



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A COMPARISON OF SPORT COMPETITIVE ANXIETY OF WOMENS JUDOKA AT STATE AND NATIONAL LEVEL OF ACHIEVEMENT

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### Abstract

Sports competitive anxiety is a common phenomenon among athletes and can affect their performance in sports. In judo, a combat sport that requires physical and mental toughness, competitive anxiety can have a significant impact on an athlete's performance. The purpose of this study is to compare the level of competitive anxiety between women's judoka at the state and national level of achievement. Since anxiety is equated with fear and is a natural part of competition at any level which every sports-person at almost all stages of his/her sporting career, hence the research scholar want to undertake the study stated as, " Sport Comparison of level of Anxiety of Judo players at different levels of achievement." it was hypothesized that, there would be significant difference of competitive anxiety level between women's Judoka of State and National players. 30 male Judo inter-collegiate players of NMU, Jalgaon University and 30 inter-university players of west zone inter-university tournament was selected as the subjects for the purpose of the study and the age of the subjects was ranging between 17 to 25 years. To collect the data pertaining to the study. (SCAT) Sports Competitive Anxiety Test Questionnaire was applied. The results of the study indicated that there was a significant in the anxiety level of Judo players at different level of achievements women's Judoka of State and National players. The findings of the study reveals that the Judo players have shown more competitive anxiety among the Judoka of National level.

### I. INTRODUCTION

Judo is the most popular sport on the planet. Judo is a game of physical and mental challenges. You must execute skilled movement under game-related conditions of restricted space, limited time, physical and mental fatigue, and opposing player. You must be able to run several miles during a game, mostly at sprint like speed, and respond quickly to a variety of rapidly changing situations during play. Finally, you need a thorough understanding of individual, group and team tactics .Your ability to meet all these challenges determines how well you perform on the soccer field.

Anxiety, selected for the study, is one of the psychological factors. It differs from arousal in that it encompasses both, some degree of activation and an unpleasant emotional state. Thus, anxiety is the term used to describe the combination of intensity of behavior and direction of an impact or emotion. The direction of characteristics of anxiety is negative in that it describes subjective that are unpleasant.

## II. Statement of the problem

Since anxiety is equated with fear and is a natural part of competition at any level which every sports-person at almost all stages of his/her sporting career faces, hence the research scholar wants to undertake the study stated as, “A Comparison Of Competitive Anxiety Of Women’s Judoka at State and National Level of Achievement”

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## III. Hypothesis

On the basis of literature, discussion with experts and the research scholar’s own understanding it was hypothesized that, there would be significant difference of competitive anxiety level between Judo players of inter collegiate and inter university players.

## IV. Delimitations

The present study was delimited to the following aspects:

- i) Only female Judokas who represented State level tournament of Maharashtra State and those who represented Maharashtra State tournament were selected as the subjects.
- ii) 30 Players from each group were selected for the study.
- iii) The age of the subjects was ranging from 17 to 25 years.
- iv) Appropriate as well as feasible questionnaires (SCAT) were used to collect data.

## V. Methodology

In this chapter selection of subjects, sources of data, selection of test, criterion measures, and administration of test and collection of data was described.

## VI. Selection of subjects

30 male Judo State players and 30 National Judo Players of Maharashtra tournament was selected as the subjects for the purpose of the study and the age of the subjects was ranging between 17 to 25 years.

## VII. Selection of Test

To collect the data pertaining to the study. (SCAT) Sports Competitive Anxiety Test Questionnaire was applied.

## VIII. Collection of Data

The answers to the questionnaire that was distributed to the subjects before the competition was recorded in a systematic way for the further tabulation. The answer sheet was collected and recorded with the help of the key. Thus the raw score was recorded in each answer sheet.

## IX. Processing of Data

With the help of key the answer sheet was given marks for further statistical calculation. The analysis of data collected on selected competitive anxiety level among female Judoka who were representing State level tournament of North Maharashtra was selected and National level tournament players was selected as the subjects. The data pertaining to selected Competitive anxiety were examined by standardized test, in order to determine the difference if any, among the Judo players at different level of achievement.

## X. Findings

**Table No.1**

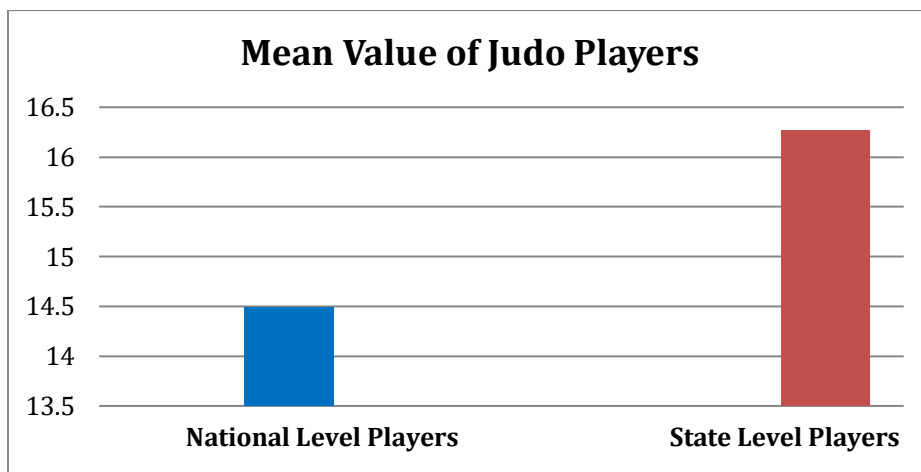
**Comparison of Mean Difference of Level of Anxiety between the National Level Female Judokas and State Level Female Judokas**

Group	Mean	Standard Deviation	Mean Difference	Standard Error	'T' Ratio
National Level Female Judokas	14.50	3.30	1.77	0.81	2.30*
State Level Female Judokas	16.27	4.93			

\*Significant at 0.05 level of confidence

Tabulated  $t_{0.05}$  for S.D.  $df = 2.0021$

From the findings of the above table, State level female Judokas mean is 14.50 and National level female Judokas mean is 16.27 and mean difference between these is 1.77. Standard Deviation is 3.30 and 4.93. The standard error between the groups is 0.81. After analysis of data 't' ratio is 't' = 2.32 which is greater than the tabulated  $t = 2.0021$  at 0.05 level of Significant mean difference in competitive anxiety level among the players of State and National level female Judokas at different level of achievement.



Comparison of Mean Difference of Level of Anxiety between the State and National level female Judokas

## XI. Discussion on Findings

The findings of the study reveal that there is a significant difference in anxiety among State and National level female Judokas. It may be due to the reason that anxiety refers to emotional state of mind where a fear or danger or less or suffering is a prominent feature. It generally arises as a fear of some training or participating at competitive level and a person worries above events their occurrence and consequences. Hence, the different standard or level of Judo players might have resulted in the arousal of different level of anxiety.

Similarly, the findings of the study also reveal that National Judokas had least anxiety than the State level Judokas. It may be due to the reason that the data was collected before some hours to the start of their match.

## XII. Conclusion

On the basis of the findings of this study the following conclusions were drawn-

- 1) The results of the study indicated that there was a significant in the anxiety level of Judo players at different level of achievements State and National player.
- 2) The findings of the study reveals that the Judo players have shown more competitive anxiety among the State players compare to National Judo players.

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