

Personality Traits and Self-Concept on Wushu and Judo Players: Achievements

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Abstract

Personality traits and self-concept are important psychological factors that may influence athletes' motivation, behaviour, confidence, and performance. This study examines the relationship between personality traits, self-concept, and achievement among Wushu and Judo players. Both sports require physical fitness, technical proficiency, discipline, emotional control, concentration, and the ability to respond effectively under competitive pressure. The study focuses on understanding whether differences in personality characteristics and self-perception are associated with variations in athletic achievement. Personality traits such as emotional stability, extraversion, conscientiousness, openness, and self-discipline are considered alongside dimensions of self-concept, including physical, social, emotional, and academic self-perceptions. The study proposes a comparative assessment of Wushu and Judo players to identify patterns in psychological characteristics and their possible association with competitive performance. Standardized psychological inventories and appropriate measures of sports achievement may be used to collect and analyse relevant data. The findings may contribute to a better understanding of the psychological profile of combat-sport athletes and the role of positive self-concept in maintaining motivation, resilience, and confidence. The study also highlights the potential value of psychological assessment in sports training and athlete development. Understanding these factors may help coaches and sports professionals design more comprehensive training programs that address both physical and psychological development. The study concludes that systematic attention to personality and self-concept can provide valuable insights into athletic achievement and the overall development of Wushu and Judo players.

Keywords: Personality Traits, Self-Concept, Wushu, Judo, Sports Achievement, Athletes, Psychological Factors, Sports Psychology, Self-Esteem, Motivation, Competitive Performance, Athletic Development.

