



e-ISSN: 2319-8753 | p-ISSN: 2320-6710

# IJIRSET

International Journal of Innovative Research in  
**SCIENCE | ENGINEERING | TECHNOLOGY**

# INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

Volume 9, Issue 12, December 2020

**ISSN** INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

**Impact Factor: 7.512**

9940 572 462

6381 907 438

[ijirset@gmail.com](mailto:ijirset@gmail.com)

[www.ijirset.com](http://www.ijirset.com)

# Assessment of Psychological Profile of National and International Level Judo Players of India

Asheshe Rathore<sup>1</sup>, Manoj Pathak<sup>2</sup>, Dr.Zulfqar Ashraf Wani<sup>3</sup>, Mohd Haroon<sup>4</sup>, Pervaiz Perray<sup>5</sup>

Dr. Rouf Ahmad Bhat<sup>6</sup>

M.Phil Student of Physical Education, Rabindranath Tagore University, Bhopal, India<sup>1</sup>

Supervisor, Dept. of Physical Education, Rabindranath Tagore University, Bhopal, India<sup>2</sup>

Lecturer, Dept. of Sociology, Government Degree College, Ramkote, Jammu, India<sup>3</sup>

Research Scholar, Dept. of Physical Education, Rabindranath Tagore University, Bhopal, India<sup>4</sup>

Research Scholar, Dept. of Sociology, Barkatullah University, Bhopal, India<sup>5</sup>

Lecturer, Dept. of Political Science, Government Degree College, Gool, Jammu, India<sup>6</sup>

**ABSTRACT:** In this modern era of competitions the psychological preparation and physiological fitness of a sportsman is as much important as teaching of different skills of a game on the scientific lines. The craze for winning medals in the Olympics and other international competitions has catalysed the sport scientists to take “interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamt heights. Psychological make-up here, to a great extent, encompasses personality structure, motivation and emotional control. Athlete development systems and programmers are no longer adequate if they only emphasize skill and physical development. The inclusion of sound psychological principles and practices in training and competition preparations and conduct is a necessary ingredient of modern sport.

**KEYWORDS:** Sportsman, Motivation, Structure, Skill and Development.

## I.INTRODUCTION

These sportsman are prepared not only to play the game, but to win the game and for winning the game, it is not only the proficiency in the skills which brings victory but more important is the psychological, physiological and physical prowess of the players. High sports performance is the result of a multiple factors such as physical fitness, skill fitness, constitutional factors, tactical efficiency etc. the performance of world class judokas is the result of interaction of a number of factors which includes psychological and physiological demands also. The craze for winning medals in the Olympics and other international competitions has catalysed the sport scientists to take “interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamt heights.” It has been established beyond doubt that “much of human physiology is controlled by human psychology and that physiological preparation in sports is inconsequential in the absence of study of human behavior, as it is related to competitive sport the virgin realm of the mind has to be explored, without which neither excellence nor perfection could be ensured.” It is now being claimed that “regardless of how much ability, skill or fitness a person possesses for a particular task or sport, the success or quality of his performance will, in the final analysis probably depend on his psychological make-up.” Psychological make-up here, to a great extent, encompasses personality structure, motivation and emotional control. Athlete development systems and programmers are no longer adequate if they only emphasize skill and physical development. The inclusion of sound psychological principles and practices in training and competition preparations and conduct is a necessary ingredient of modern sport.

The sport psychologists now agree that the elite performance in sports activities can only be possible when there is a judicious combination of genetic factors or traits, generally good environment which includes the infrastructural facilities, and highly specialized training. This emphasizes the concern and consideration for physical, physiological and psychological factors that are most conducive to outstanding performance. Apart from the personality factors which can be termed as foundational to athletic performance, consistency, confidence, concentration, anxiety management, positive

attitude and will are the fundamental psychological skills, which when learned and practiced certainly help bring about enhancement in athletic performance.

Motivation in general is a process which indicates why people participate in sports the way they do. "The urge to run and play when young, to excel when competing, to struggle when hindered, to prove something when challenged, to escape when confined, to be aggressive when angered and to flee when frightened are typical of man as he matures and develops and moves through life's many dangerous and competitive situations." Need achievement is manifested in behaviors expressing a desire for accomplishment, prestige, ambition, the need to overcome obstacles, to seek challenges, and to exercise power etc. In birth achievement motivation is "the degree to which a player is willing to approach a competitive situation."

An attitude is a favourable or unfavourable evaluation of something. Attitudes are generally positive or negative views of a person, place, thing, or events this is often refer to as the attitude object. People can also be conflicted or ambivalent toward an object, meaning that they simultaneously possess both positive and negative attitudes toward the item in question. Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators.

Sports may be arranged in a scale according to the intensity and type of aggression inherent in each. Some sports require a great deal of physical force to be directed against one's opponent, whereas others require forceful actions against the environment instead of direct aggression. Many sports however require that individual aggress within structured rules and specified conditions.

Sports is one of the avenue of mankind's never ceasing strive for excellence. It involves extremely complex behavioral issues. As a consequence of intense competition sportsman's behavior may undergo important changes. Psychological preparations of an athlete or a team is as much important as technique of different skills of the game on a specific field. The effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal level, a breakdown of physiological and psychological integrative mechanisms is often seen to occur, resulting in less efficient performance in more complex task.

Many people are unhappy in the world, dissatisfied any yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fades away. Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life-style. Stress and strain are the cause of physical as well as mental distraction. Yoga has the surest remedies for man's physical as well as psychological ailment. It makes the organs of the body active in their functioning of human body. In clinical practice or research, whether the diagnosis is for the therapeutic purposes, or for detecting psychological origins of physical disorders, or for analyzing stress reaction to internal disturbances, it is increasingly necessary to have a standard and dependable measures of anxiety. Further, there are also many situations in educational and social psychology where accurate assessment of anxiety level is of prime importance. Other, especially in clinical practice, anxiety has been measured by observation and interview. Unfortunately, there are many reasons like lack of frankness, differences in use of words lack of standardized situation, which mean an accurate interview estimate very difficult and rare. Evidence shows that even skilled diagnosed working with the same definition of anxiety may disagree on diagnosed anxiety level. Their agreement on diagnosed anxiety level may reach to the extent of reliability coefficient of .20 or .30 only. The reason of disagreement among skilled clinicians is at least partly due to disparity in definition of anxiety and anxiety manifestations from clinician to clinician. Some explain anxiety as an unpleasant emotional state in which a present or continuing strong desire or drive seems likely to miss its goal. Few other describe it as a fusion of fear with the anticipation of future evil or a feeling of threat especially a fearsome threat, without the individual being able to say which he thinks threatens him. Further, the relative weight assigned to tension level or general emotionality and the perceived importance of internal dynamics versus manifest symptomatology can easily lead to great disparity between two highly trained psychologist or psychiatrists.

## II. CONCLUSION

Within the limitations of the present study, the following conclusions may be drawn. It is clear from above table no.6 that the combined mean scores of five components of state trait anxiety of national and international level judo player have been found to be above five ten scores as per they norms of test. The higher scores of state traits and traits anxiety refer that Indian judo player are very tense, excitable frustrate, driven, restless and fretful, impatient, depressed apprehensive,

troubled moody, frustration tolerances suspicious, mistrusting and hard to fool, careless or pain staking. Guilt Proneness of the three groups namely active Sub Junior, Junior and Senior Judo players. It is therefore concluded that out of two judo group is considered better in improving the Guilt Proneness. The sequence of means of Maturity was significant Sub Junior < Junior < Senior group. Maturity of the three groups namely Sub Junior, Junior and Senior National Level group. The sequence of means of Maturity was significant Sub Junior < Junior < Senior group. Self-Control of the three groups namely active Sub Junior, Junior and Senior National Level group. The sequence of means of Self-Control was significant Sub Junior < Junior < Senior group.

Tension of the three groups namely active Sub Junior, Junior and Senior National Level group. The sequence of means of Tension was significant Sub Junior < Junior < Senior group. State-Trait Anxiety Test (STAT) of the three groups namely active Sub Junior, Junior and Senior National Level group. The sequence of means of State-Trait Anxiety Test (STAT) was significant Sub Junior < Junior < Senior group. General Interests of the three groups namely active Sub Junior, Junior and Senior National Level group. The sequence of means of General Interests was significant Sub Junior > Junior > Senior group. ANOVA of three groups namely active Sub Junior, Junior and Senior National Level group. Suspiciousness, of the Need for achievement of the three groups namely active Sub Junior, Junior and Senior National Level group. Meaningfulness of task, Meaningfulness of task among, Individual concern. F-ratio to be in significant at .05 level with (2, 87) degree of freedom.8. According the Sub-Junior Vs Junior group of Self-Sufficiency, Tension, State-Trait Anxiety Test (STAT), the t-test was significant statistically significant as the obtained value.

Sub-Junior Vs Junior group of Guilt Proneness, Suspiciousness, the t-test was significant statistically insignificant as the obtained value. According, Sub Junior Vs Senior group of Guilt Proneness, Guilt Proneness, Self-Sufficiency, Tension, State-Trait Anxiety Test (STAT)-, and Sorts.. According Junior Vs Senior group of the t-test was significant statistically insignificant as the obtained Suspiciousness, Tension. According to table No. 4.67, which indicates that Mean & S.D of Junior Vs Senior group of Guilt Proneness, Self-Sufficiency, is higher than the tabulated value (2.00) required for t-test to be significant at .05 level of confidence. According to mean value which indicates that Mean & S.D of Junior Vs Senior group of Guilt Proneness, the t-test was significant statistically insignificant as the obtained value (0.64) is less than the tabulated value (2.00) required for t-test to be significant at .05 level of confidence., Suspiciousness, Tension, is less than the tabulated value (2.00) required for t-test to be significant at .05 level of confidence.

## REFERENCES

1. Adam, Jas J.M.E, Wieringen, C.W. Van (1983) "Relationship between Anxiety and Performance on Two Aspects of Throwing Task." *Int. Journal, Sp. Psy.*, 14: pp.174-185.
2. Adams, M. J. (1990). *Beginning to read: Thinking and learning about print*. Cambridge, MA: MIT Press.
3. Ajayjit Singh, *Sports Psychology: A Study of Indian Sportsmen* (Delhi: Friendly Publication, 1992), pp. 36-37.
4. Alderman R.B., *Psychological Behavior in Sport* (Philadelphia : W.B.Saunders Co., 1974) p. 7.
5. Alderman R.B. *Psychological Behaviour in Sport* (Philadelphia: W.B. Saunders Company 1974), p.7.
6. Allport, G. W., Odbert, H. S.. *Trait names, a psycho-lexical study*. *Psychological Monographs*, 1936m47, 10171.
7. Ames, C. (1992). *Achievement goals and the classroom motivational climate*.
8. D. H. Schunk & J. L. Meece (Eds.), *Student perceptions in 128 the classroom* (pp. 327-348). Hillsdale, NJ: Lawrence Erlbaum Associates.
9. Arzubaga, A., Ceja, M., & Artilles, A. J. (2000). *Transcending deficit thinking about Latinos' parenting styles: Toward an ecocultural view of family life*. In C.
10. Tejada, C. Martinez, & Z. Leonardo (Eds.), *Charting new terrains of Chicana(o)/Latina(o) education* (pp. 93-106). Cresskill, NY: Hampton Press.
11. Au, K. (1997). *Ownership, literacy achievement, and students of diverse cultural backgrounds*.
12. J. T. Guthrie & A. Wigfield (Eds.), *Reading engagement: Motivating readers through integrated instruction* (pp. 168-182). Newark, DE: International Reading Association.
13. Baker, L., Afflerbach, P., & Reinking, D. (Eds.). (1996). *Developing engaged readers in school and home communities*. Mahwah, NJ: Lawrence Erlbaum Associates.
14. Baker, L., Allen, J., Shockley, B., Pellegrini, A. D., Galda, L., & Stahl, S. (1996). *Connecting school and home: Constructing partnerships to foster reading development*.
15. L. Baker, P. Afflerbach, & D. Reinking (Eds.), *Developing engaged readers in school and home communities* (pp. 21-42). Mahwah, NJ: Lawrence Erlbaum Associates.



**INNO SPACE**  
SJIF Scientific Journal Impact Factor

**Impact Factor:  
7.512**

**ISSN** INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA



# INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

 9940 572 462  6381 907 438  [ijirset@gmail.com](mailto:ijirset@gmail.com)



[www.ijirset.com](http://www.ijirset.com)

Scan to save the contact details