

The Evaluation of Factors affected the Success of Iranian Wrestling Team in the 2012 London Olympic Games (Perspectives of Professionals and Athletes)

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Abstract

This study aimed to investigate the factors affected the success of Iranian wrestling team in the 2012 London Olympic Games from the perspective of professionals and athletes. The population consisted of 131 experts and athletes. This study was an applied -descriptive survey; data were collected by field method and library. A researcher made questionnaire was used to collect data; after confirming its validity and reliability, it was distributed among the subjects. The questionnaire examined many factors such as physical factors, facility factors, psychological factors, and management factors. The descriptive statistics was used for analyzing data. The U Mann-Whitney was used for determining the opinion frequency of athletes and experts; the Friedman test was used to rank them. The U Mann-Whitney evaluated the role of psychological factors, facility factors, psychological factors, and management factors in the success of Iranian wrestling team from the perspective of professionals and athletes; the results showed that the mean of two groups was not significant at the level of 0.05%. According to Friedman test, the facility factors, physiological factors, psychological factors, and management factors were ranked from first to fourth, respectively.

Keywords: Wrestling, Greco-Roman Wrestling, Success, National Team

Introduction

The physical education and sport is important and has an affective role in human's education and training. Given the important role of physical education in promoting healthy population and developing cultural, political, social, and economic contexts, the planning of mission, objectives, and institutional mission, the revision of management practices, and planning for the implementation of activities is inevitable. As one of the most basic functions, this should be realized by physical education Department (Behjati Ardakani, 2011). The physical education and sport has been manifested in the history of human life in various ways. It is an integral part of

education and is a means to achieve physical and mental health. It should not be assumed that physical education is worthless and recreational and it should be considered an important part of life activities (Namazizade, 2003).

The study of factors influencing the success and better results in various sports has always been considered by many professionals and researchers in sport science. As a valuable strategy, the role of research can be considered more than before. Using the scientific and practical experiences and valuable researches, athletes may achieve better results in various competitions such as Olympic, World Games, and Asian Games (wrestling magazine, 1388). As a sport in the Olympics, the wrestling has attracted many enthusiasts around the world. Considering the results of Wrestling team in various competitions led the researcher to review some factors affecting the success of team in 2012 London Olympics.

In his research titled as the relationship between self-esteem and physical activity, Marayan (2012) concluded that there is a positive relationship between self-esteem and physical activity. In a research conducted on the necessity and importance of developing wrestling in America, Kirby and David (2010) concluded that factors such as power and speed, muscular endurance, cardiovascular endurance, tactical intelligence, and control of competitive anxiety is affective in the Greco Roman wrestling. Also, they concluded that the anaerobic power, muscular endurance, and cardiovascular factors are naturally effective in Greco Roman wrestling. In a research on the relationship between management practices of coaches and team cohesion in professional league football clubs, Ramezaninejad (2009) concluded that positive acceptance of team cohesion depends on useful training of coaches, social support, positive feedback, liberal behavior, and low autocratic behavior. Examining the causes of anxiety and the ways to deal with it by professional wrestlers before the race, Amini et al (2008) concluded that the inner thoughts and the mentality of wrestlers about themselves and race conditions would distract them from more important matters. The results of Gooral (2008) research showed that motivation can psychologically affect a person; and it can be one of the factors for success. In a study examining the factors in the success and failure of team sport players in Spain, Bhutto (2006) concluded that winners considered the ability and effort as the reason of their success; while losers knew the chance and the difficulty of task as the reason of their lose.

Methodology

The population consisted of 131 experts and athletes. This study was an applied-descriptive survey; data were collected by field method and library. A researcher made questionnaire was used for collecting the data including demographic information such as manager or coach, the last degree, university degree, coaching experience, the last degree of coaching, the best team of coaches, and the best team of athletes. The questionnaire consisted of 34 questions; it ranked the subscale such as physical factors, psychological factors, management factors, and facility factors based on a five degree Likert scale from very low to very high. The library studies were used to develop theoretical statements; the survey and questionnaire was used to collect data for testing the research hypotheses. Using the views of 10 professors at the Faculty of Physical Education and experts in Wrestling Federation, researcher examined the content and face validity. In addition, the reliability of the questionnaire was measured by 90% Cronbach's alpha. The descriptive statistics was used for analyzing data. The U Mann-Whitney was used for

determining the opinion frequency of athletes and experts; the Friedman test was used to rank them.

Findings

A: descriptive results

In this study, 30.54% (n=40) and 69.46% (n=91) of sample were experts and athletes, respectively. Approximately, 37.4% had a history of coaching and 62.6 % had no coaching experience. However, 27.5, 58, 11.5, and 3.1 percent of sample had national, Asian, world, and Olympic achievements, respectively.

The prioritization of physiological and fitness factors from the perspective of experts and athletes

The prioritization of physiological and fitness factors from the perspective of experts and athletes showed that factors such as healthy diet, exercise in race day, fitness, performance mastery, proper physical condition, aerobic exercises such as endurance and roping, anaerobic exercises such as sprints and weight training, doing sports that require concentration and accuracy such as chess and shooting exercises, and exercise other than wrestling such as football and volleyball and hiking are in the first to ten rank.

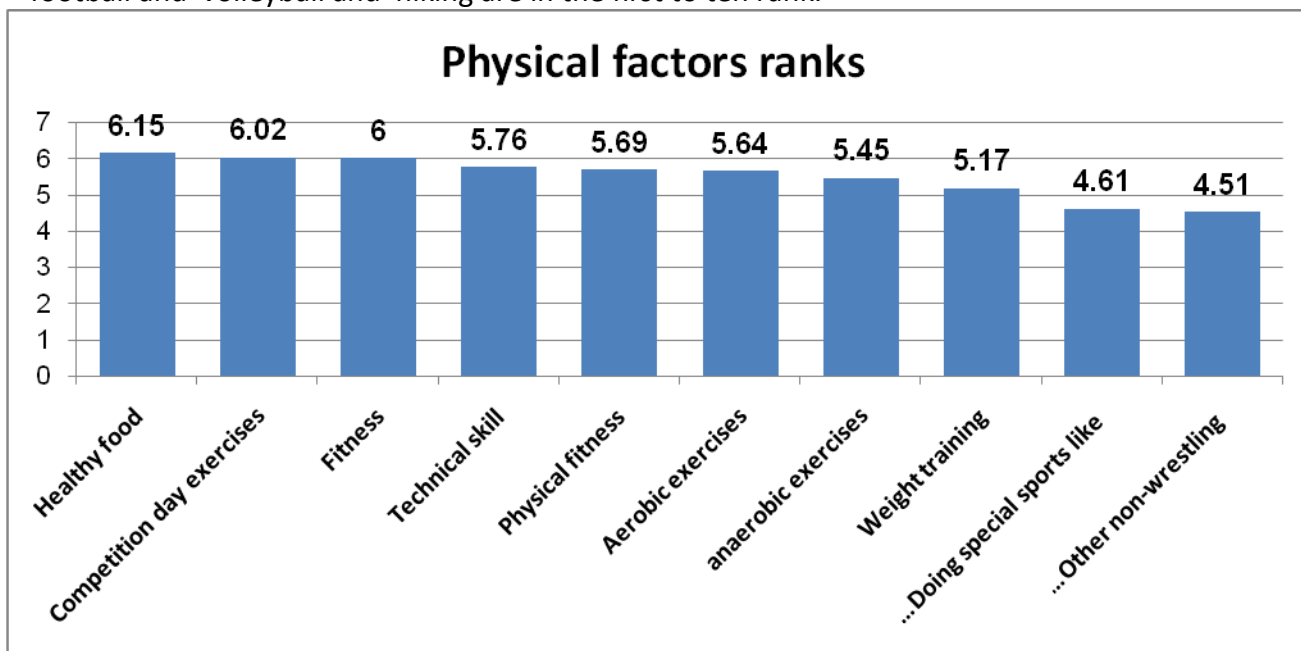


Figure 1: The priority of the physical and physiological factors from the perspective of experts and athletes

The prioritization of psychological factors from the perspective of experts and athletes

The prioritization of psychological factors from the perspective of experts and athletes showed that factors such as the encourage of wrestlers by wrestling coaches, the encourage of wrestlers by the wrestling federation, the rewards received from the wrestling federation

officials, the encourage of wrestlers by family, the wrestlers desire to acquiring position and reputation, and the encourage of wrestlers by friends are in the first to sixth rank.

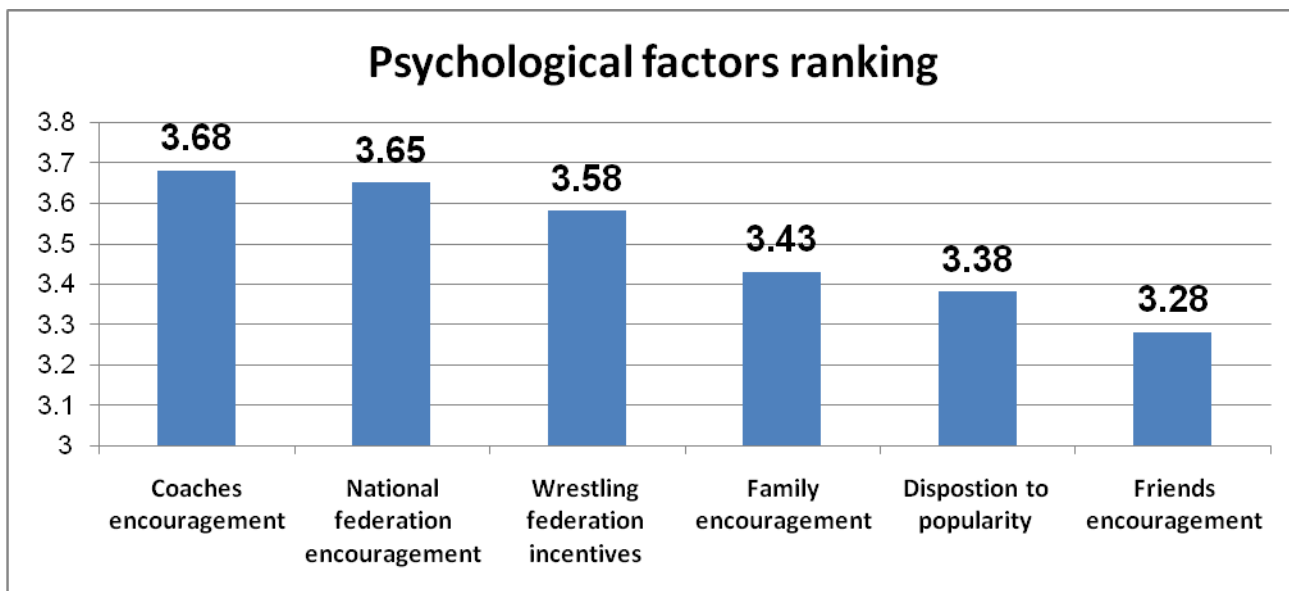


Figure 2: The priority of the psychological factors from the perspective of experts and athletes

The prioritization of facility factors from the perspective of experts and athletes

The prioritization of facility factors from the perspective of experts and athletes showed that factors such as expert coaches, considering the subsistence of wrestlers, proper training opponent, facilities (such as wrestling hall) in the training of wrestlers, considering the subsistence of coaches, informing the jury about the rules, and establishing camps in different areas are in the first to seventh rank.

The prioritization of management factors from the perspective of experts and athletes

The prioritization of facility factors from the perspective of experts and athletes showed that factors such as stable technical team over the years , choosing a skilled and experienced coaches in the national team, regularly scheduled tours before the beginning of the race, the interaction between head coach and wrestlers, management practices in selecting athletes with selection tournament, the interaction between head coach and coaches, to monitor and control the subordinate agents, promises of rewards by Wrestling Federation manager before the tournament , the interaction between the President of Federation and Federation officials and coaches, and the interaction between the President of Federation and Federation officials and athletes are in the first to eleventh rank.

Analytical findings

According to the test of specific hypotheses, the following results were obtained:

The opinion of experts and athletes about the variables of success in the Iranian Greco-Roman wrestling team

Table 1: The opinions of experts and athletes about the variables of success in the Iranian Greco-Roman wrestling team

Variable	Group	Number	Ranks mean	z	Sig
Physiological	Experts	40	69.05	0.611	0.541
	Athletes	91	64.66	0.611	0.541
Psychological	Experts	40	66.28	0.05	0.956
	Athletes	91	65.88	0.05	0.956
Facility	Experts	40	67.01	0.306	0.760
	Athletes	91	64.83	0.306	0.760
Management	Experts	40	67.69	0.339	0.734
	Athletes	91	65.26	0.339	0.734

Given the opinion of professionals and athletes, the results of z test showed that there is no significant difference between the two groups.

The Friedman ranking test for identifying the success factors of Iranian Greco-Roman wrestling team from the perspective of professionals and athletes

According to Friedman test, the facility factors, physiological factors, psychological factors, and management factors were ranked from first to fourth, respectively.

Variable(s)	Friedman ranking	Rank
Facility factor	3.77	First
Physiological factor	3.22	Second
Management factor	1.95	Third
Psychological factor	1.06	Fourth

Conclusion

The results showed that the facility factors, physiological factors, management factors, and psychological factors are in the first to fourth rank, respectively. In other words, the above factors had maximum and minimum effect on the success of the Iranian Greco-Roman wrestling team at the 2012 Olympic Games in London from the perspective of professionals

and athletes. In this regard, the authorities should select an efficient manager who has the most interaction with players and coaches. In this way, the national teams may reach to their goals and objectives with the least trouble.

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