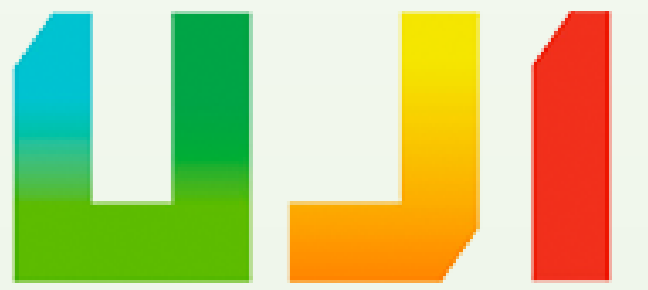




Profile of vulnerability and Neuroticism in the injuries of football players

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Abstract

The main goal of this thesis is to analyze if there is a relationship between the profile of vulnerability of athletes to injury and the number of injuries, taking into account its severity. The sample used was composed of 20 professional football players from the C.D. Castellón team. The instruments used in order to evaluate were the Competitive Anxiety, the Resistant Personality, the Motivation oriented to the success, the Motivation oriented to avoid the failure and the Neuroticism. The results indicated that there is a significant relationship with the number of serious injuries, but not for the rest. To conclude, we can affirm that for the prevention of injuries we must improve the Resistant Personality of the athletes.

Introduction

Sport psychology is a really important area in the injuries study. Injuries can be caused by many factors, these can be internal factors like the biomechanics or the psychological ones, or external factors like temperature or the sportive area conditions. With this work we want to know how psychological factors affect in the number of injuries that football players suffer.

Andersen and Williams' Stress and Injury Model (1988, as cited in Ortín, Garcés, and Olmedilla, 2010) explains the relationship between psychological factors and sport injury.

These authors claim that sport player's stress history have an influence in their future responses to the stress. In addition, the resources of coping that the sportsmen can be have and their features of personality should affect both stress responses and history.

Thus, depending on how he face the stress situation, the sport player will overcome it without problems or he will suffer an injury. With the study of the sport players' personality traits it has been created a profile of vulnerability to injury (Prieto, Ortega, Garcés and Olmedilla, 2014).

- Low Resistant Personality.
- High Competitive Anxiety.
- Low Motivation to the success.
- High Motivation to avoid the failure.

Considering personality, it has been shown that athletes who are emotional, anxious, depressed and have sudden mood swings tend to have more serious injuries.

The aim of this work is to see if different personality portraits (Competitive Anxiety, Resistant Personality, Motivation and Neuroticism) affect the injury number that the sport players suffer. Our hypothesis are that those who meet profile of vulnerability have more injuries than those who do not. And football players who score high in neuroticism are those who have had more serious injuries.

Method

Sample:

The sample consists of 20 men, professional football players of the "Club Deportivo Castellón". Of these, 13 are from the second team and 7 from the first, from the Preferential and Third Division leagues respectively. The average age of the players is 22.55 years old (SD = 2,685), with a minimum of 20 and a maximum of 29.

Tools:

Self-report of injuries. For the collection of the characteristics and quantity of the injuries, in which the players indicated the number of injuries taking into account their severity (mild, moderate, serious or very serious).

Eysenck Personality Questionnaire - Revised (EPQ-R) by Eysenck and Eysenck (1997). It is a questionnaire of 83 items divided into four scales: Extraversion, Neuroticism, Psychoticism and Dissimulation. We focus only on the scale of Neuroticism.

Scale of Competitiveness-10 of Remor (2007). For the assessment of the Motivation for success and the Motivation to avoid failure. It is a self-report of 10 questions about motivation related to sports competitiveness.

Sport Competition Anxiety Test (SCAT) by Martens (1977). To evaluate Competitive Anxiety. It is a test of 15 questions that measure the anxiety of athletes in of competitive stressful situations.

Scale of Resistant Personality in Footballers (EPR-F). For the evaluation of the Resistant Personality. Created from the adaptation and factorial analysis of the original scale of Jaenes, Godoy and Román (2008). Made up of 16 Likert type answer questions, with three scales: commitment, challenge and control.

Process:

The questionnaires were distributed before the training and they were given three weeks to return them answered. They were informed of the confidentiality and anonymity of the data, and that they were entitled not to respond.

Results

We analyzed the relation between the profile of vulnerability and the mild and total injuries with the Pearson correlation, these data can be seen in Table 1.

In the relation between the number of serious injuries and the score in Neuroticism, a Pearson correlation coefficient of 0.666 with a significance of 0.001 was obtained (Table 2). We performed a linear regression to see what percentage of the variance of serious injuries is explained by Neuroticism, which is 41% (0,412) of the variance.

Table 1: Relation between the number of mild and total injuries and the profile of vulnerability

		Resistant Personality	Competitive Anxiety	Motivation to the success	Motivation to avoid the failure
Number of mild injuries	Pearson	-0,155	0,290	0,264	-0,048
	Significance	0,514	0,215	0,261	0,842
Number of total injuries	Pearson	-0,297	0,398	0,221	0,063
	Significance	0,203	0,082	0,350	0,793

Table 2: Relation between the number of serious injuries and Neuroticism.

Pearson	0,666
Significance	0,001

Table 3: Linear regression of neuroticism as a predictor of serious injuries.

Variable	R	R squared	Ajusted R squared	Standard error of the estimate
Neuroticism	0,666	0,443	0,412	1,013

Discussion

The main objective of this study was to analyze if there was a relation between the profile of vulnerability and the number of injuries of the players. It should be noted that none of them really fulfilled the profile of vulnerability, since all of them obtained a very high score in motivation to the success. This could be due to the fact that when they completed the questionnaires they were at the end of the season and if they won they could ascend to a higher league.

With the results obtained we can affirm that the relation that exists between the profile of vulnerability and the number of injuries is very weak since they are not significant.

However, those players who scored high in neuroticism had more number of serious injuries. The relation between these variables is very significant, with neuroticism explaining 41% of the variance of serious injuries.

These results are consistent with previous studies (Olmedilla, Ortega and Abenza, 2005; Olmedilla, García and Martínez, 2006) in which a relation between vulnerability and the number of injuries is affirmed, but significantly only in serious injuries.

We can affirm that the Resistant Personality is significantly related to the other features of the profile. That is to say, the better the Resistant Personality, the lower the competitive anxiety and the motivation to avoid failure and the better the motivation for success. Therefore, a good way to prevent injuries would be to improve the characteristics of the resistant personality of athletes.

Finally, it should be noted that we can never forget that personality is not the only factor that affects injuries, there are many other factors that can cause an athlete to be injured. For example, there are players who obtained very good scores, but even so they were injured several times.

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