

# REPRESENTING THE IMPORTANCE OF OLYMPIC VALUES IN THE PERSONALITY STRUCTURE OF YOUNG PEOPLE TODAY

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**Abstract:** *This study aimed to gain a higher level of understanding of the Olympic concept. We wanted to emphasize the representation of Olympic values in the personality structure of today's young people. The subjects of the study are the university's clients, in the last year of the bachelor's cycle. A total of 54 subjects were included in this study. Therefore, this paper wants to support the steps of strengthening and continuing the introduction of Olympic values in education as the main element of the value system.*

**Key words:** *Olympic values, personality, timeliness.*

## 1. Introduction

Both for the values embraced by the trainers of all schools on all continents and the original values of the Olympics expressed in the Olympic Charter, we know that there are the same pillars on which future personalities are built. The foundation stones on which the Olympic movement is building its activities to promote sport, culture, and education to build a better world, are excellence, respect and friendship. Many factor analyses found what is called the Big Five, which are openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism (or emotional stability) [4]. These

components are generally stable over time, and about half of the variance appears to be attributable to a person's genetics rather than the effects of one's environment [5]. The importance of education prior to the crystallization of the personality is correlated with genetic factors, which makes us more aware of the importance of Olympic values. The contribution of genetic effects to phenotypic stability is moderate in magnitude and relatively constant with age, in part because of small to moderate decreases in the heritability of personality over child development that offset increases in genetic stability. In contrast, the contribution of environmental effects to phenotypic stability increases from near

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zero in early childhood to moderate in adulthood [2]. Thinking in the values of Olympianism is a philosophy of life, which develops and combines into a complex and unique ensemble the qualities of man, morals, and psychics. By bringing together physical activities, cultural concerns and interdisciplinary education, Olympic values seek to create a way of life based on the joy found in effort, the educational value of good example, and respect for universal fundamental ethical principles. The aim of the Olympic Movement is to contribute to the construction of a peaceful and better world by educating young people through sport practiced indiscriminately of all kinds and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play [1]. Through the effort made by the trainers, those who are involved with parents in the unique organization and internal consistency of some physical and mental processes of the student, athlete, it is realized the encouragement of the effort to climb higher and higher on the stages of performance, to never give up the preservation of human dignity and perhaps the most important aspect, now more than in other decades, the development of harmony. We enjoy every time we see children, students or athletes fighting for excellence and encouraging their comrades to be the best. Personality is any person's collection of interrelated behavioral, cognitive, and emotional patterns that comprise a person's unique adjustment to life [4]. These interrelated patterns are relatively stable but can change over long time periods [3]. An athlete or a student has an internal hierarchical structure established by all factors that contributed to the historical

course of events they experienced or witnessed. This internal structure is manifested by differentiating the expression of different types of activities and their restructuring, within the process there are some secondary and other higher connections. A personality is a stable system with complete individual, psychological, social characteristics. Psychology, as a science, only considers psychological traits that form the structure of personality. The concept and personality are a controversial issue, a structure among many psychologists, that it is completely impossible to structure and rationalize in some way, while others, on the contrary, presented new theories of personal structure. But there are certain characteristics that are there anyway, but they exist, and they should be described. There are five factors that define personality. These five factors are made up of two aspects each as well as many facets, split into experimenting and intellect, which each further split into facets like fantasy and ideas [7]. These five factors also show correlations with each other that suggest higher order meta-traits, which combine openness and extraversion to form a meta-trait associated with mental and physical exploration [8]. There are several personality frameworks that recognize the Big Five factors and there are thousands of measures of personality that can be used to measure specific facets as well as general traits. Platonov, a person has a hierarchical structure in which there are four substructures: biological conditioning, display forms, social experience, and orientation. This structure is described in the form of a pyramid, the foundation of which is formed by the biochemical, genetic, and physiological

characteristics of the individual as an organism, generally those properties that give life and support human life. These include biological characteristics such as gender, age, and pathological changes that depend on morphological changes in the brain. The second sub-structure is the forms of reflection, depending on the mental cognitive processes - attention, thinking, memory, sensations, and perception. Their development offers a person more opportunities to be more active, more attentive and to better perceive the surrounding reality.

The third substructure contains the social characteristics of a person, his knowledge, and skills that he acquired through personal experience through communication with people. The fourth substructure consists of orientation of a person. It is determined by a person's beliefs, worldview, desires, aspirations, ideals, and impulses, which he uses in his work, work, or favorite pastime. One of the components of the personality structure also includes social roles through which a person is included and manifested in society. This is how one builds an ability to acquire another appearance, so a person uses a particular mask when interacting with people. Often people draw attention to themselves and impress others using skills and roles that they have developed over many years, starting from a young age [9]. There are few situations in which people use various gestures, signs, body expressions, symbols, and accessories of covering clothing, to hide true thoughts, hide true thoughts, so that from the outside one can see another person. The symbols that confirm social status, for example, a car, expensive clothes, a house, also have an important place in this endeavor. We believe that

such an approach to the relationship with society and implicitly with the members of the groups is correlated with the way people understand, accept, and use Olympic values [6]. The Olympic Games — an event that brings people together every few years. Friendship and team spirit lead to excellence and encourage people to be the best. That way, people understand the idea of putting rivalries outside. So, there are more aspects that we believe participate in bringing people closer together than dividing societies.

## 2. Material and Methods

In this study, we did not aim to achieve a higher level of understanding of the relationship between the personality of the customers and the form in which the values of olympianism are understood and accepted. As the group of subjects does not fully aim to become specialists in physical education and school sport, questions were also introduced which correlate with the concerns and interests of the subjects. We've introduced in this study all the important values of olympianism. The study subjects are clients of Ovidius University, in the last year of the bachelor's cycle. A total of 24 subjects were evaluated for eligibility for the criteria and were included in this study, which did not include subjects who had attended training or training in Olympic promotion. The age of participants ranged from 20 to 28 years. They received a full explanation of the research project, its goals, and benefits in teaching young people in the Olympic spirit. The study was conducted over 2 weeks between November and December 2023.

### 3. Results and Discussions

The study encompasses nine questions in which we set out to achieve a series of results that represent our relationship between Olympic values and the personality of the customers we introduced in this study. The first question of this study was, if you had an opportunity to participate in a competition, a competition, what do you do? Participants had four variants of response. The first answer was - If I win something, he can participate, the 29.2% is higher than expected, he demonstrates that there was a relationship of conditionality between a possible involvement in voluntary or competitive activities without engaging in special resources and obtaining benefits. A tendency whereby the current generation under the age of 25 is characterized, is represented by the rapid and decisive avoidance of any confrontation, the result of any divergence. We believe that refusing to engage in any form of confrontation is a real barrier to personal development and the achievement of personal goals. The next answer to the first question was — I don't like to fight other people — and it's 12.5%. This answer reinforces and supports the previous one. Both variants yield 41.7%. The third choice was — if it's a team competition, I'm involved, 45.8%. The emergence of a framework where there was competition and the possibility of facing and winning is an attractive factor. The two groups are relatively equal and are positioned in clearly different positions. The last response was — I only get involved if there's individual samples, with 12.5%. The last version shows that there is a group of participants that are

characterized by individualistic approach and who do not want to engage in various activities without there being any form of collaboration with other people or teammates in case of sports competitions. The second question of the study was - If a rule bothers you or is against your desire... The first answer was - I'm thinking how to make it win, it doesn't really matter how, 16.7%, this percentage is very close to the percentage achieved on the last answer to the previous question. We consider that the following response brings a higher percentage than we expected and confirms another characteristic of those who participate in this course. I'm not interested in the 29.2% rules. Olympic values are to a small extent found among these participants. The next answer was - Most of the times I read and know the rules, had a percentage of 8.3%, the percentage is lower than expected, but it shows us a real and characteristic dimension of the group participating in our study. The last option was - I adapt to the rules, even if I did not know them 45.8%, we consider that the high percentage is based on an appropriation of those who participated in long sports training programs and who implicitly participated in competitions attended by sometimes hostile spectators. The next question - If at the end of a competition you lost... The first answer with a percentage of 37.5%, confirms that the Olympic values are found among those who chose the answer - At the end I applaud and congratulate the opponent. Another answer was - I'm crying and leaving, with 33.3%. The other answer was — I don't accept the result, and I challenge it, 8.3%. The last option in this question was — I'm thinking about how to prepare to win next time, 20.8%. This response

belongs to the group of participants who were sport practitioners and were included in the sport training program. A characteristic of sport and Olympic values is consistent with the following question - If the spectators are friendly ... So, the first choice of answer - They answer in the same way, it has a percentage of 25%. Second choice - I am not interested in the audience and I do not mind, 29.2%. The next version of the answer was - And when it manifested hostility, I respect the spectators, 37.5%, which is within the framework of the Olympic values. The last 8.3% was the last answer when I'm the winner I'm not interested in the audience. The next question was - If a colleague is wrong... He had the first choice of answer - It annoys me, and I want to understand that! It's 25%. The next answer was - I don't want to be bothered by other people's mistakes, at 12.5%. Friendship is an Olympic value, and it is found in the next answer to this question - I think how to help him not repeat the mistake, 54.2%. Last choice of answer - I try not to need other people, 8.3%, a close value of the answers that have been assigned to the group of participants who approach the competitions more easily in the situation of individual participation. The team spirit is clearly present in the following response - When we receive tasks, I prefer to... Answer variant - I solve them without other colleagues, 16.7%, in this variant is not found the spirit of friendship, Olympic value. Second choice - I am looking for a group in which is someone who knows how to solve the task, 29.2%, those participants in the group who have chosen this option are characterized by the ability to assume responsibilities and the choice of an easy way to solve the tasks, the option of involvement in identifying and

solving the requirements through their own means. Team spirit is an Olympic value and has a representation of 37.5% in the answer - I am looking for a group. Last choice of answer - I don't want to be in the group with other colleagues who don't get involved in solving, it has a percentage of 16.7%. We consider that this percentage is not a characteristic of individualism, their refusal to collaborate with other people who do not get involved in the resolution of tasks, or the means or knowledge they have cannot be a resource for the group of those who are concerned to carry out the tasks received.

An important and relevant question of the goals proposed was: - How long can you work voluntarily (without money) in the interests of society or for other people who need help? The first answer was - On vacation, 10 days every 6 hours daily, with a percentage of 16.7%. The next option is assigned to those who are involved in any form of higher education and who are over 18 years old, who can perform paid activities and apply for positions in which it is required as a mandatory condition, the carrying out of a period of work in voluntary programs - For two years, several hours a month, 20.8%. One answer that I expected a much lower percentage of was - I don't want to, and I don't care about working for free, registered value was 41.7%. We believe that the number of people who have chosen this option is far too large, the lack of interest in voluntary activities and the way young people think about these activities could be a subject of a future sociological study. Partial openness to volunteering activities to a small extent is the answer option - At the weekend, 10 days a year, the percentage of those who chose was 20.8%. The values of

olympianism are represented to a small extent among those who have chosen little or refused or conditioned the involvement.

The last question in this set of questions was — I like to be — the first answer was, single when I'm in competition represented by 20.8%, a percentage that correlates with other answers to previous questions and that emphasizes the individualistic side of those who participated in this study. Olympic values are based on team spirit, solidarity and mutual support, friendship. The next choice of answer - In the team - brings to our attention a response that has a much too low percentage and which we must admit is an alarming trend that obviously does not have a significant connection with the Olympic values having a percentage of 16.7%. Those who are in the group characterized by team spirit and who are willing to engage in various activities with other colleagues have chosen this variant of answer - in the team, but do not know how to do it - which is represented by a percentage of 25%. There is a category represented by those who have the ability to work in the team but also the responsibility to take their own actions and who chose the answer option - No matter, I get involved in both situations, 37.5%. The last question was a different one from the others and brought a new burden to those who were involved in this study. The question was - Pick one of the topics and write a few phrases about it. And the words that the question was given to people who participated in this study were: Personality.

The interests of today's young people: Olympism, Volunteering, Friendship, Special people. The rule that was set for

this question was — you can refer to multiple topics, max. 3. Here are some answers — “Friendship - I consider friendship an extremely important thing! I and my 5 friends from over 10 years of age get along so well and so on and that's the most important thing.” Another answer is, "Friendship means a connection between two or more people. Friendship is based on esteem and respect, understanding and loyalty." Another answer “Volunteering is very important, to help others but also for personal development and a better state (because joy comes by helping).” “Young people today seek to go absolutely through all emotions, feelings, sensations, tourist objectives and many experiences. I don't want to be free. I'm a friendly person, sincere, I easily choose new friends, I like group activities. It's nice and important to have real friends.” Another answer is, “Volunteering seems to me the best thing you can do for yourself. In addition to helping other people or animals, this also gives you as an individual a satisfaction, a sense of well-being and a sense of being a good person, and in addition you can create lasting friends and learn many things that will help you throughout your life.” Another answer: “The interests of young people are only material.” “I don't want volunteering.” “Nothing free.” “I'm not for volunteering.” “Friendship: Whoever has a good friend no longer needs the mirror; Friendship consists in forgetting what you offer and keeping in memory what you have received; The essence of true friendship is leniency to the small mistakes of the other.” “The interest of today's young people is very difficult to capture for several reasons. If you don't like them, if you don't always bring them something new and if you

don't use the right words for their age or behavior.”

#### 4. Conclusions

The participants of this study considered that demonstrating respect in many different ways: respect for time, rules, opponents, environment, public, can have a higher level of sports satisfaction and in the social groups they belong to and at the same time can increase the effectiveness of communication and develop new interpersonal connections based on the same values that olympism promotes. We believe that the large number of those who were in the group that chose the response options by which they expressed their direct disagreement, or the lack of interest in volunteering activities and forms of communication based on mutual respect, friendship, can be a subject of a future sociological study. Partial openness to volunteering to a small extent.

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