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Effects of Personality Profiles and Profiles of IQ on Elite Athletes' Volleyball's Performance

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ABSTRACT

In this study the effects of personality profiles and profiles of IQ on elite athletes' volleyball's performance was considered and the main question was that if personality profiles and profiles of IQ could effect on volleyballs' athletes performance? The method of this study was descriptive. Statistical society was elite volleyballs' athletes. Sampling was done through enumeration. 3 different tools including renewed questionnaire of several personality Minnesota, Tehran intelligence rate, Stanford and behavioral list was used in order to collecting data. Finally, variable regression model show that there are positive significant relation between non-verbal intelligence and performance, as well as negative significant relation between verbal intelligence and performance. Therefore, with increasing non-verbal intelligence, the performance was increased, while with increasing verbal intelligence the performance was decreased. Also, there is no significant relation between personality and performance.

Keywords: intelligence profile, mental health, performance, elite volleyballs' athletes

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INTRODUCTION

Psychology is devoted to various branches and disciplines that can be divided into basic and applied spectroscopy. The spectrum of disciplines of applied psychology in order to take advantage of the promotion. Psychology is the science of applied sport psychology majors that tries to use the principles of psychology to the level close to the athletes. Sports psychology attempts to use the principles of psychology texts, the performance is better for the athletes. Today exercise Psychologists attempt to use psychological theories of their motivation and emotion for closing to the optimal stimulation level athletes. In addition to sports psychologists to identify the effects of exercise on personality and even in some cases of exercise as a treatment process for mental disorders and mental health improvements. Athletes in this regard should apply the strategies to their competitive spirit and DE familiarization, deal with high pressure or low it, do not abuse drugs, use strategies to operate a successful team and teach and learn skills. It is clear that the main element of the psychology of athletic competition. Psychology and the study of the

physical location of a person capable help to describe, explain and predict a behavior. In the field of sports psychology on the one hand and on the other hand, the performance explores the psychological factors and always attempt Applied Sport Psychology in order to develop the psychological skills of elite athletes, improve their athletic performance. Ways that sport psychologists are used to enhance athletic performance, Influenced by psychological characteristics defined and psychological measures are included in all sporting fields. Emotional intelligence, cognitive intelligence and personality traits that can also be considered as one of the characteristics, are other Psychological characteristics. The main activities are defined as Applied Sport Psychology; because these individuals try to identify the psychological characteristics such as intelligence and personality characteristics, not only to increase athletes' psychological functioning, but also improve athletic performance and able in areas of competitive athletes with significant success. The close relationship refers to sport and performance variables, Psychological traits such as intelligence and character structure. Performance is affected by several factors. Thus, the psychological features can reduce performance and increase. So, the anticipated performance of volleyball players can not only be predicted through physiological variables. As a result, it has been suggested that psychological factors are important in achieving peak performance athletes. Mental health needs and cognitive challenges that are faced with volleyball, it is unique among sports. Physical strength, endurance and skill, its path is faced with challenges like low. Volleyball players not only on motivation, confidence, intensity, focus, emotions and pain are surrounded, but should easily dominate the most pressing environmental and physical conditions are maintained. All athletes in any sport are faced with a variety of psychological factors, but volleyball players with different challenges, especially in multi-level deal. Volleyball success depends on maintaining the required energy is in the race. So, on the one hand, the field of sports psychology, sports performance, and on the other hand deals with the psychological factors and applied sport psychologists are always trying to get With the development of psychological skills athletes improve their athletic performance. Issues such as mental health, motivation, exercise, cognitive skills, emotional management and self-esteem are as a psychological constructs that both are used in the management of sport and exercise psychology. New methods must be developed to identify the effects of psychological factors on performance in elite athletes has designed and developed, this way we can provide a suitable building to improve athletic performance. Cognitive factors affecting athletic performance, there are various uncertainties surrounding those Psychological characteristics of elite volleyball athletes can still function as a determinant of its, Thus, the weakness and inconsistency of the theoretical literature on the influence of psychological factors; the source is the present subject. Several psychological factors are dealing with the psychological characteristics. In research conducted on factors affecting the success of the exercise, indicated that psychological factors can affect sports performance. Skills in its exercise are decisive. All athletes in any sport are faced with a variety of psychological factors, but elite volleyball athletes with special challenges deal. It is worth noting that the psychological factors that also affect athletic performance, they are contributing to the success of the sport. Most of the scientific and academic research in this field done by Eskanman and Paster (1978), Esmita (1980), Simon and Martins (1979) and landers (1980) that there are those, including the characteristics of high excitement, anxiety and can Cognitive abilities are impaired athletes and their influence on performance. So they lost their focus, and experienced a lot of stress and are suffering from stress and anxiety. It is noteworthy that, according to the needs and circumstances of different sports today, specialization is highly regarded in the field of sports psychology that it could be psychological specialisms such as volleyball, basketball, soccer and other sports disciplines, including psychology. Due to this, the basic structure is necessary psychologists. Due to the technical skills of the players on one side, and identify the relationship between athletes' psychological constructs, Especially volleyball athletes in this study, on the other hand they yield is important, need to do more research in this sense. Study of personality characteristics and cognitive psychology point of view of theoretical and practical exercises is important for two main reasons. First, it seems to directly or indirectly affect sports performance and second, the basic information in relation to the athlete - environment under titles such as Important sporting event, the ability to overcome the emotional stress, anxiety and desire to provide the reaction. This information is to understand how best to promote athletics programs in the fields of behavioral, decision making and performance improvement in psychological well in advance is essential for athletes. Implementation of applied research can enhance the technical knowledge of volleyball coaches in the field of cognitive features Such as personality and intelligence and provide the appropriate stage to increase the players' performance. Research and identify the effects of psychological variables on the performance of this type of exercise leads to detailed policies in different areas of psychological intervention and counseling techniques and develop psychological. Thus, the effectiveness of such investigations and identify areas of psychological factors in athletic performance leads to detailed policies on different aspects and techniques of psychological counseling and psychological profile is created. Volleyball is one of the fields' medalists in the Asian Games that can be effective in identifying athletes with clear pattern good or poor

performance in the concrete events in harvest yield. Thus, research into the effects of personality profiles and profiles of elite athletes on the volleyball IQ is concerned. Thus, the main questions of the study are as follows:

Are personality profiles and profiles of elite athletes on the volleyball IQ effective?
With emphasis on the question of design, hypothesis can be expressed as follows:
- Triple failure on the performance of elite volleyball athletes is effective.
- Nine clinical scales on the performance of elite volleyball athletes are effective.
- Special problems of the twenty-five volleyball are effective on the performance of elite athletes.
- Profile five factors on the performance of elite volleyball athletes IQ are effective.
- Verbal and nonverbal IQ on performance profile areas of volleyball's elite athletes.

MATERIALS AND METHODS

The descriptive research is to identify areas of research (survey),
A. Research - comparative (ex post facto) are classification and correlation, the researcher to evaluate the relationships between variables are explored. Since descriptive research cannot manipulate variables and in this study, the researcher did not attempt to manipulate the independent variable, in this study, the survey methodology as the most appropriate research design used and using descriptive research design affirms this claim. The study population comprised all elite athletes' volleyball. Thus, the study is limited and its members are to be counted. So, since it was possible to access all community members and the society is preparing a list of individuals, sample is known as restricted.

Thus, according to the research community within the community, rather than being limited to, all elite volleyball players are working in our team, constitute the study sample. Sampling and sampling was done in the present study, the census or enumeration. The line measuring device is proposed in this paper three different tools under the form reconstruction Minnesota Multiphase Personality Characteristics Inventory -2 (MMPI-2RF), Tehran Intelligence Scale - Stanford - Binet psychometric characteristics as they are used.

Minnesota Multiphase Personality Characteristics Inventory (MMPI-2RF):
Gauges research, is questionnaire characteristics (MMPI-2RF). The surveys in 1938 Mckean Lee and Hathaway, MMPI personality questionnaires were supplied to the world. The instrument's content validity of the key methods used in empirical finance and discriminant validity among patients hospitalized in a psychiatric ward and was measured in visitor. Later on in the questionnaire was revised and the second version of the MMPI was developed in 1990. Eight years later, minor amendments were made on the MMPI-2 version in 1998, this version was drafted. This test has ten clinical subscales, subscale content fourteen and eight small - scale was further.

Yaghubi in 2001 by the release of the Institute of Medical Sciences, Iran was seeking to translate and adapt and following standard practice, as the most accurate personality questionnaires in psychotherapy - therapy and counseling were discussed. Furthermore, Vaziri and Lotfi (2000), Nikkhu and Kamkari (2002) and Pasha Sharifi (2003) examined the validity and reliability of the different communities and Reliability coefficients higher than 0.80 by way of test - retest reliability and internal homogeneity cited. Also, the criterion validity of psychiatric diagnosis with emphasis on the questionnaire indicates the validity of the MMPI-2 in Iran. In 2003, significant changes occurred in the assessment of new clinical scale was changed. This trend continued until 2008, the Psychologists Association of America and the Commission of Psychology the MMPI-2RF are mentioned as a Golden instrument. Now complete this test as a psychological tool that is not only a personality profile but personality disorders and psychopathology under psychological symptoms in fifty-five clinical scales profile character offers a different type. Butcher (2003) and then Ben Pourath and Tellegen (2008) showed that the MMPI-2RF as a new approach in psychological advantage. Because of careful clinical scales, psychological effects, the root of psychological and physical problems, Personality disorders and above all psychological problems Levels associated with the need to provide counseling and psychotherapy. The results of confirmatory factor analysis and end, using Kruskal Wallis, has been identified that the validity of the instruments is desirable. In addition, with respect to psychiatric diagnoses and parallel devices, a high criterion validity. Also, all fifty clinical subscale reliability coefficients higher than 0.80.

In Iran MMPI-2RF by prosperity and Shokrzade (2009) was translated and adapted into issue and with a sample size of 120 graduate students in physical education Islamic Azad University Central Tehran Branch, was the credibility

issue. For clinical validity scales (subscales fifty) above 0.80, and this was done by using Cronbach's alpha. In addition, 30 samples of the study were tested again three months later and reliability coefficient emphasis on test - retest, was more than 0.80, respectively. Clinical interviews with thirty individuals who were tested twice, documentary evidence regarding the validity criterion was valid. This by calculating the correlation between student ratings of clinical interviews with emphasis on clinical subscales RC1 to RC9 and the results obtained from the questionnaire that the correlation coefficients range between 0.50 to 0.65, respectively. As researchers began to test the reliability and validity of the above is valid and in the case of applications for psychological assessment. The test retest law's emphasis on standardized psychological tests published by Shahin Tab in University Police was the validation and validity and with a sample size of 200 students the first year to fourth, validity beyond 0.80, respectively. The results of the confirmatory factor analysis with Shebler – Holz and standard plots $\alpha = 0.50$ level was significant and suggests validity of this tool. The tests are standardized in Iran, have 338 questions and through advanced software quickly scaled and can be used for each subject, five distinct profiles in order to provide prevention services, will offer tips and advice. This test is located multiple choice questionnaire.

Tehran intelligence scales - Stanford - Binet (TSB-5):

In the process of developing standardized intelligence scale Tehran - Stanford - Binet, experts consistently review and evaluate the views of the users of the test as a major step towards the formulation of questions was used after preliminary studies, it has been agreed that the questions and subscales preparation and trial version and test version and revision of the final version and the stage of standardization and different norms in different age range is achieved.

Tehran intelligence scales - Stanford – Binet (1388), Applications is becoming increasingly and for the evaluation of the subjects learning English are limited, deafness and other communication disorders, is highly desirable. It can easily be used nonverbal performance. This case arises in the context of Tehran intelligence scales - Stanford – Binet, as one of the individual tests of intelligence and adaptive uses of the term in the context and believes that the implementation of this test, the examiner should not only knowledge and expertise to the test is complete, But a deeper understanding of the information obtained from the subjects. Scoring is performed when the four quotients obtained. First quotient is IQ scores on two subscales of the ten subscales that the lead test is achieved. Test lead, the test set is simplified (ABIQ) at the beginning of the test, the IQ test is given at certain levels. Both verbal and nonverbal subtest then run and nonverbal IQ, verbal IQ, and is achieved by scoring in the inlet line. After leading IQ test, IQ, verbal and nonverbal IQ obtained you can get the whole IQ. Scale Stanford - Binet, credited with emphasizing the internal heterogeneity in the context of IQ from 0.95 to 0.98 and for each of the five indicators from 0.90 to 0.92 and for each of the ten subscales from 0.84 to 0.89 ranges. Further validation studies between testers and test - retest stability and homogeneity of the test reagent, because all values greater than 0.75 have. In other words, the areas of scale reliability Stanford - Binet, Split-half method and corrected the Spearman – Brown formula , Reliability coefficient for the total scale score of 0.98, nonverbal 0.95 and verbal 0.96 and abbreviated test series 0.91, all of which are indicative of good stability. More than 0.90 in the areas of accreditation represents the satisfactory psychometric properties of these tests is in the areas of internal heterogeneity.

Reputation Intelligence Scale Stanford - Binet with internal homogeneity, consistency, and test - retest reliability and measurement error is concerned. All who Intelligence Scale Stanford - Binet use, credit to the way they look and the standard error of measurement precision are considered.

In order to calculate the reliability coefficient Intelligence Scale Stanford - Binet, for ten subtest scores, IQ, and four of the five areas of the index, split-half method was used and Coefficients obtained by the Spearman-Brown formula was amended. All validity in the age range 2-8 years higher than 0.70 have the figures are indicative of the scale of internal heterogeneity. Validity in the field of anesthesia at the Stanford - Binet, the scale arises in three areas of content validity; criterion validity and construct validity are replaced. In the field of content validity of the intelligence scale, professional judgment, and empirical analysis of convergence of structures is question. Experts in the areas of professional judgment, we examine the utility of the issues that all through holding seminars and scientific meetings as obtained. Convergence of structures designed by experts in various stages of testing evaluated and one can easily say that this test is based on the theory of Carroll, Cattell and Horn, has been designed and its validity is content. Moreover, the question of increasing analysis methods with theory question - and the answer applies to the classical theory, correlation of experimental data in the domains of questions and even questions of discrimination coefficient is presented. In all these analyzes we have found that the scale has content validity. It is suggested that the active memory of the other elements that contribute to the content validity of the intelligence

scale. In this case, the two areas combined are ten subscales as areas of verbal and nonverbal IQ encompasses that in both areas combined (verbal and nonverbal) is instead of the five tests. It should be noted that any species to species both verbal and nonverbal measure of intelligence, making a total of five are known as agents. Due to the effects of personality and intelligence research focused on the performance of elite volleyball and dependent and independent variables, and continuous quantitative measurements of distance , after normalizing the data from the statistical model in the area of multivariate regression models - instead of parametric statistics have been used and the statistical indicators (front, middle, and mean), dispersion (range, variance and standard deviation) and distribution (standard deviation, coefficient of deviation and coefficient of retraction) was used and multivariate regression model with simultaneous entry method was used.

RESULTS

Table 1. Variable regression for predicting ‹ performance › through domains of "intelligence"

Changing Resource	Total Of Quadrate	Freedom Degree	Average Of Quadrate	Rate Of F	Significant Level
Regression	0.37	2	0.18	3.48	0.036
Remain	3.73	69	0.05		

The above results can be presented with emphasis on the relationship between the F domains of "intelligence" with "performance" in the α = 0.50 is observed. In other words, we can predict the "Performance" area of the "intelligence" exists. Therefore, to identify and explain the regression coefficients, it is necessary to schedule the regression coefficients.

Table 2. Regression Coefficient related to table 1

Variable	Predicting variable	Rate of b	Beta coefficient	Rate of t	Sig
PERFORMANCE	VERBAL	0.01	0.29	2.73	0.020
	NON-VERBAL	0.01	0.23	1.92	0.059

According to multiple regression analysis with simultaneous entry regression coefficients obtained, there will be a positive relationship between the areas of "nonverbal IQ" and "verbal IQ" with "performance" is observed. Thus, by increasing the area of "nonverbal IQ" and "verbal IQ", "performance" also increases with the decrease, the "performance" also decreases.

Table 3. Variable regression for predicting ‹performance› through domains of "intelligence"

Changing Resource	Total of Quadrate	Freedom Degree	Average of Quadrate	Rate of F	Sig
Regression	0.63	5	0.12	2.39	0.046
Remain	3.47	66	0.05		

The above results can be presented with emphasis on the relationship between the F factor "IQ" with "performance" in the α = 0.50 is observed. In other words, we can predict the "performance" by a factor of "intelligence" exists. Therefore, to identify and explain the regression coefficients, it is necessary to schedule the regression coefficients.

Table 4. Regression Coefficient related to table 2

Variable	Predicting variable	Rate of b	Beta coefficient	Rate of t	Sig
Performance	Reasoning	0.01	0.10	0.83	0.408
	Knowledge	0.01	0.44	2.47	0.016
	Quantitative reasoning	0.01	0.38	2.78	0.007
	Processing	0.01	0.04	0.33	0.739
	Active memory	0.01	0.01	0.09	0.926

According to multiple regression analysis with simultaneous entry regression coefficients obtained, there will be a significant positive relationship between "quantitative reasoning" and "knowledge" and "performance" is observed. Thus, by increasing the "quantitative reasoning" and "knowledge", "Performance" reduction also increases the "yield" lowered.

Table 5. Variable regression for predicting ‹ performance › through Triple disorder

Changing resource	Total of quadrate	Freedom degree	Average of quadrate	Rate of f	Significant level
Regression	0.41	3	0.13	2.54	0.063
Remain	3.96	68	0.05		

The above results can be presented with emphasis on the relationship between F "triple failure" with "performance" in α = 0.50 is found. In other words, we cannot predict the "performance" through the "triple failure

Table 5. Variable regression for predicting ‹ performance › through Clinical

Changing resource	Total of quadrate	Freedom degree	Average of quadrate	Rate of f	Significant level
Regression	0.71	9	0.08	1.46	0.183
Remain	3.38	62	0.005		

At the beginning of the test, the iq test is given at certain levels. A significant scale "not clinically" with "performance" in α = 0.50 is found. In other words, we cannot predict the "performance" of scale "not clinical ".

Table 6. Variable regression for predicting ‹ performance › through Twenty-five special problems

Changing Resource	Total of Quadrate	Freedom Degree	Average of Quadrate	Rato of F	Sign
Regression	1.18	21	0.05	0.96	0.517
Remain	2.92	50	0.005		

The above results can be presented with emphasis on the relationship between the F-scale "Twenty-five special problems" with "performance" in α = 0.50 is found. In other words, we cannot predict the "performance" of scale "Twenty-five special problems".

Table 7. Variable regression for predicting ‹ performance › through five personality pathology

Changing Resource	Total of Quadrate	Freedom Degree	Average of Quadrate	Rate of F	Sign
Regression	0.26	5	0.05	0.91	0.476
Remain	3.84	66	0.05		

The above results can be presented with emphasis on the relationship between the F-scale "Five personality pathology" with "performance" in α = 0.50 is found. In other words, we can predict the "performance" of scale "Five personality pathology".

DISCUSSION AND CONCLUSION

Volleyball has a lot of rotation so that each team wants players to new positions rotate on ground, so, the coordinates of the six different positions, and it is difficult to learn. And requires a high cognitive abilities, especially in visual processing – Space, Hence, in this study, the effects of the personality profiles and the performance profiles of elite athletes volleyball IQ is paid. As noted above, another important factor in the success of sport is a personality profile. Sports psychologists, research into the subject of a remarkable personality profiles of athletes. Effects of personality profiles of elite volleyball players on athletic performance that will form part of this study can also be used in future research to determine what characteristics - cognitive performance can be increased. For example, when the team is on the move constantly, all players should be about where you are and or the nature of their responsibility to decide vibrant and deciding game of volleyball Contact with the ball or volleyball team and the player must predict the future and it is strategically located, therefore, requires a different personality trait. It is a personality profile is important because athletes even when they have similar skills, have a different function is not clear which character traits that contribute to the success of the athletes. Some athletes in the sport with a lot of pressure are successful, while others fail. Thus, with regard to the personality profiles of the main variables that can impact on athletic performance. This study examined the personality profiles of elite volleyball players have been paid. In this study the performance of cognitive intelligence and personality profiles of elite volleyball players have been paid and In order to test the research hypotheses and findings using multiple regression statistical model was as follows:

The main hypotheses: Personality profiles and profiles of elite athletes on the volleyball IQ is effective. Significant positive correlation between the area of "nonverbal IQ" with "performance" and the negative correlation between the areas of "verbal IQ" with "performance" is observed. Thus, by increasing the area of "nonverbal IQ", "performance" increased and decreased, "performance" lowered; it should be noted that there is no significant correlation between the personality profiles.

Sub-Hypothesis 1: failure to yield three elite volleyball athletes is effective.

Relationship between "triple failure" with "performance" in $\alpha = 0.50$ is found. In other words, we can predict the "performance" through "Tuesday Henin failure" does not exist.

Sub-Hypothesis 2: clinical measures nine volleyball is effective on the performance of elite athletes. A significant scale "not clinically" with "performance" in $\alpha = 0.50$ is found. In other words, we can predict the "performance" of scale "not clinically" does not exist.

Sub-Hypothesis 3: Special Problems twenty five volleyball is effective on the performance of elite athletes. The relationship between the scale twenty-five special problems "with" performance "in $\alpha = 0.50$ is found. In other words, we can predict the "performance" of the scale twenty-five special problems.

Sub-Hypothesis 4: The Five Factors intelligence profiles on the performance of elite athletes are volleyball. Relationship between measures of "Five personality pathology" with "performance" in $\alpha = 0.50$ is found. In other words, we can predict the "performance" of scale "Five personality pathology" does not exist.

Sub-hypothesis 5: domains of verbal and nonverbal intelligence profiles on the performance of elite volleyball athletes are effective. Significant positive Tartbat area "nonverbal IQ" with "performance" and the negative correlation between the areas of "verbal IQ" with "performance" is observed. Thus, by increasing the area of "nonverbal IQ", "performance" increased and decreased, "performance" lowered; while the increase in the area of "verbal IQ", "Performance" reduction and the reduction of "performance" increases. Finally, by comparing the findings of this study and background research conducted within and outside the country, the research study by Allison (2003), entitled "Personality characteristics of soccer players in Europe," Williams (2001) on "personality traits of successful athletes," Carroll and Peterson (2001) on "personality compare football teams are winners and losers", Rayleigh (2000), on "Comparative characteristics of male athletes in the field of European soccer, American football and wrestling" , Page (2000), about the "personality of American football athletes.", Rachel (1999), about the "personality characteristic of college athletes in New York City", Astephanus Perkous, Yaniz Theodorakis and Estilani Keroni (2002), which was determined Speech training by themselves, can enhance basketball skills, Patsyarvs with cooperates (2002), about the "identification of training effectiveness of psychotherapy - cognitive approach in the context of a central authority for state and trait anxiety in elite volleyball Nichols and Palmn (2008), on "Effects Imagery interventions on the severity and persistence of the fluid modes (optimization state) performance in golf", Tamkyn (2003), about the "personality of the European Football Players' Mozneb (2005), entitled" Comparison of personality in the amateur and professional athletes, "Hosseini far (2003), Entitled "Comparison of self-discipline women athletes in swimming, gymnastics and field," Sacrifice (2002) on "the relationship between personality traits and field, volleyball and basketball athletes", Sanatgaran and Shahgholi (2007). On "The Effect of relaxation training on anxiety state - and the level of competition Women's basketball practice gym selected Tehran, Kamkari and Shahin tab (2009), about "intelligent basketball player different profiles and profiles in various positions intelligence" and the sword (1999), about "the relationship between state anxiety - performance competitive climbers participated in the national competition" is consistent; in all of the research that has also been proposed as cognitive abilities, personality traits, intelligence and effective performance of athletes and Can lead to optimal performance in athletes.

Finally, the research findings and methodological implications, the following recommendations are made:

-Since the study results indicated that none of the indicators associated with personality profiles did not affect performance and the only significant difference between nonverbal IQ with the show, it may be that the present practice exercises (not mental, cognitive), volleyball nonverbal IQ, and can be increased by increasing the area of nonverbal cognitive skills, volleyball and increased performance.

- In future research, in order to increase the sample size for the goodness of fit of the confirmatory factor analysis, load factor and the energies used to provide, Factorial validity of the research questions to be explored.
- It is recommended that the method used to make the analysis and factorial validity of the research questions to be explored.
- It is necessary to increase the external validity of the variables to be considered for other sports, this can be generalized to identify and study emphasized as well as the ability to be compared.

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