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Dr. Yeshbeer Singh
Dy. Director Physical Education
and Sports, DAV University
Jalandhar, Punjab, India

An analytical study on psychomotor abilities of junior male judokas

Dr. Yeshbeer Singh

Abstract

The motivation behind this examination was to explore the chosen psychomotor abilities of junior level male judokas. The present examination was led on 30 male judokas from JFI Training Center Gurdaspur, Punjab. The chose subjects were medalists and non-medalists player of state and national level competitions. The medalist players named as Medalist (Group-A; N-15) and the non-medalists players named as Non-Medalists (Group-B; N-15). Two tests were administered and needed trails were given to establish the reliability. The tests are Horizontal Space Test for the assessment of Kinesthetic Perception and Nelson Speed of Movement Test for the assessment of speed of movement. Information in this way, gathered is investigated by using 't' test at 0.05 level of noteworthiness. Aftereffects of the present research show that there was an essentialness distinction between Medalist Group and Non-Medalists Group young men player in regard to sensation observation and no huge contrast exist between Medalist Group and Non-Medalists Group in connection to speed of development.

Keywords: analytical study, abilities, junior male judokas

Introduction

A scientific approach in the field of sports plays a vital role in improving the sports performance. The sports scientist are of the view that performance in various sports and games is influenced by many factors such as level of physical abilities, techniques, psychological traits, nutrition, sociological and physiological characteristics. However the role of psychological traits as a sports science is perhaps one of the most crucial in this regard. Judo is a martial art that makes use of throws, strangles and joint locks. There is no kicking or punching in Judo. Judo is a complex sport where many variables like tactical, technical, physiological, psychological etc. determine the final results. Judo was originally developed from Jujutsu and was accepted as an Olympic sport in 1966. Judo is a sport that demands a physical and strategic performance, testing the qualities of strength, touch, balance, technical skills and sensitivity. It is a sport activity that is ideal for the young and the old and is suitable for male and female players. Judo is an art which does not aim to elevate only the body, but also moral and spiritual characteristics of the person, helping psycho-motor development of the individual also. Judo includes a great quantity of elements such as push and traction power, balance, direction shifts, throws, holding-techniques and so on. Judo includes a great quantity of elements such as push and traction power, balance, direction shifts, throws, holding-techniques and so on. Thus Judo helps both physical and self-defense capability too. Technology covers every aspect of life and sports is no exception to sports. Sports science has enabled modern youth to developed physical capacities beyond limits never imagined before. Sports have become highly competitive and records are being broken with greater rapidly. Now a days the nature and trend of sports are easily realized by one and all. Sports is developing, enjoyable and at the same time highly competitive. There is a constant endeavor to better the records set up and to achieve higher standard of performance. As a result, today's sports demands optimum fitness of all components and highest degree of performance. Judo comes under the category of combative sports. The game involves high standards of agility, strength, speed, judgment, physiological fitness, optimum level of psychological fitness and skill full body movement on the part of participants. In this present study attempt has been made to investigate and compare the selected psychomotor abilities of junior male judokas.

Correspondence
Dr. Yeshbeer Singh
Dy. Director Physical Education
and Sports, DAV University
Jalandhar, Punjab, India

Material and Methods

The purpose of this study was to compare the selected psychomotor abilities of Medalist and Non-Medalists players of state and national level competitions. Total selected 30 subjects were divided into two groups: one group has players who won medals named as Medalist Group (Group-A; N-15) and the other has non-medalist players named as Non-Medalist Group (Group-B; N-15). Two tests were administered: one was Horizontal Space Test for the assessment of Kinesthetic Perception and the second was Nelson Speed of Movement Test for the assessment of speed of movement.

Statistical Analysis

The mean, standard deviation and independent student's 't' were utilized as measurable apparatuses. The data collected on all the tests were statistically analyzed by using 't' ratio at 0.05 level of confidence.

Results

The mean, standard deviation, standard error of mean and 't' ratio of Medalist and Non-Medalist players on selected psychomotor abilities variables are given below in table 1.

Table 1

Group	Variables	Mean	SD	't' ratio
Medalist	Kinesthetic Perception	1.37	0.35389	2.281*
Non-Medalist		1.68	0.40334	
Medalist	Speed of Movement	14.20	0.72668	1.985
Non-Medalist		14.67	0.55050	

$t_{0.05}(28) = 2.048$

It is revealed from table-1 that there is a significant difference in kinesthetic perception between Medalist and Non-Medalist players, which was found at 0.05 level of confidence with 28 degrees of freedom. The 't' value needed for significance is 2.048 and as the obtained value is 2.281, that is more than the needed

value. There is no significant difference found in speed of movement at 0.05 level of confidence with 28 degrees of freedom. The 't' value desirable for significance is 2.281 as the obtained value is less than the needed value.

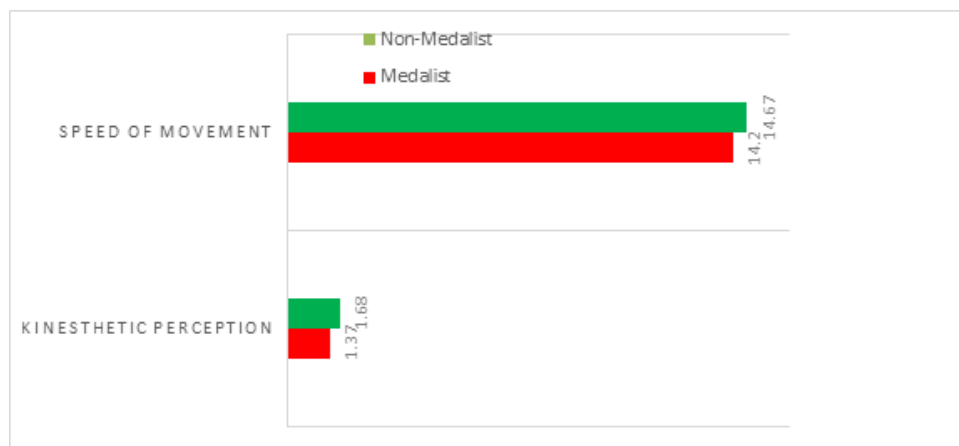


Fig 1: Shows the Mean Values of Kinesthetic Perception and Speed of Movement of Medalist and Inter-College Male Softball Non-Medalist Junior male Players

Discussion

Kinesthetic perception enables the player in the body to position and its parts in time and space in connection to gravity, playing range, opponent's position and so forth. The above finding of Kinesthetic perception is in accordance with the examination done by Aschi (2004) who found that the first class competitors were altogether having preferred sensation observation over non-competitors. Be that as it may, these outcomes might be found on account of an enormous distinction between the two gatherings in connection to sports interest. These outcomes are in strife with another investigation of Freeman (1996) [2]. Their investigation found that sensation affectability or observation have no distinction between artists/acrobats, basketballers and non-competitors. The above discoveries of the present examination were in consonance with ponders embraced by Ranjeet (1996) in which he discovers huge distinction between competitors of individual and group activities in speed of development. There are different examinations too which demonstrate that there is a huge distinction in connection to response time of competitors and nonathletes, the investigations like Zhang

(2009) in which they recommended that competitors had quicker response time than nonathletes; Nakamoto (2008) found that players had essentially shorter response time than nonathletes.

Conclusions

Inside the point of confinement of the examination and strategy took after the accompanying conclusion were drawn, there was a huge contrast amongst medalist and non-medalist gather in regard to sensation observation. Result demonstrates that the medalist assemble young men having preferred Kinesthetic perception over non-medalist gathering. There was a distinction exist between medalist gathering and non-medalist assemble in speed of development. Be that as it may, the distinction is not critical. It demonstrates that the response time of medalist gathering and non-medalist bunch is practically same.

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