

A study on the personality traits of female students representing the Academy of Economic Studies basketball team

Ionela Cristina Nae¹, Marian Niculescu²

¹*Academy of Economic Studies, Bucharest, Department of Physical Education and Sport*

²*National University of Physical Education and Sports, Bucharest*

Abstract

Background. The knowledge of the individual and collective personality traits of the sportswomen representing the Academy of Economic Studies basketball team is a prerequisite in conducting an effective training process.

Aims. The research requires the knowledge of the individual personality of sportswomen in the short and long term, followed by a completion of a team personality model to effectively adjust the process of preparation.

Methods. The research was carried out on a sample of 12 sportswomen, aged between 20-23 years, constituting the representative team of the Academy of Economic Studies. The inventory of personality “Cattel-16 P.F.” was applied in two testing times T₁ and T₂ (10.2011-05.2012). The research was carried out over 28 weeks (one academic year).

Results. The interpretation of obtained data led to the establishment of the personality traits of each player, and then, by calculating the arithmetic average of the results obtained by the 12 players for each of the 16 personality factors, the personality model of the team was decided.

Conclusions. During the study, due to the knowledge of the sportswomen’s personality, the training process was addressed to achieve performance and at the end of the study the improvement of the personality model of the sportswomen was evidenced.

Keywords: basketball, personality, sports teams, academic representative.