



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(1): 69-71

© 2017 Yoga

www.theyogicjournal.com

Received: 06-11-2016

Accepted: 07-12-2016

**Ram Chandra Gurjar**

Scholar, Jiwaji University,  
Gwalior, M.P., India

**Dr. Azad Singh**

Aravali College of Engineering  
and Management, Haryana,  
India

## State and trait anxiety of National and International level Judo players of India

**Ram Chandra Gurjar and Dr. Azad Singh**

### Abstract

Modern perspective of anxiety have ranged from the ideas of Freud, who defined anxiety as a response to perceived danger or stress, to contemporary attempts of psychologist to alter patterns of anxious behavior by adjusting the chemistry of brain. It is from both personality, theorists and psychoanalysts that sports psychologist have obtained tools with which to carry out research and to help athlete adjust emotionally to stress imposed by competitive sport.

The analyses of the data have been divided in to two sections. First selection deals with psychological profiles of National and International 90 (Senior, junior and sub junior) Judo players of India. The section the psychological profiles of National and International level senior, junior and sub junior Judo players India.

It was further concluded 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 sten scores as per the norms of this test. The higher scores of state 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 painstaking.

In this part we are analysis about psychological dimensions like Guilt Proneness, Maturity, Self-control, suspiciousness and Tension.

**Keywords:** Anxiety, Guilt Proneness, Maturity, Self-control, Suspiciousness, Tension

### Introduction

The craze for winning medals in the Olympics and other international competitions has catalyzed 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 particular psychological make-up." Psychological make-up here, to a great extent, encompasses personality structure, motivation and emotional control.

### Objective of Study

The primary objective of the study was the Assessment of Psychological Profiles of Senior, Junior and Sub Junior national and International Judo Players in India. The second objective of the study was to compare Psychological Profiles of Senior, Junior and Sub Junior National level Judo Players in India.

### Method and Procedure

Ninty (90) sub junior, junior, senior National and International level Judo players of India were selected as subject from national coaching camp. The different dimensions of anxiety mention in manual of state-trait anxiety test are considered as the variables of the study. Anxiety comes from a way of looking at the world in general or events in particular and a way of thinking about these things.

**Correspondence**

**Dr. Azad Singh**

Aravali College of Engineering  
and Management, Haryana,  
India

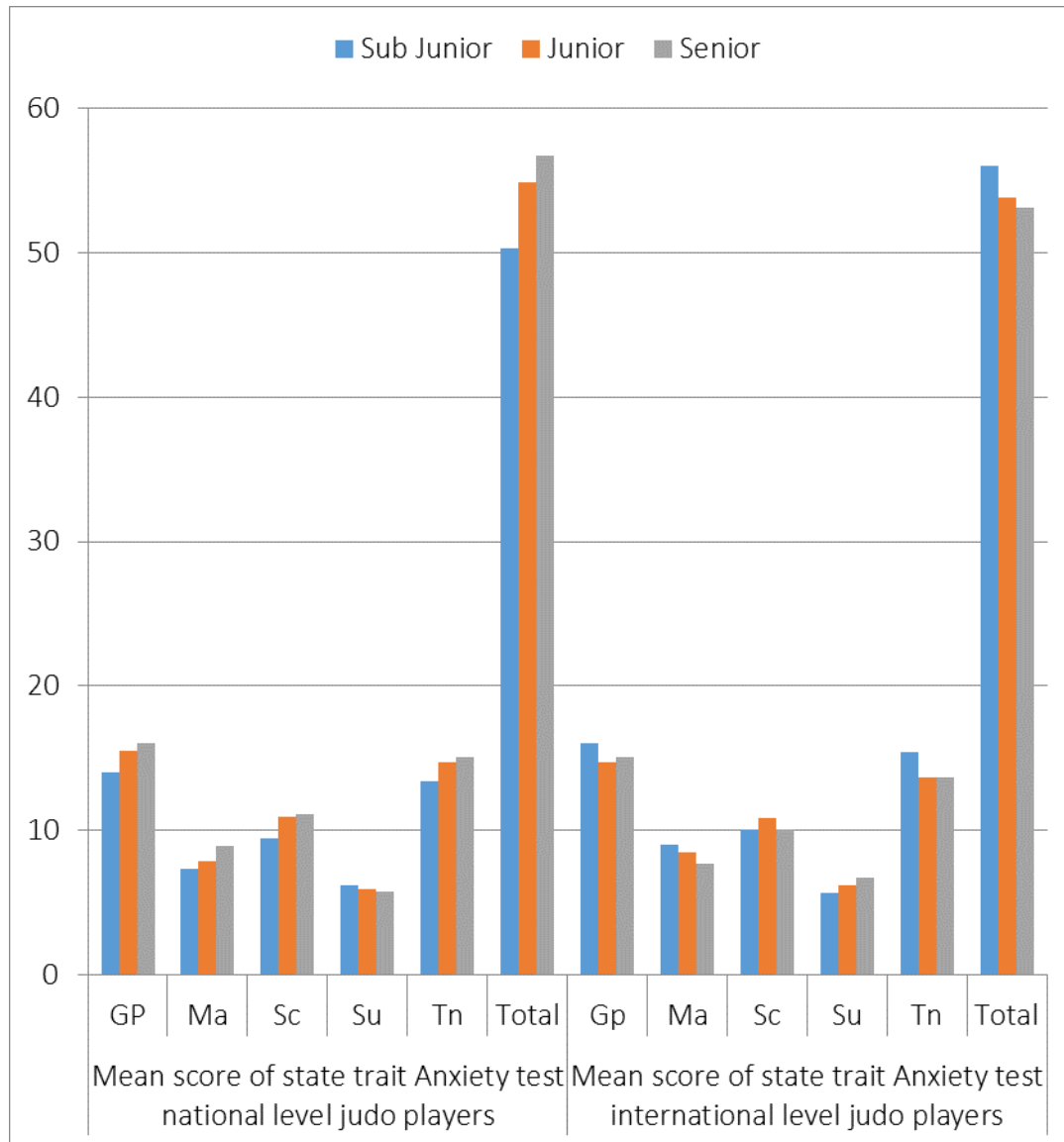
**Table No 1:** Combined Mean Scores of Five Components of State and Trait Anxiety of National and International Judo Player of Various Category

Categories	Mean score of state trait Anxiety test national level judo players						Mean score of state trait Anxiety test international level judo players					
	GP	Ma	Sc	Su	Tn	Total	Gp	Ma	Sc	Su	Tn	Total
Sub Junior	14.00	7.33	9.43	6.17	13.40	50.33	16.05	9.00	10.04	5.60	15.40	56.00
Junior	15.47	7.87	10.93	5.93	14.70	54.90	14.66	8.50	10.83	6.16	13.66	53.81
Senior	16.00	8.87	11.07	5.73	15.07	56.74	15.04	7.70	10.01	6.70	13.68	53.13

It is clear from above table no. 1 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 sten scores as per the norms of this test. The higher

scores of state and traits anxiety reflect that Indian judo player are very tense, excitable, frustrated, driven, restless, fretful, impatient, depressed, apprehensive, troubled moody, suspicious, mistrusting, hard to fool, careless and painstaking.

The graphical representation of data pertaining to table 1 is presented in fig. 1.



**Fig 1:** Graphical presentation combined mean scores of five components of state and trait anxiety of national and international judo player of various categories.

**Discussion and Conclusion**

1. Guilt Proneness of the three groups namely 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.
2. 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.
3. Self-Control of the three group’s namely Sub Junior, Junior and Senior National Level group. The sequence of means of Self-Control was significant Sub Junior < Junior < Senior group.
4. Tension of the three group’s namely Sub Junior, Junior and Senior National Level group. The sequence of means of Tension was significant Sub Junior < Junior < Senior

group.

5. State-Trait Anxiety Test (STAT) of the three groups namely 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.
6. General Interests of the three groups namely Sub Junior, Junior and Senior National Level group. The sequence of means of General Interests was significant Sub Junior > Junior > Senior group.

### References

1. Ajayjit Singh, Sports Psychology: A Study of Indian Sportsmen (Delhi: Friendly Publication). 1992, 36-37.
2. Barr R, Kamil ML, Mosenthal P, Pearson PD. (Eds.). Handbook of reading research. White Plains, NY: Longman. 1991, 2.
3. Bendig AW. Factory Analytic Scales of Need Achievement. J.Gen. Psychol. 1964; 70:59-67.
4. Bhullar J. Personality Adjustment of Sports men and Non-sportsmen, International Journal of sports Psychology. 1984; 5(2):211-116.
5. Dureha DKS Moradhvaj. A Comparative Study of Incentive Motivation, Achievement Motivation and Anxiety Level between National and International Hockey Players' Br J Sports Med. 2010; 44:i58.
6. Gupta JP, Gupta VK. A study of anxiety and achievement motivation in relation to sex and socioeconomic stats, Research Monograph, Ambala City, Sohanlal College of Education.1970.
7. Hundal PS, Sundhakar YP, Sihdu K. Factor analytical study of measures of anxiety, intelligence and academic achievement, Journal of Psychological Researches. 1972; 16(1):28-34.