very important to emphasize that they do not usually practice by appointment. This tradition could be explained not only by the lack of communication, but also the traditional mechanism of the organization of the team that is not very interested in the temporal strategies although it can participate in regulation time and budget the notion of lifestyle team our results are similar to that made by tung dao (2005) in his thesis. The difficulty is to find a suitable time to drive through the harmonization of the time the daily life and the life of a player, attract an adequate program for all members, to find a consensus between training schedules and work and study schedules. Since former players appreciate the quality rather than speed. Regarding the Opposition made an immediate reward by the elders, the projects have potential benefits in the medium and long term seem more interesting and attractive than those whose results are apparent in the short term. This behavior is explained by the share of experience in time management and the application and implementation of the training program and competition during the sports season to achieve the desired performance. Finally, learn to improve and focus on its past due to the sport experience also indicates a greater appreciation of the former, because it is the proposal to consider the past as rewarding (such as feedback effect in achieving sports performance) our explanation is close to that

made by tung dao (2005) in his thesis entitled "Time doctora style and sense of self-efficacy of the buyer on the purchasing decisions of style."

Comparison of means about temporal dimensions: the case of Tunisian and French

The first statistical analysis is to compare the average measurements of items. The results presented in Table number 3 with averages, standard deviations and values of the t-test, show that the averages are statistically significant, demonstrating differences by comparing them with other research done on a French population unsportsmanlike.

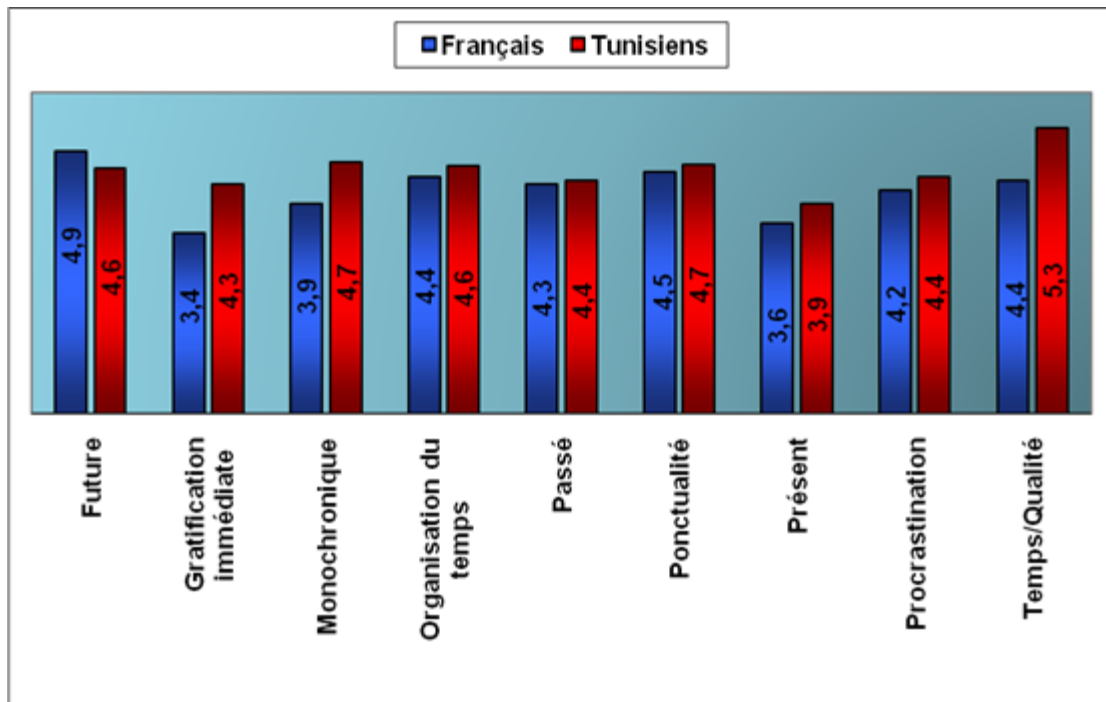
Table 3: Comparison of averages; The case of the Tunisian and French

	Items	French		Tunisien		T-test
		Mean	Standard deviation	Mean	Standard deviation	
17	I know what I want for my future and I know how to get there (FUTU)	4.42	1.92	5.71	1.38	-7.49* *
21	I like to discover how others see the future (FUTU)	4.99	1.6	6.14	1.28	-7.71* *
26	I think one day I will have success (FUTURE)	4.12	1.75	2.75	2.15	6.81* *
39	Many of us tend to "dream" about their future, it happens to me (FUTU)	5.54	1.48	3.88	1.80	9.81* *
40	I often think about what I will do in the future (FUTU)	5.43	1.5	4.52	1.64	5.60* *
6	It is best to conduct tasks that bring results quickly (GRA_IMM)	3.54	1.36	4.47	1.65	-5.97* *
27	Working on projects whose results are achieved long-term de-motivates me (GRA_IMM)	3.22	1.59	3.39	1.94	-0.95
32	I prefer to wait in the hope of receiving a large reward later rather than touch a little now (GRA_IMM) has	3.4	1.66	3.39	1.94	0.04
41	I prefer to do two or more things that can be done quickly rather spend my time on a big project (the result of which is seen in the long term) (GRA_IMM)	3.35	1.56	5.92	1.33	-17.27** *
7	People should not try to do several things at once (MONO)	3.54	1.7	2.96	2.07	2.97* *
13	I often try to do more than one thing at a time (MONO) has	3.64	1.78	4.25	1.71	-3.42* *
15	When I got to my office, I work on one project at every moment (MONO)	4.76	1.75	6.25	1.25	-9.50* *
34	I feel comfortable in doing several things at once (MONO)	4.09	1.51	3.66	1.86	2.46*
38	I hate to do several things at once (MONO)	3.59	1.76	6.35	1.22	-17.74** *
2	Good time management is the key to success (ORGA)	5.14	1.32	5.12	1.51	0.17
11	I feel uncomfortable by following a schedule set time (ORGA) has	4.97	1.72	2.10	2.02	14.87* *

12	I prefer to have a schedule determined time and keep me (ORGA)	4.41	1.74	4.63	1.62	-1.28
25	I have a very great control on how I take my time (ORGA)	3.41	1.45	5.92	1.33	-17.57** *
29	I used to do what comes to mind, rather than think of several things to do in advance during the day (ORGA)	4.27	1.78	5.44	1.44	-7.02* * *
4	It is very important to know what happened in the past (PASS)	5.22	1.64	6.41	1.21	-8.02* * *
8	We should teach children traditions (PASS)	4.65	1.7	4.95	1.55	-1.82
18	When I am alone, my thoughts often turn to the past (PASS)	3.93	1.9	5.06	1.52	-6.39* * *
22	I am nostalgic of the past (PASS)	3.83	1.84	4.52	1.64	-3.86* * *
23	I always take time to think about the opportunities I have missed (PASS)	3.52	1.85	2.69	1.94	4.24* * *
31	I love listening to older people talking about their past (PASS)	4.61	1.81	2.53	1.97	10.68* * *
1	No possible excuse for the delay (WCP)	2.78	1.67	6.41	1.21	-24.22** *
14	I'm almost never late for work or an appointment (WCP)	4.88	2.08	4.63	1.62	1.30
28	I prefer to come early and wait rather than being late for an appointment (WCP)	5	2.06	5.44	1.44	-2.40*
36	If the only way to get to an appointment is to run, I prefer to be late (WCP)	5.39	1.97	2.15	2.41	14.31* * *
24	I think some of the future and the past, I saw this time (PRES)	3.87	1.78	4.04	1.76	-0.93
33	I do not like change (PRES)	2.86	1.65	4.31	1.69	-8.42* * *
37	I live from day to day (PRES)	3.95	1.86	3.45	1.92	2.59* * *
16	When I have time on my hands, I wait until the last minute (PROC)	4.48	2	4.85	1.57	-1.98*
19	I used to do things at the last moment (PROC)	4.62	1.95	5.17	1.50	-3.07* * *
20	Face difficult and painful decisions, I tend to give them to the latest possible (PROC)	4.39	1.88	5.33	1.46	-5.43* * *
30	My motto: Do not postpone until tomorrow what can be done the same day (PROC) has	4.42	1.84	2.91	2.09	7.46* * *
35	When a task is difficult to do, I think it is good to delay (PROC)	2.96	1.65	3.93	1.79	-5.49* * *
3	It is impossible to do together quickly and well (TEM_QUA)	3.37	1.8	6.14	1.28	-17.25* * **
5	It is more important to do things correctly than to	5.86	1.25	6.25	1.25	-3.00* * **

	do them quickly (TEM_EFF)					
9	Work looking at his watch never brings good results (TEM_QUA)	3.82	1.97	4.20	1.72	-2.00*
10	The quality of work depends on the time invested in this work (TEM_QUA)	4.36	1.85	4.79	1.58	-2.44*

Means and standard deviations found in your research are relatively close to those found on a French population. However, the temporal dimensions show some differences between the two cultures. The results go up that, in comparison with the French sample, Tunisian players tend to favor the habit of doing one thing at a time (mono chronic), to devote their time to do their job (time / quality) and not to call a later spot (procrastination). It also appears that the French prefer to complete large projects that provide medium to long-term results rather than projects that bring immediate results (GRA-IMM), yet Tunisian athletes better organize their days in advance (ORGANIZATION). Finally, Tunisian players will lean more toward the past (PASS), less to the future and are more punctual (WCP) than French. The results obtained in our study are consistent with those found in some previous research about the time, especially with the real behavior of individuals of both cultures. In sport, it is clear that a good knowledge of the psychological characteristics of sport in general and those related to time perception are of particular relevance for good efficiency of training and competition, therefore satisfaction to athletic performance, from the Tunisian players. This observation suggests that efficient allocation of tasks in the Tunisian context must respect their chronic mono style because as shown in the results in Figure 4,



N Figure 4: Comparison of the temporal behavior of Tunisians and French

Tunisians tend to favor mono-chronic use of time. A rigorous analysis of the nature of the positions of the players in training and competitions and the sports-time use of style will ensure a good sport performance. This trend could be explained by the fact that Tunisians are moving towards quality and effectiveness of training, rather than speed which gives dissatisfaction with the results.

Effect of temporal behavior on the volleyball performance

In this area, it is clear that a good knowledge of the psychological characteristics of sport in general and those related to the perception of time, in particular, is very useful for a good effectiveness of training and competition. Indeed, it is clear that a single chronic promoting sports style would feel comfortable trying to do more than one thing at a time. If that player is forced to do things with chronic poly, the effectiveness of its tasks could not be ensured without competition. of our research after a rigorous analysis of the nature of the exercises and the use of the time players style will ensure good recruitment for the report as TEM / QUA, former players focus on quality that is ie, the effectiveness of training and competition point of view of performance, rather than the speed workouts,

and therefore, the pressure in the tasks could influence the effectiveness of the training and competition and also after the performance of our results by correlation of temporal dimensions. Regarding the continuing work in training, former players show less procrastination than new players, this behavior can lead to positive attitudes, sometimes negative performance for our results is similar to that made by Tung Dao (2005) In His thesis Entitled "Time doctora style and sense of self-efficacy of the buyer on the Purchasing Decisions of style.". The positive effect is obviously the need for achievement drives; that is to say, complete the task before leaving the sessions. The negative effect occurs if players leave voluntarily simply do nothing about what they feel they complete a new task in the remaining time. This negative behavior was observed during training during the last minutes of the session. The abuse of this behavior is very dangerous for the team. This requires that leaders must find appropriate measures to promote the positive and mitigate the negative effects of this behavior are to give recommendation to minimize the negative effects.

One solution might be moving forward, is the application of flexible schedules or less stringent (if training permits), that is to say, the player can leave the workout before time if he did not feel usefully lead to or stay in the field to finish his current training program if desired. Finally, the lack of experience in the organization of the team is also a negative for the former and could cause difficulties in performing the tasks. To remedy this weakness, a rigorous and strict organization of training could be an effective solution.

Finally, with regard to internal relations within the team, understand and respect the past players are needed to create a good atmosphere for cooperation in training and competition since the sport are very attached and proud of their past, or Family (as shown by the scores of questions 8 and 4).

Thus, as indicated by the results of our investigation, players least organize their daily activities. Indeed, it is very important to emphasize that they do not have the habit to practice on appointments or strict time frame established in advance.

The difficulty is to find a suitable time for consistent workouts since ancient appreciate the quality rather than speed. Concerning the opposition made an immediate reward by the elders, the projects have potential benefits in the medium and long term seem more interesting and attractive than those whose results are apparent in the short term. Finally, learn to enhance and emphasize his past in terms of sports experiences also get a better appreciation of the elders, as this is the tendency to view the past as rewarding.

In sport, many studies on the temporal behavior of players have been performed, and the impacts of temporal perception on behavior in training and competition players were justified. The application of the temporal characteristics of the Tunisian players is considered very useful, sometimes essential in sport in clubs.

4. CONCLUSIONS

This empirical study provided a comprehensive view against the temporal dimension of the Tunisian culture. According to the results, Tunisian players are characterized by a fairly linear temporal style, progress and performance. For Tunisian culture, this empirical study is probably the first on this topic: time. It provides an update on the temporal dimension of this culture. These results provide important contributions to sports teams in Tunisia, including time management and organization of the team on the player performance plan. The flexibility in the use of time is an important point to discuss here. Although it is not directly measured in this study, we could see a lot of flexibility in the time growing Tunisian players through some time already measured behavior: a low degree of organization, punctuality with the great need for achievement tasks. Taking into account the flexibility is very useful for teams in the development of programs related to training schedules.

In short, this research, although it does not specifically address the sample of workers, at least gives coaches and team leaders to reflect on the impact of temporal style of individuals in their behavior during training.

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