



## A Study of Psychological Coping Ability of National Level Male Judo Players

### KEYWORDS

National, elite, non-elite, psychological characteristics, Judo Players

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**ABSTRACT** *The purpose of the study was to investigate and compare the psychological characteristics of national level male Judo Players. For this purpose, sixty three (Elite= 16, Non-elite=47) national level male Judo players who participated in Senior National Judo Championships held at Bhubneshwar (Odisha) during the year 2012 were selected. The Athletic Coping Skills Inventory-28 prepared and developed by Smith et al. 1995 was used to measure the seven dimensions of psychological characteristics in the form of personal coping resources of national level male judo players i.e. Coping with adversity, Peaking under pressure, Goal setting and mental Preparation, Concentration, Freedom from worry, Confidence and achievement motivation, and Coach-ability. Mean, SD and t-ratio were computed for national level elite and non-elite judo players on seven factors of psychological characteristics. Results of the investigation revealed that national level male Judo players of national level had similarity in all the factors of psychological characteristics except pressure and worry dimensions. But national level elite and non-elite male judo players had no difference in their seven psychological abilities.*

### INTRODUCTION

In the modern sports world the psychological, makeup of a sport person is as much important as physiological variables, teaching and tactics. Psychology has become the backbone of high performances especially in achieving peak performances, both training and competition. Sports Psychology, through still in infancy in the developing countries, has made a definite impact on sports performance, during training and competition (Seaton, 1956).

The qualitative psychological characteristics results of Olympic champions show that champion athletes possess unique psychological characteristics such as ability to deal with anxiety, confidence, ability to set goals, mental toughness, etc (Durand-Bush and Salmela, 2001).

Athletes, coaches, and sport performance enhancement specialists have become very interested in identifying the specific psychological characteristics of successful athletes for obvious reasons. Therefore, the studies that have been conducted with the purpose of examining the link between psychological characteristics and performance success have become very important. Golby and Sheard (2004) examined the psychological characteristics of 115 professional rugby players at three different levels of play and was conducted to give support to studies designed to identify and define specific psychological characteristics such as Gould et al. (2002) and Jones et al. (2002).

One important question is which psychological inventory will best assess these characteristics. If only one characteristic is being studied, then the best test would be one specific for that characteristic. However, when trying to predict success in a sport like individual or team game, or trying to identify one of several psychological constructs to determine strengths and weaknesses, the Athletic Coping Skills Inventory-28 has emerged as one of the best (ACSI-28; Smith, Schutz, Smoll, & Ptacek, 1995).

The athletic performance of a player or a team does not only depend on the good physical and technical preparation, but it is also the result of the combination of physical and psychological factors, perfectly placed in the frame of a training which promotes performance (Martin, Carl & Lehnertz, 2000). According to Lazarus (1991), psychological skills describe the knowledgeable, emotional and behavioural effort of a person trying to face the external and internal demands which lie ahead. The whole process starts at the moment when an athlete tries to evaluate a certain situation, in a way which is different from athlete to athlete (Carpenter, 1992; Folkman, 1992). High level, mature athletes display strong knowledgeable skills and techniques (Gould, Eklund & Jackson, 1993). In their research Smith, Schutz, Smoll & Ptacek (1995) and also Goudas, Theodorakis & Karamousalidis (1998), supported that the greater the experience of the athletes, the stronger and more positive their skills.

The purpose of the study was to investigate and compare the psychological characteristics of national level male Judo Players. It was also hypothesized that there would be no significant difference between elite and non-elite male Judo players of national level in their Psychological characteristics.

### METHODOLOGY

#### Selection of Subjects:

A sample consisted of sixty three (Elite= 16, Non-elite=47) national level male Judo players, who participated in Senior National Judo Championships held at Bhubneshwar (Odisha) during the year 2012.

#### Instrumentation:

The Athletic Coping Skills Inventory-28 prepared and developed by Smith et al. 1995 was used to measure the seven dimensions of psychological characteristics in the form of personal coping resources of national level male judo players i.e. Coping with adversity, Peaking under pressure, Goal setting and mental Preparation, Concentration, Freedom from worry, Confidence and achievement motivation, and Coach-ability.

**Statistical analysis:**

Mean, SD and t-ratio were computed for National, level male judo players on seven factors of psychological characteristics as the set of dependent variables. The level of significance was set at .05 level.

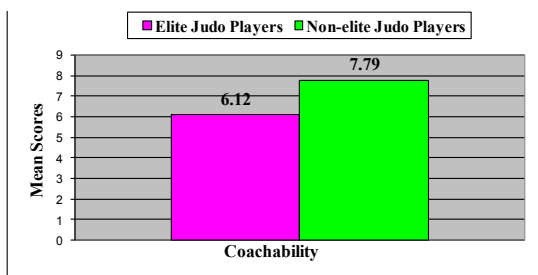
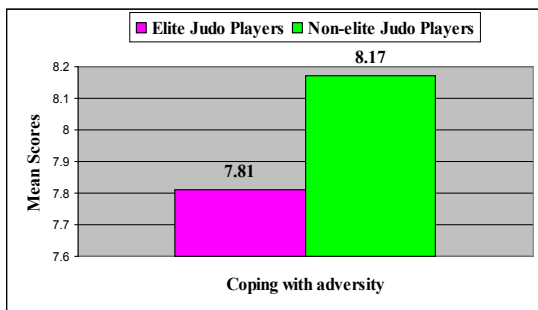
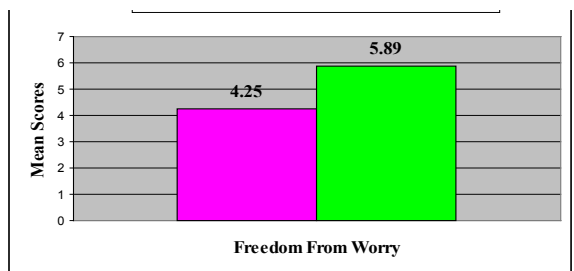
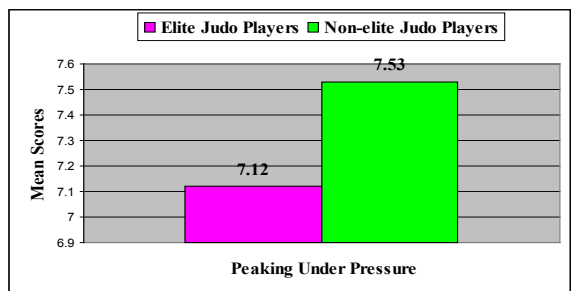
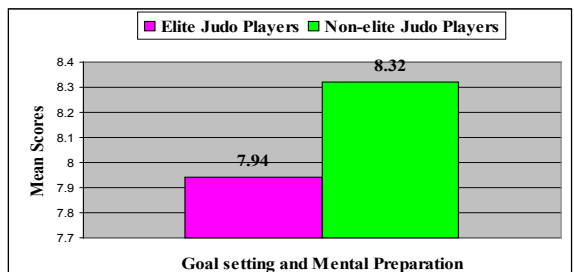
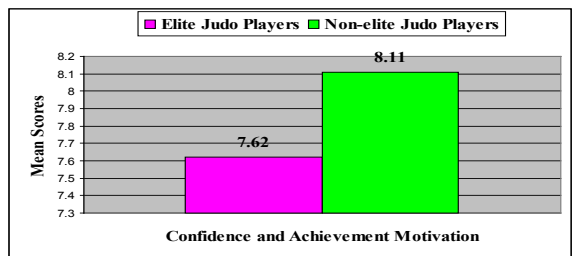
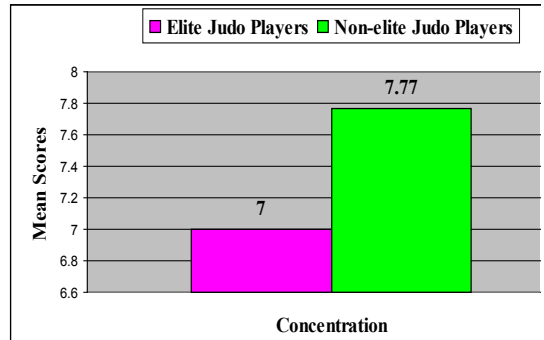
**RESULTS AND DISCUSSION**

To assess the psychological characteristics on seven factors for National level male judo players, means, standard deviations and t-ratios were computed and data pertaining to this have been presented in Table 1 & 2 .

**TABLE 1  
DESCRIPTIVE STATISTICS OF SEVEN DIMENSIONS OF PSYCHOLOGICAL CHARACTERISTICS OF ELITE AND NON\_ELITE NATIONAL LEVEL MALE JUDO PLAYERS**

Psychological Characteristics		Elite (N=16)	Non-elite (N=47)
Coping with adversity	M	7.81	8.17
	SD	2.11	2.54
Coachability	M	6.12	7.79
	SD	1.89	2.55
Concentration	M	7.00	7.77
	SD	2.89	2.18
Confidence and achievement motivation	M	7.62	8.11
	SD	1.59	2.11
Goal setting and mental preparation	M	7.94	8.32
	SD	2.14	2.61
Peaking under pressure	M	7.12	7.53
	SD	2.36	2.19
Freedom from worry	M	4.25	5.89
	SD	2.65	2.49

The mean scores of seven dimensions of psychological characteristics of male judo players at national level of their participation have been depicted in figure 1 to 7.



**TABLE 2**  
**SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF NATIONAL LEVEL ELITE AND NON-ELITE MALE JUDO PLAYERS IN VARIOUS FACTORS OF PSYCHOLOGICAL CHARACTERISTICS**

S. NO.	Psychological Characteristics	Performer	Mean	MD	DM	t-value
1.	Coping with adversity	Elite Non-elite	7.70 8.02	0.32	0.549	0.582
2.	Coach-ability	Elite Non-elite	6.73 7.73	1.00	0.516	1.828
3.	Concentration	Elite Non-elite	8.47 7.48	0.99	0.547	1.809
4.	Confidence and achievement motivation	Elite Non-elite	8.83 8.78	0.05	0.496	0.100
5.	Goal setting and mental preparation	Elite Non-elite	8.40 8.57	0.17	0.452	0.376
6.	Peaking under pressure	Elite Non-elite	8.23 7.81	0.42	0.569	0.738
7.	Freedom from worry	Elite Non-elite	4.67 5.31	0.64	0.512	1.250

**Insignificant at .05 level**  
 $t_{.05(61)} = 2.00$ .

It is clearly evident from Table 11 that national level elite and non-elite male judo players did not have any significant in their seven factors of psychological characteristics i.e. coping with adversity, coach ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure, freedom from worry, as the obtained t-values of .582, 1.828, 1.809, .100, .376, .738 and 1.250, respectively were lesser than the required value of  $t_{.05(61)}=2.00$ .

## DISCUSSION

When elite and non-elite male Judo players were compared at national level on various psychological characteristics. it revealed that there was no significant difference between elite and non-elite Judo players of national level on all the factors of psychological characteristics. But the elite male Judo players were found to have greater amount of concentration, peaking under pressure and confidence than their counter parts. Whereas, non-elite Judo players were found to have greater amount of adversity, coachability, goal setting and freedom from worry factors of psychological characteristics of national level male Judo players.

There would be no significance difference between elite and non-elite male Judo players of national level in their different dimensions of Psychological characteristics This hypothesis has also been accepted, as the national level male judo players did not differ significantly in any of the dimension of psychological characteristics.

## CONCLUSIONS

Male judo players of National level had similarity in five factors of psychological characteristics i. e. adversity, coach-ability, concentration, confidence, and goal setting. But they had dissimilarity in pressure and worry.

National male elite and non-elite had no significance of difference in their psychological abilities i.e. coping with adversity, coach-ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure and freedom from worry.

## RECOMMENDATIONS

Another study that could prove invaluable would be to re-test the individual and team game players after strategies designed to bolster those psychological characteristics that needed improvement had been implemented. It might be discovered that athlete who received psychological training strategies in specific areas would become much more adept competitors. After all, players and coaches continually invest extra work and time on difficult or problem areas in the player's routines. Why not invest the same effort on difficult or weak areas in the psychological aspects of the athletes training.

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