

Impact of Competition Anxiety, Personality Traits on Wushu and Judo Players

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Abstract – Nowadays in sports field the role of abilities and psychosomatic preparations of sportspersons in sport successes and achieving desire performance in competitions and tournaments, even in some circumstance, be considered more important than the technical preparation. Sports like Wushu and Judo are gaining popularity throughout the world because of its unique qualities, which have entices a large number of people to participate in these events every year. The reason for the investigation is to break down the impact on Wushu and Judo players of aggression, competition anxiety, achievement pressure, personality traits, and self-concept. A sum of 200 players, for example 100 Wushu players and 100 Judo players from different Rajasthan colleges were chosen to accomplish the reason for the examination. Hundred players who addressed their school gathering and partook in the competition between school levels were chosen from the topics picked, for example, 50 Wushu players and 50 Judo players and 100 players who addressed their school gathering and took an interest in the competition between school levels, for example, 50 Wushu players and 50 Judo players. The subjects went in age from 18 years to 22 years. To discover the critical variation between various levels of Wushu and Judo players on state anxiety, attribute anxiety, aggression and neuroticism, a two-way (2x2) change examination of the autonomous gathering was applied. Since two gatherings and two unmistakable test levels were thought about, the Scheffe's test was applied as a post hoc test to decide the combined mean contrasts, assuming any, when they got 'F' proportion an incentive in the basic impact test was huge. Factual hugeness at .05 levels was fixed in all cases.

Keywords – Self-Concept, Wushu, Judo Players, Aggression, Anxiety, etc.

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INTRODUCTION

These days in sports field the job of capacities and psychosomatic preparations of sports persons in sport triumphs and accomplishing want execution in competitions and competitions, even in some situation; be considered more significant than the specialized preparation. Sports are exercises that are physical, mental and social. Other than physical, physiological and particular points, it has both mental and social dimensions. The fundamental objective of sports is to make physical and mental prosperity. In addition, psycho-actual coordination, socialization and social interaction are likewise incorporated or acknowledged, accordingly making a spirit of versatility to advance national and international, social and social integration and harmony. The energy of men for sports is found in all the world's social requests. A huge portion of nations particularly during the Olympics, share a common eagerness for sports competition. In any case, its mental factors control the idea of the association of understudies and athletes. In this bleeding edge time of competition, a person's mental preparation is as significant as demonstrating a

game's various capacities on legitimate lines. Through competition, individuals are set up to construct abilities. This isn't only to produce aptitudes, yet additionally to develop the spirit of sportsmanship with which they play and play their best in competition (Singh, 1992).

Health and Sports are major requirement for all the role of sports is achieving good health. Sports must become a part of a systematic learning process and its procedures practiced knowledge, skills and attitude must be developed as a basis for achievement of this goal. Performance of a player in a sport competition is depends combined upon many factors. These physiological factors are- technical skill of player, tactics used by him and state of mind of the player. All these f actors are crucial for utmost performance. The state of mind of the player has an executive function because at the time of sports competition it is mind which determines what is learn by one during past few years training.

Sport Wushu

Wushu, commonly known as kung-fu, is the collective word for the martial arts disciplines that began and developed in China, and it is the source of all Asian martial arts. Wushu has evolved into a multitude of styles and systems over time, each with its own set of techniques, strategies, principles, and procedures, as well as the usage of a wide range of traditional weapons. The many fighting styles that have arisen focus on a variety of characteristics of combat, but they have also absorbed the popular ideologies and moral practices of the Chinese people over the course of the country's 5000-year history. As a result, wushu has evolved into something more than a mere method of attack and defense; it has evolved into a way to nurture the body, mind, and spirit in a good way that benefits everyone who practice it. Wushu has evolved into many different types of practice, each with its own focus and objectives. Some practices place a premium on health and well-being, while others place a premium on preserving the traditional culture and abilities that gave rise to the arts. Due to its distinctive and interesting content, wushu has lately evolved into a global competitive sport that is practised and appreciated by thousands of people throughout the world.

Judo Game

Judo is a terrific and dynamic combat sport that requires both physical and mental strength. It includes techniques that let you to lift and throw your opponents onto their backs while standing. On the ground, it is pinning, restraining, and manipulating your opponent with chokeholds or joint locks until they surrender. A sportsperson is a person of high calibre. With the aid of a competitive game, a human being's physical and mental capacities can be developed. Each game is upgrading its degree of standards in the modern day, which means it is increasing significantly. Maintaining their domination in the respective games is challenging. A sportsperson's performance is influenced by their mental state, which may be noticed in the way they portray their games. Anxiety arises when a player doubts his or her ability, resulting in a stressful circumstance. In this environment, the athletes' talent isn't as important as it formerly was. Of course, performance is determined by how athletes handle the ups and downs of competition. According to 'Athletic Insight,' a sports psychology publication, there are two forms of anxiety: trait anxiety and state anxiety. State anxiety is a type of situational tension that can be experienced in a gaming environment.

Wushu as sports activities

Wushu or Chinese Kungfu, is a hard and soft and complete martial art, as well as a full-contact sport. Regarding Chinese hand to hand fighting, it has a long history. It was created in 1949 out of a push to standardize traditional Chinese hand to hand fighting practice, yet endeavors to structure the various

traditions of decentralized combative techniques go back prior, when the Central Guoshu Institute was set up in Nanking in 1928.

"Wushu" is Chinese term for "martial arts" ("Wu" = military or martial, "Shu" = art). The Worldwide Wushu Federation (IWUF), which organises the World Wushu Championships every two years, has made Wushu an international sport in the modern period. The inaugural World Wushu Championships were held in Beijing in 1991. In addition to the World Junior Wushu Championships and the World Taijiquan Championships, the International Wushu Federation also hosts the World Kungfu Championships every four years.

Taolu (forms) and sanda (fighting) are the two main disciplines of competitive Wushu (sparring). There are also aspects of the sport that are not included in contests, such as self-defense and the breaking of hard items. Competitors in Taolu are assessed on their ability to perform a variety of acrobatic, martial art, and acrobatic moves and techniques. In contests, the forms can be altered to emphasise a competitor's particular strengths by including elements from several traditional Chinese martial arts techniques (such as stances, kicks, punches, balances, leaps, sweeps, and throws). For certain exterior styles, the time restriction is just 1 minute, 20 seconds; for interior styles, it might be as long as five minutes.

Judo as sports activities

Two Chinese characters make up the world Judo. Ju refers to softness, whereas Do refers to a philosophy or method. Judo may be interpreted as kindness, with the idea that one must first yield in order to win. Late Prokano not only adopted the principle which could be understood by all men of the world that is the most efficient use of mental as well as physical energy. Thus we may conclude Judo is the way to train maximum efficient use of body and mind. In the 18th century, the bare handed trick as art of self-defence and was called as 'Jujutsu' which is also art of throwing, stabbing, kicking, locking, bending and twisting of human body joints.

In the eighties of 18th century, Prof. Kano leared Ju' usu when he was only 18 years old and invented his new technique of arrack and defence to people under the new name of Judo instead of old jujustu and founded 'Kodokon Judo' establish a Kadokan Judo Institute and latterly which has become a Macca of modern Judo and it became a regular word 'Judo.' Thus Jujustu of old time became a modern Judo in hand of Prof. Kano and is now recognised as the best way to go through the most use one's mental as well as physical energy. In this way, Judo was born and grew up in Japan and became a phase of Japanese culture. Latterly, this is being highly appreciated technically and spiritually all over the world. Judo became a regular Olympic sports. Judo

is a sport where no painful activities, neither dangerous rather, it is sport to be enjoyed fully even by women, elderly people and children. Furthermore, as in Judo, the participants close together to contest for superiority of art and with the prime skills to overcome and prepare himself to the tricks to be employed by the opponent without delay is the best work of Judo and his whole body should be grown to free and alert against the opponent attack in every emergency.

Self concept on Judo and Wushu

Ubiquity of hand to hand fighting Martial expressions participation has widespread intrigue. For instance, in France, the Netherlands, Canada, Finland, Australia and Belgium hand to hand fighting are on a rundown of the ten most rehearsed sports among youngsters and teenagers.

Hand to hand fighting has likewise been positioned among the ten most rehearsed sports in a club context. The ubiquity of combative techniques has contributed to a developing enthusiasm for hand to hand fighting exploration throughout the years, which can be shown through various ways. Right off the bat, there are indications that as of late more papers on hand to hand fighting are introduced at sports logical congresses. For instance, Distaso and his associates (2009) inspected the quantity of oral and notice presentations on hand to hand fighting at the yearly conference of the European College of Sport Science (ECSS) and saw a critical development somewhere in the range of 1999 and 2008.

Secondly, as of late an expanded number of logical gatherings with respect to hand to hand fighting have been composed. Beside conferences on hand to hand fighting by and large (e.g., ' Logical Congress on Martial Arts and Combat Sports; ' ' World Congress on Combat Sports and Martial Arts, ' ' European Technical Expert Conference – Martial Arts Scholars and Humanists '), likewise logical social affairs with respect to one specific hand to hand fighting style are being sorted out (e.g., "International Science of Judo Symposium"; "International Congress on Wrestling and Modern Games;" "World Symposium on Science and Taekwondo;" "Traditional Karate, Budo Arts, and Combat Sports International Symposium"). These surveys secured a wide scope of logical controls (e.g., biomechanics, brain science, history, physiology, humanism, teaching method, the study of disease transmission of wounds) and scarcities in specific areas have been accounted for. For instance, Pieter (1994) concluded that educational research in hand to hand fighting was painfully missing and Fuller (1988) guaranteed that because of their negative open picture, combative techniques have been to a great extent disregarded as a focal point of psychological research. As these audits are over 15 years of age, it is intriguing to find out about later combative techniques investigate. Among different things, it is

advantageous to explicitly concentrate on youthful military craftsmen, as a few examinations have detailed an expanded level of teenagers engaged with combative techniques.

LITERATURE REVIEW

Widyastuti, C. and Dimyati, D. (2017) motivation behind the examination was to look at the mental capacities of hand to hand fighting and karate competitors from Indonesia who contended in the 2018 Asian Games. Strategy: review causal-near plan is a quantitative examination technique, utilizing ex-post authentic strategies with research plan. 12 hand to hand fighting karate competitors and 22 Pencak silat competitors are the examples utilized with a complete example of 34 competitors. The apparatuses utilized in this examination were the Psychological Skills Inventory for Sports (PSIS), which consists of 6 assessed perspectives: motivation, trust, control of anxiety, mental preparation, group noteworthiness and concentration. Examination of contrasts in the highlights of competitors' mental capacities utilizing the Mann-Whitney Test. Result: The Mann-Whitney Count esteem = 129 with Sig.value = 0.914 was appeared in the examination. Subsequently the Sig.value = 0.914 > 0.05.

Thander, A. (2016) Judo and Karate players were compared in this study to see whether there were any variations in their levels of anxiousness. Ten judokas and ten karatekas between the ages of 19 and 25 were included in the study. Sports Competitive Anxiety Test (SCAT) Questionnaire, designed by Martens, Vealey, and Burton (1990), was meant to gauge the amount of anxiety experienced by athletes participating in high-stakes competitions like football. Results showed that judokas and karate players had an average degree of SCAT anxiety. Male judokas and karatekas showed no statistically significant difference in anxiety levels.

Heidari, N., et al., (2016) The study's goal was to find out if trained judokas' blood rheology response variables changed after undergoing short bursts of high-intensity judo training (SJFT). Volunteers with at least two years of regular training participated in this research. After a judo fitness test (SJFT), blood samples were taken before, immediately following and a half hours after the test. Immediately after exercise, plasma volume and red blood cell count fell (p 0.05), but the number of white blood cells, platelets, and hematocrit rose (p 0.05).

Kerketta (2015) was to look at the anxiety of sports competition between male players in soccer and volleyball. For this examination, the subjects were (N=60) male, 30 male players each from Volleyball and Soccer, and somewhere in the range of eighteen and a quarter century old enough were

deliberately chosen from the locale of Bilaspur (C.G.). Martin's (1990) Competitive Anxiety questionnaire was utilized for the acquisition of sports. To break down information, the independent t-test was utilized. In their Sports Competition Anxiety, the outcomes indicated that there was no basic contrast between male volleyball players and male soccer players.

Sharma (2015), Researchers in Haryana's Bhiwani District used a sample of 60 male individuals (30 from the sports group and 30 from the non-sports group) to examine the differences in aggressive behavior between athletes and non-athletes. The participants' ages varied from 18 to 25. In terms of aggressive conduct, there was a significant difference between the mean scores of athletes and non-athletes. The aggressiveness of non-sportspeople was much greater than that of athletes.

Singh et.al (2014), meant to demonstrate the games anxiety between the games of people and groups. 173 group competitors and 173 individual competitors from Manipur over the range of a long time from 1995 to 2000 AD were chosen for the subjects of the examination. The group competitors were from the fields of hockey, handball, kabaddi, sepak-takraw and volleyball, while the individual group competitors were from the fields of toxophilism, cycling, table tennis, wrestling, fencing, games, weight lifting, judo, boxing and tae-kwondo. Utilizing "Anxiety test questionnaire" devices, information was assembled. Looking at the game anxiety prior to during and after the play, both the individual and the group athlete were discovered to be essentially higher in the degree of anxiety during the play than in the situation when the play. Preceding the play and after the play, the games anxiety between the people and group activities found no critical distinction.

Kumar pardeep et.al (2014), the significant utilization of this work to think about the degree of anxiety between school level yoga and gymnastic male players. The examination was conducted on 50 male players (25 each). Diverse instructing camps gathered the information. The time of subjects chosen changed from 18 to 25 years. Only those male players who had gone to the (M.D.U) college between school competition were chosen. For the examination, only the degree of anxiety was chosen.

Alwan et al. (2013) investigated the impacts of two relaxation techniques in pre-competition school soccer players, "guided symbolism relaxation with profound breathing" and "dynamic strong relaxation PMR with profound breathing" on the restrictions of CSAI-2 facilitated between three gatherings from various colleges close by. One month and a portion of the two particular mental relaxation methodology were utilized in this examination during every day preparation (three days of the week for each get-together). Three social affairs (n = 23) were relegated to 69 school soccer players, which were PMR, symbolism, and control.

Mashhoodi et. al. (2013), is to find the aggression in four separate games, including volleyball, football, judo and wushu, among male and female opponents, young and adult contenders. The people got the Bredemeier aggression questionnaire from the model taken from the verifiable population, inside three aggression subscales, including instrumental, undermining, and general. With a 4-point scale, in two energetic and adult age gatherings they expected to deliver 30 questions to consider the aggression of male and female contenders. Considering Cronbach's alpha, the constancy of the questionnaire was identical to 0.86. After quantifiably depicting the information, the delayed consequences of the multivariate change examination (MANOVA) at the alpha level of 0.05 percent show that there is a basic contrast between the strong conduct of youthful contenders and that of adult contenders, so youthful contenders were more impressive than grown-up contenders, whether or not male or female.

Sharma et. al. (2012). Settle on the strong conduct of soccer players in various levels of competition. The current examination was conducted on 300 male soccer players who for instance, were isolated into three classifications as appeared by three explicit levels between region, intervarsity and all degrees of intervarsity in India. Player aggression was assessed utilizing a Kumar and Shukla aggression questionnaire (1988). The result of the investigation found that all Indian varsity players had lower levels of aggression and internment - regional players had more significant levels of aggression between social occasions.

OBJECTIVES OF THE STUDY

- To compare state and trait anxiety between different level Wushu and Judo players.
- To compare the aggression between different level Wushu and Judo players.
- To compare personality traits, and self-concept between different level on Wushu and judo players.

RESEARCH METHODOLOGY

The approach of examination includes the efficient cycle by which the exploration begins from the issue's identification to its conclusions. The part of system is to logically and legitimately complete examination work. For the achievement of exploration, the way of handling the various subtleties of the test is critical. This section depicts the methods utilized in the selection of factors, selection of subjects, the tests selection, the orientation of subjects, the administration of tests, the unwavering quality of information, information collection and measurable strategies.

Selection of the subjects

The reason for the examination is to dissect the impact on Wushu and Judo players of aggression, competition anxiety, achievement pressure, personality traits, and self-concept. A sum of 200 players (100 Wushu players and 100 Judo players) from different colleges in Rajasthan, India, was chosen as subjects to accomplish the reason for the investigation. 100 players speaking to their college group & partaking in the between college level competition i.e., Wushu and Judo (50 in both players) and 100 players speaking to their school group and taking part in the between university level competition (50 Wushu players and 50 Judo players) were chosen from among the chose subjects. The subjects went in age from 18 years to 22 years. In choosing the subjects, a separated random examining system was embraced.

Selection of variables

The current investigation tends to the four critical mental factors for example state anxiety, attribute anxiety, aggression, competition anxiety, execution pressure, personality qualities, and self-concept. Anxiety, aggression, competition anxiety, execution pressure, personality qualities, and self-concept are significant mental factors in games and their need to accomplish a high lev Without information on these factors, competitors can not give their best in competition. Various investigations have demonstrated how mental factors influence the presentation of sports. In both Wushu and Judo match-ups, mental components assume a significant part in choosing the degree of execution. Regarding the significance of mental factors, the factors mentioned above have been considered to look at the changed degrees of Wushu and Judo players.

- State anxiety
- Trait anxiety
- Aggression
- Pressure of achievement
- Personality traits and self-concept

Selection of tests

Prior to choosing the test things to gather information on the chose mental boundaries, the examiner dissected different writing, consulted the actual education specialists and sports therapist, which were standardized and generally fitting for this examination.

Collection of the data

As indicated by the strategies depicted over the information was gathered on chosen physiological factors, for example, state anxiety, quality anxiety, aggression, competition anxiety and achievement pressure, personality attributes, and self-concept. Preceding the competition, the information was gathered from between university and between college level Judo and Wushu players.

Administration of the Tests

Trait anxiety, aggression, pressure of achievement, personality qualities, and self-concept standardized questionnaire were utilized to evaluate state anxiety. The mental instrument utilized the description, the test the board strategy and the scoring method are as per the following:

- Anxiety Assessment
- Aggression Assessment
- Pressure achievement
- Personality traits and self-concept

Experimental design & Statistical technique

The free gathering's factorial plan 2x2 was utilized in the current examination. The principal absolute variable in this plan was the diverse degree of participation. The second absolute variable was down and consisted of two classes, Wushu and Judo, individually.

Two-way (2x2) autonomous gathering change investigation was utilized to decide the critical distinction in state anxiety, trait anxiety, and aggression, Pressure of achievement, Personality traits and self-concept between various degrees of Wushu and Judo players. In all cases, measurable noteworthiness was fixed at 0.05 levels.

RESULTS AND ANALYSIS

The point of the investigation is to dissect the anxiety, personality attributes, of Wushu and Judo players. The motivation behind the examination is to dissect the impact on Wushu and Judo players of competition anxiety and personality traits.

State Anxiety Analysis

Mean and standard deviation esteems for state anxiety of between university and between college Wushu and Judo players.

Table – 1: Descriptive State Anxiety Statistics for Wushu and Judo Players at Inter-Collegiate & Inter-University Level

	Wushu Players		Judo Players	
	Mean	SD	Mean	SD
Inter-Collegiate	34.26	5.20	32.56	5.59
Inter-University	24.52	4.06	18.98	8.35

the mean and standard deviation estimates for between university Wushu and Judo players for state anxiety are $34.26 + 5.20$ and $32.56 + 5.59$, and the between college Wushu and Judo players are $24.52 + 4.06$ and $18.98 + 8.35$.

It is concluded from the result of the investigation that the state anxiety of Judo players at between college level is altogether lower than that of Wushu players at between college level and Judo and Wushu players at between collegial level. The state anxiety of Wushu between college players is considerably lower than the state anxiety of Judo and Wushu between university level players. The investigation's result additionally uncovers that there is no huge distinction in state anxiety between university level Judo and Wushu players. The mean estimations of state anxiety of Wushu and Judo players at between university and between college levels.

ANALYSIS PERSONALITY TRAITS

Table – 2: Descriptive Personality Statistics for Wushu and Judo Players at Inter-Collegiate & Inter-University Level

	Wushu Players		Judo Players	
	Mean	SD	Mean	SD
Inter-Collegiate	17.46	3.54	12.06	2.96
Inter-University	12.44	2.13	9.18	1.66

The mean & standard deviation estimations of between university Wushu and Judo players on personality qualities are $17.46 + 3.54$ and $12.06 + 2.96$, and the between college Wushu and Judo players are $12.44 + 2.13$ and $9.18 + 1.66$, as appeared in table-4.13.

It was concluded from the result of the examination that the personality attributes of Judo players at the between college level are altogether lower than between university Judo players, between college Wushu players, and between university Wushu players. The personality attributes of between university Judo players are altogether lower than the

personality qualities of Wushu between university players, however there are no huge contrasts between university Judo players and personality qualities of Wushu between college and level players.

CONCLUSION

It is concluded that the state anxiety of Judo players at between college level is essentially lower than that of Wushu players at between college level and Judo and Wushu players at intercollegiate level. The state anxiety of Wushu between college players is generously lower than the state anxiety of Judo and Wushu between university level players. There is no critical contrast with respect to state anxiety between university level Judo and Wushu players. The trademark anxiety of Judo players at between college levels is considerably lower than that of Wushu players at between college level and Judo and Wushu players at intercollegiate level. The trait anxiety of Wushu between college players is fundamentally lower than the trait anxiety of Judo and Wushu between university level players. There is no significant difference exist between inter-collegiate level Judo and Wushu players on trait anxiety.

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