

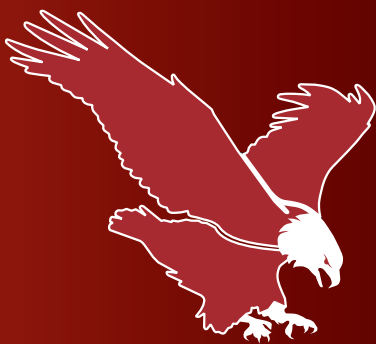


7th
IMACSSS
International
Conference
IMACSSS General Assembly

ABSTRACT BOOK

**October 17-19,
2018**

4th World
Scientific
Congress
of
Combat Sports
and
Martial Arts



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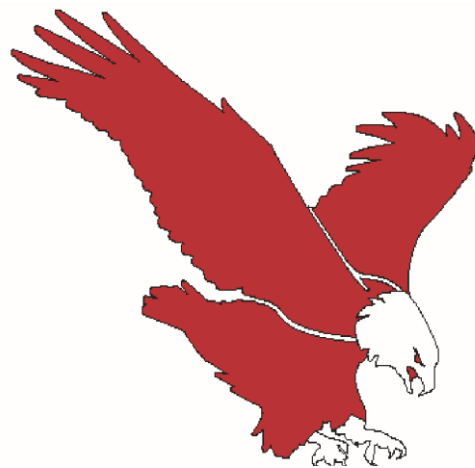
Rzeszów, Poland

4th World Scientific Congress
of Combat Sports and Martial Arts
and 7th IMACSSS International Conference

ABSTRACT BOOK

October 17–19, 2018, Rzeszów, Poland

Wojciech Jan Cynarski and Gabriel Szajna [Eds.]



International Martial Arts And Combat Sports Scientific Society
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PSYCHOLOGICAL PROFILE OF COMPETITIVE COMBAT SPORTS ATHLETES: COMPARISON BETWEEN MIXED MARTIAL ARTS AND OTHER COMBAT SPORTS

Key words: psychological profile, personality, MMA, combat sports, martial arts

Introduction

Mixed Martial Arts (MMA) is a combat sport that is currently experiencing great growth. This interest has been reflected in the academic field, although studies focused on the psychological level are still scarce. The aims of the present study were: (1) To describe the psychological profile of the competitive MMA athlete; and (2) To compare that profile with the profiles of competitive athletes of other combat sports.

Method

A transversal and descriptive study was designed. *Participants:* 29 athletes (23 males and 6 females) between 19 and 43 years ($M \pm SD_{age} = 26.66 \pm 6.18$ years) that had participated in any official competitive event. The MMA group was composed of 18 athletes (17 males and 1 female) between 19 and 43 years ($M \pm SD_{age} = 26.22 \pm 6.94$ years). The comparison group was composed of 11 athletes (6 males and 5 females) between 21 and 35 years ($M \pm SD_{age} = 27.36 \pm 4.93$ years) from other combat sports (Boxing, Judo, Karate, Jiu-Jitsu, Brazilian Jiu-Jitsu, Olympic Wrestling, Grappling, Kick-boxing and K1, and Muay-Thai). *Instruments:* Spanish versions of the following psychological assessment tools were used: (1) Socio-demographic questionnaire; (2) Ten-Item Personality Inventory; (3) Wagnild and Young Resilience Scale; (4) Multidimensional Perfectionism Scale; (5) General Self-Efficacy Scale; (6) Life Orientation Test (revised version); (7) Early/Late Preferences Scales; (8) Caen Chronotype Questionnaire; (9) Profile of Mood States Questionnaire (15-items version); (10) State-Trait Anger Expression Inventory-2; (11) Brief Inventory of Situations and Responses of Anxiety, and its adaptation to sport; and (12) Competitividad-10 questionnaire (see references in references section). *Procedure:* Coaches were informed on the study aims and informed consents were obtained for all participants. Tests were administered individually for each athlete in three sessions (30-40 minutes per session), by a sport psychologist specialized in combat sports. *Data analysis:* Frequencies, means and standard deviations were calculated, and contingency tables were prepared. Mann-Whitney *U* test was used for statistical comparison between the two groups.

Results

(1) *Personality:* medium to high values in extraversion, affability, responsibility, emotional stability and open-mindedness; (2) *Resilience:* very high levels; (3) *Perfectionism:* moderate levels in concern about errors, relatively high scores in doubts about actions, and high in parental expectations, parental criticism and organization; (4) *General self-efficacy:* high levels; (5) *Optimism:* moderate levels; (6) *Chronotypic profile:* predominantly early preferences, with higher perceived activation levels between 12 and 14 h. and 18 and 20 h.; (7) *Mood:* moderate levels of fatigue and very high levels of vigor; (8) *Anxiety:* average values in cognitive anxiety, but high values in physiological and motor anxiety; (9) *Anxiety situations:*

Very low levels of phobic anxiety, and low levels of anxiety in the face of evaluation, interpersonal anxiety and anxiety in everyday life situations; (10) *Anger*: average levels of state anger, trait anger and in the index of anger expression; (11) *Competitiveness*: high levels of global competitiveness and motivation for success, and average levels of motivation to avoid failure. The psychological profile of the MMA group was similar to the comparison group (other combat sports athletes). Significant differences were only found in four of the 29 studied variables (personal competence, total resilience, self-efficacy and vigor), with higher scores for the MMA group.

Discussion and conclusions

This study has described a psychological profile of MMA athletes and has compared it with that of other combat sports athletes. Studies on some aspects of the psychological profile or personality of martial artists or combat sports athletes have been relatively common at least from the 1950s [e.g., Husman 1955] and it is still controversial due to the inconsistent results of research [Fabio and Towey 2018]. In general, the traditional approach to martial arts or combat sports training has been associated with the development of positive psychological traits, while this association was not so clear for the modern (competitive) approach, even conducting to negative outcomes [see e.g., Vertonghen and Theeboom 2010]. Our research probably showed similar profiles for the MMA and other combat sports athletes because the two groups had a competitive approach to their martial arts or combat sports practice. Further studies could overcome the limitations of our study by including other variables, such as gender or performance level, increasing the number of participants to obtain more representative data, or establishing more specific comparison groups.

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SILAT TEMPUR: THE OVERVIEW OF CHILDREN COMBAT SPORTS

Key words: malay sports, martial arts, fighting,

Introduction

Martial arts is a combat sport of traditions and practices, which made for a variety of reasons such as self-defence, spiritual development, competition, physical health and fitness, entertainment, and mental and physical [Anuar 1993]. Silat is the type of self-defence originated from Malaysia which is deeply entrenched in the traditions and culture of Malays civilization [Shapie, Elias 2016]. The word silat means a kind of sport or game, which consists of quick movements in attacking and defending (Anuar 1987). There are two types of sparring competition in silat; Silat Olahraga [Anuar 1993; Shapie, Elias 2015a] and Silat Tempur [Shapie, Elias 2014]. *Olahraga* means the ability for a silat exponent to perform his / her silat techniques in combat with striking and defensive actions such as punching, kicking, throwing, catching, parrying and blocking and any skill related to silat techniques [Shapie, 2011]. *Tempur* means combat, sparring or battle between exponents. The available literature on silat olahraga competition suggests that the sport is characterised by brief, high-intensity bouts of activity, short recovery periods and the need for competitors to repeatedly punch, kick and grapple with their opponent [Aziz *et al.* 2002; Shapie *et al.* 2008; Shapie *et al.* 2013; Shapie *et al.* 2018a]. The overall intensity of a silat olahraga match indicated an exertion intensity close to the individual's maximal cardiovascular responses that was sustained throughout most of the match. It was suggested that the competition was not appropriate to children particularly to those who still new in silat competition. Zetaruk (2009) reported that even in non-contact martial arts training, enthusiastic blocking technique may lead to bruising of the forearms in children. The competition of silat tempur was introduced to prepare the young athletes for the sparring competition in silat. As young athletes (and their coaches) aspire to senior success, it is important for them to have an appreciation of and be conditioned towards the demands of elite senior sport (silat olahraga) using Silat tempur format. It is a platform to establish and develop young athletes who have the courage, skilled in martial arts techniques and tactical in combat sports [Shapie,



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