

## INDIVIDUAL PROPERTIES OF PERSONALITY AS CRITERION OF CHOICE OF STYLE OF GAME OF TENNIS PLAYERS

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**Annotation.** The features of different styles of game are considered in table tennis and intercommunication with individual psychological properties of personality of tennis players is shown. Characterological and intellectual indexes of sportswomen of high class, which come forward in club championship of Ukraine on table tennis, is studied. 15 sportswomen of high class, among which a 1 master of sport of international class, 7 masters of sport and 7 candidates in masters of sport, took part in research. It is set that the excitable (100 %) is inherent the tennis players of attacking style of game, hyperthymic, emotive and ecstatic (80 %) type of accentuation and brightly expressed persistence. Hyperthymic prevails for the tennis players of the combined style of game, emotive, cyclothymic and demonstrative (100 %), anxious and excitative (80 %) type of accentuation. Tennis players-defenders have a sense to hyperthymic, emotive and to ecstatic (100 %), anxious, to the cyclothymic (80 %) type of accentuation. Tennis players of the combined and protective style of game are in 80 % cases have a high level of intellectual capabilities. However more expressed motivation to success is for the tennis players of attacking style of game (60 %).

**Keywords:** tennis, style, game, intellectual, properties, character, self-regulation.

### Introduction.

Last time significance of sportsmen performances at international competitions has increased to such extent that the results of these competitions excite millions of people. Victory brings gladness not only to sportsman himself, but it is a festival of his country; defeat brings bitterness not only to sportsman but in some countries it is perceived as a national tragedy. All this so intensifies competitions conditions, creates so tense psychological atmosphere, that a sportsman shall manifest high psychological stability, self-discipline, orderliness, ability to compete for long time with extreme tension of power. That is why specialists in psychology of high level sports, such as S. Gordon, G. Ilyin, G. Lozhkin still oftener convince that psychological factors are of paramount importance for successful sportsman's performance [3, 4, 5].

Table tennis is not exclusion and, thus, it makes high demands not only to physical, technical, tactic but to psychological preparedness of tennis players. Competition, strong adversaries, struggle' intransigence not infrequently lead to situation, when well trained players, who showed high technique & tactic results in trainings lose to weaker adversary at competition. That is why, to day the study of female tennis players traits has become of great importance as a criterion of their game style choice. For table tennis the research, devoted to game styles were fulfilled by Yu. Baygulov, S. Zaharov, G. Barchukova, Ye.V. Voronin [1,2].

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### Purpose, tasks of the work, material and methods.

*The purpose of the research:* to determine personality's individual traits as the criterion of female tennis players' game style choice.

### Results of research.

Our work has been continued for three years. At the first stage (2009-2010) anxiety of female tennis players and its affect on sports result was studied. 15persons took part in the research. Seven masters of sports (MS) – group T1. Seven master of sports candidates (CMS) – group T2 and one female tennis player with title international master of sports (IMS).

At the second stage (2010-2011) the research was carried out by the G. Taylor – K. Leongard's methodology of character accentuation's determination and by methodology of volitional self-regulation's determination (questionnaire by A. Zverkov and Ye. Eidman). All female tennis players were conventionally divided into three groups by prevailing game style: attacking players (A), defenders (D), combined style players (C). Testing was carried out during the II round of Ukrainian Club Championship "Super league" among female tennis players representing different teams.

At the third stage (2011-2012) the same groups of sportswomen took part. We studied female tennis players' intellectual level and personal motivation for success. Besides, the analysis of data, obtained during the first and the second stages of the researches, was conducted.

To determine the influence of anxiety on sports result, we correlated the levels of (PA) personal anxiety and (SA) situational anxiety with competition result. So, T1group sportswomen, who lost the meeting, the level of anxiety increased from personal to situational in average by 35%, while concerning sportswomen-winner it increased by 12%, that witnesses about positive influence of negligible anxiety level growth.

For T2 sportswomen, who lost their games, the difference between PA and SA increased by 28%. Also, one sportswoman, who had negative sport result, manifested reduction of situational anxiety level by 10%. This fact can

witness that the final result of meeting was insignificant for this sportswoman. Female tennis players, who won this competition manifested situational anxiety level increase by 10%.

Concerning highly qualified sportswoman (IMS) SA reduction in comparison with PA by 6% was observed, but she enjoyed victory nearly in all games. It is evident, that for this sportswoman competitions are positive emotional factor of self-assurance manifestation.

At the second stage of our researches we determined the female tennis players' types of character accentuation, level of volitional self-regulation and their interconnection with game styles. Testing of character accentuation resulted in revelation of several character accentuation types for every sportswoman:

- Combination of three types of 13.3% of the tested;
- Combination of four types was found at 33.3% of the tested;
- Combination of five types – 20% of the tested;
- Combination of six types -6.5% of the tested;
- Combination of seven types was revealed at 26.5% of the tested.

This is conditioned by genetic factors and peculiarities of development in early childhood.

By the results of the researches it can be stated that indicators of clearly expressed respondents characters' accentuations are high; 5 of them are maximal – 24 points.

Hyperthymic type of character belongs to female tennis players of all game styles and it is not a surprise, because people with such type of character are more lively, spontaneous, excessive independence, high activity and all these are the properties of female tennis players' characters.

Next type of accentuation, which was examined by us, is "Excitable" type; it is characterized by excessive impulsion, instinctive behavior, rudeness and, even, tedium. By the results of questioning, all attacking style female tennis players are of this type of character, 80% - belong to combined style and 60% - to defensive style. It can be argued by the fact that tennis players often manifest in games impulsion and, sometimes, rudeness.

"Emotive type" of accentuation is characterized by emotionality, anxiety, talkativeness, humanity, sympathy and other properties. The results of our sportswomen ("A" – 80%, "C" – 100%, "D" – 100%) witness, that they are the properties of all female tennis players.

"Pedantic" type is rather peculiar. It is characterized by rigidity, inertia of psychic processes, long lasting feeling of negative events. Such persons are not quarrelsome, they manifest themselves as a passive part. 60% of female tennis players of combined and defensive styles have this type of accentuation. This can prove that female tennis players of these game styles are characterized by the enumerated above features and it reflects in passive manner of playing.

Next type of character is "Anxiety type". Its main feature is the feeling of anxiety. These people are of low sociability, they are intolerant, uncertain, often mocked at. But they are very friendly, self-critical and diligent. By these type of accentuation our female tennis players had rather high indicators ("A" – 60%, "C" – 80%, "D" – 80%), that can witness that competition activity lead to increase of sportswomen anxiety.

By "Cyclothymic type" of accentuation female tennis players had the following indicators: ("A" – 40%, "C" – 100%, "D" – 80%). From this it follows that such properties are periodical changes of mood. From wish to act, excessive talkativeness to slow response and thinking – such behavior is more characteristic for the tennis players of combined and defensive game styles and are less expressed by attacking tennis players.

"Demonstrative" type of character means excessive demonstrativeness of behavior, mobility, increased sociability. Such people are often deceitful, adventurist, artistic; they are leaders and emotionally labile. By this indicator our sportswomen had: "A- 60%, and it is rather strange because female tennis players of this game style are characterized by high leadership and egocentrism. "C"- 100% witnesses that female tennis players reside more demonstrative type of character. Defensive style players, with their 80%, show that they are more mobile and adventurist.

For accentuation of "Jamming" type reasonable communication, bent to edifying quality, distrust to people, suspiciousness are characteristic features. Female tennis players of combined game style (80%) reside this type to the largest extent; this is a proof of constant demand in changing of game tactic: from active to more passive. This type of accentuation is more seldom among attacking players (60%). Among female tennis players of defensive game style only one person had high indicator of this type and it confirms that they are more even-tempered and vigorous.

Next type "Dythymic" is an opposite of "Hyperthymic" and is characterized by light depression, slowness, weakness of volition efforts. People of this type are pessimistic towards the future, have reduced self-evaluation and are taciturn. Our female tennis players had low indicator by this type of character ("A" – 20%, "C" – 40%, "D"-0%).

By accentuation of "Exalted type" we obtained rather high indicators: for attacking game style female tennis players-80%, for combined game style female tennis players- 60% and for defensive style – 100%. People of such type reside large range of emotional state. They are stuck to their relatives and friends, altruistic, able to compassion, have labile mentality. They are easily adjustable to new work. When tasks and maxims are clearly defined, they can be good executives.

The obtained data show that the chosen game style is not always the most rational. And it is very important that coaches, selecting game style for their sportsmen, should consider not only technical preparedness of a sportsman and his preferences, but also clear types of character's accentuation.

At the third stage of the researches we determined intellectual level and personal motivation of female tennis players for success. In our research we used anonymous testing by methodology of V. Buzin and Ye. Vanderlik "BTT (brief tentative test)", which was developed for determination of integral indicator "general abilities" and stipulates diagnostics of the following sides of intellect: ability to generalization and analysis; emotional component of thinking; thinking flexibility; ability to concentrate attention; thinking inertness; ability to spatial reasoning.

In our research 15 female tennis players of high qualification took part. The tested were divided into three groups. Attacking group included 2 IMS and 3-MS. Groups of combined and defensive styles consisted of 4 MS and 1 CMS each.

As per the obtained results of general mental abilities' indicators it can be noted that among the representatives of attacking game style 60% have high level of intellectual abilities, and 40% - middle level. Female tennis players of combined style have the following indicators: 80% - high level, 20% - middle level. Sportswomen of defensive game style are characterized by the following data: 80% correspond to high level and 20% - to middle level.

Besides, in our research we calculated not only general level of mental abilities, but we conducted diagnostics of earlier mentioned sides of intellect. The following peculiarities were found out:

1. *Ability to generalization and analysis of information* is one of the components of technical and tactic preparedness of female tennis players. By this indicator, we obtained the following results: high level – (82 and 77%) was manifested by 7 sportswomen. Six female tennis players had middle indicators by this criterion of intellect (50-68%). And only two of them – below middle level (44 and 31%). It witnesses that majority of female tennis players have, in a varying degree, ability to generalization and analysis of information.

2. *Emotional component of thinking* is required for a sportsman to be able to adequately evaluate situation, in spite of his emotions. Unfortunately, 2 from 15 female tennis players had low level in this component (0 and 7%). Besides, two more had the level of emotional thinking component below middle (28.5 and 36%). The rest had middle and high levels. In the whole, female tennis players are emotionally restrained sportswomen.

3. By *flexibility of mental processes* female tennis players have rather high indicators. Coming from this we can judge about completeness of sportswomen's intellectual development.

4. *Ability to concentrate attention* – is one of the most important sides of intellect. We may affirm that without concentration of attention it is impossible to achieve good results in table tennis; this is proved by 100% of the questioned female tennis players.

5. *Inertness of thinking* is characterized by shifting from one kind of activity to the other. As per the obtained results: 7 sportswomen had 100% indicator, 8 – 67% and it permits to affirm that all the sportswomen, in a varying degree, have this ability and it is an important factor of success in table tennis, because every new struggle for a point can be quite different from the previous one.

6. *Spatial reasoning*. By this criterion of intellect we obtained the following data: 5 sportswomen had high level of spatial reasoning ability (100%). Two female tennis players had level higher than middle (75%). Seven off them – middle level (50%) and only one sportswoman had low level of spatial reasoning ability (25%).

Thus, it can be noted that game intellect, as a skill to quickly and with good quality process information, is a first-priority pre-condition of success in table tennis. Mental abilities are not only an integral part of sport life of high quality female tennis players, but also one of the most important indicators of sportswomen's success in social life.

### Summary.

1. The female tennis players' having different levels of personal and situational anxiety influenced on sports results in different ways. So, T1 group's sportswomen, who lost their games, manifested an increase of anxiety level from personal to situational one in average by 35%, while female tennis players, who won the games, had this increase only by 12%, and it witnesses about positive influence of negligible increase of anxiety. T2 group's sportswomen, who lost competition, had the difference between PA and SA, increased by 28%; with low level of psychological preparation being possibly the reason of it. In its turn it is followed by rising of anxiety and it influences negatively on result. Female tennis players, who won games, had the level of situational anxiety increased only by 10%. Highly qualified sportswoman (IMS) manifested reduction of SA by 10% in comparison with PA, but nearly in all games she enjoyed victory.

2. Style of behavior and activity of a person, his life victories and fails depend significantly on peculiarities of his character. As far as volition abilities concern, they are understood as psychic activity of a person on controlling of his actions for achievements of consciously determined targets with overcoming of different obstacles. Summing up the obtained experimental data, we can make the following conclusions:

- female tennis players of attacking game style are more characterized by the following accentuation types: "Excitable" (100%), while hypertive, emotive and exalted – 80%. Such volitional feature as persistence is clearly expressed.

- female tennis players of combined game style reside also persistence and the following accentuation types: hypertive, emotive, cyclothymic, demonstrative – 100%; anxiety type and excitable – 80%.

- female tennis players of defensive style have bent to such character types as hypertive, emotive, exalted (100%) and anxiety type, cyclothymic, demonstrative (80%). By all volition abilities, namely: persistence and self-control – 80% and by general volition scale – 100%. These are the features of emotionally mature, active and independent personalities.

3. Table tennis requires from a sportsman to demonstrate high intellectual-volitional tension and to have hard motivational ground, and it, in its turn, forms and develops sportsman's reasoning in compliance with tactic & technique actions. Summarizing our researches we can note:

- female tennis players of attacking game style by 60% correspond to high level of intellectual abilities and by 40% to middle one. Speaking about motivation to success it should be said that 80% of sportswomen had very high level of motivation and only 20% - moderately high level;

- Sportswomen of combined and defensive styles demonstrated sufficiently high level of intellectual abilities. The level of motivation to success of these female tennis players is following: 40% had middle level, 40% - moderately high and 20% - very high level.

The methodology of female tennis players' activity styles formation shall be based on individual peculiarities of sportswomen's personalities. Besides, integration of different sides of sport training, pointed at oriented formation of individual style, is of great importance, that will permit to raise competition results of female tennis players.

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