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# FACTORS CONTRIBUTING TO THE SUCCESS OF THE IRANIAN NATIONAL TEAM IN THE SENIOR GRECO ROMAN WRESTLING WORLD CHAMPIONSHIP IN DENMARK 2009: PERCEPTIONS OF COACHES AND ATHLETES

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## ABSTRACT

The purpose of this study is to identify the perceived factors that contributed to the success of the Iranian national team in the senior Greco-roman World Championship-2009 in Denmark from the viewpoint of coaches and athletes. To reach this goal, four specific areas, including physical and physiological, psychological, management and facilities were included in a questionnaire developed for this study. Validity was established by a review of 10 wrestling experts and reliability was estimated with a Cronbach alpha coefficient of .89. From an original pool of 250 people, of which there were 150 wrestlers and 100 trainers, a proportional random sample of 60 wrestlers and 40 wrestling coach were selected. Management factors were identified as most important followed by in order of perceived importance by psychological factors, facilities, and physical factors.

**KEYWORDS:** Success factors, coaches, athletes

## INTRODUCTION

Movement is a part of human life and gets motivation from the innate nature and causes him/her to improve his/her health and happiness (10). Physical education and sport are an integral part of education and a means to achieve physical and mental health in young generation (9). Studying the factors of success and obtaining more favorable results in various sport disciplines is an issue that many sports science professionals and researchers are interested. Through the use of scientific research, the results and practical experiences of teams could help in future Olympic, World and Asian competitions in different sport fields (7). Undoubtedly wrestling is the first sport in Iran and is held in high esteem by its people, Wrestling in Iran is viewed as an honorable sport in part because it conveys a symbol of generosity and manliness, and because of the successes-sixty- three percent of Olympic, world and international medals for Iran have come from wrestling. Therefore, in order to obtain international results, preparing experienced instructors and coaches for developing elite wrestlers is very important (2).

Wrestling is a sport by which motivates many in Iran to become a champion (3) and also has a many fans as it belongs to our tradition and culture (5). In the past, all efforts of the federation and the authorities was to strengthen freestyle wrestling, and most resources were directed in that direction. Not enough attention was given to Greco-roman style and the medals were expected from freestyle wrestling, and Greco-roman was actually neglected. The process of preparing the national Greco roman wrestling team and the quality of exercises for Beijing Olympics was poor and also they get bad results (9). Following Beijing, the authorities paid more attention to it and now many experts believe that the national Greco roman wrestling team is in a good position.

According to experts, the national wrestling team members are in the appropriate age range for success in the London Olympics. This is similar to the way Russians have planned in order to pay more attention to youth with the aim of programming for the future (4). The Iranian Greco roman wrestling team not only got good results in the world Championship competitions in Denmark in 2009 but also they were better than the freestyle wrestling national team and got the second place in that tournament. The technical analysis of this competition showed that the team has made great progress in comparison to the past and if they continue on this path can achieve significant results in the next competitions and Olympic Games (4).

Gural (2008), in research dealing with the the effects of high motivation on sport, concluded that it is the person's behavior which makes the difference at the highest level. Motivation is one of the important bases for success. People who pursue goals need a great motivation system. The obvious reality is that becoming successful requires great patience, practice and training. In order to become a champion in a sport, one must practice and train daily and consistently. In this long process motivation has a crucial role.

Rahimi (2008) researched the factors affecting the performance and results of Iran's athletes in the Asian Games (Doha 2006) from the viewpoint of administrators, experts, coaches and athletes, and concluded that 75% of all believe that the operating budget as the most effective factor in obtaining results. 80% listed athletes' salaries during training as an important factor. Shokri (2008) compared the country's elite athletes competing motivation in freestyle and Greco roman wrestling. Results showed that there was not a significant difference among wrestlers regarding motivational aspects such as ability motivation, achievement motivation, failure avoidance motivation and over all motivation. Bhutto (2006) investigated the factors causing failure or success among team sport players in Spain. The winner stated that their success depends on their abilities and efforts, while the losers explained chance and work difficulty as the cause of their failure. The analysis of this approach shows the winners selected the reasons that indicate internal control. Fanaie (2004) studied the relationship between team cohesion with their success among hockey teams in the Premier League. He concluded that the highly cohesive teams were ranked higher at the end of the season. Sajadi (2001) researched the causes of failures among youth national football teams in Asia for twenty years (1998-1978). Results showed that the lack of good special training programs, wasted human resources, inadequate preparation camps, traditional methods, lack of job security among coaches, and neglect of scientific advisers were the main causes of failure. Adam (2000) researched the relations of a team's cohesion and success, and concluded that the team cohesiveness is a very important component of team success. Self belief and belief in team mates are the main reason for the success of the team.

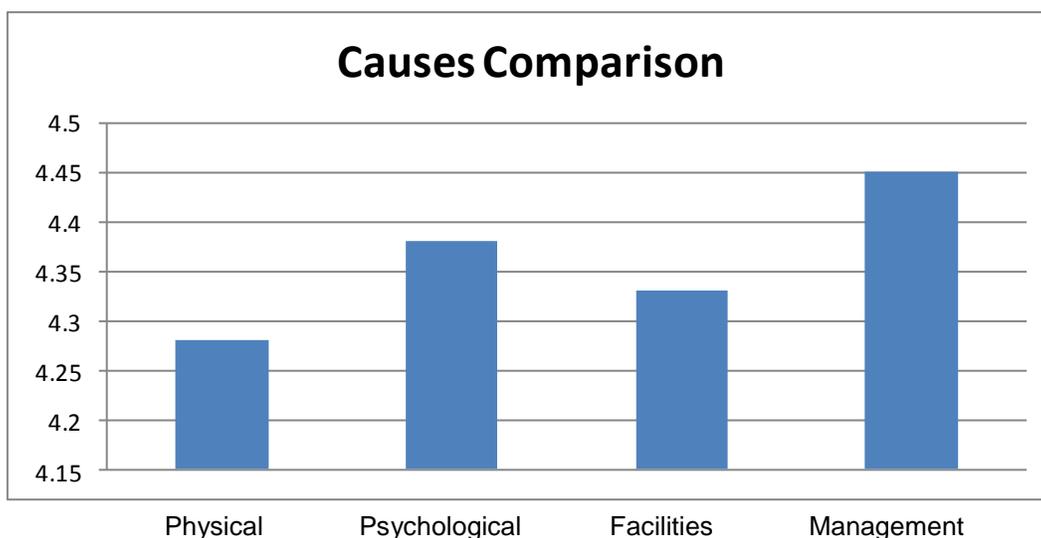
Finally, the major reason for this research was to consider the factors that contributed to the success of the national Greco-roman wrestling senior in Denmark in 2009 in which they reached second place after fifty years of participation. This second place finish was attained in an environment where many countries have spent a great amount of money on their teams. Studying the factors affecting the success is therefore a worthy pursuit and may help authorities, coaches and wrestlers in better planning. Therefore, the intent of this research was to review and determine the effect and extent of psychological factors, facilities, physical and physiological factors and management factors on the success of the team.

## **METHODOLOGY**

This study is descriptive in nature and utilizes data collection in the field. The statistical population in this study is composed of instructors who have A license in Greco roman wrestling in different age groups and athletes from the national Greco roman wrestling teams from the past five years who have been champions in Olympic, World or Asian Games competition. The samples in this study were 40 coaches and 60 athletes. The measuring instrument in this study was a researcher made questionnaire consisting of thirty-nine questions in four domains: physical, physiological, psychological, management and facilities. For validity of the questionnaire the opinions of ten experts were solicited. The reliability of the questionnaire was determined through the Cronbach alpha method and was estimated with an alpha of .895. The questionnaires results were coded and analyzed using SPSS. Data results assessed by using descriptive statistical methods and frequency and percentage were calculated.

## **RESULTS**

Information collected from the questionnaires from coaches and the national wrestler team members was analyzed and indicated that the managerial elements were viewed as the most important factors, while the physical condition of the athletes were the least important factors in the success of the national Greco roman wrestling team. <http://www.powerdevelopmentinc.com/?id=34> *Fundamentals of the Theory and Adaptation of Sports Training*, SE Pavlov Russia State Medical University, Moscow Russia State Medical University, Moscow



**Fig.1. Means of Success Factors from Questionnaire**

### **DISCUSSION/ CONCLUSION**

The results of this study indicated that the managerial elements were the most important factors in the success of the Iranian national Greco roman wrestling team in the World Championship in 2009. The results of this study are consistent with the research results of Ramzanyajad (2009), Pezeshki (2004), Fnaie (2004), Sajadi (2001), Adam (2000), Jackson (2001), Rahimi (2008) and Danchez (2008), in all of which the role of management factors of successful athletes teams was significant. Considering the role of administrative factors being identified as the most important factor in this field, the wrestling federation should provide the necessary conditions. Management in general is the ability to influence and to affect the behavior of others. The manager is one who gives motivation, direction, authority and responsibilities to the people under his/her management in the organization and deals with them so well that things get done, problems are solved correctly and the group goals and objectives are achieved.

In this study psychological factors were the second most important factor contributing to the success of Iranian national Greco roman wrestling team. The results of this study are consistent with the findings of Mohammadian (2008), Gural (2008), Butugonzalez (2006), Shokri (2008), Rahmaty (2009), Mac Dunag (2000) and Pezeshki (2005) in all of which the psychological factors played a great role in the success of athletic teams. Considering the role of psychological factors in the success of athletes, there is the need to advance the psychological state of the athletes. Conditions should be provided in such a way that the athletes have the enthusiasm and are motivated to take steps to achieve their goals. One of the main and important tasks for skilled and efficient educators is the ability to regulate mental energy in athletes. Mental energy is developed by using mental exercises. Mental energy is considered as a resource for vital functions and is the basis of motivation.

In this study facility factors are third in their contribution towards the success of the Greco roman wrestling team. The results of this research is in according with research findings of Rahimi (2008), Pezeshki (2005), Sajadi (2001) and Dukla (2002), in all of which facility factors were mentioned as important in the success of sport teams. Considering the role of the facilities in the success of teams wrestling federation and physical education organization should support the country's first sport by preparing any need of this sport. Wrestling Federation should manage facilities and sport spaces in a way that athletes and coaches practice without any problems related to facilities.

Finally, physiological and physical factors were indicated as the fourth factor in the success of the Greco roman wrestling team in 2009. This finding is consistent with the Pezeshki (2004), Astarusta and Asturkuvich (2005), Sultani and et.al (2005), Efrati (2004), Walidi (2001), Nicolson (1979), Frey and et.al (1991), Cramer and et.al (2004), Vardar and et.al (2007) research results.

### **PRACTICAL APPLICATIONS**

The overall results of this study indicate that management factors are most important and contributory factors in the success of the national Greco roman wrestling team in 2009. The head coach interacting behavior with the

wrestlers plays a very large role this area. Therefore, wrestling federation should carefully select the national team coaches and pay more attention on their management skills.

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