

## A COMPLEX APPROACH TO SEE WHAT'S THE TEACHER PERSONALITY, INDEED PSYCHO-SOCIAL AND PSYCHOLOGICAL PROFILE OF THE TEACHER SPECIALIZED IN SPORTS TRAINING

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**Abstract:** *It is very well known that the physical training and sports teacher has a complex activity, touching almost all domains concerning the forming and perfecting the human being. The physical training and sports teacher coordinates the general way to reach the idea of the outstanding old saying of the latin antiquity „Mens sana in corpore sano”, which defines the forming branch of the human being. And, more than that he tries to train psycho-physically and also from intellectual point of view the human being in order to improve it constantly, until reaching the performance level from physical and psychical and intellectual point of view as well. The present work will try to offer as much thoroughly as possible the (partially) results of some larger researches and conducted observations, made by the authors in order to act as the multi-dicliplinarity character of the teacher and presenting the need he has to have very many qualities and a serious training in his position. And having his tasks to form and improve the necessary physical and psychological qualities to the young generations.*

**Keywords:** *The multidisciplinary specialist, the versatility (polyvalent feature), technical person, educator, scientist, organizer, passionate, temperament, propensity, endowment, etc.*

### SOME INTRODUCTION NOTES

They elaborated lots of theories, directions and research methods concerning the human personality. Some of them are very opposite ! These ones are formulating a discouraging feeling, in the field and the results of the psychological investigations of the human personality, generally speaking.

Our approach in this study and the research also notice the area of this phenomenon is very complex. To define the human personality means to understand the biological roots, the neural-physiological processes, of learning, developing, memory, cognition, motivation, adaptability, and many others.

The number of the techniques to evaluate the personality raised very much in latest times, there being a lot of methodologies and measurements of some concepts as: anxiety, extraversion, introversion, aggressivity, authoritarianism, etc., each one having its own literature over hundreds of research reports.

The study of the personality is approached now in various ways, starting with the controlled experiments, tests, co-relational studies, comparisons of the groups and the individuals, having as fundamental theoretical results of the research.

**The behaviour**, is maybe the most important feature directly perceived in analyzing an individual personality. **The social behaviour** is just a result of the individual interactions with forces and elements of the group. The building of the human personality, becomes this way a large

and complex process, somehow difficult to realize.

### THE PROCESS OF FORMING THE HUMAN PERSONALITY IN THE TRAINING – EDUCATIONAL ACTION

The evolution always imposed new lines for this development. It is most important to form, consciously some new behavioural skills, some new social group and individual mentalities, able to induce a most complete and complex adaptability of the human personality. Inside the training-educational process a whole re-shaping of the personality is taking place. Tightly linked with this, an improvement of the didactical works is happening, by knowing and valuating the resources, by adapting the didactical action to the different tasks, each one having a shaping goal, of the students. The activity to guide the educational process becomes very efficient only the moment it becomes functional in a system very well characterized by autonomy, adaptability, organization, etc. The human personality is a result of the hereditary biological factors, and the ones he gathered by experiencing the life. The latest ones are the most important, as usual. They include the natural biological terms, influenced and adapted all along the human evolution.

Inside the teachers activity they are a lot of tasks and work directions and burdens, everyone meaning complex relationship, as everywhere in the educational field, as „the man is the main object of the work”.

In school, the teacher acts with all pupils, solving the main tasks of the educational programs, but mostly the evolution in a balanced harmony of the

young, in their psychical livings and the complete forming of their personalities, according to the rules of their society, it being itself in an evolution. The personality is determined by the social education.

### **THE PHYSICAL EDUCATION AND THE SPORTS AS A FACTOR TO FORM THE HUMAN PERSONALITY**

The process of forming and developing the efficiency of the human capabilities, using the physical training and sports, is analyzed, not only theoretically but in a practical view, reflected by the sports activities.

As we know, the media can easily influence the human values, the tv changes a lot the social models.

#### **The sportive activities strongly contributes to re-shape the human personality.**

In the physical training and sports *the psychology* is extraordinary important, meaning it explains the attitudes, the activity and the feelings of the students.

To know and to educate *the motivation* inside the sports activities is a most important for the society as a whole. The influences for the sports activities are expanding and developing according to the educational ones evolving from a general interest to the interest for some special and different sportive branches. The physical training and sports have great opportunities to form a many-sided personality, very active and creative.

The using of time for developing a balanced body to realize a high level of your intellectual, moral and aesthetic profile are having many common points with the forming a strong personality. The work to improve the human body represents a good interest in developing a personality.

The influence of the social attributes of the physical culture over the balanced developing process of the personality are very important and visible. „...to clear up the social role of the physical culture and its influence over e balanced development of the personality is not stopped to the limits of a simple examination of the physical training over the health and the acting capability of the man. This research is strongly tied up with the development of the physical capabilities of the man and his moral education an the aesthtic one”.

The physical education lesson is a main factor in building the new generation and also a way to integrate into the social life. The physical education and the sports have a positive influence over the status of the health, of the education, it also improves the development of the cooperation feeling, strengthen the olympic spiritus, contributes to the forming of behavioural

traditions. In the physical education and sports process they add not only practical knowledge, but manners to behave in the social.

It is also revealed the need to be unique and to mark the features of the group, of the teacher and of the cooperation process also. To know the social links (the liaisons) inside the group is always a startpoint to create a balanced atmosphere inside the group, and to induce a positive influence trying to form a personality.

### **THE MANY-SIDED SPECIALIST, THE TEACHER**

In the middle of all sports activity there is the teacher, there is the coach. His own personality, his specific profile but, most of all his style and way of thinking he is a decident factor in educating and forming the youngmen, to form their personalities and to obtain the desired sports performances.

The physical education and sports teacher is a person developing a very complex work. He's approaching all the limits of the human being development. This way it is hard enough to try to characterize him, or to do fragmented analyzes.

The modern psychology of the physical training and the sportive training, shows in specific terms an expression of the didactical mission to re-build and to shape the students' personality. The physical education and sports teacher has to get a double target: to be an instructor and to be a n educational factor as well, permanently well balanced. So, he has to be a very gifted person, with many, many qualities and a very good training as an educational factor.

More than that, a less mentioned in the speciality works, is that one of being a *moral model for his students*. Without this, he do not even dare to start the way to the performance. The moral and psychical support of the students will have to develop in the physycal training period also to obtain the sportive performances.

To the performance sportsman they will form the features to fight in the sportive way, meaning not only a fundamental physical condition, but a good period of training and last, but not least, a psychical special training.

The psycho-physical qualities are mostly based on the ***personal willingnes and will***.

This will has as support, ***the motivation*** and ***the ambition***.

To stimulate *these various forms of interest* in the field is an important factor in defining the human pesonality.

#### **The teacher, as an educational factor**

In his didactical complex activity to form and educate students, the teacher act as optimizing his conducts and the efficiency line.

The communication teching process, able to conduct the education and instruction, is very well

realised by the group. The group is gathering different capabilities and expectations individuals, too.

The teacher has an own personality towards the formation of his students, according to the social expectations.

Being permanently worried about taking care for the balanced development of a personality, the teacher can find his pedagogical vocation, his real destinee.

We may also add the managerial attributes, which can be useful in the process too, and to be mentioned, the internal group affairs and relationship.

He's also responsible to get that we call **„group coagulation”** no matter if talking about individual or team sports. He's the only one to get this.

#### **The teacher as a practician**

In planning and organizing the practical actions, the teacher has to be a perfect *„administrator”* in the better way of the sense of the word. The skill and the capability to organize things are the best attributes of a sports teacher and a coach.

We could also mention here, the way of the teacher to be a convincing person, to be a friend for his student, to be his leader anytime, to be smooth and rush in the same time, responsible at any time, according to the task, before established.

#### **The teacher as a research guy**

The physical education and sports professor is an *extremely trying person*, he always needs to discover the new, he's never pleased with his ancestors and the routine. He can form efficiently, according to the sciences progresses, to improve his own capabilities.

The most valuable feature is of course for the coach and the teacher, the passion. This passion, having a multi-sided offers is entitled by its motivation and also the conviction that a good performance in sports can be just a result of scientific deals and processes.

The all kind of evolution in the social area reflects in the sports. To ignore them, to not involve in, as a research subject, wipe out a whole effort of the sportive teacher.

#### **The teacher, a passionate one but an authority person**

Inside the case of the professional person, **the main expectation** is to solve the tasks of his position.

From the moral point of view the main request is the **responsibility**.

Both of these two will mean the *authority* of the teacher. His action is continuously marked by the need to be understood and listened by the students !

In the same time his authority position will be conditioned by his capability to take the most appropriate technical and tactical solutions- to

make him believable- as an instrument you can rely of, and also demonstrating some elements to prove the skill to use them, to be **a model**.

#### **SOME PSYCHOLOGICAL PROBLEMS OF THE TEACHER**

The psychology should interfere the moment the things are not working anymore, but most of all it is obliged to interfere to prevent unwanted disorders, and is as a principle asked whenever there's a mistake or an unwanted final of the physical education.

In their activity, the teachers face lots of different and complex situations. In order to explain this we can nominate a part of the hundreds of questions we met all along this research. For example:

- „How can we fight against superstitions ?”;
  - „Which is the best attitude towards the gambling in our training periods ?”;
  - „How could we get the interest of the parents for the performance sports or even the perspective ?”;
  - „What are we going to do with the hyper- sensitives ?”;
  - „What are the contents of the preparing lessons for the school and university ?”;
  - „What's the way to do an efficient psychological training of a team or heterogeneous team?”
  - „Which are the psychological tests more eloquent applicable to check up some features as: attention, the speed of a response, the capability to repeat a regular way”, etc.
- Do not have here the necessary space to present the land of our scientific interests in the domain. During our complex research we maintained our interest on:
- *Establishing the profile of the student's personality;*
  - *The appreciation of the student's intelligence;*
  - *Establishing the temperamental features on the basis of the superior nervous activity;*
  - *The evaluation of the psycho-motional qualities (time of the reaction, concentration, speed of the motional acknowledgment, etc.);*
  - *The evaluation of some personality characteristics, (for example, extroversion, introversion, motivation, expectation etc.);*
  - *The research of the formal and informal group and establishing the place of the sportsman in the team ( of the class) or (of the university);*
  - *To lower the emotional pressure during the tests periods and the sportive contests;*
  - *To form a psychical endurance to stress and a skill to get across the bad things;*
  - *To analyze the psychological situations during the sports sessions and of the contests, having a main goal to reach the highest positions*

in the sportive contests;

- To the cooperation between the teacher-coach with the psychologist, in order to elaborate the individual methods to train, and the ways to act;

- To the ways to solve the personal conflicts;

- To use all the time the methods to recover the psychological status, to help the youngman to relax and to recover in a best mood. It was also necessary the practical research the concrete study for:

- Knowing the psychology as a general issue, of the human personality and the defining features of different personalities, in their evolution from the childhood, the youth and the mature age, according to the sex;

- Understanding the directions and the ways to realize the development and the psychological level of the individuals, according to the general goals of the social and the ones concerning the physical training;

- Knowing the directions and the ways to reach a superior level of a psychological capability, realizing a superior emotional balance, understanding the meaning of the self-mobilization, developing the creativity, controlling one's behaviour;

- Getting a larger capability to be conscious, to balance yourself (some self education) by the coach or teacher who loves and is „condemned” to know psychology.

#### THE PREDISPOSITIONS OF THE PHYSICAL EDUCATION TEACHER FOR THE DISCIPLINE HE CHOSEN

The predispositions are somehow as reflexes we were born with.

**The talent** is a fundamental basis, a sum of the specific qualities, of each person, more or less, in some direction or another. **The professional talent** is a startpoint, developing according to the place it's used and mostly to the quality of the work.

It is very important the physical education teacher to have a **specific talent** in his creating and imagining activity and to be able to adapt quickly to different and various changing situations, so he needs a special orientation, adaptability and creation.

The teacher has to think very quickly building up new plans, finding out new solutions, on and on, for all the students and each student in part. He also has to be a **practical person**, as his projects not to remain ...projects, only.

#### CONCLUSIONS

So, **the personality** supposes a sum of social, moral, psychological and aesthetical qualities inside the human spiritual world. **The personality** is a bunch of personal qualities and particularities of the individual compared to his role and his social functions.

As a conclusion we may assert the efficient teacher is a product of its own work, he only adds capabilities and skills, always influenced by the social determination.

#### THE CAPABILITIES OF THE PHYSICAL EDUCATION AND SPORTS TEACHER

As a personality element compound, the capabilities represent, in our opinion, a natural potential and basic gift of the man directed to this job, a potential much enlarged by the experience, gathered in long, long time.

We talk, as a rule, about the **psycho-intellectual and psycho-motional capability**, but we can also add an **anticipation (foreseeing) capability**, to **systemize**, to **adapt**, to **create**.

**The intellectual capability**, supposes the possibility to think very quickly, to adapt to the various situations.

Even more, we can mention the **creative the tactical thinking**, a large strategy of the teacher's action.

We may add the **creation capability and the imagination**, a domain the coach has to cover with his all being.

The teacher has to have a **systematization capacity** to be able to choose the best solution, to select the best solutions, according to their efficiency and the possibilities to adapt, the interest and practical advantage.

**The anticipation** and systematization of the the teacher makes him a leader, who, on the basis of some datas can stop the emerging of some non-desirable happenings or events.

**The psycho-motional capacity** represents the orientation and coordination level, the stability and the balance in moving and acting.

That's what a teacher needs. He also has to reproduce some moves and actions so he needs a good psycho-motional capacity in every way, to coordinate, to orientate, to reproduce any movement.

He's in this case a **model** the students have to imitate.

#### THE APTITUDES OF THE PHYSICAL EDUCATION AND SPORTS TEACHER

The qualities a teacher needs have been already mentioned previously. They are, generally speaking, the possibilities the teacher has to value in best terms the elements of his personality, his character, his features.

There's impossible to find a teacher not having all the qualities we mentioned here, but they also have to be **able** to use them in a most constructive way. Let's add here the empathic, technical, tactical and management skills.

We may also conclude that the different position of the people in the social idea generates a lot of types of conscience and behaviours. This way we meet a various system of personalities.

Even if „**the multi-sided development of the human personality**” is a society goal, here at the basis of this development a creative work is standing , as a way to express essential human forces.

As a conclusion, the physical training teacher personality it is far mor complex than one can imagine. Strictly speaking about the subject of the „**Teacher’s personality as an important factor of developping the physical training**” there are a lot of particular aspects.

The way to use the physical training and the sports to socialize the young people, and their personalities, to form a strong character to them, to this young generation, the relationship with the others, their goal by practicing physical education, the way to link the teams, are just a few aspects of this approach, but everything changes on and on according to the signs of the evolution !

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