

Social context and hardiness in selected national athletes of weightlifting

Contexto social y personalidad resistente en atletas seleccionados nacionales de levantamiento de pesas

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Abstract

The objective of this research is to identify relationships between social context dimensions and hardiness in elite weightlifting athletes. Methods: The design: non-experimental, cross-sectional and correlational, the participants were 20 athletes who belong to the elite as the national team of Mexico, they are between 19 and 28 years of age, $M = 22.05$ $SD = 2.91$, 8 men (40%) and 12 women (60%). 2 instruments were used, the first is the Perception of Factors Related to Excellence in Sport (PFED), (Simón, 2009) consisting of 54 items 6 variables, coach, environment and resources, athlete, family, nature of training and characteristics of the training and the second the questionnaire of hardiness in Central American and Caribbean Athletes (PRDCC) (Ponce, 2017; Ponce-Carbajal et al. 2015) of 18 items and three variables, commitment control and challenge. In the procedure, a file was created in google forms and coaches who are in charge of athletes from the Mexican national weightlifting team were contacted. The statistical analyzes used were frequencies, descriptive, reliability, and Spearman's bivariate correlations. Results: Adequate internal consistency in almost all the variables, between .40 and .92 in the 2 questionnaires. In the correlations between variables of the social context and those of the hardiness, relationships were evidenced between the total resistant personality and the nature of the training with an $r = .767^{**}$ and the challenge variable correlated with two, the first is the nature of the training $r = .834^{**}$ and with the characteristics of training $r = .671^{**}$. Conclusion, the relationships between the variables of the social context and the resistant personality are confirmed.

Challenge, environment, stress

Resumen

El objetivo de esta investigación es identificar relaciones entre las dimensiones del contexto social y la personalidad resistente en atletas de elite de levantamiento de pesas. Métodos: El diseño: no experimental, transversal y correlacional, los participantes fueron 20 atletas que pertenecen a la elite como selección nacional de México, están entre 19 y 28 años de edad, $M = 22.05$ $DT = 2.91$, 8 hombres (40%) y 12 mujeres (60%). Se utilizaron 2 instrumentos el primero es el de Percepción de Factores Relacionados con la Excelencia en el Deporte (PFED), (Simón, 2009) consta de 54 ítems 6 variables, entrenador, entorno y recursos, deportista, familia, naturaleza del entrenamiento y características del entrenamiento y la segunda el cuestionario de Personalidad Resistente en Deportistas Centroamericanos y del Caribe (PRDCC) (Ponce, 2017; Ponce-Carbajal et al. 2015) de 18 ítems y tres variables, control compromiso y desafío. El procedimiento se creó un archivo en google forms y se contactó a entrenadores que tienen a su cargo deportistas de la selección nacional de levantamiento de pesas de México. Los análisis estadísticos utilizados fueron frecuencias, descriptivos, fiabilidad, y correlaciones bivariadas de Spearman. Resultados: Consistencia interna adecuada en casi todas las variables, entre .40 y .92 en los 2 cuestionarios. En las correlaciones entre variables del contexto social y las de la personalidad resistente se evidenciaron relaciones entre la personalidad resistente total y la naturaleza del entrenamiento con un $r = .767^{**}$ y la variable del desafío correlaciono con dos, la primera es la naturaleza del entrenamiento $r = .834^{**}$ y con las características del entrenamiento $r = .671^{**}$. Conclusión, se confirma las relaciones entre las variables del contexto social y la personalidad resistente.

Desafío, Entorno, Estrés

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Introduccion

Historically society has been influenced by its various factors, everything we grow up with around us is part of the learning by imitation or adaptation, family education, religion, culture, school, politics, the clubs you attend, friends, siblings and other agents of coexistence have an effect on the life of each person (Real Academia Española, 2014), which makes them unique and unrepeatable, therefore the influence of the environments is of vital importance for the formation of children and young people according to the models that the family nuclei consider important for their development. Calle (2014), for his part, calls external influences all those ways in which we culturally learn, with our own examples of self.

Urie Bronfenbrenner, proposed a theory which he called Bronfenbrenner's ecological theory, where he established that the dynamics and how the human being develops in the different social circles Bronfenbrenner (1979) described a microsystem referring to the immediate circle such as the family, a mesosystem referring to third parties such as work and a macrosystem to which he integrated culture.

Later one of his students described it in a sporting environment, stating that athletes have a somewhat more complex dynamic than people who are not, adding to the circles proposed by his mentor a mirror of activities where he integrated in the microsystem the coach along with his school teachers, mesosystem to his training partners, opponents and the macrosystem also to his sports association and his federation so, their interactions as we can see is double the social interactions which I call ecological theory in sport (Henriksen, 2010).

The social context in sport has been studied specifically by Símon in 2009, he conducted a study with a group of hammer throw athletes establishing some factors that influence athletes such as the coach, environment and resources, athlete, family, nature of training and training characteristics and has also been studied in high performance athletes in various sports (Ponce, 2017), also university athletes and high divers (Ponce et al. 2022; Aranda et al. 2022).

In recent years, sport psychology has focused on investigating variables that contribute to the development of high-performance athletes, as it has been proven the influence they can have on the rest of society (Bauman, Bellew, and Craig, (2014). Encouraging athletes as a consequence activates a large part of the population, which is why it is especially important. Young people, by continuing to practice exercise and sport, develop skills that allow them to digest problems in the right dimension and not become emotionally overwhelmed by stressful situations that may occur throughout their lives, leading to a healthier life on an emotional level as mentioned by Ponce, 2022a; Ponce-Carbajal et al. 2022b; Ponce-Carbajal et al. 2021).

In research with retired athletes they confirm that sport helped them to identify a solution to their problems in a more adequate way, because in sport they are permanently making decisions in competitions that easily have many possibilities of being stressful or worrying because they are constantly being evaluated (Ponce-Carbajal, López-Walle, and Méndez, 2021a).

Sport in this case as well as the resistance to stress to which these young people are subjected play a protective role against illness, as some authors (Jaenes, 2008, Ponce, 2017) and Kobasa (1979) in his work mention that the concept of the resilient personality is referred to the resistance to stress has a mediating effect between health and illness.

The resilient personality is a concept developed by Salvatore Maddi and Suzanne Kobasa (Maddi, 2002), since a student reported in his work that there were some people who were ill due to prolonged periods of stress, but other subjects, on the contrary, were empowered and aware that this situation would lead to growth and development in their lives, so they were strengthened, this caught Maddi's attention (Maddi, Kobasa, Maddi and Puccetti, 1982).

The resilient personality is composed of three variables or dimensions that are control, commitment and challenge, and have been investigated in various contexts such as university athletes (Ponce-Carbajal et al. 2020) or in various high-performance sports (Ponce, 2017) or high diving (Villareal-Aranda et al. 2022).

The aim of this research is to confirm the existence of a relationship between some of the variables of the social context and the variables of resilient personality in Mexican national weightlifting teams. It is necessary to mention that there is not much information regarding these variables, considering the importance of this study, it has been taken as a line of development to offer new knowledge to coaches, parents and other agents that contribute to the development of athletes and can guide them on variables to encourage in athletes.

Description of the method

The research design is non-experimental, as it was conducted in a natural context and without manipulating any variable; cross-sectional, as it was a single intake, and correlational, because relationships between variables were established (Hernández, Fernández-Collado, & Baptista, 2006; Monje, 2011). The participants were 20 high performance athletes from the Mexican national weightlifting team, the athletes were between 19 and 28 years of age, $M = 22.05$ $SD = 2.91$, 8 men (40%) and 12 women (60%).

In this study two instruments were used, the first is the one referred to the social context, called Perception of Factors Related to Excellence in Sport (PFED), (Simon, 2009) consists of 54 items 6 variables, trainer as an example of item "His desire to do better and better" (11 items), environment and resources example item "Confidence in my possibilities" (10 items), athlete example item "My concentration in training" (12 items), family example item "Your parents' concern" (8 items), nature of training example item "Psychological work" (8 items) and characteristics of training example item "3. Demanding sessions" (5 items) and a response scale from 1 to 10, where 1 refers to the least contribution, and 10 is the greatest contribution. It has been used in several investigations showing adequate internal consistency values ($\alpha > 0.7$) (citations).

The second one refers to resilience to stress and is the Resilient Personality in Central American and Caribbean Athletes questionnaire (PRDCC; Ponce-Carbajal et al. 2015; Ponce, 2017), composed of 18 items, and three variables, such as control, as an example of item "What guarantees success in competition is to be in control at all times" (1 to 6) commitment, as an example of item "Daily training is the key to success in my competition" (7 to 12) and challenge, as an example of item "I love new and difficult exercises, even if they involve more effort" (13 to 18) of 6 items each dimension.

Resilient personality has been treated as a unifactorial (Kobasa, 1979; Kobasa, et al. 1982) and trifactorial concept, because its psychometric properties show that it has adequate indices to be used in both ways, this questionnaire is formed by three variables control, commitment and challenge (Jaenes, et al, 2008; Ponce, 2017; Villareal-Aranda et al. 2022). This instrument has a Likert-type response scale from 0 to 3 where 0 is "strongly disagree" and 3 is "strongly agree". Generally in both cases as global or individual, the variables have demonstrated in their analysis of internal consistency properties are adequate ($\alpha > 0.7$) so it is used in both ways.

The procedure, by means of the digital tool google forms, the form with the questions of the questionnaires and instructions for proper response was made, then, coaches from different states of the Mexican Republic, who are in charge of athletes of the national weightlifting team of Mexico, were contacted for their support and to ask for their support and to pass the questionnaire, to request their support and to pass the link through social networks, making sure that their athletes were informed that their participation was anonymous and completely voluntary, and that it would take them no more than 20 minutes to answer it, and that they could withdraw from the study at any time, for any reason they considered, without any problem..

The statistical analyses were means, standard deviation, frequencies, descriptive, and normality of data by kolmogorov-smirnov, Cronbach's alpha reliability (α) and bivariate correlations with Spearman's correlation coefficients, the analyses were performed with the Statistical Package for the Social Sciences (SPSS) version 25.

Results

The internal consistency of the instruments showed moderately adequate properties. It is worth mentioning that the reliability could be low in conditions of few items as in this case the social context training characteristics variable and the challenge variable are below $\alpha > 0.7$ (see Table 1).

Variable	α
Trainer	.84
Environment and resources	.96
Athlete	.76
Family	.92
Nature of training	.71
Characteristics of training	.60
Commitment	.40
Challenge	.50
PRtotal	.71

Note: PRtotal refers to the Resilient Personality instrument in its unifactorial form.

Table 1 Reliability of the variables of the perception of factors related to excellence in sport and resilient personality questionnaires

The results showed three positive and significant correlations. The nature of social context training variable with total resilient personality with a value of $r = .767^{**}$, and the nature of social context training variable with the personality variable resist challenge with a value of $r = .834^{**}$ and training characteristics with challenge $r = .671^{**}$; challenge.

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Conclusions

It is concluded that the nature and characteristics of the training, such as video review, psychological work, competition simulations, the relationship between work and rest, together with the length of the training sessions, or the variety of the exercises and the demands of their coach, are currently proving to be a challenge,

This shows once again the resistance to stress that the athletes have and that in spite of this, they carry out their competitions with a challenging struggle but full of learning, accepting the challenges that this entails, overcoming the difficulties for the benefit of their competitive development.

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