

Analysis of psychological factor of judoka different levels participation of malenational, inter-university and senior state competition

Dr. Yuwraj Shrivastava

Assistant Professor, Dr. C.V. Raman University, Bilaspur, India.

Abstract

The purpose of this study was to investigate and analysis the psychological characteristics for the set of seven factor of Athletic Copings Skills Inventory (ACSI-28) i.e. cope with adversity,, goal setting/mental Preparation, concentration, confidence and achievement motivation, peaking under pressure, freedom from worry, and coach ability. of National, inter- university and state level male judoka (Judo Players) Ninety (N=90) male judo players (National (N=30), Inter-University (N=30) state level (N=30) senior male Judo players, who participated in Senior National Judo Championships held at Tournament all India inter university,(Chandigarh) senior national judo champion ship Bhubaneswar(Odessa) and state level senior judo championship jagdalpur state of (Chhattisgarh) competition, and who volunteered to participate during the year 2012-13.in this study, were selected to serve as subjects for this study. The subjects were in age group of 18 to 30 years. The subjects were selected from among the male judoka (Judo Players) taken part in competitions. Developed by Smith *et al.* 1995 ^[18-19] questionnaire used determine the sport psychological skills profile of the group. The ACSI-28 questionnaire is divided into seven sub scales and has a total of 28 items. This questionnaire determines the ability to cope with adversity, concentration, goal setting/mental preparation, Peaking under pressure,, freedom from worry, confidence and achievement motivation and coach ability. One –way analysis of variance was applied to find out the significance of mean difference judoka national, Inter-University, and state level male judokas (Players) in psychological characteristics factor and ACSI-28 factor if required By Scheffe's test of post-hoc analysis to determine the significance of difference of mean the level of significance was at .05 level. ANOVA revealed that the inter-university, National, and state level judo male players involved in individual game on the seven factor of ACSI-28. The hypothesis that the Players of individual game judo Inter-university, National and state level would differ in their ACSI-28 was rejected. The statistically significant difference was not existed among judo players of, National, Inter-university and state levels in coping with adversity, coach-ability, concentration, confidence & achievement motivation, goal setting/ mental preparation,, freedom from worry& Peaking under pressure factors of psychological characteristics, as the obtained F-values of 374, .979, 2.820, .869, 1.899, .228, and 7.681 respectively. Were higher than the tabulated $f_{0.5(2,87)3.11}$ by applying Scheffe's test. Significant difference was found between National, Inter-University, and state level Male judoka (Judo Players) on freedom from worry as the obtained mean differences of mean difference National, 1.60, 1.25. Inter-University, 1.21. state level, 6.91. and f-value 7.681 significant difference.

Keywords: Psychological Factor, National, Inter-University, State Level, Male

Introduction

Today Most of the coaches agree that the physical characteristics, skills and training of the players and extremely important but. Indicate they also the good mental preparation for competitions is necessary component of" success. In western countries like Russia, G.D.R. Bulgaria and Czechoslovakia (East European countries), much stress has been given on the mental Preparation of their national teams unit as well as on the psychological conditioning of their players and sportsman. This include developing not only the physical attributes but also his' attitudinal, motivational and psychological traits (Singh, 1987).

The success of failure of an individual athlete is dependent on the blending of physical ability, training, conditioning, mental preparation and the ability to perform well under pressure. (Keith F. Bell). In the modern age of scientific knowledge, man is making rapid progress in all walks of life including that of sports and games. The progress in sports and games may be attributed to the scientific investigations for the better performance of sportsmen and sportswomen, improved scientific and specific training methods and also to the better

understanding of the human organism (Simon, 1964). Scientific research in the field of sports education is a boon to the athletes, trainers and coaches. Sports scientists have been trying to attain higher levels of performance in sports and games.

The objective of the Study was to investigate and evaluate the Psychological Characteristics of male National, Inter-University and Senior State Judoka(judo Players) it was also hypothesized that there would be no Significant difference Judo Players of National, Inter-University and Senior State level in their Psychological characteristics.

Instrumentation

Developed by Smith *et al.* (1995) ^[18-19]. The Athletic Copings Skills Inventory (ACSI-28), was used to determine the sport psychological skills profile of the group. The ACSI-28 questionnaire is divided into seven sub scales and has a total of 28 items. This questionnaire determines the ability to cope with adversity, concentration, peaking under pressure, goal setting/mental preparation, confidence and achievement motivation, freedom from worry, and coach ability. Each of the seven sub scales consists of four items measured on a 4-point

Lakers scale ranging from 0 (almost never) to 3 (almost always). In some cases, reverse scoring applies. The purpose of the study was to explained the subjects. The direction were read out at dictation speed to make the subjects understand what exactly they were required to do. All subject were instructed to respond were to the questionnaire independently once the instruction were clear. The questionnaire was distributed to the respondents along with the writing material. As soon as group of players completed the questionnaire, the questionnaire were collected. Tournament all India inter university, (Chandigarh) senior national judo champion ship Bhubaneswar (odisha) and state level senior judo championship jagdalpurstate of (Chhattisgarh) competition during the year 2012-13.

Methodology

Selection of Subjects:- Ninety (N=90) male judo players (National (N=30), Inter-University (N=30) state level (N=30) senior male Judo players, who participated in Senior National Judo Championships held at Tournament all India inter university(Chandigarh),Senior national judo champion ship Bhubaneswar (odisha) and State level senior judo

championship jagdalpu. State of (Chhattisgarh) competition and who volunteered to participate during the year 2012-13.

Statistical analysis:-Mean + Standard deviation the Descriptive statistics were computed for judo National, Inter- University and State level male judo players on seven factors of psychological characteristics as the set of dependent variables. The level of significance was set at .05 levels. The analysis of variance (ANOVA) with a single independent factor (Male Judo Players) in the judo competition was computed with seven dimensions of psychological characteristics as the set of the dependent variable in order to find out the significant of the difference judo competition within each group separately. The data pertaining to this are presented in table 1and 2.

Results and discussion

The Descriptive Statistics of Psychological Characteristics on Seven factors for National, Inter- University and State level male judoka judo players, is shown in table 1.The means score of the seven dimensions of Athletic Coping Skills Inventory – 28 the individual judo competition at National, Inter-University and Senior state competition level are shown in figures 1 to 3.

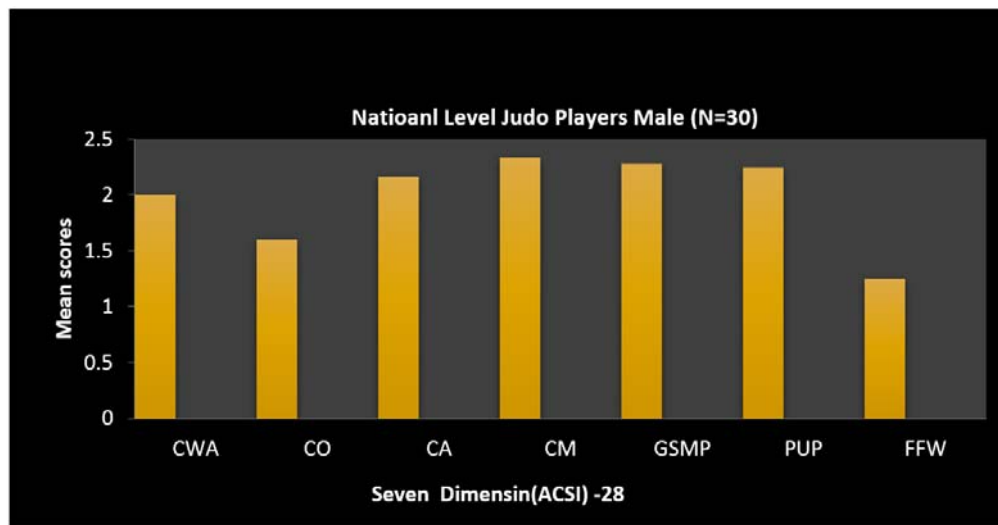


Fig 1: Mean scores of National Level Male Judo Players on the seven dimensions of ACSI-28

Table 1: Descriptive Statistics of Seven factor of Psychological Characteristics of male players in judoka (Mean + SD)

S. No	Seven Dimension	National Judo Players (N = 30) Mean + SD		Inter University Judo Players (N = 30) Mean + SD		Senior State Judo Player (N = 30) Mean + SD	
1.	Coping with adversity (cwa)	2.00	.7599	2.16	.3652	2.24	.3921
2.	concentration (co)	1.60	.6682	1.91	.4703	1.75	.4618
3.	coach ability (ca)	2.16	.6673	1.92	.6022	2.26	.4997
4.	confidence and achievement motivation (cm)	2.33	.7552	2.23	.6852	2.24	.5816
5.	goal setting/mental preparation (gsmg)	2.28	.8553	2.04	.5764	2.25	.4734
6.	peaking under pressure (pup)	2.24	1.007	2.12	.7844	2.21	.6782
7.	freedom from worry (ffw)	1.25	1.284	1.21	.8193	6.91	6907

For the purpose of analysis judo male Players in individual game National, Inter-University and State level Judokas an analysis of variance (ANOVA) with an independent factor of individual game with seven factor Psychological

Characteristics of Athletic Coping Skills Inventory – 28 was applied as a set of dependent variables. The data pertaining to this are presented in table.

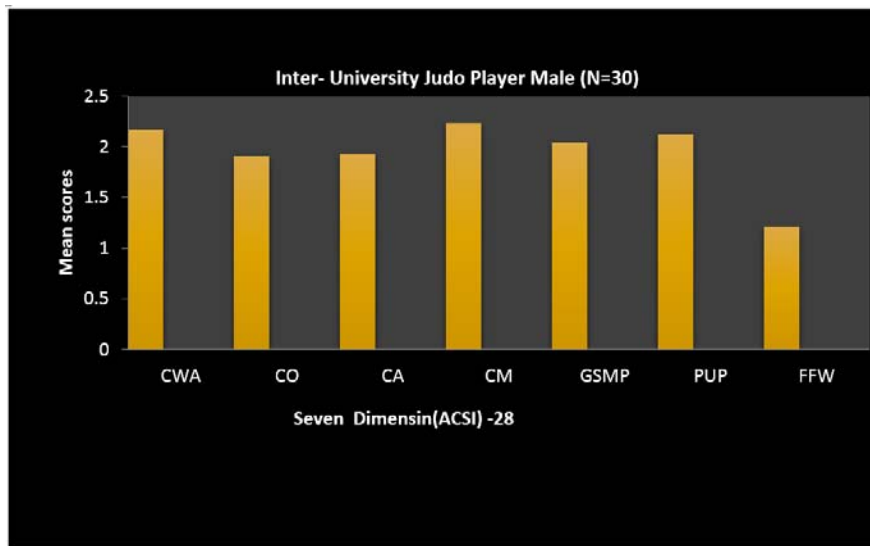


Fig 2: Mean scores of Inter- University Level Male Judo players on the seven dimensions of ACSI-28

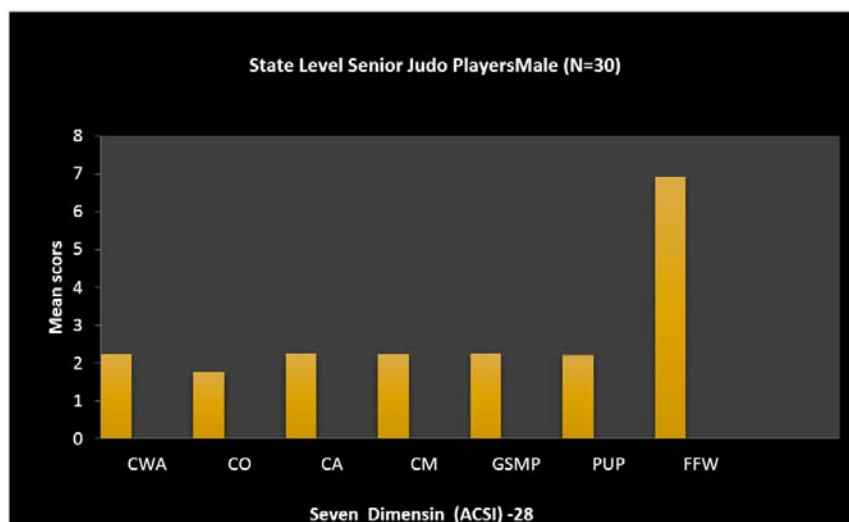


Fig 3: Mean scores of State Level Senior Judo Male Judoka players on the seven dimensions of ACSI-28

Table 2: An analysis of variance of National, Inter-University, State level Male Judoka Players in individual on Athletic Coping Skills Inventory – 28

cwa				
	Sum of Squares	df	Mean Square	F
Between Groups	.102	2	.051	0.374
Within Groups	11.874	87	.136	
Ca				
Between Groups	.385	2	.192	0.979
Within Groups	17.094	87	.196	
Co				
Between Groups	1.904	2	.952	2.820
Within Groups	29.377	87	.338	
Cm				
Between Groups	.529	2	.265	0.869
Within Groups	26.502	87	.305	
GsmP				
Between Groups	.868	2	.434	1.899
Within Groups	19.885	87	.229	
Pup				
Between Groups	.226	2	.113	0.228
Within Groups	43.121	87	.496	
FFw				
Between Groups	7.537	2	3.769	7.681
Within Groups	42.688	87	.491	

*F.05 (2, 87)= 3.11

As can be seen from Table 2, the National, Inter-University and State level judo male Players of individual game. Mean difference and standard deviations of National male N=30 in psychological characteristics factor in above order were found to be judo players in coping with adversity, coach ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure factor of psychological characteristics, as the obtained mean difference of 2.00, 2.16, 2.33, 2.28, 2.24, and (SD) .7599, .6682, .6673, .7552, .8553, 1.007, 1.284 was high than the required value of 1.60, 1.25. respectively were lesser than the required value to be significant.

Inter-University Mean difference and standard deviations of Inter-University male N=30 in psychological characteristics factor in above order were found to be judo players in coping with adversity, concentration, coach ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure factor of psychological characteristics, as the obtained mean difference of 2.00, 2.16, 2.33, 2.28, 2.24, and (SD) .3652, .4703, .6022, .6852, .5764, .7844, .8193. was high than the required value of 1.60, 1.25. respectively were lesser than the required value to be significant.

State level Mean difference and standard deviations of State level male N=30 in psychological characteristics factor in above order were found to be judo players in coping with freedom from worry factor of psychological characteristics, as the obtained mean difference of 6.91, and (SD).3921, .4618, .4997, .5816, .4734, .6782, 6907. was high than the required value of 1.60, 1.25. respectively were lesser than the required value to be significant. One –way analysis of variance was applied to find out the significance of mean difference judoka national, Inter-University, and state level male judokas (Players) in psychological characteristics factor and ACSI-28 factor if required By Scheffe’s test of post-hoc analysis to determine the significance of difference of mean the level of significance was at .05 level. ANOVA revealed that the inter-university, National, and state level judo male players involved in individual game on the seven factor of ACSI-28. The hypothesis that the Players of individual game judo Inter-University, National and state level would differ in their ACSI-28 was rejected. The statistically significant difference was not existed judo players of, National, Inter-university and state levels in coping with adversity, coach-ability, concentration, confidence & achievement motivation, goal setting and mental preparation, peaking under pressure and freedom from worry factors of psychological characteristics, as the obtained F-values of 374, .979, 2.820, .869, 1.899, .228, and 7.681 respectively. were higher than the tabulated $f_{0.5(2,87)3.09}$ by applying Scheffe’s test. Significant difference was found between National, Inter-University, and state level Male judoka (Judo Players) on freedom from worry as the obtained mean differences of mean difference National, 1.60, 1.25. Inter-

University, 1.21. state level, 6.91. and f-value 7.681 significant difference.

Conclusion

Within the limitation of study, the following conclusion was reached. Male Judoka (Judo Players) of National, inter-university, and state level had similarity in five factors of Psychological characteristics i.e adversity, coach –ability, confidence, and goal setting. But they had dissimilarity and high freedom from worry and concentration. The judo Players of different games including the individual game and other game compare on all the athlete coping skill inventory -28 psychological factor.

Reference

1. Williams JM, Krane V. Psychological characteristics of peak performance. In J. M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance*. Mountain View, CA: Mayfield, 4th ed, 2001.
2. Andrew M, Grobbelaar HW, Potgieter JC. Sport Psychological Skill Levels and Related Psychological Factors that Distinguish between Rugby Union Players of Different Participation Levels. *South African Journal for Research in Sport, Physical Education and Recreation*. 2007; 29(1):1-14.
3. Ankebe Kruger, Anita Pienaar E, Elsunet Plessis Du, Louis Janse Van Rensburg. The Importance of Psychological Characteristics in Potentially Talented Adolescent Long Distance Runners. *African Journal for Physical, Health Education, Recreation and Dance*. 2012; 18(2):413-422.
4. Bois JE, Sarrazin PG, Southon J, Boiché JCS. Psychological Characteristics and their Relation to Performance in Professional Golfers. *The Sport Psychologist* 2009; 23:252-270.
5. Cox RH, Liu Z. Psychological Skills: A Cross-cultural Investigation. *International Journal of Sport Psychology*. 1993; 24:326-340.
6. Daniel Gould, Kristen Dieffenbach, Aaron Moffett. Psychological Characteristics and Their Development in Olympic Champions. *Journal of Applied Sport Psychology*. 2002; 14:172-204.
7. Geczi G, Tóth L, Sipos K, Fügedi B, Dancs H, Bognár J. Psychological Profile of Hungarian National Young Ice Hockey Players. *Kinesiology* 2009; 41:88-96.
8. Grossbard JR, Smith RS, Smoll FL, Cumming SP. Competitive Anxiety in Young Athletes: Differentiating Somatic Anxiety, Worry, and Concentration Disruption. *Anxiety, Stress & Coping* 2009; 22(2):153-166.
9. Galli N, Vealey R. Bouncing Back from Adversity: Athletes’ Experiences of Resilience. *The Sport Psychologist* 2008; 22:316-335.
10. Hill DM, Hanton S, Fleming S, Matthews N. A Re-examination of Choking in Sport. *European Journal of Sport Science*. 2009; 9(4):203-212
11. Junge A. Psychological and Sport-specific Characteristics of Football Players. *American Journal of Sports Medicine*. 2000; 28(5):S22-S28.
12. Lee C. The Relationship between Goal setting, Self-efficacy, and Female Hockey team performance. *International Journal of Sport Psychology*. 1989; 20(2):147-161.

13. Mesagno C, Marchant D, Morris T. A Pre-performance Routine to Alleviate Choking in “choking-susceptible” Athletes. *The Sport Psychologist* 2008; 22:439-457.
14. McCarthy PJ, Jones MV, Harwood CG, Olivier S. What do young athletes implicitly understand about psychological skills? *Journal of Clinical Sport Psychology*. 2010; 4:158-172.
15. Neil R, Mellalieu SD, Hanton S. Psychological Skills Usage and the Competitive Anxiety Response as a Function of Skill Level in Rugby Union. *Journal of Sport Science and Medicine*. 2006; 5:415-423.
16. Otten M. Choking VS. Clutch Performance: A Study of Sport Performance under Pressure, *Journal of Sport and Exercise Psychology*. 2009; 31:583-601.
17. Raglin JS. The psychology of the marathoner. *Sports Medicine* 2007; 37(4-5):404-407.
18. Smith RE, Schutz RW, Smoll FL. Development and Validation of a Multidimensional Measure of Sport-specific Psychological Skills: The Athletic Coping Skill Inventory-28. *Journal of Sport and Exercise Psychology*. 1995; 17(4):379-398.
19. Smith RE, Christiansen DS. Psychological Skills as Predictors of Performance and Survival in Professional Baseball. *Journal of Sport and Exercise Psychology*. 1995; 17:399-415.
20. Sheldon JP, Eccles JS. Physical and Psychological Predictors of Perceived Ability in Adult Male and Female Tennis Players. *Journal of Applied Sport Psychology*. 2005; 17:48-63.
21. Sharma RK, Nigam AK. Psychological Characteristics of Male University Athletes. *International Journal of Physical Education and Sport*. 2011; 11(1):5-7
22. Spielar Martin, Czech Daniel R, Jogner Barry A, Munkasy Barry. Predicting Athlete Success: Factor Contributing to the Success of NCAA Division I AA Collegiate Football Players. *Athletic Insight* 2001; 9(2):2.
23. Thelwell RC, Greenlees IA. Developing competitive endurance performance using mental skills training. *The Sport Psychologist* 2003; 17:318-337.
24. Taylor J. A Conceptual Model for Integrating Athletes’ Needs and Sport Demands in the Development of Competitive Mental Preparation Strategies. *The Sport Psychologist* 1995; 9:339-357.
25. Thomas PR, Murphy SM, Hardy L. Test of performance strategies: Development and preliminary validation of a comprehensive measure of athletes' psychological skills. *Journal of Sport Sciences*. 1999; 17(9):697-711.
26. Weissensteiner J. Towards the Development of a Conceptual Model of Expertise in Cricket Batting: A Grounded Theory Approach. *Journal of Applied Psychology*. 2009; 21:276-292.
27. Baltzell A. Psychological Factors and Resources related to Rowers’ Coping in Elite Competition. Unpublished Doctoral Dissertation, Boston University School of Education, Boston, 1999.
28. Christiansen DS. Self-efficacy, Cognitive Interference, Sport Anxiety, and Psychological Coping Skills as Predictors of Performance in Intercollegiate Golf. Unpublished Doctoral Dissertation, University of Washington, 2000.
29. Michelle Andrew. Sport Psychological Skills that Distinguish between U/19 Club Rugby Players of Different Participation Levels and Positional Groups. Master’s Thesis, North-West University, 2006.
30. Waples Steven B. Psychological Characteristics of Elite and Non-Elite Level Gymnasts. Unpublished Doctoral Thesis. Texas A & M University, 2003.
31. Elferink-Gemser MT, Visscher C, Lemmink KAPM. The Psychological Skills Inventory for Sports adapted for Dutch youth (PSIS Youth): Psychometric Characteristics. Center for Human Movement Sciences, Netherlands: University of Groningen, 2002.
32. Jayashree A, Amina S, Shailaja M. Gender based Analysis of Sport Goal Orientation, Coping Skills and Participation Motivation of Athletes’ in Kerala” The 12thISSP World Congress of Sport Psychology, Marrakesh – June, 2009, 17- 21.
33. Nieh Joe, Chio-Lin, Lu Frank, Jing-Horng. Relationships among Psychological Skills, Performance and Flow Experience on Intercollegiate Athletes. AAASP Conference, Orlando, U.S.A, 2001.