

Analysis of the Anxiety Level of the Selected Judokas of Manipur

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Abstract: *The analyses of Anxiety level of the Judokas of Manipur are more in no. of rarely happened before they participate in judo competition in this statement "Competing against others is socially enjoyable?" The opinion of reliable subjects were analyses on the statement - before I compete I feel uneasy, maximum no. of subjects feel that sometimes they had uneasy feel before they participation of the judo competition. The very idea and purpose of the study was to critically understand that before they compete they are worry about performance but they calm and relax in their mind, however some subject feels little nervousness, heartbeats faster and even sometimes happen uptight before they participation the judo. Further they feel after started the game they are a good sport man when they compete judo competition and maximum no. of subject want to set their goal.*

Keywords: anxiety and judokas

1. Introduction

A healthy person is the one who is physically, mentally and socially in a complete wellbeing state. It refers not merely the absence of disease, but the ability to recover and bounce back from illness and other problems.

In specific physical fitness and mental well-being is considered as an important aspect for a person to live a healthy life to its full extent. Physical fitness is the ability to perform tasks such as sports, occupations and daily activities without undue fatigue. Physical fitness can be achieved through the need of exercise, correct nutrition and proper amount of rest. Types of fitness, some of which are also the components of physical fitness, that are important to incorporate into one's physical activity routine includes: - **cardiovascular or aerobic exercise** for cardio respiratory endurance, **anaerobic exercise** for muscle strength and endurance, exercises for **joint flexibility** and **bone strength**.

Anxiety affects directly or indirectly different functions of the body in various ways which include muscles shake, fast heartbeat, sweating fast breathing, gastrointestinal upset which effects on the performance of the athlete. Performance anxiety sometimes referred to as 'choking' is described as a decrease in performance due to too much-perceived stress. Perceived stress often increases in athletes on game day because they have an audience and they have extremely high expectations of their success. This type of stress is often based on the way the athletes interpret the situation. It is rarely the external situation that causes stress, but rather the way the athlete's self-talk describes the situation that creates feelings of stress, anxiety and fear.

Anxiety is a concept that is widely discussed by performers and coaches. Players need to be aware of anxiety related symptoms; once awareness is built it would be prudent to deal with anxiety related issues. So the Researcher would like analysis anxiety level on combat game that is Judo player of Manipur.

2. Objective of the Study

- 1) To find out the anxiety level of the judokas.
- 2) To know the exact figure of the anxiety level in particular situation.

Statement of the Problem

The statement of the problem is to analyse the anxiety level of the selected judokas of Manipur.

Hypothesis of the study

It was hypothesized that there would be significant different among the selected subjects.

Delimitation of the study

- 1) The study was delimitating to fifteen (15) state level Judokas of Manipur.
- 2) The study to further delimitate to the SCAT anxiety test.

Limitation of the study

- 1) Some of the subject might hesitate the response of the questionnaire was consider as limitation of the study.
- 2) Some of the selected subject may not be available it is not considered as limitation of the study.

2.1 Definition and Explanation of Terms

Judo: A combat sport of Japanese martial art created by Jigaro Kano in the year 1882, derived from the ancient techniques of jiu-jitsu.

Anxiety: A feeling of apprehension and fear, characterized by physical symptoms such as palpitations, sweating and feelings of stress.

SCAT: The sports competition anxiety test (Marten's 1977) is a test measuring the tendency of an athletes to experience anxiety when competing in a sport.

State Anxiety

It is define as an unpleasant emotional arousal in face of threatening demands or danger.

Trait Anxiety

Trait anxiety refers to the stable tendency to attend to, experience, and report negative emotions such as fears, worries and anxiety across many situations.

Somatic Anxiety

It is the physical symptoms of anxiety, such as butterflies in stomach it is also known as somatisation.

Significant of the Study

- 1) The finding of study may helpful in bringing out the anxiety level of the selected subjects.
- 2) The finding of the study may be acted as a source of guideline to improve the anxiety during the competition period.
- 3) The finding of the study may help to draw out the poor performance during the competition period of Judo tournament.
- 4) The finding of the study may helpful to the physical education students in their psychological factors on competitions.

2.2 Procedure

Source of Data

The data for this study was collected from the 15 state level Judo players of Manipur.

Selection of the Subjects

For the analysis of study, 15 subjects were randomly selected from the various part of Manipur.

Selection of the Test

The selection of the proper tool was vitally important for this study. The aim will be to analyse the anxiety level of the

Judo players of Manipur. The knowledge and experience of scholars and expert's opinion was used of SCAT anxiety test of questionnaire.

Administration of the Questionnaire

The Researcher personally or through the assistants, was explained each statement of the 15 questionnaires clearly to the selected subjects. The response was being received by the researcher on the basis of personal contact and the majority of them through manually.

Statistic Procedure

To analyses the anxiety level of Judo players the descriptive technique of percentage will be used and chi-square test was employed to find out significant divergent of the study.

3. Analysis of Data and Finding of the Study

The researcher for the purpose of the present study collected data from various sources. The main tool used for the collection of data was questionnaire method. The SCAT Anxiety questionnaire was distributed to the state level Judo player of Manipur and questionnaire consisted of 15 statements. The questionnaire was distributed to 15 different subjects and 100% responses could be collected.

To assess the anxiety status and their significant divergent of selected subjects descriptive technique of percentage method and chi- square were used.

3.1 Findings

Responses pertaining to each of the question were analyzed and have been presented in terms of the total responses of percentage and Chi-Square. The findings of the present study are presented in the following tables.

Statistical analysis of sports competition anxiety test

Sl. No.	Questionnaire	Rarely	%	Sometimes	%	Often	%	Chi- square
1	Competing against others is socially enjoyable	11	73.4	4	26.6	0	0	6.97
2	Before I compete I feel uneasy	2	13.3	13	86.7	0	0	10.08
3	Before I compete I worry about not performing well	5	33.4	9	60	1	6.6	3.75
4	I am a good sport man when I compete	6	40	4	26.7	5	33.3	0.22
5	When I compete, I worry about	4	26.7	8	53.3	3	20	1.49
6	Before I compete I am calm	6	40	6	40	3	20	11.61
7	Setting a goal is important when competing	3	20	8	53.3	4	26.7	1.49
8	Feeling in my stomach	2	13.3	8	53.3	5	33.3	2.07
9	Just before competing, I notice my heart beats faster than usual	5	33.3	9	60	1	6.7	3.25
10	I like to compete in games that demands a lot of physical energy	5	33.3	8	53.4	2	13.3	2.07
11	Before I compete I feel relaxed	4	26.6	4	26.6	7	47.8	0.59
12	before I compete I am nervous	2	13.3	9	60	4	26.7	2.8
13	Team sports are more exciting than individual sports	4	26.7	8	53.3	3	20	1.49
14	I get nervous wanting to start game	7	46.7	5	33.3	3	20	0.9
15	Before I compete I get uptight	4	26.7	8	53.3	3	20	1.49

From the above tables of percentage and chi-Square analysis of opinion of selected subjects, it is clearly evident that on statement-1 "Competing against others is socially enjoyable" the percentage of responses of "rarely, sometimes, often" on the statement "Competing against others is socially enjoyable" are 73.4%, 26.4% and 0% respectively and the opinion of selected subject was significantly diverged

between responses of "rarely", "sometimes" and "often" with Chi-square value was 6.97. These finding implies that significant majority of "rarely" on the statement "Competing against others is socially enjoyable".

Statement-2 "Before I compete I feel uneasy" the percentage of responses of "rarely, sometimes, often" on the statement

"before I compete I feel uneasy" are 13.3%, 86.7% and 0% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 10.08. These finding implies that significant majority of "sometimes" on statement "before I compete I feel uneasy".

Statement-3 "Before I compete I worry about not performing well" the percentage of responses of "rarely, sometimes, often" on the statement "Before I compete I worry about not performing well" are 33.4%, 60% and 6.6% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 3.75. These finding implies that significant majority of "sometimes" on statement "Before I compete I worry about not performing well".

Statement-4 "I am a good sport man when I compete" the percentage of responses of "rarely, sometimes, often" on the statement "I am a good sport man when I compete" are 40%, 27.7% and 33.3% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 0.22. These finding implies that significant majority of "rarely" on statement "I am a good sport man when I compete".

Statement-5 "When I compete, I worry about" the percentage of responses of "rarely, sometimes, often" on the statement "When I compete, I worry about" are 26.7%, 53.3% and 20% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 1.49. These finding implies that significant majority of "sometimes" on statement "When I compete, I worry about".

Statement-6 "Before I compete I am calm" the percentage of responses of "rarely, sometimes, often" on the statement "Before I compete I am calm" are 40%, 27.7% and 33.3% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 11.61. These finding implies that significant majority of "rarely" on statement "Before I compete I am calm".

Statement-7 "Setting a goal is important when competing" the percentage of responses of "rarely, sometimes, often" on the statement "Setting a goal is important when competing" are 20%, 53.3% and 26.7% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 1.49. These finding implies that significant majority of "sometimes" on statement "Setting a goal is important when competing".

Statement-8 "Feeling in my stomach" the percentage of responses of "rarely, sometimes, often" on the statement "Feeling in my stomach" are 13.3%, 53.3% and 33.4% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 2.07. These finding implies that significant majority of "sometimes" on statement "Feeling in my stomach".

Statement-9 "Just before competing, I notice my heart beats faster than usual" the percentage of responses of "rarely, sometimes, often" on the statement "Just before competing, I notice my heart beats faster than usual" are 33.3%, 60% and 6.7% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 3.25. These finding implies that significant majority of "sometimes" on statement "Just before competing, I notice my heart beats faster than usual".

Statement-10 "I like to compete in games that demands a lot of physical energy" the percentage of responses of "rarely, sometimes, often" on the statement "I like to compete in games that demands a lot of physical energy" are 33.3%, 53.4% and 13.3% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 2.07. These finding implies that significant majority of "sometimes" on statement "I like to compete in games that demands a lot of physical energy".

Statement-11 "Before I compete I feel relaxed" the percentage of responses of "rarely, sometimes, often" on the statement "Before I compete I feel relaxed" are 26.6%, 26.6% and 47.8% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 0.59. These finding implies that significant majority of "often" on statement "Before I compete I feel relaxed".

Statement-12 "before I compete I am nervous" the percentage of responses of "rarely, sometimes, often" on the statement "before I compete I am nervous" are 13.3%, 60% and 26.7% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 2.8. These finding implies that significant majority of "sometimes" on statement "before I compete I am nervous".

Statement-13 "Team sports are more exciting than individual sports" the percentage of responses of "rarely, sometimes, often" on the statement "Team sports are more exciting than individual sports" are 26.7%, 53.3% and 20% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 1.49. These finding implies that significant majority of "sometimes" on statement "Team sports are more exciting than individual sports".

Statement-14 "I get nervous wanting to start game" the percentage of responses of "rarely, sometimes, often" on the statement "I get nervous wanting to start game" are 46.7%, 33.3% and 20% respectively and the opinion of selected subject was significantly diverged between responses of "rarely", "sometimes" and "often" with Chi-square value was 0.9. These finding implies that significant majority of "rarely" on statement "I get nervous wanting to start game".

Statement-15 "Before I compete I get uptight" the percentage of responses of "rarely, sometimes, often" on the statement "Before I compete I get uptight" are 26.7%, 53.3%

and 20% respectively and the opinion of selected subject was significantly diverged between responses of “rarely”, “sometimes” and “often” with Chi-square value was 1.49. These finding implies that significant majority of “sometimes” on statement “Before I compete I get uptight”.

4. Discussion of Finding

From elaborate statistical analyses of opinion of selected subjects are more in no. of rarely happened before they participate in judo competition in this statement “Competing against others is socially enjoyable?” The opinion of reliable subjects were analyses on the statement - before I compete I feel uneasy, maximum no. of subjects feel that sometimes they had uneasy feel before they participation of the judo competition. The very idea and purpose of the study was to critically understand that before they compete they are worry about performance but they calm and relax in their mind, however some subject feels little nervousness, heartbeats faster and even sometimes happen uptight before they participation the judo. Further they feel after started the game they are a good sport man when they compete judo competition and maximum no. of subject want to set their goal.

Discussion of the Hypothesis

From the elaborate statistical analyses of the above table, that all the statements were found the calculated chi-square values were greater than the tabulated value of chi-square and significantly divergent to the statements as per responses of the selected subjects for this study. Further it was hypothesized that the anxiety level of the selected judokas of Manipur were significant different among the selected subjects. Hence the hypothesised may be rejected.

5. Conclusion

The analyses of the anxiety level of the selected judokas of Manipur. The reason of the study indicates that very idea and purpose of the study was to critically understand that before they compete they are worry about performance but they calm and relax in their mind, however some subject feels little nervousness, heartbeats faster and even sometimes happen uptight before they participation the judo. Further they feel after started the game they are a good sport man when they compete judo competition and maximum no. of subject want to set their goal.

6. Recommendation

Based on results of the study the researcher would like to offer the following recommendation:

- 1) A similar study may be conducted on the players of the deferent files of sports and games and of deferent age group and sex.
- 2) The selected psychological profile may be use as predictor for batter performance of players.
- 3) A more comprehensive study may be conducted on a large sample.
- 4) Every coach should sketch the psychological profile of his or her team members and find out what psychological factor are most conductive to their performance.

- 5) Not only the sports psychologies but also the coach should also be made to know and understand the psychological principles to training and coaching.

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