

**APPRECIATION OF THE TEMPERAMENT AND SEARCH OF  
THE PSYCHO-MOTILITY FOR SWIMMERS-GIRLS AGE 14-16  
YEARS - SEARCH REPRESENTATION**

***RAȚĂ Elena<sup>1</sup>***

*<sup>1</sup>Stefan cel Mare University of Suceava, Romania*

***RĂȘNEAC Boris<sup>2</sup>***

*<sup>2</sup>State University of Physical Education and Sport Chișinău, Republic of  
Moldova*

**Key words:** sportive, temperament, psycho-motility, questionnaire.

**Summary:**

Temperament as an attribute of personality, we stated that the education of temperament to go more on the education skills, interests and some specific features.

We can not very well known all physical features of the athlete, no matter how close we would be, since personality is a permanent change or stagnation due to its improvement.

**Introduction**

Interest coaches for the problems of psychology grew intense. Since the value of athlete and the training of the check and be assessed in competition, we used method survey, 25 items of questions open and closed with 56 variations of response, applied swimmers-girls of Romania (Suceava), Moldova (Chisinau) and Canada (Vancouver, Club Pacific Sea Wolves, coach Brad Dingey). The questionnaire developed included inquiries simpler and less variable responses, because we believed that teenagers do not have sufficient experience to knowledge of all phenomena psycho-pedagogical of the specific age.

The questionnaire was inserted and some questions on the psychic state and motility of the swimmers-girls, questions aimed particularly how to do the technical elements of swimming, strength and speed of movement of the swimmers-girls.

The results from the application questionnaire, in our opinion, have highlighted the fact that learning the technical elements of swimming, and features the CNS of female athletes might affect directly or indirectly to obtain performance sport, as shown in Figure No. 1.

**Material - method**

On learning the technical elements of swimmers-athletes have said that evidence of swimming dolphin was espoused during the month. Start and return after the claims of 70% of respondents were learned in less than a month, while 25% argue that learning took more than a month, while 5% did not specify the period of learning the technique.

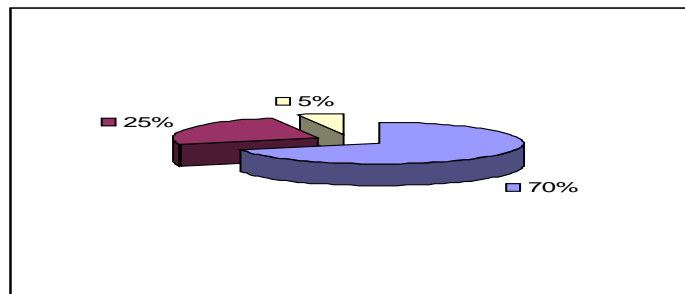
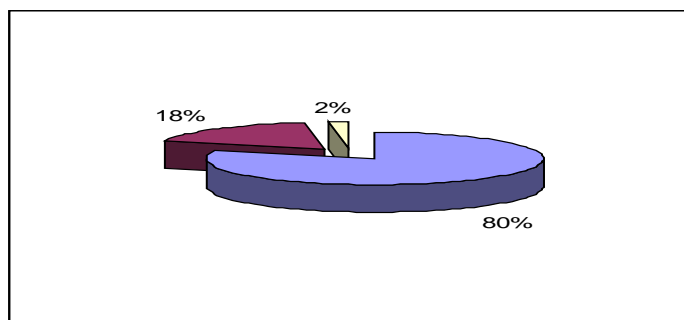


Fig. 1. The results questioning the learning style of swimming dolphins, start and return

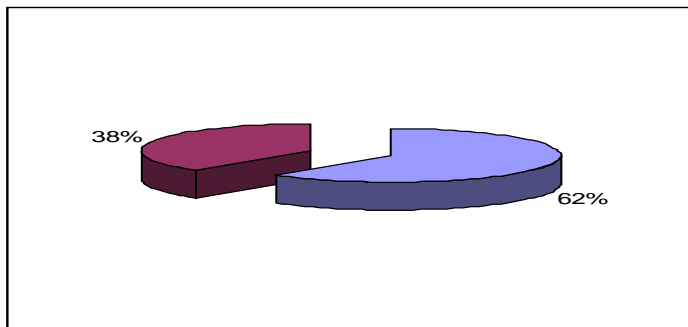
As shown in Figure 2, in the analysis of responses to questions regarding the maintenance of endurance over a distance once covered the sport with a velocity scheduled, 80% of the respondents may maintain such a system the distance 200m and 400m, 18% fail to fulfill this task, and 2% did not respond.



**Fig. 2. The results questioning the maintenance of endurance over a distance that athletes can to travel at a speed scheduled**

An important psycho-motile element at this age is to maintain speed swimming distances short 15-25m.

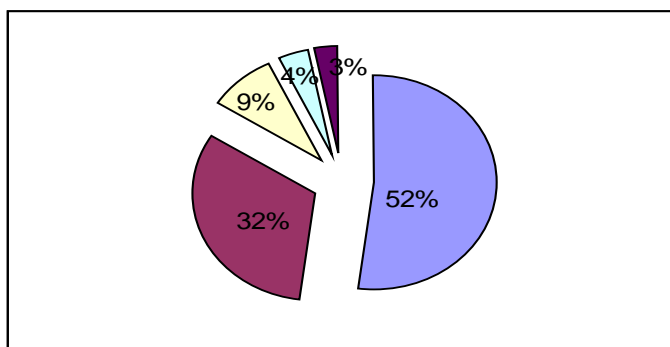
Thus, of those polled, 62% said they may travel a distance of 25 meters and repeat for 2 to 4 times, maintaining a rate stable, while 38% fail this performance (Figure 3).



**Fig. 3. The results of polls on maintaining the speed of swimming the distance short 15-25m**

Properties main typology S.N.C is characterized by energy S.N.C., sharing equal or unequal power between the two basic fundamental nervous processes - excitation and inhibition and the speed at which consumes that energy. In return turn they have peculiarities of each individual: strong-weak, balanced - unbalanced, excitable (mobile) - inert.

As can be seen from Figure 4, 52% of those surveyed in terms of temperamental are mainly blood 32% are highlighted temperament choleric, 9% is close to the laid-back, 4% had characteristics of the type nervous - melancholy and a percentage subtracted from the respondents (3%) exhibit psycho-mobile characteristics.



**Fig. 4. Representation of questioning on temperament of the swimmers-girls**

Questions with answers negative were marked with 0. For athletes who have achieved equality, interpretation is dependent on mobility. In terms of specifics was noted and appreciated that they have moments when they feel strong and times when they feel weak.

### **Results**

High percentage (52%) shows that the sport supports easy inconvenience and failures caused by a failed start is adaptable to various circumstances, are communicative and genuine, have leadership role in relation to persons close and friends, and are able to acquire new motile activities. Also loose and is adjusting quickly to new situations, sleep and wake up easily give themselves passionately in the work and working permanently with close persons.

Swimmers-girls who show a choleric temperament are persistent in achieving its purpose, tend to “new” have the ability to think and find immediate solutions, but are excited and anxious, make sudden movements, changes suddenly available.

Athletes with characteristics similar to the type of unabashed (9%) are consistent with the work of training, comply with the daily rules, are disciplined, they go to the end everything started, are very sensitive to the assessment or rebukes coach, but they have not leadership role toward friends and consider themselves being equal with close persons.

Type temperamental melancholy is (4%) of those surveyed.

Swimmers-girls who exhibit this type of temperament are led by close people losing the nature in dealing with strangers and they are shy and reticent.

After a failed start are depressed and disoriented, having feared to fail and the next start.

Athletes with such a temperament need stimulation constant and careful supervision of coach or psychologist in order to create beneficial situations for training and competition.

It is interesting the interpretation of 3%, which in terms of temperament, have made gender specific nerve. They were found to have times when they feel strong and times when they feel weak. For this reason the interpretation will be based on the function of C.N.S.

### **Conclusions**

We tried to gauge the temperament of these swimmers-girls, to achieve a personalized and a learning effective action in their training process.

Temperament as an attribute of personality, we stated that the education of temperament to go more on the education skills, interests and some specific features.

We can not know very well all the psychic features of the swimmer-athlete, no matter how close we would be, since personality is a permanent change due to improvement or stagnation.

Therefore the coach needs to lead effectively the preparation and requires specific and real knowledge of the swimmer-athlete.

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**Titlu:** Aprecierea temperamentului și studiu asupra psiho-motricității înotătoarelor de 14-16 ani – demers investigativ.

**Cuvinte cheie:** sportive, temperament, psihomotricitate, chestionar.

**Rezumat:** Temperamentul fiind o însușire a personalității, putem preciza că în educarea temperamentului se merge mai mult pe educarea aptitudinilor, a intereselor și a unor trăsături caracteriale. Nu putem cunoaște foarte bine toate trăsăturile psihice ale sportivului, oricât de apropiat ne-ar fi, întrucât personalitatea este într-o permanentă schimbare ca urmare a perfecționării sau stărnării acestuia.

**Titre:** Appreciation du caractere et la recherche du psychomotricité pour les nageurs des filles d'âge 14-16 ans - recherche de représentation.

**Mots clés:** sportif, le tempérament, la psycho-motricité, questionnaire.

**Résumé:** Tempérament comme un attribut de la personnalité, nous avons affirmé que l'éducation de tempérament à aller d'avantage sur les compétences de l'éducation, les intérêts et certaines caractéristiques spécifiques. Nous ne pouvons pas très bien connu toutes les entraves physiques caractéristiques de l'athlète, peu importe à quel point nous serions, car la personnalité est un changement permanent ou de stagnation due à son amélioration.