

PERSONALITY TRAITS OF SLOVENIAN FEMALE AND MALE MOUNTAIN CLIMBERS

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Abstract:

The psychology of personality in sport is very interesting concerning the specific psychological profile of elite athletes.

In the world, numerous investigations on this subject have been carried out. Our research work was focused on the personalities of mountain climbers. Mountain climbing is a very specific sport discipline. Although it is difficult to talk about classical competition in mountain climbing, it is becoming more and more an issue of sport. New possibilities of competition are also appearing. However, mountain climbing still remains a different discipline. One of its most distinctive characteristics is stress: if one makes a mistake, one's life can even be at stake.

Within the framework of our investigation, we studied the personal traits of Slovenian female and male mountain climbers. The results showed that, in comparison with their male colleagues, the Slovenian female mountain climbers had more endurance, were indisposed, disturbed, had more difficulties with the establishment of social contacts, had low tolerance for frustration, they had general psychosomatic disturbances, low self-confidence, they were more self-critical and had stronger feelings of loneliness and inferiority.

Key words: *personality, personality traits, mountain climbing*

PERSÖNLICHKEITSEIGENSCHAFTEN VON SLOWENISCHEN BERGSTEIGERN UND BERGSTEIGERINNEN

Zusammensetzung:

Die Persönlichkeitspsychologie im Sport ist sehr interessant bezüglich des psychologischen Profils von Spitzensportlern.

Viele Forschungen von diesem Thema wurden weltweit durchgeführt. Unsere Forschung hat sich auf die Persönlichkeit von Bergsteigern konzentriert. Bergsteigen ist eine spezifische Sportart. Obwohl es sehr schwierig ist, über den klassischen Wettbewerb im Bergsteigen zu reden, gewinnt dieser Sport mehr und mehr an seiner Bedeutung innerhalb der Sportwissenschaft. Neue Möglichkeiten des Wettbewerbs entstehen. Bergsteigen ist jedoch noch immer eine völlig verschiedene Sportart. Eine von ihren unterschiedlichsten Charakteristiken ist Stress: wenn man einen Fehler macht, kann man in Lebensgefahr geraten.

Innerhalb unserer Forschung haben wir die Persönlichkeitseigenschaften von slowenischen Bergsteigern und Bergsteigerinnen analysiert. Die Resultate zeigten, dass die slowenischen Bergsteigerinnen mehr ausdauernd waren, jedoch mehr indisponiert, beunruhigt, sie hatten Schwierigkeiten, Sozialkontakte zu realisieren, sie hatten auch niedrigere Toleranz für Frustration, sie litten an psychosomatischen Störungen, ihr Selbstvertrauensniveau war niedrig, sie waren selbstkritischer und fühlten sich einsamer und unterlegener als ihre Kollegen.

Schlüsselwörter: *Persönlichkeit, Persönlichkeitseigenschaften, Bergsteigen*

Introduction

Numerous investigations have been made in order to determine the factors of a top sporting achievement. Mostly physiological and morphological views, motor abilities and the level of general and special physical fitness have been studied. The investigations in the field of sport psychology

have most often focused on personality, motivations and some other psychological abilities of an athlete as well as his/her emotional state.

Personality studies need an integral approach, which means that they include the biological, psychological and sociological aspects of an athlete's being and behaviour. Personality, in a

psychological sense, can be understood as a complex set of characteristics of physical and mental functioning. These include intellectual abilities, perceptive motor abilities as well as characteristics of moral judgement, human feelings, social activities (communication, relationships, conflicts, etc.), character and temperament. Communication of an athlete with his/her environment includes his/her views, motivation and values.

Worldwide, numerous studies dealing with the mentioned subject have been made. We were interested mostly in the field of mountain climbing as a specific sport activity. Although mountain climbing can hardly be considered a competitive sport, new characteristics appear that make mountain climbing a sport discipline. More and more competitions are also being organised. There are, however, some distinctive differences. One of the most important ones is the presence of the highly stressful situations, where a mistake can even lead to a loss of life.

Psychological profile of a top athlete

Statements resulting from the comparison between the personal traits of athletes and non-athletes are very consistent. The athletes are usually more extroverted, emotionally stable and express a stronger need for productivity and stimulation (Butt, 1987; Cratty, 1989).

Especially the top-level athletes sometimes show a distinctively different psychological profile from the recreational athletes, amateur athletes and non-athletes (Davis & Mogk, 1994). Eysenck et al. (1982; in Cratty, 1989) established that extrovertedness and some aspects of stimulation needs are connected with sport involvement and performance quality.

In spite of some of the contradictions that exist among some of the statements (mostly due to different researched samples) the hypothesis about the specific psychological profile of athletes in comparison with non-athletes can be confirmed. Athletes are usually more aggressive (Tušak, 1994; Tušak & Petrovič, 1994), more psychologically stable (Hašek et al., 1976; Kane, 1978; Tušak, 1998), have better emotional self-control (Ogilvie & Tutko, 1966), are more emotionally stable (Butt, 1987; Tušak, 1998), less anxious (Martens & Gill, 1976; Highlem & Bennet, 1979; Tušak, 1997), more self-confident (Ogilvie, 1968 et al.), show a higher degree of dominance (Thakur & Thakur, 1980) and responsibility (Bruner, 1969), have a higher degree of frustration tolerance and tolerance

for unpleasant stimulation and pain (Lazarevič & Havelka, 1981) and a higher degree of self-confidence and positive self-view (Ikegam, 1970; Ogilvie, 1968).

The second factor that influences the personality of an athlete is the sport discipline. The athletes involved in individualistic sports show dominance, individualistic tendencies, sometimes on the margin of selfishness, they also show endurance, a high level of self-control, self-motivation and self-responsibility.

Scientists have also studied the influence of gender on personality differences. Naturally, there are personality differences between men and women. As a rule, women are more neurotic, less serene and capable of controlling themselves, respectively, less dominant (more considerate and moderate, tolerant and indulgent and understanding), more suppressed (have more anxieties and are insecure when a decision has to be made), less emotionally stable and show less masculinity and competitiveness.

Repeatedly it has been found that men correspond better with sport (especially top-level) and its characteristics. Women should find more satisfaction in the types of sports that are less competitive and more recreationally oriented, respectively. The status of women at work and in the entire social – cultural space as well as in sport changes with the change of roles that men and women play in modern society. Although male sport can still be differently valued than female sport, the equality between both sexes is becoming a reality. For this reason, the criteria for efficiency estimation are becoming more and more similar. The same characteristics are becoming decisive for success in both male and female sports. In top-level sport, there is not much room left for personality differences between both sexes, so they cease to exist. This trend can be of benefit for a sports-woman as a competitor since she thus becomes equal with a sportsman. However, it can be a source of many difficulties for a sportswoman as a woman. These difficulties appear during her sport career, but also finally after the end of her career when she returns to her usual role in life, for in comparison with classical type of a woman she is aggressive, dominant and efficiency-motivated.

The majority of studies on women and sportswomen's personalities were founded on a bipolar model that represents typical male characteristics (dominance, aggression, self-consciousness and motivation for achievements) on one hand and passivity on the other. On this basis a conclusion that sportswomen have more male attributes emerges. However, this is a very inflexible way of

looking at the male – female relationship. It cannot be said that men have no emotions, while on the other hand numerous successful sportswomen are very sensitive. This led to the establishment of a new flexible model in the 1960s. According to this model, behaviour is considered from a situation-specific point of view. Men as well as women behave according to the situation. In sport, where activity and aggression are required, they behave actively and aggressively, in love they can be emotional and don't tend to prevail. In some other situation they behave in correspondence with that specific situation. Women often become depressive, anxious and dissatisfied when their career is finished. The emotional price paid in sport is, especially where sportswomen are concerned, very high. For a woman, success can also be a sort of frustration and stress, respectively. It was found that sportsmen show less fear of success than sportswomen.

Mountaineering in Slovenia

In Slovenia, mountain climbing is a well-developed and popular sport and the mountain climbers are among the best in the world. Many factors have contributed to this fact. Climbing has developed from mountaineering, which is an inseparable part of the Slovenian identity, its culture legacy and psychological profile. Mountains have appeared in Slovenian culture and art, poets and writers have written about them. Mountains have inspired our composers and painters. They are also present in our movies and artistic photographs. Mountaineering has helped the Slovenian people fight and win the battle to save their nationality in the time of the Austria - Hungary Monarchy. The Slovenian Mountaineering Association - club was established in 1893 mostly to protect the mountains against germanization. German and Austrian mountain climbers built mountain paths and huts and considered the mountains to be their own. The fact that Jakob Aljaž - a preacher from Mojstrana, bought the top of Triglav, the highest Slovenian mountain, shows us the depth of this fight.

After the First World War, the battle continued in the form of competition between the Slovenian and foreign mountain climbers (German, Austrian and Czech). Each wanted to climb as many new and difficult climbing routes as possible. In this competition the Slovenians were successful, but on the other hand Slovene climbers did not realise that the best European climbers had already climbed the last three problems of the Alps (Matterhorn, Eiger, Grande Jorasse) and started climbing in the Himalayas.

After the Second World War the Slovenians started to establish alpine clubs and to educate young climbers. They planned expeditions to Pamir and Caucasus, but the political situation did not allow them to realise these plans. Slovenian mountain climbers climbed only in the West European mountains.

The first Slovenian Himalayan expedition was on Trisul 2 and 3 in 1960. Slovenia is the eighth country that has reached all of the 14 eight-thousanders. From 1975 to 2000 there were 56 Slovenian climbers, among them two women, who reached the top of one of them.

A Slovenian mountain climber twice was awarded the golden iceaxe for the best mountain climbing achievement of the year (1991 - A. Štremfelj and M. Prezelj and in 1996 - T. Humar and V. Furlan).

In view of mountain climbing, another Slovenian characteristic exists. Beside top sport achievements, Slovenians have also produced numerous literary works about mountain climbing. They show that mountain climbing means for Slovenians more than just a sport.

Distinctive and very poorly studied are women - mountain climbers. They have been present in Slovenian mountain climbing since the beginning of modern mountain climbing. There have never been many of them. At the beginning there were only a few individual excellent climbers that had constantly to prove themselves against their male colleagues. The number of female mountain climbers has increased recently. However, the proportion that can be observed in other sports has never been reached.

Psychological profile of Slovenian top mountain climbers

In the last decades, a few investigations, studying the psychological profiles of mountain climbers and sport climbers, have been carried out in Slovenia. In the last three years, a research group of authors at the Faculty of Sports has carried out a project within the framework of which they investigated motivation and personality traits of athletes dealing with the risk-taking sports, sometimes referred to as extreme sports, that include, among others mountain climbing, extreme kayaking, diving, ski jumping and similar.

Beside the mentioned studies that are being constantly updated with new discoveries, some older studies by Bregant and Markič also exist. In the interpretation of the results of his study, Markič said that the Slovenian top mountain climbers differed from the usual population. He stressed their

introversion, independence and individualism. He said that mountain climbers were sensitive, sentimental and artistic people. He especially emphasised their introversion and shyness. He found them temperate, serious and calm. On the other hand, they showed dominance and self-confidence that are supposed to be the characteristics of successful people. Markič said that they also showed a strong need for exploration and experiences.

The study entitled *The Personality of Slovenian Mountain Climbers* (Burnik & Tušak, 1999) produced contradictory results. 24 categorised Slovenian mountain climbers between 21 and 30 years of age were analysed. The control group consisted of 26 students from different faculties, between 20 and 27 years of age, that did sport only recreationally. The study confirmed some statistically important differences between the mountain climbers and the control group. Statistically, the mountain climbers appeared less neurotic, less introverted, more extroverted and social. The control group showed a little higher degree of sincerity.

A few more studies have been made on the same subject. Manfreda found mountain climbers to be explorers that find satisfaction and happiness in conquering the top of a mountain. During the Norwegian expedition Everest 1985, it was concluded that their mountain climbers had very impulsive personalities with strongly expressed dominance and a tendency towards new, unusual, exciting experiences. During the Lhotse expedition, the Slovenian mountain climbers stated among the most important personality traits: diligence, endurance, comradeship, courage, resourcefulness, consideration, determination, sincerity, responsibility, tolerance and self-sacrifice. Comparing the personality traits of mountain climbers and overall climbers, Zaplotnik found the overall climbers to be more neurotic and introverted, while the mountain climbers appeared to have strongly expressed masculinity.

Within the framework of this study, we tried to determine and compare the personality traits of Slovenian female and male mountain climbers. No studies that would investigate the personality traits of female mountain climbers have been carried out in Slovenia until now. This is mostly due to the small number of women mountain climbers in Slovenia as well as in the world.

Some similar studies have been carried out around the world. In one of them Rossi and Cereatti (1993) investigated six groups of people (sport free climbers, mountain climbers, ski jumpers, physical education students, speleologists and non-athletes) with Zuckerman's SSS (Sensa-

tion Seeking Scale), which measures the total SSS score and four subscores: Thrill and Adventure Scale, Experience seeking, Disinhibition Scale and Boredom Susceptibility. The results confirmed the differences between non-athletes and all groups of athletes in the total scores and also in some other subscores. They also found out that athletes are capable of an appropriate evaluation of the objective risk of the task. They also found a significant correlation between the numbers of sport accidents and the Thrill and Adventure Scale. The authors suggested that the Thrill and Adventure Scale and Experience Seeking Scale express two very different aspects of an attraction for novelty: seeking information (cognition level) and seeking stimulus (emotional level, related to danger). Gunnar Breivik also explored the Personality Sensation-seeking and Risk-taking behaviour among the Everest climbers. As referent groups elite climbers, sport students and military recruits were used. Cattell's 16 PF, Zuckerman's SSS and Breivik's Risk test 5 were applied to all groups. The members of the expedition to Everest showed very high sensation-seeking scores in their total score, Thrill and Adventure Scale, Experience seeking and Boredom Susceptibility compared to all the other referent groups. They also expressed strong drive personality factors (E, M, F4) and weak stop factors (G, O, Q4 and F1). But on the Risk test they were more willing to take a risk. He concluded that the members of the Everest expedition express a high-risk athlete profile.

Methods

A group of 40 Slovenian male and female mountain climbers between 22 and 30 years of age was studied. There were 20 male and 20 female mountain climbers. All of them were members of Slovenian climbing clubs.

The structure of personality traits was measured with the FPI (Freiburg Personality Inventory), adapted and standardised in Slovenia (Bele-Potočnik, Hruševar & Tušak, 1990), a medium version that includes 114 items and measures 9 personality traits of order I (neuroticism, impulsivity, depression, calmness, sociability, dominance, suppression and sincerity) and 3 personality traits of order II (extrovertedness, emotional instability and masculinity). The application of the FPI-inventory was carried out on more separate groups. The results for all the groups were collected anonymously. For all the variables distribution statistics (mean, standard deviation) was computed. The differences between males and females were examined using the paired-samples *t*-test for small samples.

Results and discussion

The personality differences between men and women have been proved by numerous investigations. As a rule, women are more neurotic, irritable, worried, less dominant, more suppressed, less emotionally stable and show a lower degree of masculinity. The results of this research showed similar personality differences between male and female mountain climbers in Slovenia. The analysis of the results (Table 1) confirmed statistically significant differences in values of some variables.

The arithmetic means of both groups showed considerable differences in the majority of personality traits. The most distinctive differences appeared in emotional instability, irritability, depression, sincerity and masculinity. There were no other differences.

The largest difference was observed in emotional instability, where the male mountain climbers reached lower values than the female mountain climbers. It can be concluded that women are less emotionally stable, which is expressed with an unstable temper, depressive and bad feelings. On the basis of former research on extreme athletes, we did not expect that the differences in emotional stability between men and women would be so distinctive in the field of mountain climbing. Mountain climbing is a type of sport in which confidence in one's own abilities and a high degree of concentration are essential. It is true, however, that it is also an individualistic type of sport in which sound contacts among the participants are not necessary. Women usually climb with the same partners, which makes the communication much easier. A problem also lies in expeditions, but women rarely participate in expeditions; and if they do, they come with a determined - chosen partner. It is different with men, who usually change their climbing partners, and if they want to achieve a better result, they have to invest more effort into establishing good relationships. Recently, top-level mountain climbers, among whom the Slovenian mountain climbers are also included, have climbed and skied some extremely tough routes. In order to be able to achieve such a result, one has to be self-conscious enough, emotionally stable and well balanced. The previous investigations also

Table 1. Differences in personality traits of Slovenian female and male mountain climbers

Male = 20 Female = 20		mean	standard deviation	t	p (t)
neuroticism	M	3.65	3.45	-1.107	.275
	F	4.80	3.11		
impulsivity	M	3.20	1.51	-1.726	.092
	F	4.05	1.61		
depression	M	3.70	2.99	-1.928	.061
	F	5.65	3.39		
irritability	M	1.85	1.42	-3.951	.000
	F	4.00	1.97		
sociability	M	9.30	2.60	.062	.951
	F	9.25	2.47		
calmness	M	5.90	1.80	1.757	.087
	F	4.80	2.14		
dominance	M	3.30	1.78	.603	.550
	F	3.00	1.34		
suppression	M	3.75	1.77	-1.403	.169
	F	4.65	2.25		
sincerity	M	7.80	2.76	-2.029	.050
	F	9.35	2.01		
extrovertedness	M	6.65	2.01	-1.266	.213
	F	7.40	1.73		
emotional instability	M	2.70	1.89	-4.655	.000
	F	6.15	2.72		
masculinity	M	8.00	1.34	2.392	.022
	F	6.70	2.03		

showed mountain climbers to be more dominant and self-conscious than people in general. Emotional stability is also needed during tough psychophysical training for tough climbing routes as well as with collecting financial support from sponsors, for the government no longer financially supports mountain climbing expeditions as it used to.

Our conclusions were also supported by the statistically significant difference in irritability between male and female mountain climbers. It can be concluded that female mountain climbers are more irritable, with low frustration tolerance, more impulsive and less spontaneous. The XA difference is high as well as the *t*-test value. Comparison of the values of arithmetic means with the results of former investigations showed approximately the same value for male mountain climbers, a little higher value for the control group and the highest value for the female mountain climbers. The results showing the differences in serenity between female and male mountain climbers were also close to being statistically significant. Women reached lower values of serenity, which showed irritability and anxiety as well as a lack of self-confidence, optimism and endurance, and confirmed our previous findings.

Differences in masculinity can be expected in spite of the same amount of stress that male and female mountain climbers are under. It is true, however, that women don't climb such difficult, demanding and long routes as male mountain climbers do. There are some characteristics that are considered typically male and contribute to the higher performance of the athletes. The most distinctive of these characteristics are the high level of self-conscience, physical affirmation, confidence and fitness, balanced moods, few physical difficulties and psychological disorders and a low level of fear. All these characteristics are of great consequence for success in sport, especially mountain climbing. The difference in the XA values between female and male mountain climbers is 1.30 and the value of differences shown by the *t*-test is high. Comparing the level of masculinity of our female mountain climbers with the values obtained from the control group during our former investigations it can be seen that female mountain climbers reached similar values. This shows the strongly expressed masculinity of female mountain climbers in comparison with the non-climbing population.

We found statistically significant difference also in sincerity. This difference can be interpreted in favour of the female mountain climbers. Women are more open and self-critical. The difference between both arithmetic means is 1.55, while the value of *t*-test is 2.029. The male mountain climbers are less

sincere than the female ones. They are less self-critical and probably for this reason also more successful. They are also more self-conscious and spontaneous, which was shown with regard to emotional balance. In comparison with the results of the control group from the year 1999, the values of the female mountain climbers are higher.

There is a difference in values of the arithmetic means of depression between female and male mountain climbers. Although the difference lies on the margin of statistical significance, the results confirm the outcomes of former investigations according to which women are generally more depressive than men. Comparing the results with the results of former investigations on mountain climbers it can be seen that the values for men are approximately the same, while the values for women are close to the values of the control group. Depression includes indisposition, despondence, pessimism, feeling ill, bad mood, irritability, fear, loneliness, anxiety, These personality traits are unwanted in mountain climbing. It can be expected that mountain climbers have lower values than the rest of the population and even other sportspeople. Zaplotnik found that mountain climbers show a lower level of depression in comparison with sport climbers. This is mostly due to the situation and circumstances of mountain climbing "competitions". There are usually no direct competitors present. The situation, however, can, due to the mistakes following from subjective or objective difficulties, lead to a tragic outcome. If a mountain climber starts a "race", he usually has to finish it as well since there are no possibilities for suspension or withdrawal. Depression obstructs an athlete from facing problems, conflicts and difficulties actively. If the sample group of female mountain climbers was larger and more precisely categorised, the results would probably also show a lower level of depression among them.

The results of the investigation also showed that the mountain climbers, whose personality traits had been measured, are extroverted, social and less suppressed. High values of sociability and extroversion without any statistically significant differences are characteristic for male as well as female mountain climbers. With these results, our sample group confirmed the former observations that the social characteristics of the Slovenian mountain climbers have changed in the last decades. The reasons for this phenomenon can be found in the fact that mountain climbing is becoming a top-level sport in which more and more young people want to be involved. Mountain climbers usually have some previous sport experiences. Instead of seeking to retreat from the world, they

find self-confirmation and good results in a hard and demanding, yet attractive, sport discipline that, also, remains wrapped in mysticism and philosophy.

This way, the results of the investigation contradict the stereotypes of mountain climbers being solitary, introverted, self-contained and suicidal. In their case, it is probably just a different kind of value system in which the longitude of life is not as important as the quality of life and intensity of feelings.

Mountain climbing has a thousand faces: for some people mountains are an aesthetic ideal, a sort of manifestation of God, for others they are a playground for their favourite sport, for some a huge theatre in which they can serve their vanity, but for some they represent even more. They are one of the rare doors in our world that lead towards an adventure. They are one of the last opportunities for an escape from the everyday routine in which we are chained by our civilisation that does not impress all of us.

Conclusion

Within the framework of some recent investigations, the Slovenian mountain climbers were found to be social, extroverted and less suppressed. These facts have also been confirmed by the results of this investigation. In the last decade, mountain climbing has probably developed in such a way that it significantly influenced the personality profile of Slovenian mountain climbers. Top-level mountain climbers are becoming similar to the prototype of a top-level athlete, with which they let loose the magic of romance, beauty and the discoveries of their own ways. However, they also develop discipline, emotional stability, dominance and instrumental aggression.

Our investigation also provided us with the answer to the question whether or not differences in personality traits between male and female mountain climbers exist. It has been found that these differences exist and are also statistically significant. The largest differences exist in emotional instability, irritability, masculinity, sincerity and depression. The results confirm the well-known fact that in some personality traits women, even sportswomen, differ from men. We expected that in mountain climbing, as a specific sport discipline, these differences would decrease or even disappear. That, however, did not happen. We found out that the Slovenian female mountain climbers had, in comparison with their male colleagues, more endurance, were indisposed, disturbed, had more difficulties with the establishment of social contacts, a low tolerance for frustra-

tion, general psychosomatic disturbances, low self-confidence, that they were more self-critical and had stronger feelings of loneliness and inferiority. The deeply rooted and genetically conditioned role of a woman obviously has a strong and undeniable impact even in the case of female mountain climbers. However, it has to be taken into consideration that only a relatively small number of women in Slovenia, as well as in the world, are involved in active mountain climbing; especially top-level mountain climbing. Perhaps this is also due to the obvious differences in the personality traits between female and male mountain climbers that we identified in this investigation. A difficulty appears to be in the particularly troublesome adjustment of the roles of a woman and a mountain climber. Their climbing career is also of a shorter duration than the one of their male colleagues since they submit to their role of a wife and a mother in their "best years" with which they also end their climbing career. A larger sample group as well as comparison of the results of female mountain climbers with a control group of women that do not do sports would probably give different results and throw light on the problem from another angle. On the basis of the results of this investigation, however, we can conclude that mountain climbing is a typical male sport discipline in which it is harder for women to achieve success. On the subject of extreme female athletes there is still a lot to learn. Beside female mountain climbers there are also alpine skiers, parachute gliders, extreme kayakers, divers and, last but not least, sport climbers. Understanding and the analysis of the personality traits and other psychological dimensions of women dealing with this kind of sports will undoubtedly result in higher quality and better results as well as a higher safety level.

To conclude here is a thought from I. Škamperle, who described a woman - mountain climber from the philosophical point of view: Girls handle rocks differently from the very beginning. They sense naturally, intuitively. There are always more possibilities, there is never only one solution to a problem. In addition to that, they can wait. Where a boy loses his strength for staying on griffs, a girl stands easily, nearly as at rest, and plans her further steps seemingly with no previous design. A soft touch of a thumb and a middle finger. A different time? There is only one answer: climbing is not to be done in a gym. Communication between a man and nature, which he hears and pursues, is many centuries old. The quality of rubber on a climbing shoe can change as well as pitons and chocks, but love for rocks remains the same.

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OSOBINE LIČNOSTI SLOVENSkih PENJAČICA I PENJAČA (ALPINISTICA I ALPINISTA)

Sažetak

Uvod

U svijetu se provode brojna istraživanja psiholoških profila vrhunskih sportaša. Naše je istraživanje usmjereno na proučavanje ličnosti alpinista, penjača. Alpinizam je vrlo specifična sportska disciplina. Iako je teško raspravljati o natjecanju u klasičnom obliku kada je riječ o planinarstvu, alpinizam ipak sve više poprima obilježja sporta. Pojavljuju se i nove mogućnosti natjecanja, no i dalje alpinizam ostaje sasvim specifična sportska disciplina. Jedna od glavnih karakteristika kojom se alpinizam razlikuje od ostalih sportova jest visoka razina stresa: ako netko pogriješi, riskira čak i vlastiti život.

U posljednjem desetljeću provedeno je nekoliko istraživanja koja proučavaju psihološke profile i ličnost alpinista i sportskih penjača u Sloveniji. U posljednje tri godine istraživačka skupina na Fakultetu za sport Sveučilišta u Ljubljani provodi projekt u okviru koje istražuje motivaciju i osobine ličnosti sportaša koji se bave visoko rizičnim ili ekstremnim sportovima, što uključuje alpinizam, ekstremni kajak, ronjenje, skijaške skokove i slično.

Materijali i metode

U okviru našeg istraživanja proučavali smo osobine ličnosti na skupini od 40 slovenskih alpinistica (20) i alpinista (20) u dobi između 22 i 30 godina. Svi su članovi slovenskih alpinističkih klubova.

Rezultati i rasprava

Na osnovi aritmetičkih sredina vidljive su znatne razlike u većini osobina ličnosti među ispitanicima obje grupa. Najveća je razlika dobita u varijablama emocionalne labilnosti, razdražljivosti (iritabilnosti), maskuliniteta, iskrenosti i depresivnosti. To potvrđuje općenito poznatu činjenicu da se u nekim osobinama ličnosti žene, pa i sportašice, razlikuju od muškaraca. Očeki-

vali smo, međutim, da će među alpinistima, budući da je alpinizam specifična sportska disciplina, te razlike biti manje ili da će čak nestati. To se, međutim, nije dogodilo. Utvrdili smo da su slovenske alpinistice istrajnije, indisponiranije, uznemirenije, da imaju više poteškoća u uspostavljanju socijalnih kontakata, da im je prag tolerancije na frustraciju nizak, da imaju općenito psihosomatskih poteškoća, da su manje samopouzdanе, a više samokritične te da imaju snažniji osjećaj osamljenosti i inferiornosti u usporedbi s muškim kolegama.

Duboko ukorijenjena i genetički uvjetovana uloga žene očigledno je snažna i neporecivo utjecala čak i na alpinistice. Za interpretaciju dobivenih rezultata treba uzeti u obzir da se relativno malobrojne žene i u Sloveniji i u svijetu aktivno bave alpinizmom, a osobito su malobrojne u vrhunskom sportu. Možda su tome razlog upravo razlike u osobinama ličnosti između alpinistica i alpinista koje smo utvrdili u našem istraživanju. Poteškoća se javlja u usklađivanju uloge žene i alpinistice. Alpinistička karijera alpinistica je kraća od penjačke karijere alpinista budući da one prihvaćaju i ulogu žene i majke u svojim «najboljim sportskim godinama», a time onda, uglavnom, i završava njihova sportska karijera.

Veći uzorak ispitanika, kao i usporedba rezultata alpinistica s kontrolnom skupinom ne-sportašica, vjerojatno bi dala nešto drugačije rezultate te osvijetlila problem i iz drugog kuta. Na temelju rezultata našeg istraživanja, međutim, može se zaključiti da je alpinizam tipična muška sportska disciplina u kojoj je ženama znatno teže postići uspjeh. Ostaje nam još puno učiti o uključenosti žena u ekstremne sportove. Osim što su žene alpinistice, one su i skijašice, skakačice padobranom, ekstremne kajakašice, bave se ronjenjem i sportskim penjanjem. Razumijevanje i analiza osobina ličnosti i ostalih psiholoških dimenzija žena koje se bave tim rizičnim oblicima sporta nedvojbeno će rezultirati višom kvalitetom izvedbe i boljim rezultatima, kao i podizanjem razine sigurnosti.