



Tendencies for Disorders in Social Behaviours of the People Practicing Ju-Jitsu

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ABSTRACT

Authors of the current study searched for the answer to the question concerning tendencies to disorders in social functioning among people practicing Ju-Jitsu, who have participated in the MMA competitions, as well as students of the Physical Education Department (not practicing martial arts).

Keywords : interpersonal relations, disorders of social functioning, Ju-Jitsu, sport

INTRODUCTION

The literature in the field has been signaling the reduction of the stimulation threshold of humans predisposing individuals to have a pro-active personality. (Bajorek, Zieliński 2003) Such intensive need for stimulation is determined, depending of the scientific interpretation, by slower maturation of the nervous system (Pospiszyl 1999), or the conflict between cerebral cortex and midbrain (Górecki 2001).

Applying the theory of social functioning of humans (Zieliński 2007) and interpretation of social interaction by J.M.Stanik (1980,1994,1997) we can arbitrarily claim that human behaviour can be treated as placed between two poles. Among others, the proof for this claim can be found in the cases of violation and non-violation of personal spaces of other people by different representatives of the society (Pease 2001).

It appears, that due to the differences in internalization of norms and values for the respondents the ways of satisfying their needs are different. A part of them do it in a way not threatening the others, while some prefer "a hostile social attitude" (Stanik 1977) during the training. The results of the tests carried out on the social immaturity and Peer rejection that first mentioned factor correlates with appear human multiple symptoms of hyperactivity, while the other (peer rejection) - a high-level, closely associated with increased aggression and IQ subjects. (Carpenter Rich, Loo, Yang, Dang, Smalley 2009)

We should also consider if such attitudes occur outside the sports spheres and if so, in which areas of social interaction?

MATERIAL AND METHOD

The research covers 120 respondents, ages 18 to 35, out of whom 60 are those practicing Ju-Jitsu – MMA competitors (basic group) who belong Ju-Jitsu club of Jaslo, and the same amount of students of the University of Rzeszow (sample group).

The Ju-Jitsu group is most numerously represented by the 22 year olds (25%), while the students by 21 years old (38.3%). The least representative were the competitors at 35 years old (1.7%), as well as 24 year old students.

Most of the sports people are those with secondary education (55%). A smaller part of the basic group have vocational education (31.7%) and higher education (13.3%). The sample group consists of people with secondary education.

To answer the research question a scale of interpersonal relations (SUI) by J.M. Stanik was used (1980,1994,1997). This tool allows to diagnose the style of social behavior and diversification of personality disorders. Answers to 70 questions received from the respondents are projected onto 12 scales : 1) authoritative-bossy, 2) supportive – overcaring, 3) friendly – cooperative, 4) submissive – dependent, 5) withdrawn – masochistic, 6) rebellious – suspicious, 7) aggressive – sadistic, 8) competitive – narcissistic, 9) self acceptance, 10) lying, 11) self-sufficiency, 12) helplessness. This test has been applied to measure interpersonal relations in the research group. (Zieliński 2007)

RESULTS

The obtained value of rps indicator (Ju-Jitsu-Students) = 45, which shows a moderate similarity of obtained profiles, as reflected in Table 1. Taking into account the interpretation by J.M.Stanik (1980,1994,1997) we can see that the respondents in both groups within the scales 1,2,3,4 reveal a comparable attitude to the surrounding world, which is shown by the graph reflecting the styles: authoritative-bossy, supportive – overcaring and friendly – cooperative running by one octyle higher for sports people against students.

Scale 5 (Stanik 1980,1994,1997) explains the style of social functioning known as withdrawn – masochistic. Sports people and Students show the results at the level of second and fourth octyle, which is a norm. Problematic is the second level of this style for the Ju-Jitsu group, which, as we can suppose, compensates socially the next two scales.

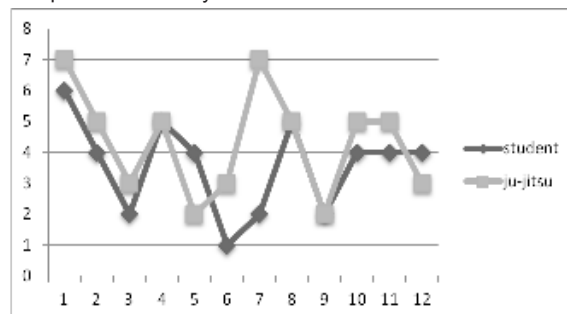


Fig. 1. SUI profiles for Ju-Jitsu groups and University of Rzeszow students created from the calculated results

The MMA „warriors” made a self-evaluation which was calculated for scale 6 (rebellious – suspicious style) as third octyle

(optimal level), but the academicians were placed at lower level (first octyle). We can hypothesize that Ju-Jitsu respondents will be more often characterized by hostile and anti-social behaviours than those who study. Sports people, considering all the respondents, are colder towards others, more suspicious and more often disagree with the social order, they demonstratively disobey any orders. According to J.M.Stanik (1980,1994,1997), a higher result for the "warriors" in scale 6 indicates the tendency to activate defensive behaviours towards others, show disbelief or suspicion and in some cases a syndrome of hostility.

In case of the sports people it is worth mentioning the progress of the graph in scale 7 (seventh octyle), which, according to the author of the test, can indicate aggressive-sadistic level. The seventh octyle refers to people with excessive criticism, hostility towards oneself, and most of all treating themselves as experts in various situations.

Graphs in scales 8,9,10,11 approximate on similar octyles. A considerable decline of the graph is seen in scale 12 for the sports people, which can be interpreted, in comparison to the sample group, as lower self-esteem and less hope in ones abilities.

DISCUSSION

From conducted examinations through Mark Theeboom, Paul De Knopi and Paul Wylleman (2008) shows that there is a close relationship between regular participation in training athletes and their social activities.

Made analysis between physical activity of people and their social functioning (Allison, Adlaf, Irving...2005) showed that with increasing involvement of people in sports training, increasing their likelihood of susceptibility to interpersonal disorders. Also, it can be concluded that individuals may have a sensitivity to social norms violation by others (Friedman, Rapport, Lumley...2003).

The author of the SUI scale has analyzed social functioning of the people with neurasthenia, depression and hysteria. A considerable similarity of social interaction is seen in the pro-social syndrome area (scales 2,3,4) between the above mentioned people and the respondents in this research. The average result pre-supposes the respondent's personality to be called "an advocate of social order", ready to cooperate with other members of the society in order to achieve a common goal. The behaviours under discussion are accepted and supported by other participants of public life.

Scales included into the interpretational syndrome of hostility (scales 5,6,7, often 8 and 9) only partly indicate correspondence between the patients described by J.M.Stanik (1980,1994,1997) and the respondents in this research. Differences in favour of Ju-Jitsu group are seen in scales 5 and

6. High values of graphs on scale 7 for the basic and model (people with neurasthenia, depression and hysteria) groups, reveal distrust, suspiciousness and open aggression of the respondents.

It is noticeable in all the research groups a comparable syndrome of egocentrism (higher level of graphs in scales 1 and 8, and lowered level in profiles 9 and 12). The respondents will prefer authoritative attitudes evaluating the reality only from the perspective of ones profits and will not seek to expand the group of their acquaintances (scale 1). These attitudes to the environment are probably conditioned by the helplessness of the respondents revealed in the research (scale 12).

CONCLUSIONS

Analysis of the research results proves that some profiles show similarity in the attitudes to the surrounding world within the research groups. In nine out of twelve scales the graphs reflecting interpersonal relations of Ju-Jitsu sports people and students approximate in their values. A shift by one octyle in the profiles would result in total similarity between the groups in scales 1 to 4, and 8 to 12. We assume that considerable differences in scales withdrawn – masochistic, rebellious – suspicious and aggressive – sadistic allowed to define these two groups as moderately similar, what is proved by the index of similarity (rps = 0.45).

Considerably higher graph levels for sports people compared to students in three scales suggests a claim that people practicing Ju-Jitsu can be more often perceived as undisciplined ones and being hostile to others. Rebelliously oriented towards the environment (scale 6) they might in some situations prefer behaviours unacceptable by the society. Sports people, more often than others, reveal reactions testifying their helplessness in life (scale 12). They show higher, compared to sample group, probability of provoking and unpredictable behaviours with limited control of emotions and acts, as well as critical attitude to the reality they are experiencing (scales 6,7).

We should consider whether specific methods of training in the mentioned Ju-Jitsu club preparing for brutal fights can: 1) reduce hostile behaviors (Daniels, Thornton 1990), and if so, whether it is possible for people fighting in MMA to come to the trainings with still higher level of aggression (scale 7) – inborn strive or social practice (Jarvis 2003), 2) inspire a certain group of people to choose such and not another physical activity thank to which they will discharge certain inner tensions (Gracz, Sankowski 1995) or 3) the aggression in the sports people shall be acceptably channeled and discharged (Berkowitz 1993). The above considerations demand further research. For this purpose it is essential to monitor modifications of interpersonal relations among MMA sports people during their trainings.

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