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PERSONALITY SUB-FACTORS IN JUDO ATHLETES: DIFFERENTIATION BY COMPETITIVE LEVEL AND TRAINING EXPERIENCE

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Personality research in sport is almost entirely confined to broad factors, yet these are heterogeneous, and an effect absent at the factor level may be present in one of the narrower components that compose it. This article examines the personality profile of judo athletes at the level of the twenty-five sub-factors of the Five-Factor Personality Questionnaire. Seventy-two male athletes aged 12 to 22 years, representing low, intermediate and highly competitive levels, completed the questionnaire together with a decision-style inventory. Eleven sub-factors differed significantly between competitive levels, the largest effects concerning self-sufficiency, curiosity, dominance and neatness, which belong to four different domains. All five self-management sub-factors were associated with training experience, most strongly responsibility and prudence, but not with chronological age, indicating that self-regulatory characteristics develop through sporting activity rather than through maturation. One hundred comparisons against decision style produced six significant results, against five expected by chance. Personality assessment in sport should therefore operate at the sub-factor level, and decision style should be treated as an independent construct.

Key words: *personality sub-factors, judo, competitive level, training experience, self-management, decision style, sport psychology*

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Personality is among the most frequently investigated psychological determinants of sporting achievement, and quantitative syntheses have established that the relationship is real but modest. A synthesis of more than fifty meta-analyses concluded that the Big Five predict performance across domains with small to moderate effects, conscientiousness being the most consistent predictor [1], and meta-analytic work confined to athletes has reached similar conclusions [2]. Comparative studies of athletes of different qualifications report the lowest neuroticism among professionals and positive associations of competitive level with extraversion and conscientiousness [3].

Almost all of this work operates at the level of broad factors. This is a substantive limitation rather than a matter of convenience. Each factor of the five-factor model is a composite of narrower components that are only moderately correlated with one another and that may relate to an external criterion in different, sometimes opposing, ways. When such components are averaged into a single score, an effect confined to one of them is diluted and may disappear. The consequence is that a null result at the factor level cannot be interpreted as the absence of a relationship, and a significant result at the factor level does not identify which component is responsible for it. For applied purposes the second problem is the more serious, since a coach cannot act on a global conscientiousness score but can work with responsibility or with prudence.

Research on judo athletes in Armenia has developed along broadly psychophysiological lines. Stepanyan and Lalayan[4] examined heart rate variability in relation to sporting performance, Stepanyan, Lalayan and Avetisyan[5] analyzed the psychological and physiological determinants of performance in adolescent judokas, and Lalayan, Avetisyan and Khachatryan[6] reported associations between subjective well-being, psychomotor ability and performance in the same population. That work operated at the level of broad constructs; the present study addresses the narrower components of personality that those studies could not resolve.

Combat sports provide a useful context for examining this question. In judo the outcome of a contest is frequently decided within seconds, under physical load and emotional pressure, and success depends on a combination of self-regulation, persistence and the capacity to act independently. These are precisely the characteristics that the subfactor level of the five-factor model is designed to separate. At the same time, judo offers an unambiguous external criterion in the form of objectively defined competitive level, and permits chronological age to be distinguished from accumulated training experience, two variables that are ordinarily confounded in developing athletes.

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[1] Zell E., Lesick T.L., Big Five Personality Traits and Performance: A Quantitative Synthesis of 50+ Meta-Analyses // Journal of Personality, 2021, Vol. 90, No. 4, pp. 559–573.

[2] See Yang J.-H. et al., Relationship between Athletes' Big Five Model of Personality and Athletic Performance: Meta-Analysis // Behavioral Sciences, 2024, Vol. 14, No. 1.; Shuai Y., Wang S., Liu X. et al., The Influence of the Five-Factor Model of Personality on Performance in Competitive Sports: A Review // Frontiers in Psychology, 2023, Vol. 14.

[3] Piepiora P., Personality Traits and Sporting Level of Athletes // Physical Education of Students, 2024.

[4] Stepanyan L., Lalayan G., Heart Rate Variability Features and Their Impact on Athletes' Sports Performance // Journal of Physical Education and Sport, 2023, Vol. 23, No. 8, pp. 2156–2163.

[5] Stepanyan L., Lalayan G., Avetisyan A., An Investigation of Psychological and Physiological Factors Affecting Performance in Adolescent Judokas // Georgian Medical News, 2023, No. 7 (340), pp. 30–36.

[6] Lalayan G., Avetisyan A., Khachatryan M., Enhancing Performance in Adolescent Judokas: The Role of Subjective Well-Being and Psychomotor Abilities // Science in Sport: Modern Problems, 2023, No. 2 (9), pp. 156–169.

The separation of age and training experience is theoretically important. If a psychological characteristic increases with age but not with experience, it is most plausibly a product of general maturation; if it increases with experience but not with age, it is more plausibly a product of the sporting activity itself and therefore, in principle, trainable. This distinction has direct consequences for the design of psychological preparation, yet it is rarely tested, because in youth samples age and experience are usually collinear.

A third question concerns the relationship between personality and decision-making style. Decision style, understood as a dispositional mode of approaching choice, has been described in sport within ecological, cognitive-modelling and time-pressure frameworks[7], and is conceptually closer to the act of choosing than broad personality domains are. Whether it is reducible to personality traits is an open question. If decision style were merely a redescription of trait structure, its dimensions should map onto personality components; if it is an independent construct, they should not. The sub-factor level provides the most demanding test of this, because it offers the finest-grained representation of trait structure available from the instrument. Studies of decision expertise more generally compare experts with novices[8].

The present study therefore had three aims: to identify which of the twenty-five personality sub-factors differentiate competitive levels in judo athletes; to determine which are associated with accumulated training experience as distinct from chronological age; and to test whether any are related to the dimensions of decision-making style. It was expected that self-regulatory sub-factors would be associated with experience rather than with age, and that the relationship between personality and competitive level would prove to be carried by a small number of specific components rather than distributed across whole factors.

Seventy-two male judo athletes aged 12 to 22 years (M = 15.5, SD = 3.0) with 1 to 16 years of training experience (M = 6.5, SD = 3.5) participated. They were drawn from a larger sample of 118 athletes; the age threshold of 12 years was applied because the self-report instruments used presuppose formal-operational reasoning, a stable self-concept and the capacity to appraise internal states reflectively, which are systematically established only from approximately that age.

Competitive level was assigned on the basis of objective competitive results: low level (n = 11), no medals or significant competitive achievements; intermediate level (n = 22), medals won at national or international competitions; high level (n = 39), members of the national team and athletes who had placed at the European Championship. Training experience was recorded separately in years and treated as a continuous variable, which allows the effect of accumulated practice to be distinguished from that of age.

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[7] See Araújo D., Davids K., Hristovski R., The Ecological Dynamics of Decision Making in Sport // Psychology of Sport and Exercise, 2006, Vol. 7, No. 6, pp. 653–676.; Johnson J.G., Cognitive Modeling of Decision Making in Sports // Psychology of Sport and Exercise, 2006, Vol. 7, No. 6, pp. 631–652.; Raab M., T-ECHO: Model of Decision Making to Explain Behaviour in Experiments and Simulations under Time Pressure // Psychology of Sport and Exercise, 2002, Vol. 3, No. 2, pp. 151–171.

[8] See Berry J., Abernethy B., Côté J., The Contribution of Structured Activity and Deliberate Play to the Development of Expert Perceptual and Decision-Making Skill // Journal of Sport and Exercise Psychology, 2008, Vol. 30, No. 6, pp. 685–708.; Gutiérrez-Díaz del Campo D., González Villora S., García López L.M. et al., Differences in Decision-Making Development between Expert and Novice Invasion Game Players // Perceptual and Motor Skills, 2011, Vol. 112, No. 3, pp. 871–888.

Personality was measured with the Five-Factor Personality Questionnaire (5PFQ) in its Russian-language adaptation[9]. The instrument yields the five broad domains of extraversion, attachment, self-management, emotional stability and expressiveness, each composed of five narrower sub-factors, giving twenty-five quantitative indices in addition to the five principal scores. It is the sub-factor level that forms the object of the present analysis.

Decision-making style was assessed with the Myers-Briggs-based Decision Style Inventory developed by Nutt[10], a thirty-two-item forced-choice questionnaire yielding a four-letter type and four underlying bipolar dimensions: extraversion-introversion (E/I), sensing-intuition (S/N), thinking-feeling (T/F) and judging-perceiving (J/P). Because the frequency of individual types fell to one or two observations in several cells, the sixteen types were not compared statistically and the four bipolar dimensions were entered as dichotomous independent variables.

Testing was carried out in quiet conditions at a research centre, an Olympic training complex and a sports club, in a fixed order, by the same investigator. The study was observational and non-invasive. Data collection was carried out with the permission of the participating sports organisations, and all participants and, in the case of participants under 18 years of age, their parents or legal guardians were informed about the nature and purpose of the procedures and consented to participation, with the right to withdraw at any time. The study was conducted in accordance with the principles of the Declaration of Helsinki.

Analyses were performed in SPSS 26 and verified in Python. Distributional normality was assessed with the Shapiro-Wilk test. Differences between the three competitive levels were tested by one-way analysis of variance with Tukey post hoc comparisons, verified in parallel by the Kruskal-Wallis test, and effect sizes were expressed as eta squared. Associations with age and training experience were assessed by Pearson correlation. Comparisons between the poles of the decision-style dimensions used independent-samples t tests with Welch's correction for unequal variances, with Cohen's d as the effect size[11]. Because the sub-factor level generates a large number of comparisons, the interpretation throughout rests on effect sizes and on the agreement of parametric and non-parametric tests rather than on statistical significance alone.

Descriptive statistics for the twenty-five sub-factors are presented in Table 1. The profile is broadly homogeneous, with mean values concentrated between 6.5 and 11.7 on the scale of the instrument, and no sub-factor showing a floor or ceiling effect.

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[9] Хромов А.Б., Пятифакторный опросник личности, Курган, 2000. / Khromov A.B., Pyatifaktornyy oprosnik lichnosti, Kurgan, 2000.

[10] Nutt P.C., Influence of Decision Styles on Use of Decision Models // Technological Forecasting and Social Change, 1979, Vol. 14, No. 1, pp. 77–93.

[11] Cohen J., Statistical Power Analysis for the Behavioral Sciences, 2nd ed., Hillsdale, NJ, Lawrence Erlbaum Associates, 1988.

Table 1

Descriptive statistics for the twenty-five personality sub-factors (n = 72)

Domain	Sub-factor	M	SD	Mdn	Min	Max
Extraversion	Activity	11.24	2.58	12.0	3	15
Extraversion	Dominance	9.81	2.99	10.0	4	15
Extraversion	Sociability	9.99	3.00	10.0	4	15
Extraversion	Sensation seeking	9.10	2.34	9.0	5	15
Extraversion	Expression of feelings	9.12	2.28	9.0	5	15
Attachment	Warmth	10.35	2.33	11.0	5	15
Attachment	Cooperation	9.69	2.34	10.0	3	15
Attachment	Trust	8.61	2.04	9.0	4	15
Attachment	Understanding	9.83	2.58	11.0	3	14
Attachment	Respect for others	10.43	2.76	11.0	4	15
Self-management	Neatness	10.69	2.81	11.0	3	15
Self-management	Persistence	10.21	3.43	11.0	3	15
Self-management	Responsibility	10.03	3.08	10.0	3	15
Self-management	Behavioural self-control	9.21	2.25	10.0	5	14
Self-management	Prudence	9.69	2.68	10.0	4	15
Emotional stability	Carefreeness	7.43	1.88	7.0	3	14
Emotional stability	Relaxation	7.53	1.91	7.0	3	13
Emotional stability	Emotional comfort	7.69	2.10	8.0	5	13
Emotional stability	Self-sufficiency	7.86	1.92	8.0	4	13
Emotional stability	Emotional stability (sub)	8.32	2.34	8.0	3	15
Expressiveness	Curiosity	10.15	2.99	11.0	3	15
Expressiveness	Inquisitiveness	9.56	3.15	9.0	3	15
Expressiveness	Artistry	9.74	3.25	9.0	3	15
Expressiveness	Sensitivity	9.57	2.35	10.0	4	15
Expressiveness	Plasticity	8.76	1.88	9.0	4	15

Eleven of the twenty-five sub-factors differed significantly between competitive levels (Table 2, Figure 1). Four of them combine statistical significance with a substantial effect size and agreement between the parametric and non-parametric tests: self-sufficiency, curiosity, dominance and neatness. The largest effect concerned self-sufficiency, which accounted for a quarter of the variance between groups.

Two distinct patterns are present. Dominance and neatness increase monotonically across all three levels, from 7.73 to 10.72 and from 8.64 to 11.51 respectively, with the low and high levels significantly different in both cases. Curiosity and cooperation, by contrast, separate the lowest competitive level from the two higher ones without distinguishing between the latter, which suggests a threshold rather than a gradient. Self-sufficiency shows a third pattern, non-monotonic, with its minimum in the intermediate group and the only significant contrast between the intermediate and high levels.

It is notable that these four sub-factors belong to four different domains: emotional stability, expressiveness, extraversion and self-management. The characteristics that accompany competitive progression are therefore distributed across the personality structure rather than concentrated within a single factor, which is precisely what a factor-level analysis would be unable to show.

Table 2

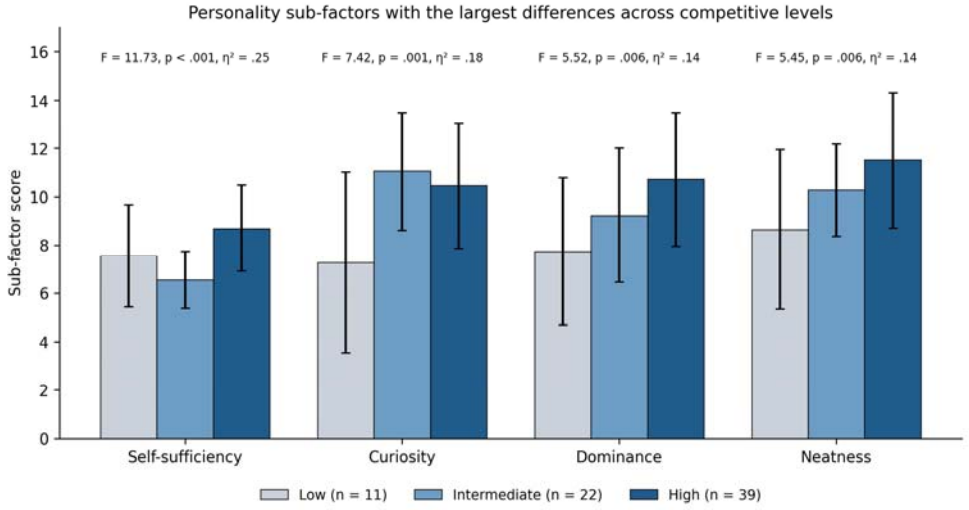
Personality sub-factors differing significantly between competitive levels (n = 72)

Domain	Sub-factor	Low (n = 11)	Intermediate (n = 22)	High (n = 39)	F	p	KW p	η^2	Tukey (p < .05)
Emotional stability	Self-sufficiency	7.55 ± 2.11	6.55 ± 1.18	8.69 ± 1.78	11.73	< .001	< .001	.254	I–H < .001
Expressiveness	Curiosity	7.27 ± 3.74	11.05 ± 2.44	10.46 ± 2.60	7.42	.001	.013	.177	L–I .001; L–H .003
Extraversion	Dominance	7.73 ± 3.04	9.23 ± 2.78	10.72 ± 2.77	5.52	.006	.010	.138	L–H .007
Self-management	Neat-ness	8.64 ± 3.29	10.27 ± 1.91	11.51 ± 2.81	5.45	.006	.002	.137	L–H .006
Expressiveness	Inquisitiveness	7.55 ± 3.27	10.91 ± 3.16	9.36 ± 2.81	4.82	.011	.017	.123	L–I .009
Attachment	Cooperation	7.82 ± 2.71	10.09 ± 2.49	10.00 ± 1.92	4.60	.013	.021	.118	L–I .020; L–H .015
Expressiveness	Artistry	7.45 ± 2.94	10.64 ± 3.09	9.87 ± 3.18	3.89	.025	.024	.101	L–I .020
Attachment	Warmth	8.91 ± 2.43	11.14 ± 1.96	10.31 ± 2.34	3.62	.032	.035	.095	L–I .024
Extraversion	Activity	9.45 ± 3.67	11.73 ± 2.10	11.46 ± 2.30	3.40	.039	.162	.090	L–I .042
Expressiveness	Sensitivity	8.09 ± 2.88	10.27 ± 2.41	9.59 ± 2.01	3.36	.040	.076	.089	L–I .031
Attachment	Understanding	8.18 ± 3.03	9.77 ± 2.07	10.33 ± 2.58	3.17	.048	.066	.084	L–H .038

Note. Values are M ± SD. KW = Kruskal-Wallis; L = low, I = intermediate, H = high.

Figure 1

Personality sub-factors with the largest differences across competitive levels



Nine sub-factors correlated significantly with training experience or with age (Table 3). The structure of these associations is the principal finding of the study. All five sub-factors of the self-management domain correlate with training experience, and the strongest associations are those of responsibility (r = .50) and prudence (r = .44). The same sub-factors show no comparable association with chronological age: of the five, only prudence correlates significantly with age, and at a substantially lower magnitude (Figure 2).

The dissociation is systematic rather than incidental. Responsibility correlates with experience at r = .50 but with age at only r = .21, which is not significant; behavioural self-control correlates at r = .36 with experience and r = .17 with age; persistence at r = .33 and r = .12 respectively. The pattern indicates that the self-regulatory components of personality in this sample are associated with the accumulation of sporting practice rather than with general maturation, and are therefore, in principle, amenable to targeted development.

Two sub-factors outside the self-management domain follow the same pattern: dominance (r = .34 with experience, r = .19 with age) and respect for others (r = .31 and r = .21). Conversely, self-sufficiency is the only sub-factor whose association with age (r = .31) exceeds its association with experience (r = .24), which is consistent with its non-monotonic behaviour across competitive levels.

Table 3

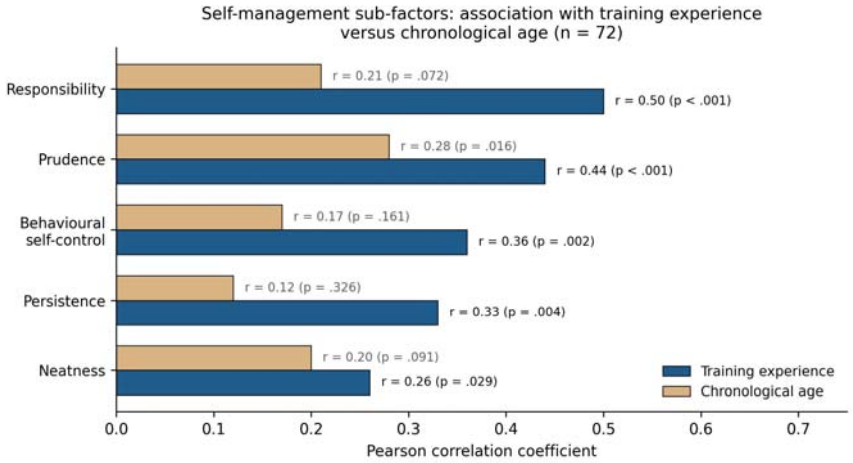
Correlations of personality sub-factors with training experience and chronological age (n = 72)

Domain	Sub-factor	r (exper.)	p	r (age)	p
Self-management	Responsibility	0.50	< .001	0.21	.072
Self-management	Prudence	0.44	< .001	0.28	.016
Self-management	Behavioural self-control	0.36	.002	0.17	.161
Extraversion	Dominance	0.34	.003	0.19	.114
Self-management	Persistence	0.33	.004	0.12	.326
Attachment	Respect for others	0.31	.008	0.21	.076
Self-management	Neatness	0.26	.029	0.20	.091
Extraversion	Sociability	0.25	.033	0.11	.356
Emotional stability	Self-sufficiency	0.24	.043	0.31	.009

Note. Only sub-factors significant for at least one of the two variables are shown.

Figure 2

Self-management sub-factors: association with training experience versus chronological age



One hundred comparisons were computed, contrasting each of the twenty-five sub-factors across the poles of each of the four decision-style dimensions. Six reached significance at $p < .05$, a number that chance alone would predict to be five (Table 4). The strongest single result, higher emotional comfort in athletes with a sensing orientation, reached $p < .001$ with a large effect size, and stands as the only association worth further examination.

This is a negative result, and it is reported as such. Its significance lies in the level at which it was obtained. A null finding at the level of broad factors would be open to the objection that heterogeneous composites had diluted a real effect. The present analysis

was conducted at the finest level of resolution the instrument provides, across one hundred comparisons, and produced a yield indistinguishable from chance. Decision-making style, at least as measured here, is therefore not reducible to trait personality structure.

Table 4

Nominally significant comparisons of personality sub-factors across the poles of the decision-style dimensions (n = 72)

Dimension	Sub-factor	Pole A	Pole B	t	p	d
S/N	Emotional comfort	N 7.20 ± 1.86	S 9.44 ± 2.00	-4.01	< .001	-1.18
J/P	Carefreeness	J 7.05 ± 1.63	P 8.65 ± 2.18	-2.78	.011	-0.90
J/P	Plasticity	J 9.07 ± 1.83	P 7.76 ± 1.71	2.70	.011	0.72
E/I	Emotional comfort	E 6.96 ± 1.97	I 8.13 ± 2.07	-2.39	.020	-0.57
S/N	Sensation seeking	N 9.39 ± 2.41	S 8.06 ± 1.81	2.40	.022	0.58
S/N	Sociability	N 10.41 ± 2.82	S 8.50 ± 3.20	2.16	.042	0.66

Note. Values are M ± SD. Six of one hundred comparisons reached p < .05, against five exected by chance.

Three findings emerged. First, competitive level in judo is differentiated by a small number of specific personality components rather than by broad factors, and the four components carrying the largest effects belong to four different domains. Second, the self-management domain is associated with accumulated training experience but not with chronological age, a dissociation that identifies these characteristics as products of sporting activity rather than of maturation. Third, personality and decision-making style are dissociated even at the sub-factor level, which supports the treatment of decision style as an independent construct.

The finding that conscientiousness-related characteristics accompany competitive level is consistent with the meta-analytic literature, in which conscientiousness is the most stable personality predictor of performance [12]. The present results extend that literature in two respects. They localise the effect within the domain, showing that it is carried by responsibility, prudence and behavioural self-control rather than by the domain as a whole; and they show that within the self-management domain the association is with experience rather than with age, which the factor-level literature has not been in a position to establish.

The monotonic increase of dominance across competitive levels agrees with reports of a positive association between extraversion and sporting level [13], but again localises it: it is the assertive component of extraversion, not sociability or sensation seeking, that tracks competitive progression in this sample. The threshold pattern shown by curiosity

[12] See Zell E., Lesick T.L., op. cit.; Yang J.-H. et al., op. cit.
[13] Piepiora P., op. cit.

and cooperation, which separate only the lowest level from the two higher ones, resembles the finding that self-confidence and commitment differ by performance level but fail to distinguish national from international competitors [14].

The non-monotonic behaviour of self-sufficiency, lowest in the intermediate group, has no direct analogue in the literature. One plausible reading is that the intermediate stage of a sporting career is the point of maximum dependence on coach and team structures, whereas both beginners and highly qualified athletes operate with greater autonomy, the former because they have not yet been fully integrated into a competitive structure and the latter because independent decision-making is required at that level. This interpretation is speculative and requires longitudinal testing.

The absence of association between personality and decision style is consistent with the view that decision style occupies a level of description distinct from trait structure, closer to the act of choosing than to general dispositions [15]. It also converges with evidence that the dispositional determinants of decision-making are more readily detected by objective psychophysiological measurement than by self-report.

The sample was exclusively male and drawn from a single sport, which restricts generalisation. The low competitive level group comprised eleven athletes, so contrasts involving that group rest on a small subsample. The design is cross-sectional: the association between self-management sub-factors and training experience is compatible with development through practice, but equally with selective retention of athletes who possess these characteristics from the outset, and only longitudinal data can distinguish the two. The 5PFQ sub-factors are measured by short scales, whose reliability is necessarily lower than that of the composite factors, a limitation that applies to sub-factor analysis generally and that makes the surviving effects, if anything, conservative estimates. Finally, decision style was assessed with a typological instrument whose dichotomisation of continuous characteristics is a recognised weakness, mitigated here by restricting analysis to the bipolar dimensions.

For applied practice the results argue for assessment at the sub-factor rather than factor level. A global self-management score conveys little that a coach can act upon, whereas responsibility and prudence are concrete, observable and plausibly trainable. The dissociation of experience from age further suggests that these characteristics should be monitored against training history rather than against the athlete's age group.

1. Competitive level in judo athletes is differentiated by specific personality sub-factors rather than by broad factors. The four sub-factors carrying the largest effects — self-sufficiency, curiosity, dominance and neatness — belong to four different personality domains, a structure that factor-level analysis cannot reveal.

2. The sub-factors of the self-management domain are consistently associated with accumulated training experience and not with chronological age. Responsibility and prudence show the strongest associations. This dissociation indicates that self-regulatory characteristics in judo are linked to sporting practice rather than to general maturation, and it supports their inclusion as targets of psychological preparation rather than as fixed selection criteria.

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[14] See Lochbaum M., Sherburn M., Sisneros C. et al., Pre-Event Self-Efficacy and Sports Performance: A Systematic Review with Meta-Analysis // Sports, 2023, Vol. 11, No. 11.; Vičar M., Self-Confidence, Commitment and Goal-Setting in Czech Athletes at Different Performance Levels // Acta Gymnica, 2018, Vol. 48, No. 2.

[15] See Araújo D. et al., op. cit.; Johnson J.G., op. cit.; Raab M., op. cit.

3. Decision-making style is not related to personality sub-factors: of one hundred comparisons, six reached significance, against five expected by chance. Since the test was conducted at the finest level of resolution the instrument provides, this constitutes evidence that decision style is an independent construct and should be assessed by its own methods.

4. Assessment at the sub-factor level yields information that the broad-factor level cannot provide. In the present data the effects associated with competitive level and with training experience were localised in particular components — self-sufficiency, dominance, neatness, responsibility and prudence — rather than distributed evenly across the domains that contain them. This is the level at which psychological preparation can realistically be targeted.

ԳԱՅԱՆԵ ԼԱԼԱՅԱՆ, ԼՈՒՍԻՆԵ ՍՏԵՓԱՆՅԱՆ – *Անձնային ենթագործոնները ձյուդոիստների մոտ. տարբերակումն ըստ մրցակցային մակարդակի և մարզական փորձի –* Անձային ոլորտի հետազոտությունները սպորտում գրեթե միշտ սահմանափակվում են լայն գործոնների վերլուծությամբ, սակայն դրանք հիմնականում միասեռ չեն, և գործոնի մակարդակում բացակայող էֆեկտը կարող է առկա լինել այն կազմող ավելի նեղ բաղադրիչներից որևէ մեկի փոփոխության հիմքում: Հոդվածում ուսումնասիրվում է ձյուդոիստների անձնային դիմագիծը հնգագործոն անձնային հարցաշարի 25 ենթագործոնների և 5 հիմնական գործոնների մակարդակով: Հետազոտությանը մասնակցել է 12–22 տարեկան 72 արական սեռի ձյուդոիստ՝ ներկայացնելով մրցակցային երեք առանձին մակարդակներ՝ ցածր, միջին և բարձր: 25 ենթագործոններից 11-ը էականորեն տարբերվել են մրցակցային մակարդակների միջև, ամենամեծ էֆեկտները՝ ինքնուրույնության, հետաքրքրասիրության, գերակայության և կոկիկության բաղադրիչների դեպքում: Ինքնակառավարման ոլորտի բոլոր հինգ ենթագործոնները կապված էին մարզական փորձի, բայց ոչ տարիքի հետ, այսինքն՝ այդ հատկությունները զարգանում են մարզական գործունեության, ոչ թե ընդհանուր հասունացման փոփոխության հաշվին: Որոշումների կայացման ոճի հետ առանձին գործոնների համեմատությունից նշանակալի է եղել միայն 6-ը, ինչը հիմք է տալիս նշելու, որ անձնային ոլորտի գնահատումը սպորտային գործունեության ընթացքում պետք է իրականացվի ենթագործոնների մակարդակով, իսկ որոշումների կայացման ոճը պետք է դիտարկվի որպես առանձին կառուցվածք՝ բացահայտելու դրա վրա հիմնական գործոնների ազդեցությունը:

Բանալի բառեր – *անձնային ենթագործոններ, ձյուդո, մրցակցային մակարդակ, մարզական փորձ, ինքնակառավարում, որոշումների կայացման ոճ, սպորտային հոգեբանություն*

ГАЯНЕ ЛАЛАЯН, ЛУСИНЕ СТЕПАНЯН – *Субфакторы личности у дзюдоистов: дифференциация по соревновательному уровню и тренировочному опыту*.– Исследования личности в спорте почти всегда ограничиваются анализом широких факторов, но они не обязательно однородны, и эффект, отсутствующий на уровне фактора, может быть обусловлен изменениями в одном из более узких компонентов, составляющих этот фактор. В статье рассматривается личностный профиль дзюдоистов на уровне 25 субфакторов и 5 основных факторов пятифакторного личностного опросника. В исследовании приняли участие 72 дзюдоиста мужского пола в возрасте 12–22 лет, представляющие три разных уровня соревнований: низкий, средний и высокий. Одиннадцать из 25 субфакторов значительно различались между уровнями соревнований, при этом наибольшие эффекты наблюдались для компонентов неза-

висимости, любознательности, доминирования и аккуратности. Все пять субфакторов в области самоконтроля были связаны со спортивным опытом, но не с возрастом, что означает, что эти черты развиваются в процессе спортивной деятельности, а не в результате общих возрастных изменений. При сравнении индивидуальных факторов со стилем принятия решений значимыми оказались только 6, что служит основанием для замечания о том, что оценка личностной сферы во время занятий спортом должна проводиться на уровне субфакторов, а стиль принятия решений следует рассматривать как отдельную структуру для выявления влияния основных факторов, воздействующих на него.

Ключевые слова: *субфакторы личности, дзюдо, соревновательный уровень, тренировочный опыт, самоменеджмент, стиль принятия решений, спортивная психология*

Ethics Statement
The authors confirm that all ethical requirements regarding the research have been met.

Conflict of Interest Statement
The authors confirm that there are no conflicts of interest.

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