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ATHLETIC IDENTITY OF BOXERS OF DIFFERENT LEVELS OF MASTERY

Abstract: *this research aimed to investigate the peculiarities of the athletic identity of boxers of different levels of mastery. The study involved 30 average levels of mastery and 30 high levels of mastery sportsmen. The athletic identity measurement scale (AIMS-Plus) was used in the study. According to results of the study, the sportsmen of higher-level mastery have significantly higher level of athletic identity ($p < 0,05$) than sportsmen of average level of mastery. The sportsmen of higher-level mastery have higher level ($p < 01$) of social identity and positive affectivity. But the sportsmen of average level of mastery have higher level of negative affectivity and exclusivity ($p < 01$).*

Keywords: *psychosocial adaptation, sports organization, managers, trainers.*

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СПОРТИВНЫЙ ИДЕНТИТЕТ БОКСЕРОВ РАЗНОГО УРОВНЯ МАСТЕРСТВА

Аннотация: данное исследование было направлено на изучение особенностей спортивного идентитета боксеров разного уровня спортивного мастерства. В исследовании приняли участие 30 спортсменов среднего уровня мастерства и 30 высокого уровня мастерства. В исследовании использовалась шкала измерения спортивного идентитета (AIMS-Plus). Согласно результатам исследования, у спортсменов высокого уровня мастерства уровень спортивного идентитета значительно ($p < 0,05$) выше, чем у спортсменов среднего уровня мастерства. Социальный идентитет, позитивная аффективность выше ($p < 01$) у спортсменов высокого уровня мастерства, но негативная аффективность и исключительность выше ($p < 01$) у спортсменов среднего уровня мастерства.

Ключевые слова: спортивная организация, психосоциальная адаптация, руководители, тренеры.

Introduction.

Hagiwara et al., (2018) argue that one of the most significant and important psychological factors determining athletic performance, athletic success, perseverance, and combativeness is athletic identity.

Athletic identity has been analyzed in recent years more by foreign authors Reifsteck, Gill, and Brooks (2013); Haralabas, Ioannis, Evaggelos, and Athanasios (2016); Foster and Huml (2017); Hagiwara, Kuroda, Oshita, Shimozono, and Matsuzaki (2018); Yukhymenko-Lescroart (2018); Russell, Cottingham, Barry, Lee, and Walsh (2018). According to Batista et al. (2016), an individual's identity consists of three components: intelligence, feeling, and action. The result of all the factors that make a person both individual and human. The thinking, feeling, and behavior that all people have, and the special feature of these factors make each person unique (Batista et al., 2016).

Ohio et al. (2021) indicate that athletes with a higher athletic identity return to that pre-traumatic competitive level earlier than athletes with a lower athletic identity. Edison et al. (2021) revealed that young athletes with high athletic identities are more resistant to emotional exhaustion (burnout), but trauma may pose a risk of depression.

Renton et al. (2021) revealed that athletic identity was most commonly associated with psychosocial, behavioral, and traumatic outcomes.

Reifsteck, Gill, and Brooks (2013) found that higher athletes' athletic identity scores than non-athletes do not mean that they will be more physically active than non-athletes at the end of their sporting careers. The significant decline in physical activity after the end of a sporting career has important health implications for former athletes. The level of athletic identity is related to the level of athletic mastery (Lamont-Mills and Christensen, 2006). Athletic identity is associated with an athlete's burnout, but it is also affected by the athlete's psychological flexibility (Chang et al., 2018). Hadiyan and Sheikh (2015) found that the level of athletic identity is also related to the sport type. According to this study, higher levels of athletic identity are more common in duels sport. Researchers have found that there are links between athletic identity and the motivational characteristics of athletes – athletic identity is associated with the dimension of orientation towards victory, with competitiveness and a positive orientation towards competition (Tušak, Faganel, and Bednarik, 2005).

Research methods. The study used the Athletic identity measurement scale (AIMS-Plus) (T. J. Cieslak, 2004). The athletic identity measurement scale consists of 22 statements rated on the AIMS-Plus scale from «0 – strongly disagree» to «100 – strongly agree». The following integral indicators are distinguished: social identity, exclusivity, self-identity, positive affectivity, negative affectivity, athletic identity, the values of which are calculated from the questionnaire data.

The target group for the inquiry was boxers from boxing clubs. The participants' sample consisted of 30 average levels of mastery and 30 high levels of mastery sportsmen. All the study participants participated in the study voluntarily, marking the statement in the first questionnaire: «I am participating in the study voluntarily. I have been provided with information on the anonymity and confidentiality of the investigation».

The research data were processed by the computer program IBM SPSS for Windows 22.0. Statistical confidence level $p < 0.05$.

The results of the study are presented in table 1.

Table 1

Sub-scale	The average level of mastery ($n = 30$)		Higher level of mastery ($n = 30$)		t
	M	SD	M	SD	
Social identity	53.30	9.23	66.37	9.04	2.41**
Exclusivity	56.18	11.98	43.24	10.16	2.44**
Self-identity	61.37	9.47	69.97	8.96	1.94*
Positive affectivity	73.65	10.42	87.89	10.34	2.48**
Negative affectivity	77.82	9.38	68.49	10.62	3.24**
Athletic identity	68.21	6.34	79.58	8.83	2.38*

Notes. (M , SD) – mean and standard deviation; t – Student criterion; * – $p < 05$; ** – $p < 01$.

The results of this study revealed that social identity, positive affectivity of higher-level mastery boxers were statistically significant ($p < 01$) higher than sportsmen's average level of mastery. Self-identity and athletic identity are higher for higher-level mastery boxers ($p < 05$). But the exclusivity ($p < 01$), negative affectivity ($p < 05$), are higher for the average level of mastery boxers. The results of our study confirm Hagiwara et al. (2018) found that athletic performance is also determined by the level of athletic identity.

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