Abstract

In Recent years, there has been increased interest in the psychological training of fencers. Its aim is to detect and evaluate needs as well as to plan and develop the training of relevant psychological skills in this context. The aim of this study was to carry out a psychological characterisation of fencers through an analysis of 20 elite Spanish athletes from the modality of épée (12 women and 8 men; age: $M= 21.70$, $SD= 5.70$). The evaluation system used was the Prueba para Evaluar Rasgos Psicológicos en Deportistas Versión Revisada (PAR P1-R). The results showed a higher level of control in competitive challenge ($M= 8.60$, $SD= 2.01$) and emotional sensitivity ($M= 3.80$, $SD= 1.85$), and a need for improvement in imagination, motivation, concentration, positive attitude and self-confidence. Differences were not found by gender or weekly training sessions. However, junior fencers showed higher scores in motivational skills than senior fencers ($p= 0.01$). Additionally, as the number of years of athletic experience increases, there is an increase in the motivational deficit ($p= 0.03$) and concentration deficit ($p=0.02$). This study offers important information for the training systems of fencers with goal of providing them appropriate psychological skills which allow them to face the growing sport demands when their involvement in the sport grows.

Keywords

Sport evaluation, psychological variables, combat sport, athletic level.