

## EVALUATION OF TEMPERAMENT CHARACTERISTICS IN A JUNIOR HANDBALL TEAM

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**Abstract:** *Knowing a player's temperament can help the coach in the communication relationship between him and the player. First, the coach will know how to approach the subject to get a certain answer in practice or matches. Subjects were handball players born in 2005 or younger, at the category juniors III from Sporting Ghimbav Sports Club. The initial testing took place on 22nd December 2018 and 9th January 2019 and the final testing on 23rd November 2019. The method used is the application of psychological test, the Guide Belov for identifying the temperament, and interpretation of the results. The conclusions of the study have highlighted useful information on how to improve the training of the junior players.*

**Key words:** *temperament, personality, temperament guide Belov, handball, junior*

### 1. Introduction

Personality is characteristic of certain outcomes of actions taken by it. The information received by a person from outside represents his personality [10]. It is known that the individual is not born with personality, but becomes personality. He can create the personality over time

and in the features the traits acquired will be influenced by several factors [7].

In forming their sporting personality, the two fundamental components for ensuring sports performance are combined: aptitudes and attitudes. Several components can be made more conditions of ambience and sports training [9].

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It is known to be necessary because they are specialized in caring for the care modalities that take care of the individual traits. The vast majority of specialists have focused on the five big dimensions that take care of expressing the personality of the subject. These are known as Big-Five and are made up of extraversion; establish emotional, conscientiousness, agreement and autonomy [8].

It is considered that in the field of psychology the knowledge of the personality of each individual is divided into three components [2] (Figure 1):

- Temperament;
- Skills;
- Character.

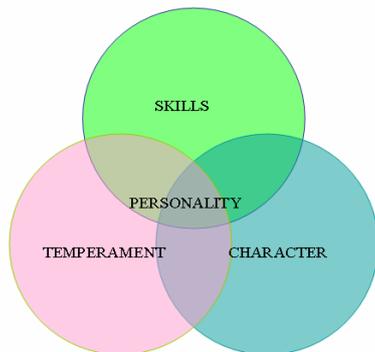


Fig. 1. *Graphic rendering of the personality components*

### The temperament

The dynamic and energetic side of an individual's personality is represented by his temperament. Temperament traits are represented by:

- the ability of the individual to process information at the psychic level quickly or slowly;
- the ability of the individual to withstand stress or different types of effort;

- the balance of the individual;
- manifesting the affective processes under different conditions.

There are four types of temperament, these are: choleric, sanguine, phlegmatic and melancholic. Each temperament has its own characteristics (Figure 2).

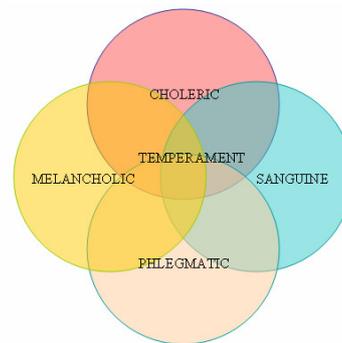


Fig. 2. *Graphic rendering of temperament components*

The choleric is a strong individual, he is unbalanced, and he gets angry very quickly. Choleric typology is recognized by its ability to perform movements very quickly, through verbal expressions and behavioral imbalance. He cannot control his behavioral reactions, being an explosive person.

The sanguine is known as a strong, balanced and mobile type. He has the ability to easily adapt to new situations, is a master of himself and is capable of sustained effort if needed.

The phlegmatic is recognized as a strong, balanced and inert individual. He executes the movements very slowly, he is self-controlled, and he has the ability to resist monotony, being an emotionally balanced individual.

The melancholic is known to find a weak individual in the nervous system, being characterized as a very sensitive person, who has a low energy level and does not initiate independent actions. He is very sensitive and does not cope with stress and stress.

Experts believe that there is no individual who exhibits a single type of temperament. Each individual has its particularities in how it reacts and in its behavior. Depending on the ways in which he responds to certain stimuli, one can speak of a certain type of temperament [2].

Playing the handball game can help the individual to outline some good traits and traits of character and personality. Participation in lessons in an organized environment helps the athlete to integrate into society, because handball is a team sport. By practicing handball, the player can develop the following qualities: willpower, bravery, courage, tenacity. It can also educate certain moral qualities, such as: respecting teammates and opponents, observing the rules and decisions taken by the referees, fair-play attitude towards the opponent [6].

For children and juniors it is recommended to practice team sports. Due to his activities, the child has to organize, discipline, be punctual, be conscientious, interact with others, and all these contribute to his education [5].

It is known that a handball player should have in the composition of the temperamental structure the following qualities: to be a balanced person, the nervous system to be strong, from an emotional point of view to have emotional stability, the level of nervousness and

anxiety to be low, to have good adaptive capacity [4].

In addition to the preparation of the physical condition of a handball player, mental capacity must also be prepared. This includes: the behavior of the player in his preparation and his behavior during the match. His personality, motivation, aspirations and needs are also important. The realization of a conscious movement made by a player is based on a certain degree of mental effort [1].

## **2. Premises and Purpose**

In carrying out this study we started from the premise of the importance of knowing the temperament that the players who practice handball at the age of 12-15 years. Knowing the temperament of the players gives us useful information in conducting the training.

## **3. Material and Method**

### **3.1. Participants**

Subjects were 16 handball players born in 2005 or younger, at the category juniors III from Sporting Ghimbav Sports Club.

### **3.2. Procedure**

The present paper is based on the test method. With the help of testing, the type of temperament prevailing in the junior players was investigated.

The initial testing took place on 22nd December 2018 and 9th January 2019 and the final testing on 23rd November 2019.

Knowing the temperament of the players was achieved by the guide for identifying the temperament of Belov

[3]. This test is carried out in the form of a questionnaire in which are stated several qualities that the player can have. The questions are passed one after the other, in 80 questions.

After answering all the questions, the subject must gather all the answers given, and the largest number indicates the predominant temperament of the player.

#### 4. Results

In order to evaluate the temperament of the players, the guide for identifying the temperament of Belov was applied.

It can be noted that in both tests the type of sanguine temperament is predominant in the vast majority of players, the average at the first test is 22, and at the second test 23, followed by the choleric type, with the average of 21.3, respectively 22.3. The two types of phlegmatic and melancholic temperament, the phlegmatic type recorded an average of 19.06, in the first year, and 18.3 in the second year, and the melancholic 13.7 and 14.9 respectively (Table 1).

Table 1

*Answers received following the application guide for identifying the temperament of Belov  
The test completed by the Junior III from the Sporting Ghimbav Sports Club*

No.	Initial of the name	Date of birth	The player's position	Choleric		Sanguine		Phlegmatic		Melancholic	
				Test I	Test II	Test I	Test II	Test I	Test II	Test I	Test II
1	F.M.	2006	P	17	24	17	28	25	22	14	22
2	M.S.M.	2006	R.B.	26	22	23	26	19	16	12	10
3	S.A.	2007	L.B.	16	26	27	30	29	28	16	21
4	B.A.	2005	R.B.	23	24	23	24	18	19	10	10
5	D.A.	2006	C.B.	24	25	25	27	22	23	15	18
6	S.L.	2007	L.W.	20	20	21	23	21	21	10	11
7	D.T.	2007	G.	20	22	22	20	19	19	19	19
8	T.A.	2006	P	16	17	17	18	20	16	15	15
9	C.I.	2006	L.W.	22	20	15	15	13	13	10	10
10	D.M.	2005	L.W.	18	17	25	20	21	22	14	17
11	F.L.A.	2005	G.	21	19	19	25	23	25	18	19
12	P.A.	2005	R.W.	21	23	23	16	26	15	15	16
13	V.T.	2005	R.W.	29	29	24	25	16	20	12	12
14	P.L.	2005	P	31	31	30	30	10	10	15	15
15	M.A.	2007	C.B.	22	22	25	25	12	12	10	10
16	A.P.I.	2007	P.	16	16	16	16	11	11	14	14
	Average			<b>21.37</b>	<b>22.31</b>	<b>22</b>	<b>23</b>	<b>19.06</b>	<b>18.3</b>	<b>13.7</b>	<b>14.93</b>

**Legend:** G – Goalkeeper; P – Pivot; L.W. Left Wing; R.W - Right Wing ; L.B. Left Backcourt; R.B. - Right Backcourt; C.B. - Centre Backcourt

According to the characteristics of the four types of temperament, we can say that the great majority of athletes are suitable to practice a performance sport, being prone to stress and resistant to stress. It is also confirmed that no individual has a pure form of temperament; after the obtained results it

can be observed that no player has the value "0" in the type of temperament. Therefore, all four types of temperament are present in the typology of the personality of the players, only they manifest themselves differently (Figures 3, 4, 5, 6, 7).

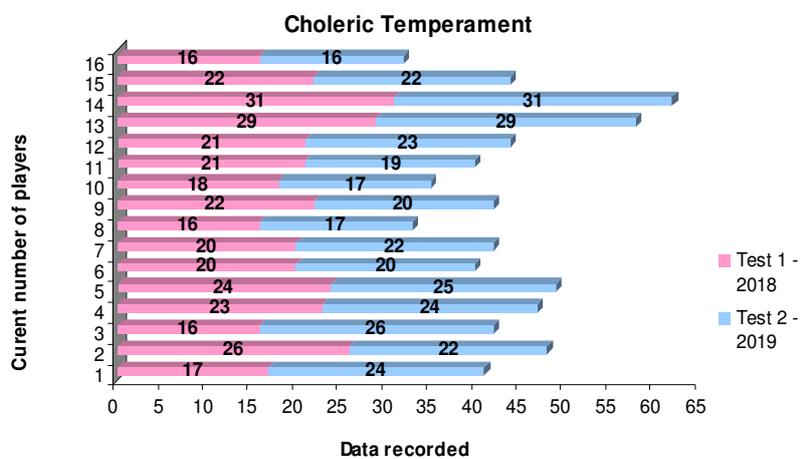
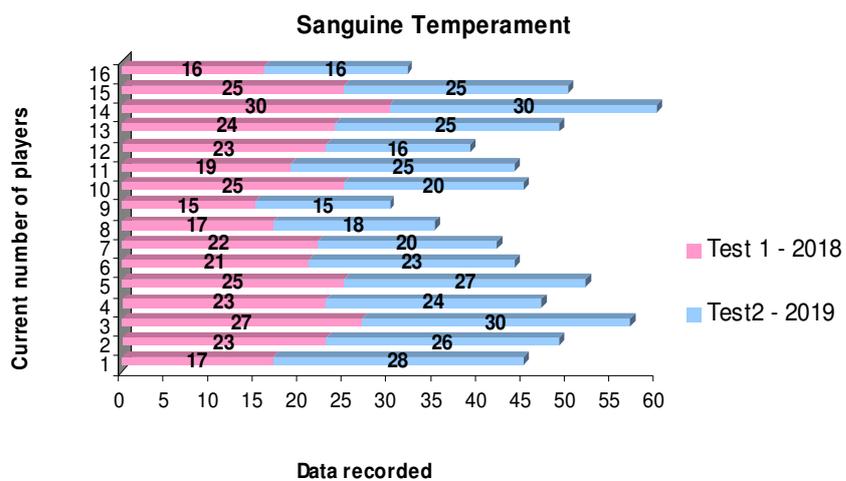


Fig. 3. Graph of the answers received in the Belov Test - Choleric temperament, from initial testing and final testing



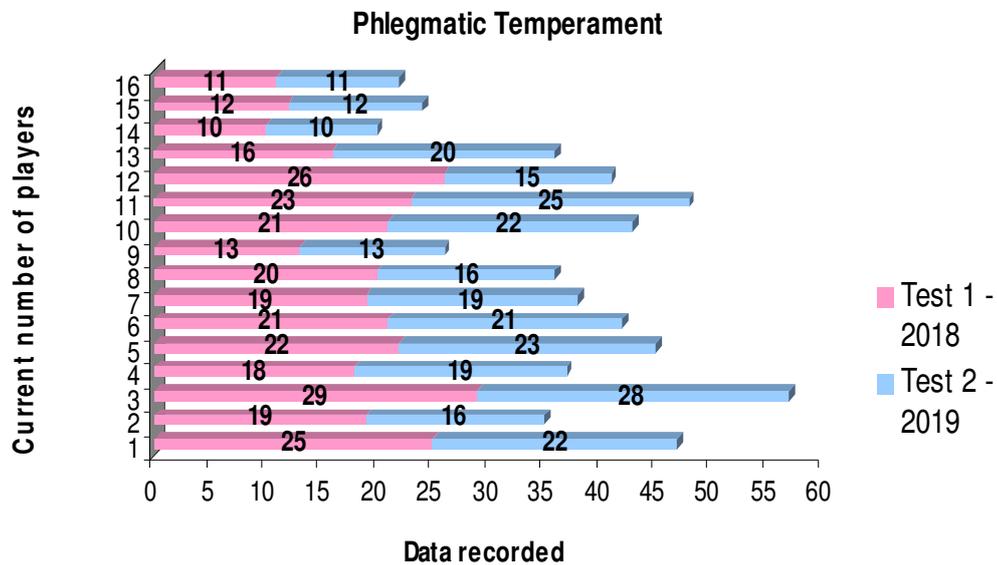


Fig. 5. Graph of the answers received in the Belov Test - Phlegmatic temperament, from initial testing and final testing

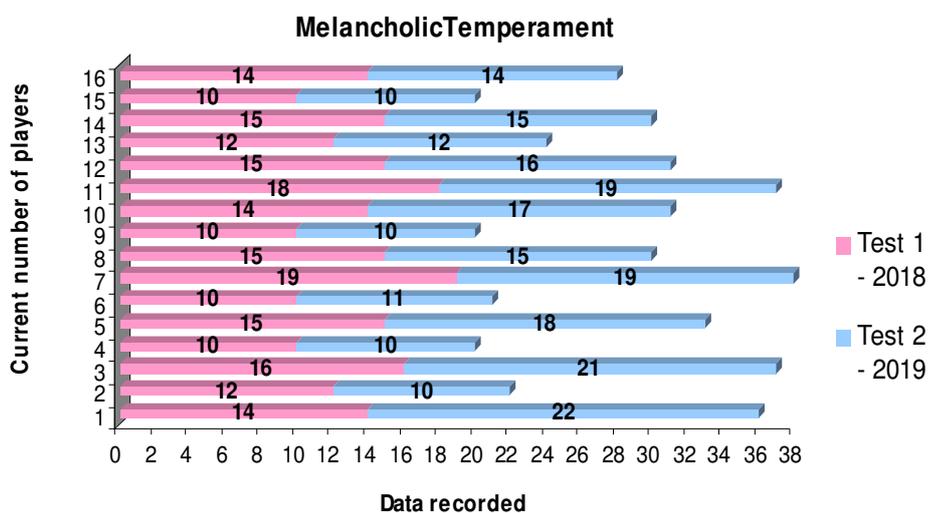


Fig. 6. Graph of the answers received in the Belov Test - Melancholic Temperament, from initial testing and final testing

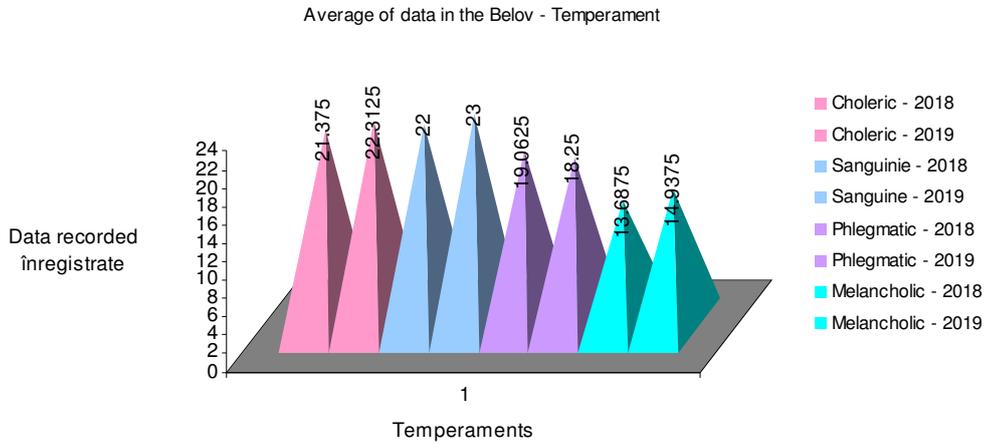


Fig. 7. Graphical representation of the answers received in the Below Test - Temperament, initial testing and final testing

It can also be noticed from the perspective of the position of the player in the game that the predominant type of temperament is different. Although two or three types of temperament have high values, the type of temperament with the highest value gives us important information (Tables 1, 2).

Players playing the pivot position in 2018 were predominantly choleric or phlegmatic; in 2019 they are predominantly sanguine. The players on the position left and right backcourt in 2018 had a predominantly

choleric temperament, sanguine or phlegmatic temperament, and in 2019 the temperament is sanguine. The players on the center backcourt position keep their predominantly sanguine temperament type.

The players in the wings position in both tests prevails the same type of temperament. The players in the goalkeeper position change their predominance, one player from phlegmatic to sanguine temperament and one player from sanguine to choleric temperament.

Table 2

The type of temperament according to the position of the players

The player's position in the game	Choleric		Sanguine		Phlegmatic		Melancholic	
	Test I	Test II	Test I	Test II	Test I	Test II	Test I	Test II
Pivot	1	1	1	3	2			
The left and right backcourt	1		1	3	1			
The centre backcourt			2	2				
The left and right wings	2	3	2	1	1	1		
The goalkeeper		1	1	1	1			

We can notice that there have been changes in the predominance of the temperament type of the players.

## 5. Conclusions

Knowing the players of a team is very important in achieving the desired results. Knowing a player's temperament can provide the coach with useful information on how the athlete behaves, reacts and works. The information received can help the coach in:

- the communication between the coach and the player, the coach will know how to address it, so that the player understands what is required;
- will know what tasks to give each player separately, and which they can perform;
- through the reactions of the player, the coach will know how to temper him or how to motivate him so that he can achieve what he has set himself;
- each individual has a predominant type of temperament, but all the others are present in different proportions. We can conclude that all types of temperament participate in certain percentage of each person's personality.
- It is very important to know that each player reacts differently to certain stimuli. If we compare the results obtained by the players according to their position in the game, we can observe the following:
  - on the pivot they have the predominantly sanguine and choleric temperament, we can add that they need this kind of temperament in the game, because on the semicircle they are always fighting with the opponent, trying to block, to create teammates color, to receive the ball, to recover balls, get started, etc. To carry out these actions requires a strong temperament, which does not abandon the fight between the attacker and the defender;
  - the wings have the predominantly sanguine, choleric and phlegmatic temperament type, because of the play tasks that they have during the game this temperament benefits them because they must be the first player in phase of the counter-attacking. To perform in this game, you must know how to manage your effort. We consider that the three predominant temperaments fit for this position of the players on the game;
  - the players on the backcourt post have recorded the following results with a sanguine, choleric and phlegmatic temperament. We can notice that in the handball game there is a need for diversity, so a backcourt player has the task especially to score from a distance, but also they have to perform through individual actions. The characteristics of temperaments help the players in the tasks they must perform in the game;
  - the players in the center backcourt position have sanguine temperament. The player on the center game post is also called the "team brain", from which all the game actions start from the positional attack. He must have a very good vision of the game; we consider that this type of temperament benefits the players;

- the goalkeepers have a predominantly choleric, sanguine and phlegmatic temperament. These temperaments benefit the players, because the task of a goalkeeper is first of all doing not receive the goal, to reject the ball, with the arms and legs. To repel the ball thrown from different distances requires a lot of courage, the ability to keep from the ball, to dominate at all times of the game and to trust the whole team.

The recorded data following the application of the guide for identifying the temperament, Belov, can help us in the training process. As a result of the answers received, we can observe the manifestations of each player, if the characteristics of the four types of temperament are manifested in the sports training as they have resulted from the tests.

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