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## Socio-psychological differentials of judo players at different levels of participation

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**Abstract**

Physical education related to man's fundamental activities such as walking, running, jumping, throwing etc. and all these activities are organized as play, game & sports. Play is an enjoyable experience deriving from behaviour which is self-initiated in accordance with personal goals or expressive impulses. It tolerates all ranges of movements. Its rules are spontaneous. It has beginning of a temporal sequence but no predetermined ending. It results in no tangible outcome victory a reward sports is a human activity which involves specific administrative organization and historical back ground of rules which define the objective and limit the pattern of human behaviour. It involves competition or challenge and a definite out come primarily determined by physical skills. Games are activities with an agreed upon organization of time; space, terrain and the rules that define the objective and limit the patter of human behaviour. The outcome of game & sports is to determine a winner or a loser by totaling objectively scored success.

**Keywords:** Socio-psychological, differentials, judo players

**Introduction**

Sports is essentially that aspect of human activity which strengthens and integration of the body and the mind. It is also pointed out is the literature that motor performance provide stimulation of a center nervous system to such an extent that the under developed, dead or dying cell will either be rehabilitated or their function assumed by other newly generation cells Van Dalen (1976) contends that Greeks were the first civilized people to lay an equal emphasis on the cultivation of 'Man of Action' (Physic persons) and the man of wisdom (mental soundness) through participating in games sports and vigorous physical activities. They were of the considered opinion that intellectual achievements could not be possible without physical efficiency.

During the twenty first century, sports has become a natural phenomenon of great magnitude and complexity having consequences both for individual and society at large. Every individual or team which participates in any game/sports to win as our society attaches a great significance to "winning". Sports has become prestigious aspect to prove one's superiority. The philosophy of participation in games and sports has undergone a great change. The importance of viewing sports in a social context is quite obvious. Man does not exist alone or unrelated to other people. He levies and functions as a part of group and in that group his behaviour becomes a function of his interaction with other people. Sports entreat man to stretch for something beyond more reality sports often reveal the ways. Potential of man's greatness. It dramatises commendable act of integrity, self discipline. Sportsmen are people who are striving for perfection. These aspects make the sports as a fertile field for study of human behaviour.

**PERSONALITY:** It has been defined in many ways by different experts and each definition has something to offer by way of emphasis upon a particular facet of an individual. Hall and Linzey (1980) submit that the description and explanation of personality is always a function of the particular bias of orientation of theorist. Here the trait factor approach has been followed and therefore, the investigator decided to adopt Cattell trait definition of personality as a working definition for this study.

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**ADJUSTMENT:** According to psychological adjustment means a person's positive interaction with his environment. It is the balanced mutual satisfaction between the needs and aspiration of an individual and life situations. According to Shaffer and Shobean (1986) adjustment is the process by which a living organism maintains a balance between his needs and the circumstances that influence the satisfaction of his need.

### Objectives of the Study

The major objectives of the study were to compare the socio-psychological variables of Judo Players at different level of participation.

- ❖ To investigate the differences among the different level of Judo players on socio-psychological variables which includes personality traits and adjustment along with home, social health, emotional and educational adjustment.

### Hypotheses of the Study

On the basis of review and empirical observation. The following hypothesis were formulated :

- ❖ Judo Players at different level will differ significantly in socio-psychological factors such as personality traits and personality adjustment and its sub-variables such as home, social health, emotional and educational adjustment.

### Delimitation of The Study

The study was delimited to include only two psychological variables i.e. 16 p.f. and personality adjustment of Judo Players. Who participated in Judo game at different levels. These variables were selected keeping in view their impact on the behaviour on the players. Further this study is also confined to the Judo players in the age groups of 18-28 years.

### Research Methodology

The investigator took 120 female Judo Players intakes of university levels as subjects of the study. They were in age group of 18 to 28 years and they were also bona-fide Judo Players of Haryana State and had played up-to in the state, inter college intervarsity and National Championship of Judo as Haryana residents. They belonged to Haryana State Universities such as Kurukshetra, M.D.U. Rohtak, C.D.L.U., Sirsa and their affiliated colleges. Some of the colleges affiliated to these universities do not have adequate number of players and did not participate in the inter college and inter varsity championships and to complete the number of subjects, the investigator, has also taken Judo Players who participated in open championship of district and state. The research scholar collected the list of players from the university sports directorate and principles of colleges having Judo teams along with there eligibility Performa submitted to the universities and Haryana Judo Federation. All the Judo Players are having six years training age are eligible to play in state, inter college, intervarsity and inter-state championships. Subjects with the lower level of participation were not taken for the study because they will not make or provide the homogenous group on the basis of performance.

In the present investigator 120 female Judo Players belonging to Haryana were selected as subjects of the study, which was planned to compare the socio psychological variables and their status of participation. These of the variables mentioned above were used to measure socio psychological differentials and to find out anthropometry

differentials between Judo players. The investigator also examined their status of participation and verified from the participation record. They appeared the following tools were used to measure psychological differentials test were applied to collect the data.

### Socio Psychological variables

1. Cattel's 16 P.F. Questionnaire to measure personality traits of judo players.
2. Bell Adjustment Inventory to measure the aspects of adjustment of judo players

### Results of the study

The significant differences in the different psychological variables were calculated with the help of "t" test among the national and intervarsity inter college and state level female Judo Players. From the results of study one can find that high performance group of Judo is national and intervarsity level do have significant difference in these variable. The results of the study reveals that state performer i.e. inter college & state level the two groups differ significantly on nine of the station. Personality factors such as C.F.L.Q and on along-with E.I.N. and D. the remaining 7 factors. The both groups did not differ significantly in personality factors.

In other psychological factors viz adjustment the results reveals that high performance level of formal Judo Players belong to national and intervarsity. So differ significant in the personality adjustment such as emotional, educational, social home and health adjustment etc. The higher level better relations with others, they became confident as they are performing in front of spectators in special dress of Judo, travel to many other parts and please for competition. Those participation helps them to develop their personality characteristics and make than better adjustable against the inter-college levels.

### Significance of The Study

A major issue in the present day is how physical education personal such as teachers, coaches or trainers can prepare a good or winning teams of sports persons. They must have the knowledge about. The good characteristics of good players and how these characteristics differ between participates of different level especially in case of Judo Players. The literature search has revealed that major obstacle to the improvement of sports activities are due to lack of understanding of sports persons, personnel behavioural and their social characteristics. Thus, it would be a great theoretical as well as practical interest to investigate the personality and social variable like adjustments in health, social, emotional and educational adjustments. If all these variables related for the present study are found to go together to determine the difference in Judo Players (women) it would be possible to select those Judo Players for participation in Judo games, who possess these attributes in greater measure to bring more efficiency in performance to prepare winning teams in games, especially these of female Judo players.

The problem of selecting participants for sports who would have all the above socio-psychological characteristics would solved the problem and selection would become more objective.

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