

MOTIVACIONE RAZLIKE U SMANJENJU TELESNE MASE U RVANJU

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Uvod

Brzo smanjenje telesne mase („*making weight* – postizanje težine”) je ozbiljan naučni problem u rvanju. Smanjenje telesne mase u ranom uzrastu, teške dehidracije i zabranjene metode su samo deo ovog problema. U seriji intervjua 2013. godine, Peterson je postavio hipotezu da smanjenje težine rezultira mentalnom prednošću. Ova hipoteza je prouzrokovala brojne polemike i zahtevala je potvrdu. Cilj ovog istraživanja je da identifikuje razlike između raznih grupa (različitih u smislu količine smanjene telesne mase) u odnosu na dimenziju unutrašnje (intrističke) motivacije, kao i da potvrdi hipotezu da postoje značajne razlike u dimenzijama unutrašnje motivacije između različitih grupa.

Metode

Uzorak ispitanika činila je grupa od 61 rvača (starosti 21.6 ± 4.0 godine) podeljena u tri poduzorka prema procentu smanjenje telesne mase u odnosu na ukupnu težinu tela. Uzorak varijabli sastojao se od 4 dimenzije unutrašnje motivacije u IMI upitniku (*Inventar intrističke motivacije*), McAuley i dr. (1989). Sve varijable su obrađene uz pomoć deskriptivne statistike, dok su razlike u motivaciji testirane korišćenjem Kruskal-Volissovog ANOVA testa.

Rezultati i diskusija

Sve grupe rvača podjednako uživaju u rvanju, osećaju se podjednako kompetentnim i svi osećaju identičan tip pritiska po pitanju takmičenja. Rvači koji su smanjili najveću količinu telesne mase pokazali su statistički značajne razlike samo u dimenziji napora / važnosti ($H=6.97$; $p=0.03$).

Zaključak

Zanimljiva je činjenica da grupa broj 3 nije osećala nikakav dodatni pritisak koji bi mogao da odvrati rvače od ozbiljnog smanjenja telesne mase. Ovo istraživanje delimično podržava hipotezu da postizanje težine dovodi do prednosti na mentalnom nivou.

Ključne reči: rvanje, smanjenje telesne mase, unutrašnja motivacija

Literatura

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MOTIVATIONAL DIFFERENCES IN REDUCTION OF BODY MASS IN WRESTLING

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Introduction

Rapid reduction of body mass (“making weight”) is a serious scientific problem in wrestling. Body mass reduction at an early age, severe dehydrations and prohibited methods are only a part of this issue. In a series of interviews in 2013, Pettersson set a hypothesis that weight reduction results in a mental advantage. This hypothesis caused numerous controversies and required verification. The aim of this research is to identify the differences between various groups (different in terms of the amount of reduced body mass) in relation to dimensions of intrinsic motivation, as well as to confirm the hypothesis that there are significant differences in the dimensions of intrinsic motivation between the various groups.

Method

The sample of examinees was composed of a group of 61 wrestlers (21.6±4.0 years) divided into three subsamples according to the percentage of reduced body mass in relation to the overall body weight. The sample of variables consisted of 4 dimensions of intrinsic motivation in the IMI questionnaire, McAuley et al. (1989). All the variables were elaborated by means of descriptive statistics, whereas the differences in motivation were tested using the Kruskal-Wallis ANOVA test.

Results and Discussion

All groups of wrestlers equally enjoy wrestling, feel uniformly competent and they all feel the identical type of pressure in terms of competitions. Wrestlers who reduce the highest amount of body mass statistically demonstrated significant differences only in the dimension of effort/importance ($H=6.97$; $p=0.03$).

Conclusion

It is an interesting fact that group 3 did not feel any added pressure that could deflect the wrestlers from severe body mass reductions. This study partially supports the hypothesis that “making weight” results in mental advantage.

Key words: wrestling, body mass reduction, intrinsic motivation

References

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