

## Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo Players of All India Inter-University Level

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### ABSTRACT

The **purpose** of this study was to compare between male and female inter-university judo players in regard to their selected anxiety variable score at training session, during competition and at the post competition, secondly to compare between the successful and unsuccessful inter-university judo players in regard to their anxiety variable score. The study was **conducted** on Thirty Judo players (fifteen male and fifteen female). The subject age was ranged from 17 to 21 years. Out of thirty samples, eight male and seven female exhibited successful performances in the All India inter-university Judo competition, held at Punjabi University, Patiala 2006. Data was **collected** at Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPES), University of Delhi and during All India Judo championship 2006 held at Punjabi University, Patiala by administering Illinois Competition Questionnaire (ICQ)/Competitive state Anxiety Inventory-2 (CSAI-2) following standard protocol. Descriptive statistics (Mean and standard deviation) and independent 't' were used to analyze the data. The level of significance was set at 0.05. The **finding** regarding comparison of anxiety variables in CSAI-2 scores of male judo players revealed that total anxiety scores were highest during post-competition stage (Mean =67.50) followed by training session (M = 59.80) and the total anxiety scores were lowest during competition stage (Mean =59.50). Likewise in female judo players, total anxiety were found to be highest at training session (M = 70.99) followed by competition period (M =65.35) and was found lowest after the competition (M =51.32). The findings further revealed that successful judo players had higher self-confidence than unsuccessful judo players (Mean = 84.00), whereas unsuccessful judo players had higher score in cognitive and somatic component of anxiety (Mean =69.33 and 59.86 respectively).

The study **concluded** that:-

1. During training session the male judo players scored highest in self-confidence component of anxiety followed by cognitive and somatic variable.

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**Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo  
Players of All India Inter-University Level**

2. During training session female judo player's cognitive aspect dominated followed by self-confidence and somatic variable.
3. During competition, cognitive variable scored highest followed by self-confidence and somatic variable in male judo players.
4. During competition female judo player's self-confidence scored highest followed by cognitive and somatic component.
5. In regard to post-competition, male judo players scored highest in self-confidence variable of anxiety followed by somatic and cognitive variable.
6. In regard to female judo players, self-confidence scored highest followed by cognitive and somatic variable of anxiety.
7. The study further revealed that successful judo players had higher self-confidence than unsuccessful judo players, whereas unsuccessful judo players had higher score in somatic and cognitive component of anxiety.

**Keywords:** *Anxiety, Cognitive, somatic, self-confidence, Illinois Competition Questionnaire (ICQ)/Competitive state Anxiety Inventory-2 (CSAI-2)*

**P**psychology is the science of behavior of an organism. Sports psychology is a science in which the principles of psychology are applied in a sports or exercise setting. Anxiety has been a central concept for sports psychology and has invited intensive research because of its influence on the performance. Anxiety researchers measured anxiety with general inventories such as Manifest anxiety scale (Taylor, 1953), the IPAT anxiety scale (Cattelle, 1957), Sports Competition Anxiety Test (SCAT, Martens et al.1990) and General anxiety scale (Sarason, Davidson, Lighthall, 1960). Results with these instruments led researchers to conclude that was too amorphous to be useful as predictor of behavior. Indications were that anxiety was both acute and chronic which led to the major conceptual advance best espoused by Speiberger (1966).At the same time a number of researchers were finding situation-specific anxiety scales (Watson and Friend, 1969) and within sports Martens(1977) developed the sports competition anxiety test (SCAT) which predicted anxiety state better than the other available tests, Cognitive anxiety is closely associated with worry and is defined as, “consciousness awareness of unpleasant feeling about oneself or external stimuli, worry, disturbing visual images.” Somatic refers to the physiological and affective elements of the anxiety experience which develop directly from the autonomic arousal. It is reflected in response as rapid heart rate, shortness of breath, butterflies in stomach and tense muscles. (Morris et al,1981). Cognitive and somatic anxiety does influence sports performance. Somatic anxiety is likely to reach its peak at all sets of competition and dissipate once the contest begins. Thus somatic anxiety should influence performance less than the cognitive anxiety, unless somatic anxiety becomes so great that attention is diverted from task to the internal states. Cognitive anxiety is indicative of negative expectations about success

## Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo Players of All India Inter-University Level

in performing a task and these expectations are known to have powerful effects on performance. Thus Cognitive anxiety should be more strongly related to performance than the somatic anxiety. (Rosenthal, 1968, Bandura, 1977). Research revealed that total anxiety is high in combative events followed by individual events and is very low in team games. Even in the last few years study on anxiety and sports performance are constantly being conducted by the researchers (Gamit 2013, Ali Rehman 2010 and Singh 2013).

### *Objectives*

The objective of the study was to understand the anxiety variables of All India Inter-University Male and Female Judo Players (A Comparative study) with following sub-head:

1. To compare between male and female inter-university judo players in regard to their selected anxiety variable score at training session, during competition and at the post competition.
2. To compare between the successful and unsuccessful inter-university judo players in regard to their anxiety variable score.

### *Sample for the Study*

The study was conducted on Thirty Judo players (fifteen male and fifteen female). Ages of the sample ranged from 17 to 21 years. Out of thirty samples, eight male and seven female exhibited successful performances in the All India inter-university Judo competition, held at Punjabi University Patiala, Punjab 2006.

*Table-1, Sample Distribution*

S. No	Category	Sex	Sample Size (n)
1	Successful	Male	8
2	Unsuccessful	Male	7
3	Successful	Female	7
4	Unsuccessful	Female	8
			<b>N = 30</b>

## **METHODOLOGY**

Data was collected at Inter-University Judo camp held at Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPSS), University of Delhi and during All India Judo championship 2006 held at Punjabi University, Patiala, Punjab by administering Illinois Competition Questionnaire (ICQ)/Competitive state Anxiety Inventory-2 (CSAI-2) followed by standard protocol. The scoring was done as per the key/guidelines recommended in the manual. Data was collected at three different stages as follows:

1. During Coaching camp/Training session(72 hours to 7 days at IGIPSS, Delhi)
2. During Competition (30 minutes before the bouts at Patiala, Punjab)
3. After competition (24 hours to 72 hours of competition)

**Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo  
Players of All India Inter-University Level**

**Statistical Analysis**

Data collected was computed using Descriptive statistics (Mean, and Standard deviation) and independent ‘ t’ test. The level of significance was set at 0.05.

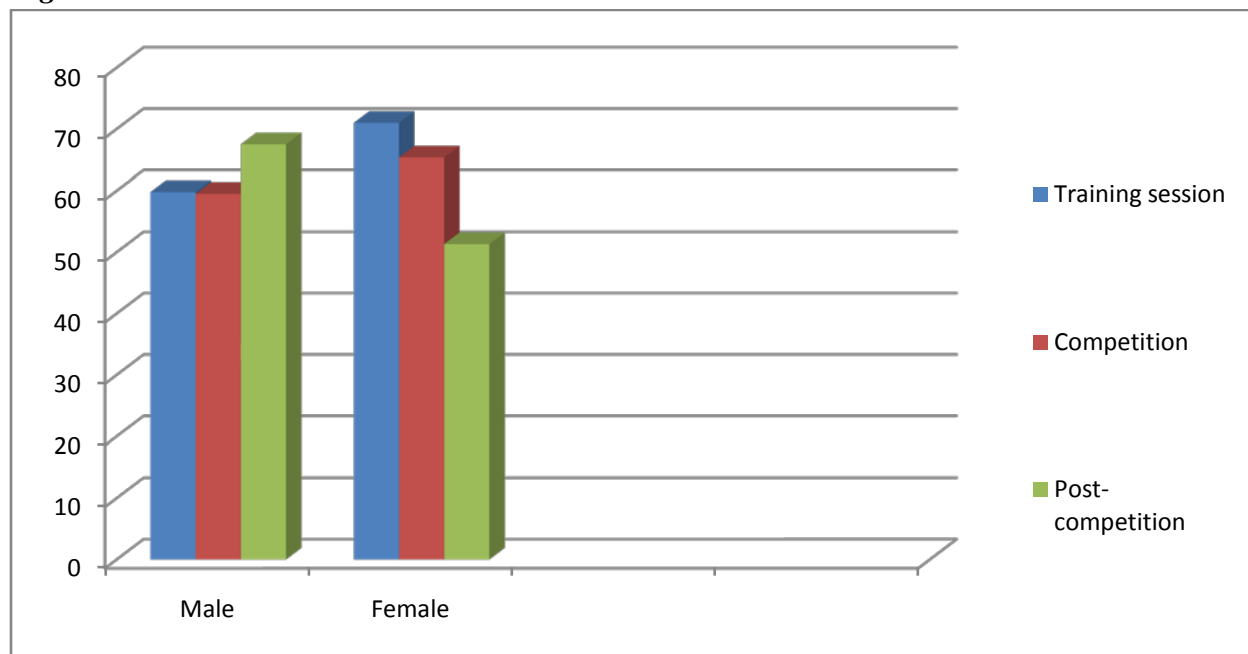
**RESULT**

*Table-2, Descriptive Statistics of CSAI-2 Administered on Male and Female Judo Players of All India Inter-University Judo Championship, held at Punjabi University, Patiala, Punjab*

Anxiety Variable	Competition Stage	Sex	N	Mean	S.D
Total Anxiety (Cognitive/somatic/ Self-confidence) Competition	Coaching Camp/ Training session	Male	15	59.80	3.83
		Female	15	70.99	4.38
	Competition	Male	8	59.50	1.73
		Female	7	65.35	10.37
	Post-Competition	Male	8	67.50	9.34
		Female	7	51.32	7.48

According to Table-2, it is evident that the anxiety scores of Male judo players were highest during post-competition stage (Mean = 67.50) followed by training session (Mean = 59.80) and was lowest during competition stage (Mean = 59.50).Whereas in females, the anxiety scores were highest during Training session (M = 70.99), followed by competition ( M = 65.35) and was lowest after the competition (M =51.32).The above findings have been graphically illustrated vide Figure -1.

**Figure-1**



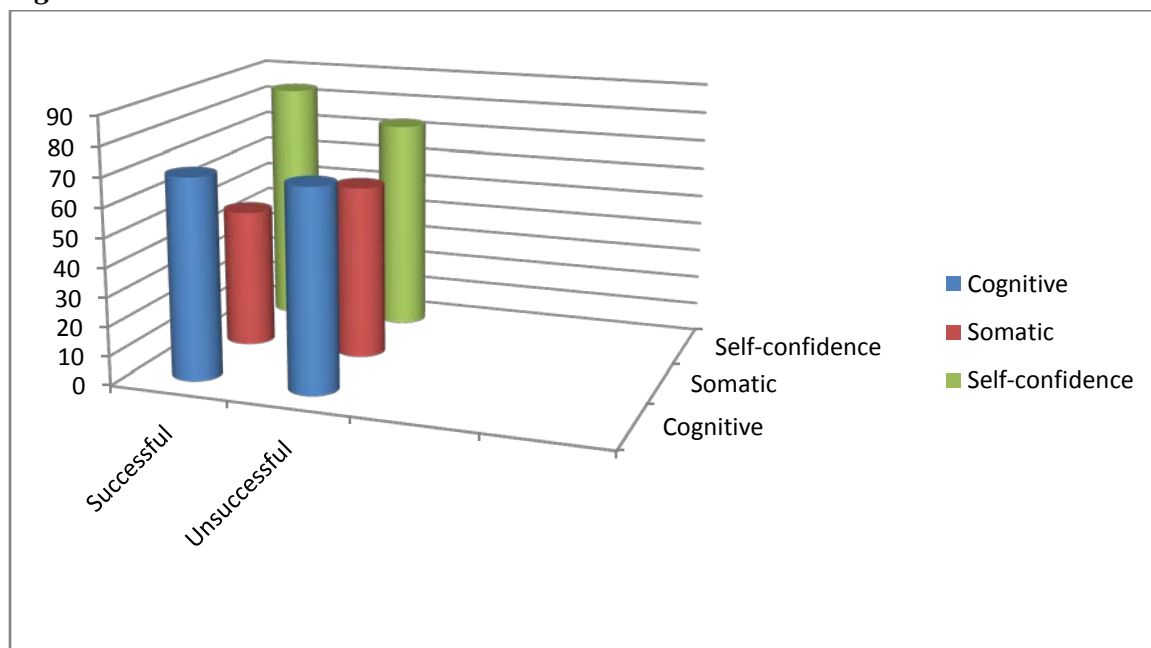
**Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo  
Players of All India Inter-University Level**

**Table-3, Comparison of CSAI-2 Components of Successful and Unsuccessful Male and Female Judo Players of All India Inter-University Judo Championship 2006 held at Punjabi University, Patiala, Punjab.**

S.No	Anxiety Variable/Component	Category	Mean	S.D	t-value
1	Cognitive	Successful	69.17	10.76	0.97 (N.S)
		Unsuccessful	69.33	8.43	
2	Somatic	Successful	47.86	17.47	0.12 (N.S)
		Unsuccessful	59.86	07.70	
3	Self-Confidence	Successful	84.00	13.66	0.17 (N.S)
		Unsuccessful	73.33	11.84	

The analysis of the data in Table-3 pertaining to the comparison between the successful judo players and unsuccessful judo players revealed that the successful judo players having mean values for self-confidence component (M= 84.00) than unsuccessful judo players, whereas unsuccessful judo players having higher anxiety in both somatic and cognitive component of anxiety. Further analysis revealed insignificant difference between successful and unsuccessful judo players in all the selected variables. The above findings have been graphically illustrated vide Figure -2.

**Figure-2**



## Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo Players of All India Inter-University Level

### DISCUSSION OF FINDINGS

The statistical findings of the study revealed that in regard to male judo players total anxiety scores were highest during post-competition stage (Mean =67.50) followed by training session (M = 59.80) and the total anxiety scores were lowest during competition stage (Mean =59.50). Likewise in female judo players, total anxiety were found to be highest at training session (M = 70.99) followed by competition period (M =65.35) and was found lowest after the competition (M =51.32). The findings further revealed that successful judo players had higher self-confidence than unsuccessful judo players (Mean = 84.00), whereas unsuccessful judo players had higher score in cognitive and somatic component of anxiety (Mean =69.33 and 59.86 respectively).

### CONCLUSIONS

Within the limitations of the study following conclusions were drawn:

1. During training session the male judo players scored highest in self-confidence component of anxiety followed by cognitive and somatic variable.
2. During training session female judo player's cognitive aspect dominated followed by self-confidence and somatic variable.
3. During competition, cognitive variable scored highest followed by self-confidence and somatic variable in male judo players.
4. During competition female judo player's self-confidence scored highest followed by cognitive and somatic component.
5. In regard to post-competition, male judo players scored highest in self-confidence variable of anxiety followed by somatic and cognitive variable.
6. In regard to female judo players, self-confidence scored highest followed by cognitive and somatic variable of anxiety.
7. The study further revealed that successful judo players had higher self-confidence than unsuccessful judo players, whereas unsuccessful judo players had higher score in somatic and cognitive component of anxiety.

### *Acknowledgments*

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### *Conflict of Interests*

The author declared no conflict of interests.

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**Selected Anxiety Variables of Successful and Unsuccessful Male and Female Judo  
Players of All India Inter-University Level**

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