IWNEST Publisher

International Journal of Sport Sciences

(ISSN: 2077-4532)
Journal home page: http://www.iwnest.com/IJSS/
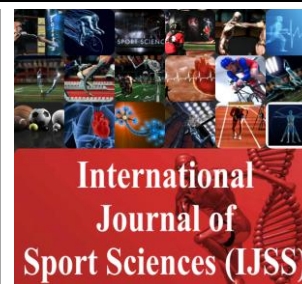
International Journal of Sport Sciences (IJSS)

The effects of Personality profile and intelligence profile on performance elite taekwondo athletes Expedition to the London Olympics

Mohammadbagher Forghani ozrudi

Masters of Bachelor, Department of Physical education, education office, Babol, Iran.

A R T I C L E   I N F O

A B S T R A C T

Background: The purpose of this research was to the effects of Personality profile and intelligence profile on performance elite taekwondo athletes' and the main research question thus arose whether the intelligence profile personality and profile on the performance of elite athletes is Taekwondo. **Objective:** The study was descriptive of the type field is an issue. The statistical population included all members of elite taekwondo athlete's expedition to the London Olympics. The study sample is not taken and Following the census. In order to collect data, three different instruments as a form of reconstruction Minnesota Multiphasic Personality of Restructure Form Inventory (MMPI-2RF), Tehran– Stanford-Bineh Intelligence Scale and Behavioral log function is used for all three instruments have good validity and reliability requirements. Eventually, multivariate regression statistical models were used in order to analyze the data and to test the research questions. **Results:** The results showed that significant positive relationship between area "Nonverbal IQ" with "performance" and a significant negative correlation between the areas of "verbal IQ" with "performance". Thus increasing the area of "nonverbal IQ," "performance" increases and with its loss, "performance" lowered. **Conclusion:** While increasing the scope of "verbal IQ", "functioning" reducing and reducing it, "performance" increases. Also, a significant relationship between personality profiles is not functioning.

INTRODUCTION

The science of psychology concluded different field and subjects and it is used to increase the life's qualities. Sports psychology is counted among the essential fields of psychology and it endeavors to make the desired level of athletes by using psychology facts [2]. Today sports psychologists endeavor to use the theories of psychology in the fields of enthusiasm and motivation to bring the level of the movements in the desired level. Plus the sports psychologists are researching on the effects of the sports on the personality traits and in some exceptional cases sport is used as a cure for mental disorder and meditating [8]. Athletes can use this to discourage their opponents and repel or decrease the mental pressure and by using team guidance learn successful team skills. It is clear that the rivalry between individual is the sports competitive spirit. The studding of psychology and using it in the field can be counted as an advantage to counter or describe a move [7].

In the fields of psychology from one view sport is directed to athletic performance and from another view is directed to factors of behavior and so on psychologists try to improve the athletic ability of genius athletes by studding their psychology. The science of mind and personal traits that also is a trait is among the traits of psychology and is described as the most important activity of the sport psychology because these people are looking a way to improve the athlete mental abilities by using the traits of psychology including intelligence and personal specialties and help them to succeed in competition grounds [15].

From variants that point to a close connection between sport and performance is the base of mental traits "intelligence" and "personality", performance however is influenced by numerous factors. Therefore mental traits can increase or decrease the performance. However predicting athlete's performance can't be done with physiology efforts. Thereupon it is suggested that mental factors play an important role in the performance of these athletes [1]. The physical needs and psychological difficulties that a Taekwondo athlete faces, is unique

Corresponding Author: Mohammadbagher Forghani Ozrudi, Education office, Physical Education, Box.4718745647. Babol. Iran.
+989111194183, Babol, Modaress st. Babol Education office.
E-mail: mohammadbagher.forghani@gmail.com

among all sports. The physical factors like strength, stamina and skill forge an uneasy path. Taekwondo athletes not only must control their motives, confidence, concentration and pain but also they must relax themselves in the most difficult physical and environmental situation [15]. But Taekwondo athletes face very specific difficulties and it's maintaining and keeping their energy in a course of a match [3].

As a result in the course of sport psychology concentrated on the sport performance and the psychology related to it and also sport psychologists endeavor to improve the performance by expanding the abilities of athlete minds [7]. Subjects such as the health of the mind, sport motivation, knowing the abilities, managing the excitement and dignity are counted among the basis of psychology which is useful in the managing of sports and the psychology of sport. Newer methods must be made to edit the effect of psychology on the genius athletes to make a better base for sport performance [4].

There are various obscurities on the effective sport performance that still can't describe the mental traits in the performance of taekwondo genius athletes therefore the weakness of theoretical science and previous paradox of the research perimeter is clear on the psychology of the matter. The traits of psychology involves with a lot of mental structures. In some researches involving the perimeter of effective factors in sport succession was cleared that mental factors can influence sport performance [1]. Also mental skills in play an important role in skill based sports [12]. All the athletes in every field of sport face various factors [16], but genius taekwondo athletes face unique difficulties.

It is wise to mention the mental factors can influence sport performance and also effective in sport succession. Most of academic and scientific researches done in this field is introduced by Eskanman & Paster (1978), Esmita (1980), Simon & Martinez (1979) and Landers (1980), that mention personal traits such as over excitement and anxiety can cripple athletes and influence their performance in a way that they lose their concentration and experience high anxiety [8].

Today according to the needs and conditions of different fields of sports skill is very important in the perimeters of sport psychology among those we can point to Taekwondo, Volleyball, Basketball, Football and the psychology in other fields. By this account, attention to basis of psychology has become important. In reference to skills of the players from one view and identifying the connection between bases of sport psychology, especially Taekwondo in this research has special importance and the need for this research has increased.

Study and investigation of personal and identical traits in psychology of sport is important because of two significant reasons. First is that it seems to affect the performance directly and indirectly, and the second is that it provide enough strength to resist anxiety and other related impressions by having the basic information of the athlete. This information is crucial for the understanding of the improving schedules of the athletes and their behaviors in making decisions and performing and it's also important for improving their mental abilities [10].

Performing this kind of research can increase the practical science of Taekwondo coach in the field of personal traits such as personality and intelligence and provide a good base to increase the performance of players. Also there is a strong policy in the different fields of interference psychology and the use of it. Therefore these kinds of investigation and knowing the effectiveness of mental traits in the fields of sport performance has made an accurate lead in different fields of psychological profiles and the use of psychological and council tactics. Taekwondo is counted among the medal winning fields in Olympics for Asian and world that we can improve it by giving a clear pattern to athletes to help them recognize the effective elements in the ideal performance or their weaknesses.

The current research looks in to the effects of personality profile and mental profile of genius taekwondo athletes. Therefore the main question of this project is this: Is the personality and intelligence profile effective in the performance of taekwondo genius athletes?

By staying true to the main question we can discuss the hypothesis below:

1. The triple immaturities can affect the performance of taekwondo genius athletes.
2. The nine beside measures affect the genius taekwondo athletes.
3. The twenty five specific problems affect the performance of genius taekwondo athletes.
4. The five elements of profile intelligence on the performance of genius taekwondo athletes.
5. The verbal and nonverbal area of intelligence profile affect the performance of genius taekwondo athletes.

Methodology:

In the descriptive research that includes areas of basis researches and comparative researches, the researcher can only tend to connections between elements. Whereas in descriptive researches the option of interference is not available and in the above research the researcher attempted to change the independent element, in the above research we used the pattern of survey as the best research pattern and the use of descriptive research has confirmed this pretense. The society pattern of the current research includes all of the genius taekwondo athletes who were dispatched to London Olympics in the year 2012. Therefore the society pattern for this research is

limited and it is possible to count the subjects. Therefore the members are in reach and it is possible to make a list of the members. The statistic society will be known as a limited statistic society.

Therefore all the genius taekwondo athletes in our country will be busy conclude our current research (16 people).in the current research sampling has not yet occurred and it is a capitation.

In order for the measuring tools to be introduced which are three different tools, the (MMPI-2RF) and Tehran–Stanford intelligence scale which is used for its psychological traits. Minnesota multiphasic inventory-2reseructed form (MMPI-2RF) is the measuring tool of the current research. This test includes ten small measuring basis, fourteen containing small measures and eight complete small measures [5]. Butcher (2003) and after that Ben Poorat and Telkon (2008) has mentioned that the (MMPI-2RF) must be used as a young method in fields of psychology. Because with these accurate basis measures, the mental side effects, the physical problems with psychological roots, mental disabilities and most important of all mental problem with connected roots can be cured [13].

In reference of the confirmation and the use of Lisrel application in was clear that the mentioned tools has a delightful effect. Plus with the confirmation a psychiatrist and parallel tools it has high narrative-belonging rate. Also all the fifty small basis measures has a coefficient prestige above 0.80. In Iran the (MMPI-2RF) is translated and adapted by Kamkary and Shokrzade (2009) and with the volume sample of 120 people of the students of the master degree of Pedagogy of body in the Tehran Azad university of Tehran-center has been calculated [5]. The coefficient prestige is for higher measures (above 0.80) and this action has done by the method of Alpha Krunbuch. Besides, thirty members of the researches subjects were tested 3 months after and the prestige was above 0.8.

By interviewing 30 people that had been tested two times a lot of solid evidences were found about the narrative-belonging. This action was done by calculating solidity between the students in basis interviews with emphasize on the small measures of RC1 to RC9 and the results of the form that the coefficient foot is between 0.5 to 0.65. The researchers have announced that the above test is solid and has authority and in Iran it has a sufficient usage in mental testing. This test was placed with emphasize to make it canonical for Shahintabb (2008) to test the psychological tests in the university of discipline science and with the volume of 200 people from student of all years coefficient prestige had reached above 0.80. Also the result of description was a confirmation for the method of Shebler-Holes and Nikoee was canonical in rate of a=0.05 and was meaningful and shows that it is helpful in Iran. The mentioned test was made canonical in Iran and it includes a number of 338 questions and it uses advanced software to increase the speed of grading and can determine five different profiles for every test and present prevention service, guidance and counseling. This test is in the area of two optional tests [12].

Tehran-Stanford-Between (TSB-9) measure: In the process of editing and become canonical of the (TSB-9) finding the geniuses and investigating the views of the test users is still an important step in the editing of the questions and after some basic studies of the questions and its small measures it was confirmed and the final version was made and with some investigation and research it was ready and then the mentioned canonical level and different norms in different ages will be created. The (TSB-9) has very handy uses and for those who have limitations in learning English, the indistinct and others with other disabilities is quite delightful, Because it can be used as nonverbal very easily. In order to process the above test which the (TSB-9) is considered one of the individual intelligence tests that is adaptive in this matter and is believed for performing this test the person who takes it not also must be familiar with it but also their knowledge must be above the test. When grading, there will be four methods for measuring intellect. First is the grade that was achieved in the two first small tests out of the ten small tests in the adviser exam. The adviser exam is the extract of the above test (ABIQ) which clarifies the intelligence level in specific rates. After that the two small test of verbal and nonverbal is performed and the grading is made by calculating the verbal and nonverbal level of intellect. And after that in the advisor test the verbal intellect and nonverbal intellect is reached and then the entire intellect can be calculated.

In the Stanford-Between measure, prestige with emphasize on the inner congruity is unsteady in the area of entire intellect from 0.95 to 0.98 and for every five measures from 0.90 to 0.92 and for every ten small tests from 0.84 to 0.89. Plus the studies of the prestige between testers and the test-retest are introducing the steadiness and congruity of the test, because all the measures are above 0.75. In other words in the area of Stanford-between prestige and breaking it in half and correcting it with Spearman Brown, the coefficient prestige for all grades 0.98, for nonverbal 0.95, for verbal 0.96 and the sum of the extracted test is 0.91 which shows the stability .The subjects which are higher than 0.90 is in the desired area of coefficient prestige of the mental congruity.

The prestige of the Stanford-between intellect measures is involved with inner congruity the stability of test-retest and measuring faults. All the people using the Stanford-between methods must look to the definition of prestige more closely and measure the errors. In order to calculate the coefficient prestige of Stanford-between intellect measures for the grades of ten small tests, four are of intellect and five involved indexes by using of the breaking in half method the achieved coefficients is corrected by using Spearman's formula. All the

coefficient prestige in the ages of the 2 to 8 is above the 0.70 which is astonishing from the inner congruity view [13].

It is debated that in the field of Stanford-between measure that the above measure is in the areas of the narrative containing, narrative possessive and narrative. And so in the field of narrative containing of the intellect measure of above is questioned professionally [1]. In the area of professional judging by the specialists, a question with desired intentions is asked that can be answered only by science seminars and conferences. The convergence of the main methods has been editing by professionals in different levels and it can be easily said that the above test is designed based on the theory of Carol, Chattel and Hormone and is narrative descriptive. Plus the analysis of the question includes relative methods with the viewpoint of the question-answer and other classic theories. The tentative data in the area of solidarity of questions was mentioned with the entire and even the coefficient of the questions. In all these corrosions it can be understood that the above measure is narrative descriptive [13]. Also it is mentioned that the element of active memory is one of the elements that helps narrative descriptive intelligence [5].

In this test there are ten small tests which combines two areas of verbal and nonverbal in this combined area there are five tests and all the elements are measured by verbal and nonverbal and in the total the five elements are considered the elements of intelligence. The below table is introducing the narrative descriptive:

Table 1: In reference to the effects of the personality traits on the genius taekwondo athletes in that was discussed in this research and independent and dependent verities quantitative and eternal are in the measuring distance, and after emplacement of whether the data are normal or not by using the multiphasic regression static model which is among the area of parameter static model and after the calculation all the descriptive static elements (average, median, surface), sprawl(area of innovation ,variance and measure prevention) and dispense (measure error and etc) were used and the regression static model with multiphasic used the synchronic enter.

Elements/Areas	Verbal (V)	Nonverbal (NV)
Fluid Reasoning (FR)	Early Reasoning (2-3) Verbal Absurdities (4)	Object Series Matrices Routing
Knowledge (KN)	Vocabulary Routing	Procedural Knowledge (2-3) Picture Absurdities (4)
Quantitative Reasoning (QR)	Quantitative Reasoning (2-4)	Quantitative Reasoning (2-4)
Visual-Spatial Processing (VS)	Position and Direction (2-4)	Form Board (1-2) Form Patterns (3-4)
Working Memory (WM)	Memory for Sentences (2-3) Last Word (4)	Delayed Response (1) Block Span (2-4)

Results:

In reference to above table and with emphasize on the amount of F it can be said that there is a meaningful connection between "intelligence" and "performance" in the surface of $\alpha=0.05$. In other words the possibility of predicting the performance by using the areas of intelligence is high. Therefore identification and placing the regression coefficient is necessary to introduce the regression coefficient table.

Table 2: Multivariate regression to predict "performance" through the areas of "intelligence"

Evidence Varity	Predicting varieties	B	Beta coefficient	t	sig
performance	Verbal	0.01	0.29	2.37	0.020
	Non verbal	0.01	0.23	1.92	0.059

Table 3: Related regression coefficients in Table 1

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	0.37	2	0.18	3.48	0.036
Fragment	3.73	15	0.05		

Table 4: Multivariate regression to predict "performance" by a factor of «intelligence»

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	0.63	3	0.12	2	0.046
Fragment	3.47	15	0.05		

In reference to multiphasic regression coefficients and with synchronic enter method and with achieved varieties it can be said that there is a positive connection between the area of "nonverbal intellect "and "verbal intellect ", "performance". Therefore by increasing the area of "nonverbal intellect" and "verbal intellect", the "performance" will increase too and with its decrease "performance" decrease too. In reference to above table and with emphasize on the amount of f it can be discussed that there is a meaningful. Connection between "intellect" and "performance" in the surface of $\alpha=0.05$. In other words the ability to predict the "performance" by using "intellect" was possible. Therefore for recognition and placing the regression coefficient it is necessary for the regression table.

Table 5: Related regression coefficients in Table 2

Criterion variable	Predictor variables	B	Beta coefficient	t	sig
Performance	Mobile reasoning	0.01	0.10	0.83	0.408
	knowledge	0.01	0.44	2.47	0.016
	Quantitative reasoning	0.01	0.38	2.78	0.007
	Visual-space process	0.01	0.04	0.33	0.739
	Working memory	0.01	0.01	0.09	0.926

In reference to multiphasic regression coefficients and with synchronic method it can be said that the positive connection between quantitative reasoning and knowledge and performance is observed. Therefore with the increasing of quantitative reasoning and knowledge, performance is increased and with their decrease performance decreases too.

Table 6: Multivariate regression to predict "performance" through the "triple failure"

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	0.41	3	0.13	2.54	0.063
Fragment	3.38	15	0.05		

In reference to above table and with emphasize on achieved amount of F it can be said that there is no meaningful connection between "triple immaturity" and "performance" in the area of α=0.05. In other words there is no possible way to predict performance by triple immaturity.

Table 7: Multivariate regression to predict "performance" scales of "Clinical nine»

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	0.71	4	0.08	1.46	0.183
Fragment	3.38	15	0.05		

In reference to above table and emphasize on the amount of f it can be said that there is no meaningful connection between nine basics and performance in α=0.05 level. In other word there is no possible way to predict performance by nine basics.

Table 8: Multivariate regression to predict "performance" scales of "special problems of the twenty-five"

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	1.18	6	0.05	0.96	0.517
Fragment	2.92	14	0.05		

In reference to above table and emphasize on the amount of f it can be said that there is no meaningful connection between the twenty five issues and performance in α=0.05 level. In other word there is no possible way to predict performance by twenty five issues.

Table 9: Multivariate regression to predict "performance" through the scales' "five personality pathology"

Change Source	Square sum	df	Square average	F	Meaning surface
Regression	0.26	4	0.05	0.91	0.476
Fragment	3.84	15	0.05		

In reference to above table and emphasize on the amount of f it can be said that there is no meaningful connection between the five personality pathology and performance in α =0.05 level. In other word there is no possible way to predict performance by the five personality pathology.

Discussion and conclusion:

In reference to that the taekwondo has a lot of impact on the field of fight, and also that in every match you face a different opponent therefore the athlete faces a new situation however the fighters must adapt themselves with the new opponent and that is a hard work and need a high self-recognition and personal belief specially in the field of visual-spatial, however this research tends to the personal and intelligence profile effects on the performance of genius taekwondo athletes.

It is necessary to mention that the personality profile of an individual is also an important matter in the success of an athlete. The sports psychologists have assigned a lot of researches in the personality profiles of athletes. The personality profile of genius taekwondo athletes is an important subject of his research and will be in future researches and will determine that what traits can cause the increase in performance. It is wise to mention that personality profile is an important subject because even when athletes has similar skills their results can be different and it is not clear that which personality traits caused success. Some athletes can succeed in difficult situation whereas some would fail.

Therefore, in reference to that the personality profile is one of the important varieties that can affect an athlete performance, in this research, the personality profile of genius taekwondo athletes were discussed. In the current research the effect of personality and intelligence profile on the performance of the genius taekwondo athletes were discussed and by testing the hypothesis of the research the below foundlings was achieved:

Main hypothesis: The personality and intelligence profile affect the performance of the genius taekwondo athletes. There is a positive meaningful connection between the areas of "nonverbal intellect" and "performance" and there is a negative meaningful connection between the areas of "verbal intellect" and "performance". Therefore by increasing the nonverbal intellect the performance will increase and by decreasing it performance will decrease too whereas by increasing the verbal intellect the performance will decrease and by decreasing it the performance will increase. It is necessary to say that there is no meaningful connection between the personality profile and performance. The research results are similar to the findings of Shamshiri (1990) and Esfandiar (2007) [2,14]. About the effects of triple immaturities, the nine clinical measures, twenty five affecting problems and the five personality pathology on the performance of genius taekwondo athletes have shown that there is no meaningful connection between "triple immaturities" with performance in the surface of $a=0.05$. In other words there is no way to predict the performance with triple immaturities, nine clinical twenty five difficulties and five personality pathology.

Also in the areas of verbal and nonverbal of intelligence on the performance of genius taekwondo athletes has shown that there is a positive connection between nonverbal and performance and there is a negative connection between verbal and performance. Therefore by increasing nonverbal areas the performance increases whereas by increase verbal intelligence the performance decreases. The researches done by Stephananos Prox or Theodor Axis and Stillani Chroney (2002) had it cleared that self-tutoring can increase abilities. Also with the results of Nicolas and Pullman (2005) in the areas of "investigation of interrupting effects and continue pacing and performance" is compatible [8]. It showed in time and after the visual period (nonverbal areas), the pacing mind stage of the athletes will result a better performance than it was at beginning. Also with the work of Sanatkaran and Shahgholi (2008) for trainings and calming methods is compatible (11). Mainly the results shows that the ability to know the intellect and personality traits of an athlete will affect the performance and it can improve the performance.

Therefore it was proved that none of the correlated method in personality profile affect the performance and only the nonverbal intellect shows a meaningful connection with performance, it can be said that with proper trainings it can be tended to the increasing of the intellect of the taekwondo athletes and their locating skills can be increased in the areas of nonverbal and improve their performance.

REFERENCES

[1] Besharat, M.A., 2008. Comparing athlete's traits in team and individual sports, mental science magazine. 6(23): 23-36.

[2] Esfandiar, A., 2006. Investigating the connection between personality traits and performance, PhD presentation.

[3] Gayenni, A.A., Y. Mahmodi, K. Moradian, A.A. Falahi, 2010. Connection between basis traits, physiological and body forming of male taekwondo athletes and their success, sports bioscience magazine. 4: 5-20.

[4] Kamkari, K., 2007. Comparison of dignity of male and female athletes in main fields in swimming team and diving and track and field and gymnastic, PhD presentation with the help of doctor Delavar and council of doctor Hussein Azad, Azad Islamic university of Roodehen.

[5] Kamkari, K., 2013. The use of mental tests in sport psychology with resurrected form of Minnesota and MMPI-2RF in sport psychology, the seminar of sport in the eighth international congress of medical sport in Iran, Esfehan.

[6] Khabiri, M., 2007. The tutors guide in the sport psychology, new version, Bamdad book publish. Pp: 121-122.

[7] Mokhtari, P., 1999. How to confront stress in sports, Islamic republic of Iran national committee press, Tehran.

[8] Navabinejad, S., 1999. Norm and normal teenage behavior, fourth edition.

[9] Nicholas, A.R., C.J. Polman, N.L. Holt, 2005. The effects of individualized imagery interventions on Golf performance and flow state: Athletic- Insight. 7(1): 43-66.

[10] Patsiaouras, A., Z. papanikolaou, K. Haritonidis, D. Nikoladis, P. Keramidas, 2008. The use of person centered Approach for the reduction of the state trait Anxiety in Volleyball players, university of Thessaly. The Online Journal of Sport Psychology, 10(2): 35-42.

[11] Sanatkaran, A., and R. Shahgholi, 2008. Investigation of the effects of calming trainings on the amount of the normal-competitive and the performance of the Tehran best woman basketball players, first international scientific-sport conger of the Islamic world universities.

[12] Shahintab, M., 2010. Psychological effect on personality profile, excitement intellect, competitive anxiety and sport performance of genius basketball players, PhD presentation of pacing behaviors, Shahid Beheshti University.

[13] Shahintab, M., and K. Kamkari, 2010. Legalize mental tests in order to detect personality problems and learning for the student of Discipline University, research project by the authority of accessory of the Discipline University.

[14] Shamshiri, B., 2000. The connection between normal-competitive anxiety and performance of rock climbers in the national championships, Olympics., 7(14): 120-128.

[15] Taylor., J., and J. Chris, 2008. Biking psychology, translation; M. Sohrabi, Islamic republic of Iran national committee press, Tehran.

[16] Taylor, J., and G.S. Wilson, 2005. Intensity regulation and sport performance. IN J.L, Van Raalte & B.W, Brewer (Eds), Exploring sport and Exercise psychology), Washington DC: APA. pp: 99-130.