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PREVIEW

**THE EFFECTS OF WEIGHT REDUCTION ON PERSONALITY INVENTORY
TEST SCORE PROFILES OF VARSITY WRESTLERS
AT THE UNIVERSITY OF TEXAS AT EL PASO**

**A Thesis
Presented to
the Faculty of the Department of
Health, Physical Education, and Recreation
The University of Texas at El Paso**

**In Partial Fulfillment
of the Requirements for the Degree
Master of Science in Physical Education**

**by
Larry Ray Harrison
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THE EFFECTS OF WEIGHT REDUCTION ON PERSONALITY INVENTORY

TEST SCORE PROFILES OF VARSITY WRESTLERS

AT THE UNIVERSITY OF TEXAS AT EL PASO

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ABSTRACT

Nine varsity collegiate wrestlers were tested with the Guilford-Zimmerman Temperament Survey, and seven were tested with the California Psychological Inventory, both before and after losing five percent (5%) of their body weights while making weight for wrestling. The purpose was to determine if there were any significant changes in the psychological test profiles associated with making weight for varsity competition.

A significant decrease between pre- and post-test mean scores was found on the responsibility (Re) scale of the California Psychological Inventory, and there were no significant changes found on any of the other traits measured by these two tests.

Although the results of this study yielded a significant difference between pre- and post-test mean scores on only the responsibility scale of the California Psychological Inventory test, the individual test score profiles, in many instances, showed much variation between the pre- and post-test scores.

CHAPTER I

INTRODUCTION

Amateur wrestling is an extremely vigorous sport. Consequently, the participants in this activity have been the subjects of numerous and extensive studies by researchers interested in the physical, physiological, and psychological effects of wrestling.¹ Of particular interest to the researcher are the effects that extensive weight reduction may have physiologically and psychologically on the participant.

Coaches and parents state that wrestlers become more aggressive, at least outwardly, during weight reduction; however, Rasch and Kroll² reported that Horowitz found them to become more docile with weight losses over four percent (4%) of their body weight. Johnson and Hutton³ tested wrestlers four hours before competition and found them to be more inwardly aggressive (intrapunitive aggressions). The investigators made no mention of weight reduction by the subjects.

Although the findings differ from study to study as to the physiological effects of weight loss, Rasch and Kroll⁴ suggest that there is general agreement that making weight is not a desirable practice for the

¹Philip J. Rasch, and Walter Kroll, What Research Tells The Coach About Wrestling (Washington D. C.: American Association for Health, Physical Education, and Recreation, 1964), p. 8.

²Ibid., p. 47.

³Warren R. Johnson, and Daniel C. Hutton, "Effects of Wrestling on Personality", The Research Quarterly, 26:49-53, March, 1955.

⁴Rasch and Kroll, op. cit., p. 8.

adolescent; however, once an individual has completed his normal growth, and is in good physical condition, he may reduce approximately ten percent (10%) of his body weight for brief periods without adversely affecting himself physically or physiologically.

Studies of contradictory results concerning the psychological characteristics of wrestlers indicate that, unlike in the physical and physiological areas, psychological researchers have the problem of finding reliable tests with which to measure psychological traits which are difficult to define and measure.⁵ It was suggested by Cattell⁶ that prior to 1950 the physical and psychological measures were of little value, but in the last few years they have attained a more worthwhile status.

As Kroll has indicated, there are several possible ways in which personality factors may be linked with athletics. First, there is the possibility that personality traits exist within an individual which motivate him to select and participate in a certain sport. Possibly these traits are stronger in some individuals than in others, and these individuals continue on and become successful in athletics. Second, it is possible that there is no psychological trait which stimulates initial entry into a sport, but the persons possessing the most suitable traits for athletics persist and become more successful. Third, beginners and successful veterans possess different traits. Fourth, there are similar

⁵Ibid., p. 20.

⁶Raymond B. Cattell, Some Psychological Correlates of Physical Fitness and Physique (Chicago: Athletic Institute, 1960), p. 138-151.