Relationship of attitude with position winning and participating Judokas

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■ **ABSTRACT**

Sports are the part of everyday life. For hobby, small activities are enough, however, for a professional sportsman has to be specialized in a particular game through regular training and practice in throughout the life, for example Judo. Being part of the society, a Judoka has to face many challenges, even sometimes needs to endure in negative circumstances. These various challenges or the social factors may affect him in terms of behavioral change, attitude, confidence level and performance. Attitude defines the behavioral aspects of an individual, the way of looking toward life, thinking or beliefs, actions or reaction towards certain environmental factors. Thus, to get the best out of Judokas and their development, it is necessary to study the impact of various factors which may influence their attitude. Present paper discusses the attitude of Judokas, sub-variables of attitude and their relationships with position winning and participating Judokas along with significances.

■ *Key Words* : Attitude, Performance, Position winning, Participating, Test

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Attitude may be thought of as learned pattern of behaviour which predisposes the individual to act in a specific way towards certain persons, objects or ideas. It is a mental and neural representation, organized through experience (Breckler and Wiggins, 1992), exerting direct or dynamic influence upon the individual's response to all objects and situations with which it is related. It means a person must possess certain attitudes to be successful in making investigations. Attitude may contain: curiosity or inquisitiveness, objectivity, open-mindedness, perseverance, humility, ability to accept failure and skepticism. Attitude is defined as "a way of looking at life; a way of thinking, feeling or behaving." Therefore, an attitude is not just the way we think, but the way we think, feel and do. It is an idea charged with emotion which inclines a class of actions to a particular class of social situations (Triandis, 1971). Emotion is a common component in attitude change. It works hand-in-hand with the cognitive process, or the way we think, about an issue or situation (Breckler and Wiggins, 1992). Affective forecasting, *i.e.* intuition or the prediction of emotion also impacts attitude

change Loewenstein, 2007. Most attitudes are the result of either direct experience or observational learning from the environment. One cannot control the happenings, but can control his attitude toward the things happen to him and this way, he will be mastering change rather than allowing it to master him.Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in the society for the indefinite future. For a successful athlete, it is the attitude that makes him to the top, out of the other equally talented athletes. In fact, often the most successful athletes are those faces the obstacles and overcome these. Thus, an attitude affects a player in a great way he responds to certain things, the way he feels and handles unusual situations. A positive attitude is must for being successful and to get rid of the depressions or continuous failures. A positive attitude is just like a true friend that encourages him constantly to flow on the right track, feel energetic and a good human being also. This paper examines the various sub-variables of attitude which have significance

relationships with the different Judokas.

Objective:

The objective of present study was to study the effect of attitude between position winning and participating Judokas. Attitude comprised the sub-variable: social change, social distance, liberalism, nationalism, social revolutionism and untouchability.

■ METHODOLOGY

The main objective of the current research work was to perform a comparative study of the relationship of attitude with performance of 300 Judokas (males and females) from different member universities of "Association of Indian Universities (AIU)", who participated in All India Inter University Judo Championship held at Chandigarh from 07.02.2010 to 14.02.2010.

Tools used for data collection :

The selected test has been standardized in the Indian Cultural Context and is being used extensively. Simple random sampling method was selected for data collection.

Attitude test description :

The attitude test is related to the human behaviour. It measures both 'potentials' and 'hazards' related to the programme of 'social mobilization'. Out of the six areas, measured by the scale, those of nationalism, liberalism, social change, and social revolutionism are potential referents and those of 'social distance' and 'untouchability' speak for 'hazards'. The test contained 150 questions. Every sub-part of attitude has got 25 questions each. Reliability (by Split – Half Method) of each sub-variable of attitude is given by Table A.

Table A : Reliability of each sub-variable of attitude		
Sr. No.	Sub-variables of "Attitude"	Value of 'r'
1.	Nationalism	r = .92
2.	Liberalism	r = .88
3.	Social change	r = .71
4.	Revolutionism	r = .74
5.	Social distance	r = .81
6.	Untouchability	r = .91

Statistical analysis of data :

The collected data is compiled and tabulated variable wise. The present paper applied the 't' test for the analysis, using SPSS software. The results of this 't' test included mean value, standard deviation, number, 't' value, and df. Final conclusions are drawn and compared with the significant value at .05 level of confidence at 95 degree of freedom. Corresponding to each table, various figures have been drawn in excel for the graphical representations of results, relationships between variable as well as their significance.

■ OBSERVATIONS AND DISCUSSION

From Table 1 it is evident that the 't' value was 2.74. The value was greater than the table value 1.97 with df 298. It indicates that the mean scores of position winning and participating group on attitude (social change) differed significantly. So, it can be said that attitude (social change) level of position winning Judokas was significantly higher in comparison to Judokas belonging to participating group (Fig.1).
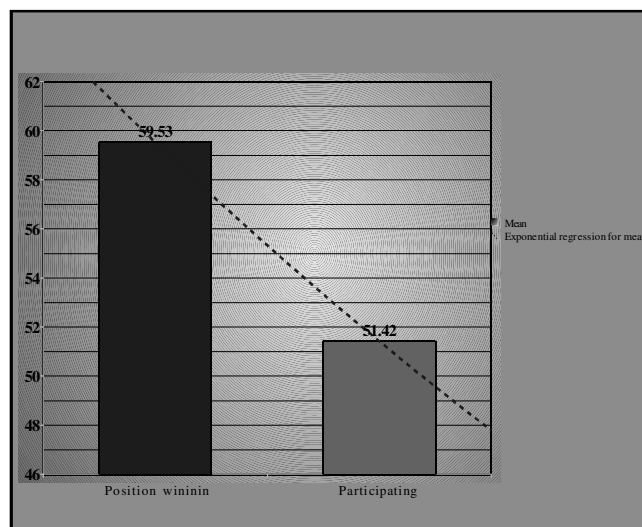

Fig. 1 : Attitude (social change) between position winning and participating Judokas

From Table 2 it is evident that the 't' value was 6.27. The value was greater than the table value 1.97 with df 298. It indicates that the mean scores of position winning and

| Table 1 : Attitude (scial cange) btween psition wnning and prticipating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position wnning	64	59.53	19.24388	2.74	Significant at 0.05 level
Participating	236	51.42	21.46056		

Table vlue = 1.97 with df = 298

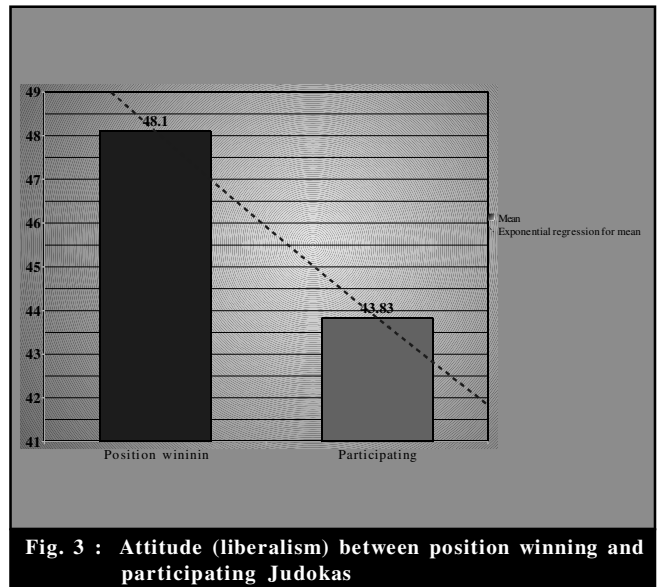| Table 2: Attitude (socioldistance) between position winning and participating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position winning	64	91.14	23.80540	6.27	Significant at 0.05 level
Participating	236	66.02	2.53904		

Table vlue = 1.97 with df = 298

participating group on attitude (social distance) differered significantly. It can, then be said that attitude (social distance) level of position winning Judokas was significantly higher in comparison to Judokas belonging to participating group (Fig. 2).

Fig. 2 : Attitude (social distance) between position winning and participating Judokas
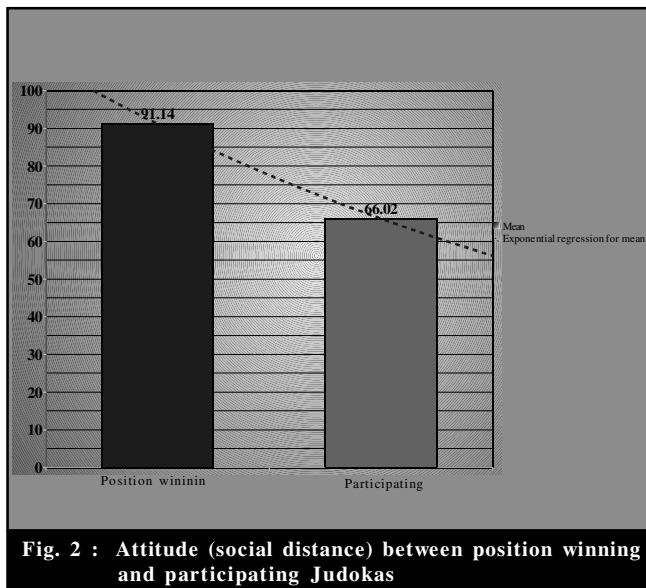
From Table 3 it is evident that the 't' value was 1.42. The value was less than the table value 1.97 with df 298. It indicated that the mean scores of position winning and participating group on attitude (liberalism) did not differ significantly. Thus,

it can be said that attitude (liberalism) level of position winning Judokas was not significantly higher in comparison to Judokas belonging to participating group (Fig. 3).

Fig. 3 : Attitude (liberalism) between position winning and participating Judokas

From Table 4 it is evident that the 't' value was .78. The value was less than the table value 1.97 with df 298. It indicated that the mean scores of position winning and participating group on attitude (nationalism) did not differ significantly. For this reason, it can be said that attitude (nationalism) level of position winning Judokas was not significantly higher in comparison to Judokas belonging

Table 3 : Attitude (liberalism) between position winning and participating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position winning	64	48.10	20.88852	1.42	Not significant at 0.05 level
Participating	236	43.83	21.52755		

Table value = 1.97 with df = 298

Table 4 : Attitude (nationalism) between position winning and participating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position winning	64	42.78	24.94716	.78	Not significant at 0.05 level
Participating	236	40.34	21.41972		

Table value = 1.97 with df = 298

to participating group (Fig.4).

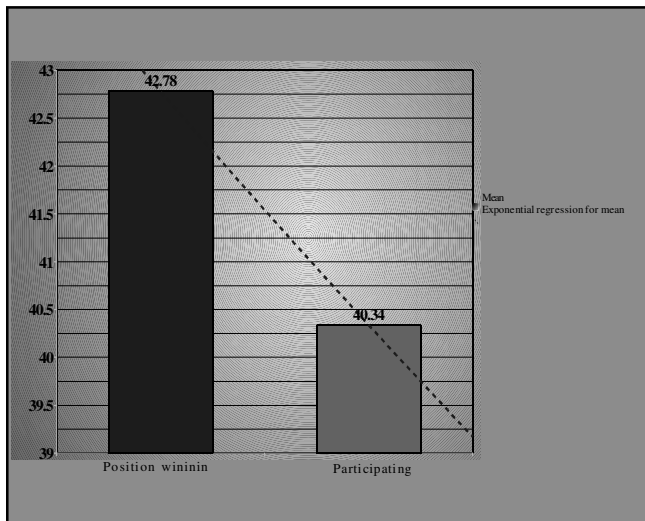Fig. 4 : Attitude (nationalism) between position winning and participating Judokas

Fig. 5: Attitude (social revolutionism) between position winning and participating Judokas

From Table 5 it is evident that the 't' value was .3.34. The value was greater than the table value 1.97 with df 298. It indicated that the mean scores of position winning and participating group on attitude (social revolutionism) differs significantly. Consequently, it can, be said that attitude (social revolutionism) level of position winning Judokas is significantly higher in comparison to Judokas belonging to participating group (Fig. 5).

From Table 6 it is evident that the 't' value was .3.36. The value was greater than the table value 1.97 with df 298. It indicated that the mean scores of position winning and participating group on attitude (untouchability) differed significantly. As a result, it can be said that attitude (untouchability) level of position winning Judokas was significantly higher in comparison to Judokas belonging to participating group (Fig. 6).
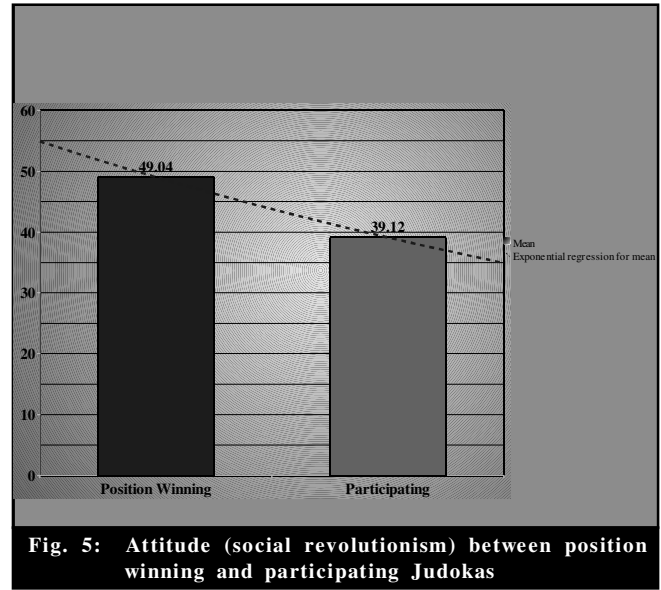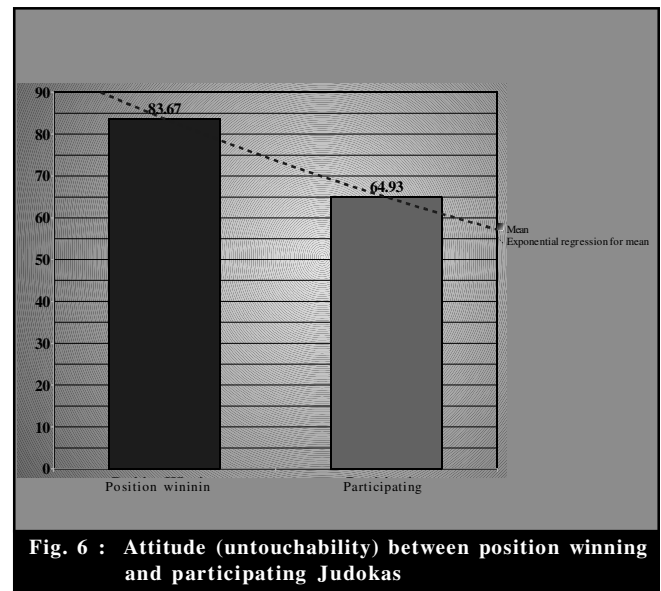

Fig. 6 : Attitude (untouchability) between position winning and participating Judokas

Table 5 : Attitude (social revolutionism) between position winning and participating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position winning	64	49.04	24.71701	3.34	Significant at 0.05 level
Participating	236	39.12	19.98185		

Table value = 1.97 with df = 298

Table 6 : Attitude (untouchability) between position winning and participating Judokas					
Group	Number	Mean	S.D.	t	Remarks
Position winning	64	83.67	26.96443	4.36	Significant at 0.05 level
Participating	236	64.93	31.41918		

Table value = 1.97 with df = 298

Conclusions and future scope of work :

The results of the study showed that the attitude on sub-variables social change, social distance, social revolutionism and untouchability between two Judokas group *i.e.* position winning and participating Judokas differed significantly. Therefore, these sub-variables needed to be monitored and controlled to regulate Judokas performances, whereas, the other two sub-variables, liberalism and nationalism of attitude did not differ between these two Judokas groups, that means their thinking or belief for these variables are similar. This way it is also concluded that the attitude of athletes and change if any, is reflected by their behaviours as well as performances too. Victory is not just winning the competition but it actually means how beautifully you performed. So, it is necessary to generate right attitude between competitors. Therefore, the study of the attitude is vital to boost player's inner derives, excellent behaviour and positive attitude. The study of the variable 'attitude' can be useful to construct the players (*i.e.* Judokas) own beliefs; their way of looking life and can be educated to develop a good morale, ethics as well as a strong attitude to avoid the awful habits like doping etc. A favourable attitude is helpful in achieving success and balance between personal as well as professional life. The future study can be performed separately for males and females to identify various genetic and social factors influencing their performance level.

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