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Analysis of burnout and stress vulnerability of judo male players among different level of category

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Abstract

The purpose of the study was to analyze the burnout and stress vulnerability of judo male players among different level of category. A total of 120 intervarsity level judo male players (40 Light weight category, 40 Middle weight categories and 40 Heavy weight category) alone are surveyed for the study by using an interview schedule containing closed-ended questions. All the players are national level players. Their ages are ranged between 17 to 24 years. To measure the burnout, Athletic Burnout questionnaire which contain 15 items devised by Raedeke (1997; Raedeke & Smith, 2001) and to measure the stress vulnerability, Stress Vulnerability Scale which contain 20 items devised by (L.H. Miller and A.D. Smith) was applied. To examine the hypothesis of the study descriptive statistics like mean and standard deviation were used. To determine the significant difference among all the judo male players' Descriptive analysis and One Way Analysis of Variance and F-test will be used in the selected parameters (Verma, 2013). The level of significance set at 0.05 level.

Keywords: Burnout, Stress, Judo, Male, Category

Introduction

Sport and physical education are often considered as a laboratory of human experience. Sports and physical education confront the student both physically and intellectually, and in the process of intense effort, the person's true ideals often show through. Fair play or winning in any possible way is the eventual test of ethical standards, and no other area of educational attempt is likely to put the student to the test.

A condition and level of emotional, physical and mental exhaustion are named as Burnout. It influences purpose, vitality, attitudes and self-concept towards sport and life. It might be negative. Coaches and athletes are prone to likely to burnout due to the sports nature as well as the burnout nature because they are always based on accomplishment. The sports person can be much stressed and highly dedicated. So burnout is an essential barrier for all. By knowing the burnout psychology, it enhances cricketers to cope with rest. Even it prevents more efficiently (Raedeke and Smith, 2001) [13].

Sports can have both negative and positive impacts on athlete development. Several sports can develop athlete's self-confidence, physical wellbeing, health, ability to work and encouragement to excel with others. In some situations athletes who invest specific time in sports are more probable to employ in delinquency and drugs. One of the major reasons for stress is too much hope of success and it is a similar belief of every athlete that the attitude of success at any cost is the overconfidence of every athlete. The downside of extensive involvement in sports by athletes involves developing expectation by coaches and the public to be successful at any cost. Another major cause of stress is the time management (Hanton *et al*, 2005) [11].

Objective of the study

- To measure burnout and stress vulnerability among judo male players among different level of category.
- To find out the significant difference among judo male players among different level of category.

Hypothesis of the study

- There will be no significant difference among judo male players among different level of category.

Method and procedure

A total of 120 national level judo male players (40 Light weight category, 40 Middle weight categories and 40 Heavy weight category) with the age group of 17 to24 years. Only Burnout and stress vulnerability was measured through Athletic Burnout questionnaire by (Raedeke 1997; Raedeke & Smith, 2001) [13] and stress vulnerability was measured by L.H. Miller and A.D. Smith was applied. To determine the significant difference among all the judo male players among different level of category descriptive analysis and One Way Analysis of Variance and F-test will be used in the selected parameters (Verma, 2013). The level of significance set at 0.05 level.

Data Interpretation and Result

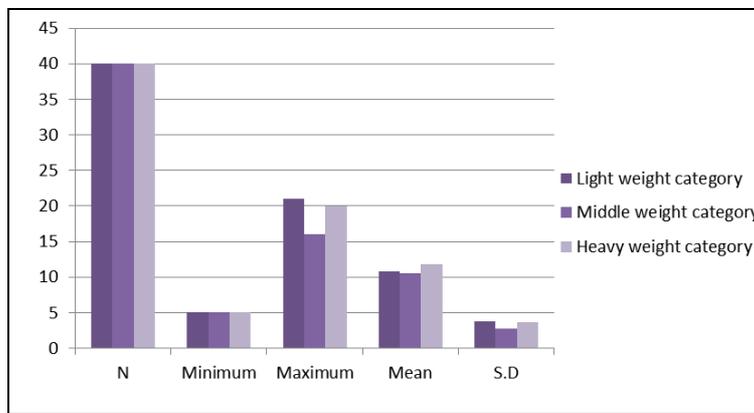
The above table-1 indicates that all the three groups of judo

male players light weight category, middle weight category and heavy weight category consisting of equal samples with fourty in each group. On the sub factor Reduce sense of accomplishment of burnout light weight category showed highest mean value 10.77 followed by middle weight category 10.55 and heavy weight category 11.77.

Table 1: Descriptive statistics of the sub factor Reduce sense of accomplishment of burnout of Lightweight, middleweight and heavy weight category of judo male players

Boxers	N	Minimum	Maximum	Mean	S.D
Light weight category	40	5.00	21.00	10.77	3.77
Middle weight category	40	5.00	16.00	10.55	2.82
Heavy weight category	40	5.00	20.00	11.77	3.68

Significant at 0.05 level



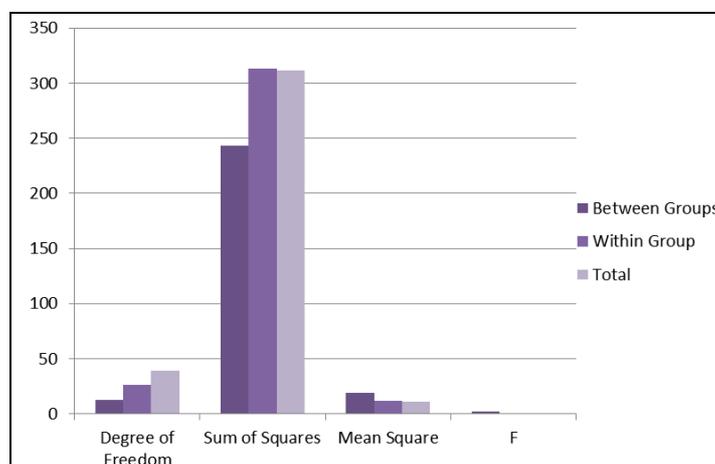
Graph 1: Mean Difference of the sub factor Reduce sense of accomplishment of burnout of Lightweight, middleweight and heavy weight category of judo male players

Table 2: ANOVA table for the sub factor Reduce sense of accomplishment of burnout among Lightweight, middleweight and heavy weight category of judo male players

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	13	243.661	18.74	1.781
Within Group	26	313.314	12.05	
Total	39	311.900	11.30	

Significant at 0.05 level

Tab $F_{0.05}(2, 297) = 3.02$ The finding of Table- 2 shows that there is no important difference between the mean scores of the reduce sense of accomplishment of burnout among light weight, middle weight and heavy weight category judo male players. Because the Calculated F-value 1.781 is less than the Tabulated F-value of 3.02 at.05 level of Significant for the degree of freedom 2, 297.



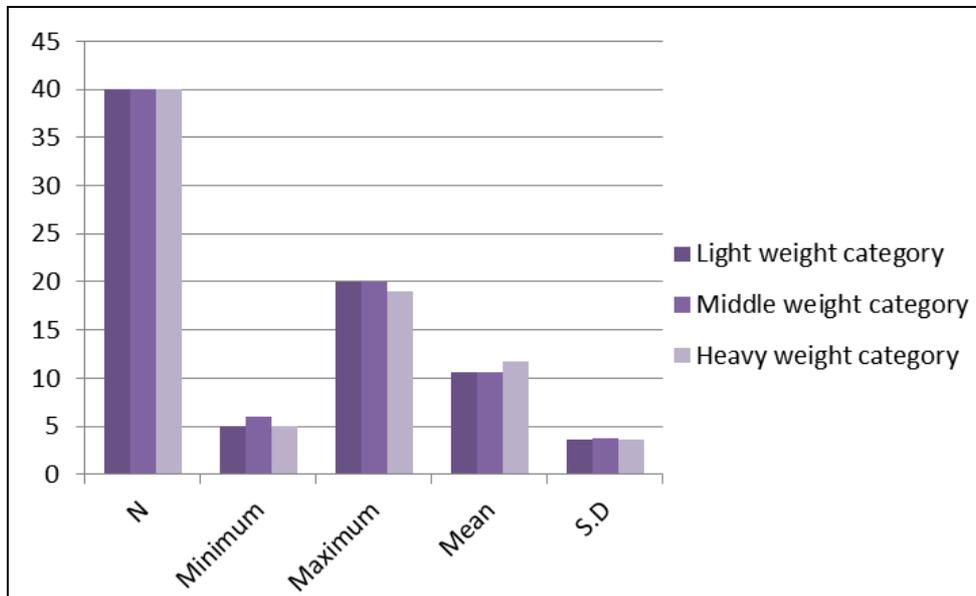
Graph 2: ANOVA table for the sub factor Reduce sense of accomplishment of burnout among Lightweight, middleweight and heavy weight category of judo male players

Table 3: Descriptive statistics of the sub factor Reduce sense of emotional physical exhaustion burnout of Lightweight, middleweight and heavy weight category of judo players

Boxers	N	Mini mum	Maxi mum	Mean	S.D
Light weight category	40	5.00	20.00	10.65	3.62
Middle weight category	40	6.00	20.00	10.60	3.78
Heavy weight category	40	5.00	19.00	11.75	3.65

Significant at 0.05 level

The above table-3 indicates that all the three groups of judo male players light weight category, middle weight category and heavy weight category consisting of equal samples with fifty in each group. On the sub factor Reduce sense of emotional physical exhaustion of burnout light weight category showed highest mean value 10.65 followed by height weight category 10.60 and middle weight category 11.75.



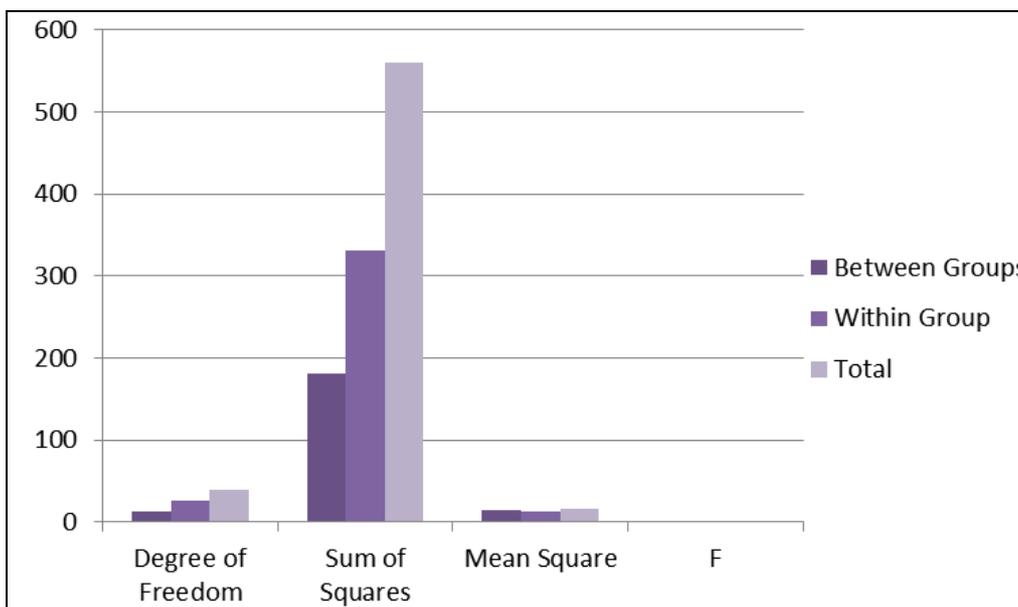
Graph 3: Descriptive statistics of the sub factor Reduce sense of emotional physical exhaustion burnout of Lightweight, middleweight and heavy weight category of judo male players

Table 4: ANOVA table for the sub factor Reduce sense of emotional physical exhaustion burnout among Lightweight, middleweight and heavy weight category of judo male players

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	13	180.683	13.89	1.265
Within Group	26	330.417	12.70	
Total	39	559.660	16.67	

Significant at 0.05 level
Tab F0.05 (2, 297) = 3.02

The finding of Table- 4 shows that there is no important difference between the mean scores of the reduce sense of emotional physical exhaustion burnout among light weight, middle weight and heavyweight category judo male players. Because the Calculated F-value 1.265 is less than the Tabulated F-value of 3.02 at.05 level of Significant for the degree of freedom 2, 297.



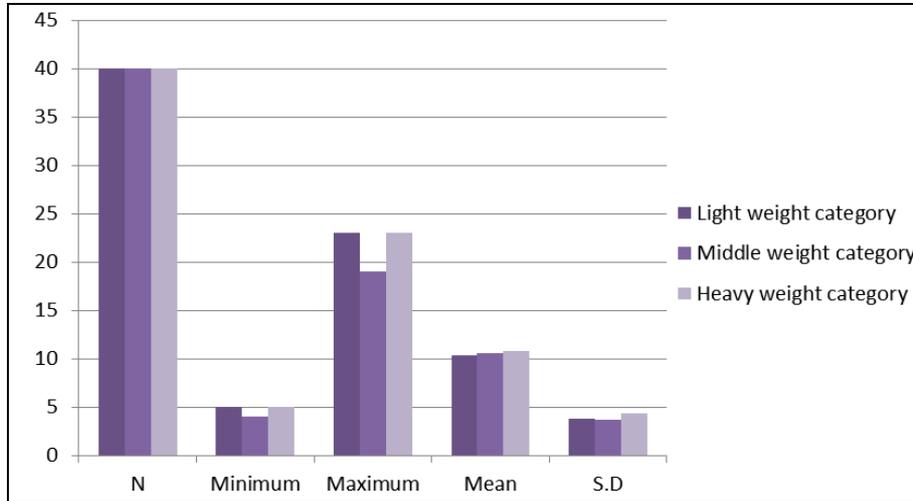
Graph 4: ANOVA table for the sub factor Reduce sense of emotional physical exhaustion burnout among Lightweight, middleweight and heavy weight category of judo male players

Table 5: Descriptive statistics of the sub factor Reduce sense of devaluation burnout of Lightweight, middleweight and heavy weight category judo male players

Boxers	N	Mini mum	Maxi mum	Mean	S.D
Light weight category	40	5.00	23.00	10.32	3.76
Middle weight category	40	4.00	19.00	10.60	3.63
Heavy weight category	40	5.00	23.00	10.80	4.31

Significant at 0.05 level

The above table-5 indicates that all the three groups of boxers' viz. light weight category, middle weight category and heavy weight category consisting of equal samples with fifty in each group. On the sub factor Reduce sense of devaluation burnout light weight category showed highest mean value 10.32 Followed by height weight category 10. 60 and middle weight category 10.80.



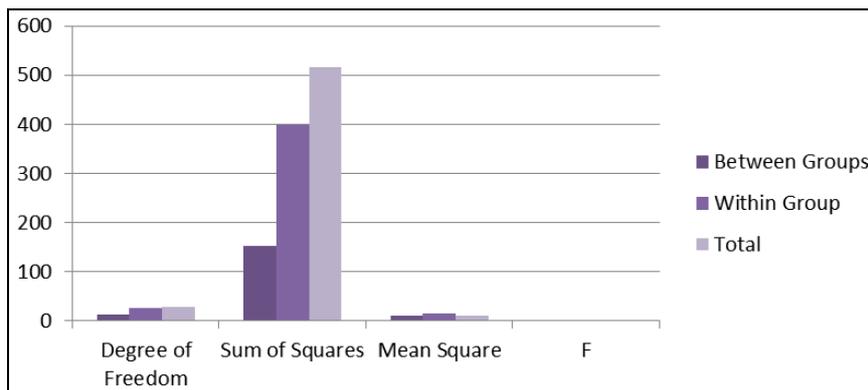
Graph 5: Descriptive statistics of the sub factor Reduce sense of devaluation burnout of Lightweight, middleweight and heavy weight category of judo male players

Table 6: ANOVA table for the sub factor Reduce sense of deviation burnout among Lightweight, middleweight and heavy weight category of judo male players

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	13	153.136	11.78	0.838
Within Group	26	399.639	15.37	
Total	29	515.600	11.70	

Significant at 0.05 level
Tab F0.05 (2, 297) = 3.02

The finding of Table- 4 shows that there is no important difference between the mean scores of the reduce sense of deviation burnout among light weight, middle weight and heavyweight category boxers. Because the Calculated F-value 0.838 is less than the Tabulated F-value of 3.02 at.05 level of Significant for the degree of freedom 2, 297.



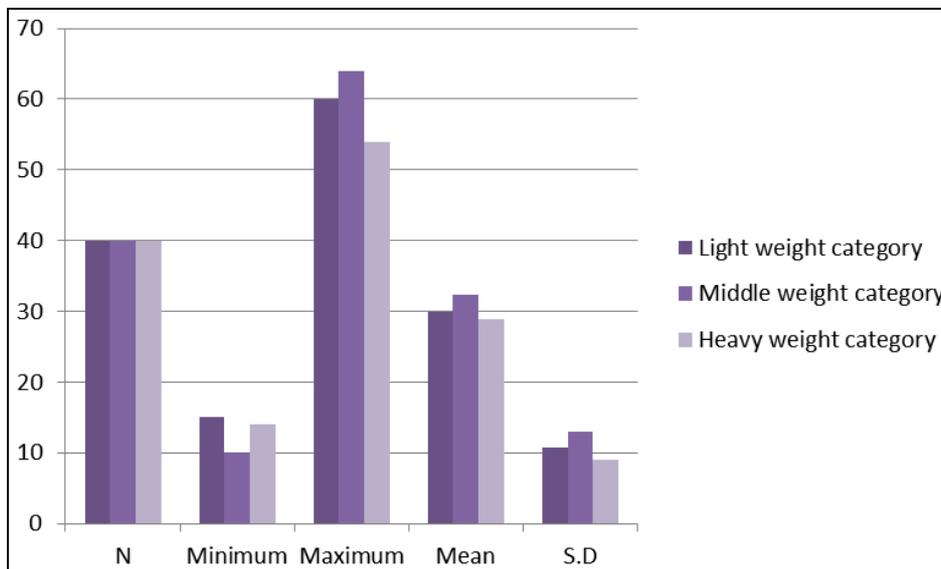
Graph 6: ANOVA table for the sub factor Reduce sense of deviation of burnout among Lightweight, middleweight and heavy weight category of judo male players

Table 7: Descriptive statistics of the stress Vulnerability of Lightweight, middleweight and heavy weight category of judo male players

Boxers	N	Mini mum	Maxi mum	Mean	S.D
Light weight category	40	15	60.00	29.95	10.82
Middle weight category	40	10	64.00	32.27	13.03
Heavy weight category	40	14	54.00	28.90	8.99

Significant at 0.05 level

The above table-7 indicates that all the three groups of judo male players light weight category, middle weight category and heavy weight category consisting of equal samples with fifty in each group. On the sub factor Reduce sense of devaluation burnout light weight category showed highest mean value 10.32 followed by height weight category 10.60 and middle weight category 10.80.



Graph 7: ANOVA table for stress vulnerability among Lightweight, middleweight and heavy weight category judo male players

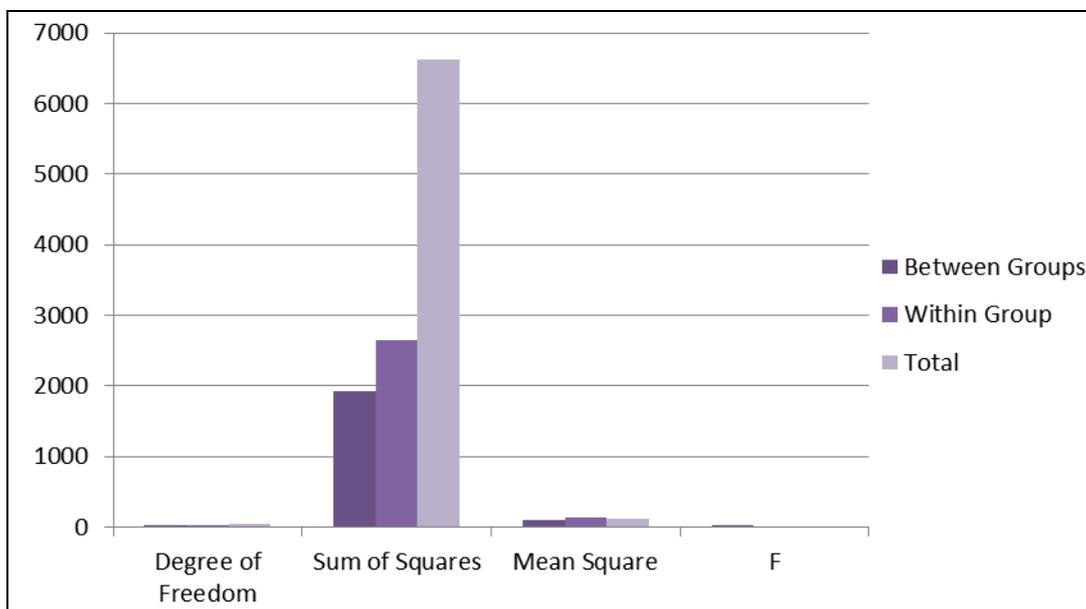
Table 8: ANOVA table for the stress vulnerability among Lightweight, middleweight and heavy weight category of judo male players

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	20	1915.400	95.770	0.479
Within Group	19	2652.500	139.605	
Total	39	6625.925	110.999	

Significant at 0.05 level
 Tab F0.05 (2, 297) = 3.02

The finding of Table- 8 shows that there is no important difference between the mean scores of the stress vulnerability among light weight, middle weight and heavyweight category

judo male players. Because the Calculated F-value 0.479 is less than the Tabulated F-value of 3.02 at.05 level of Significant for the degree of freedom 2, 297.



Graph 8: ANOVA table for the sub factor stress vulnerability among Lightweight, middleweight and heavy weight category of judo male players

Conclusion

- The reduce sense of accomplishment, physical exhaustion, deviation and stress vulnerability did not show any significant difference among the three groups of light weight category, middle weight category and heavy weight category of judo male players.

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