



Characteristics that Affect Competition Anxiety and How They Affect Wushu and Judo Competitors

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ABSTRACT

Today, the talents and psychosomatic preparations of athletes are often seen as equally vital to, if not more so than, the technical preparation for a certain competition or event. Increasing numbers of people from all around the world are taking part in Wushu and Judo competitions every year because of the unique attributes of these sports. The goal of the study is to disentangle the ways in which aggression, competitive anxiety, achievement pressure, personality factors, and self-concept affect Wushu and Judo athletes. To achieve the goal of the examination, 200 athletes, including 100 Wushu players and 100 Judo players from various colleges in Rajasthan, were selected. From the selected topics, one hundred players were selected to give speeches at school assemblies and take part in inter-school competitions. These players came from a variety of disciplines and disciplines, including, for example, fifty Wushu and fifty Judo practitioners. The ages of the participants ranged from 18 to 22. A two-way (2x2) change analysis of the independent group was used to identify significant differences in state anxiety, attribute anxiety, aggression, and neuroticism across skill levels of Wushu and Judo practitioners.

Keywords: *Psychosomatic, Wushu and Judo athletes, Aggression, Competitive Anxiety, Achievement Pressure, Personality factors, etc...*

INTRODUCTION

Competition anxiety, a psychological phenomenon experienced by athletes across various sports, plays a pivotal role in shaping their performance outcomes and overall well-being. In martial arts disciplines like Wushu and Judo, where mental composure and physical prowess converge, understanding the factors that contribute to competition anxiety is of paramount importance. This comprehensive exploration aims to delve into the intricate relationship between competition anxiety and the distinct characteristics that affect Wushu and Judo competitors. By scrutinizing the interplay between individual traits, competitive environments, and the nature of the sports themselves, this investigation seeks to shed light on how these multifaceted factors collectively influence athletes' experiences and performances in the intense arena of martial arts competitions.

Wushu and Judo, while distinct in their techniques and philosophies, share commonalities in their demand for precision, focus, and mental resilience. Athletes engaging in these disciplines not only compete against opponents but also grapple with their own psychological states. Competition anxiety, which encompasses the cognitive, emotional, and physiological responses to the stressors of competitive situations, can significantly impact an athlete's performance, often dictating the difference between success and defeat.

The dynamics of competition anxiety are complex and multifactorial, influenced by both internal and external factors. Internal factors include an athlete's personality traits, past experiences, and coping mechanisms, while external factors encompass the competitive environment, audience presence, and the perceived stakes of the competition. In the context of Wushu and Judo, where movements are calculated and rapid, and where decisive moments can unfold in the blink of an eye, the role of competition anxiety becomes particularly pronounced.

This investigation aims to dissect the key characteristics that underpin competition anxiety and their nuanced impacts on Wushu and Judo competitors. By examining personality traits like perfectionism, self-confidence, and trait anxiety, we can elucidate how these traits interact with the demands of each sport. Additionally, the competitive environment, characterized by its level of intensity, familiarity, and spectator engagement, plays a pivotal role in shaping athletes' anxiety experiences.



In Wushu, with its emphasis on choreographed forms and intricate maneuvers, athletes must blend artistic expression with precision and agility. How does the pressure to execute flawless routines intertwine with an athlete's intrinsic traits to either augment or hinder performance? Conversely, Judo, a discipline centered on balance, leverage, and strategic maneuvers, requires athletes to think on their feet in close combat scenarios. How do the heightened levels of physiological arousal associated with competition anxiety affect an athlete's ability to make split-second decisions and execute techniques with precision? Understanding the unique interplay between individual attributes and the demands of each sport is pivotal in devising effective strategies for athletes to manage and mitigate competition anxiety. Coaches, sports psychologists, and athletes themselves can benefit from such insights to tailor preparation techniques, mental training, and coping mechanisms that align with the specific challenges posed by Wushu and Judo competitions.

In the subsequent sections, we will delve into the intricacies of personality traits, competitive environments, and their respective impacts on competition anxiety in Wushu and Judo competitors. By piecing together these puzzle-like elements, we can develop a more comprehensive understanding of how athletes in these disciplines navigate the intricate landscape of competitive martial arts while managing the ever-present specter of anxiety.

Wushu Sports

Wushu, or kung-fu, is the umbrella term for the various Chinese martial arts styles; it is the ancestor of all martial arts in Asia. Different Wushu schools and systems use different traditional weapons and employ varying sets of methods, strategies, philosophies, and procedures. Over China's 5000-year history, countless fighting styles have developed, each one focusing on a different aspect of battle but also incorporating the widely held morals and beliefs of the Chinese people. Therefore, wushu has developed into something more than just a means of attack and defense; it is now a way to positively cultivate one's body, mind, and spirit. Since its inception, Wushu has branched out into numerous sub-disciplines. While some traditions are concerned with promoting physical and mental health, others are dedicated to sustaining the innate skills and knowledge that give rise to creative expression. Wushu has developed into a global competitive sport, practiced and admired by thousands of individuals all over the world thanks to its unique and engaging content.

Judo Sports

Judo, a dynamic and intricate martial art, originated in Japan in the late 19th century and has since gained global recognition as both a sport and a method of self-defense. Rooted in principles of balance, leverage, and strategic maneuvering, Judo emphasizes the art of using an opponent's strength and energy against them. As practitioners engage in controlled, physical combat on the tatami (Judo mat), the psychological aspect of the sport, including competition anxiety, becomes an integral part of their performance.

In the realm of Judo, the fusion of physical technique and mental resilience is a defining characteristic. Athletes train rigorously to master a repertoire of throws, holds, pins, and submissions, all of which require precise execution and swift adaptation to the opponent's actions. Yet, as the pressure mounts in competitive environments, the manifestation of competition anxiety can influence an athlete's ability to execute these techniques optimally.

The competitive arena in Judo introduces a unique blend of challenges that can trigger competition anxiety. Athletes not only face the intense scrutiny of opponents, coaches, and spectators but must also grapple with the unpredictable nature of their opponents' movements. The inherent uncertainty of the sport, where split-second decisions determine success or defeat, can heighten arousal levels and induce anxiety responses that vary from athlete to athlete. Several factors contribute to competition anxiety in Judo, and understanding their interplay is essential to grasping its effects on athletes. One such factor is the personality trait of perfectionism. While a degree of perfectionism can drive athletes to refine their techniques, excessive perfectionism can lead to self-imposed pressure and heightened anxiety when the execution of a technique falls short of self-imposed standards.



Self Concept on Judo and Wushu

Self-concept, also known as self-perception or self-identity, plays a crucial role in shaping an individual's experiences, behaviors, and attitudes, including their participation in activities such as Judo and Wushu. Self-concept refers to how individuals perceive themselves, including their beliefs, feelings, and evaluations about their own abilities, traits, and worth. In the context of martial arts like Judo and Wushu, self-concept can significantly impact an athlete's performance, motivation, and overall engagement in the sport.

Self-Concept in Judo:

In Judo, self-concept can influence how athletes approach training, competition, and self-improvement. An athlete with a positive self-concept may have high self-esteem and confidence in their abilities. This can lead to increased motivation, resilience in the face of challenges, and a willingness to take risks during matches. On the other hand, a negative self-concept characterized by self-doubt and low self-esteem might hinder an athlete's performance and hinder their ability to capitalize on opportunities.

Judo's emphasis on yielding and adaptability can also influence an athlete's self-concept. Those who internalize the philosophy of Judo—learning to use an opponent's strength to their advantage—may develop a strong sense of self-mastery, both on and off the mat. Additionally, the supportive and respectful atmosphere often present in Judo dojos (training halls) can contribute to a positive self-concept, fostering a sense of belonging and camaraderie among practitioners.

Self-Concept in Wushu:

Wushu, with its blend of artistry, athleticism, and technical precision, similarly interacts with athletes' self-concept. Athletes' beliefs about their capabilities to execute intricate forms and techniques can greatly impact their performance outcomes. Those with a well-developed self-concept might approach training with determination, striving to improve their skills and execute routines with finesse. Such individuals might also find validation and self-worth in their ability to master the challenging aspects of Wushu.

Furthermore, Wushu's artistic nature can allow athletes to express their creativity and individuality. Athletes who align their self-concept with the artistic dimension of Wushu might find a unique avenue for self-expression and self-discovery. Conversely, self-doubt or unrealistic self-expectations could hinder an athlete's artistic exploration and limit their enjoyment of the sport.

Self-Concept Development: Developing a healthy self-concept in Judo and Wushu involves a combination of factors, including realistic self-assessment, self-compassion, and a growth-oriented mindset. Acknowledging strengths and weaknesses, setting achievable goals, and focusing on personal improvement rather than external validation can contribute to a positive self-concept. Additionally, recognizing that setbacks and challenges are part of the learning process can help athletes navigate obstacles without significant damage to their self-esteem.

LITERATURE REVIEW



Competition Anxiety in Martial Arts Players:

Year: 2017

Author: Hashim, H. A., & Ros, W. A. W.

Study: "Competition Anxiety, Achievement Motivation, and Self-Confidence among Malaysian Martial Arts Players."

In-Depth: This study investigated the levels of competition anxiety among Malaysian martial arts players, including Wushu and Judo participants. The authors explored the relationships between competition anxiety, achievement motivation, and self-confidence. The research employed quantitative methods and surveys to gather data. The findings indicated that competition anxiety negatively correlated with self-confidence and achievement motivation. This study shed light on the psychological factors affecting martial arts athletes' performance and provided insights into how anxiety management techniques could be beneficial.

Personality Traits and Performance in Wushu and Judo Players:





Year: 2014

Author: Martinent, G., Ferrand, C., & Guillet-Descas, E.

Study: "Psychometric Properties of the French Version of the Sport Anxiety Scale."

In-Depth: While not specific to Wushu and Judo, this study focused on the Sport Anxiety Scale (SAS) and its psychometric properties in the context of sports performance. The SAS is used to measure cognitive and somatic anxiety related to sports competition. By examining the reliability and validity of the scale, the authors contributed to the broader understanding of how anxiety manifests in athletes across various sports, including martial arts. It's important to note that this study doesn't solely focus on Wushu and Judo players but provides a relevant framework for assessing anxiety in these athletes.

Impact of Personality Traits on Martial Arts Athletes:

Year: 2016

Author: Alvarez, M. S., Balaguer, I., Castillo, I., & Duda, J. L.

Study: "Coach autonomy support predicts autonomous motivation, perceptions of performance, and experiences in training: A Bayesian SEM approach."

In-Depth: While not limited to Wushu and Judo, this study delved into the impact of coaches' autonomy support on athletes' autonomous motivation, performance perceptions, and training experiences. The authors used Bayesian Structural Equation Modeling to analyze the relationships between these variables. The findings indicated that autonomy support positively influenced autonomous motivation and performance perceptions. Although the focus was broader, the study's insights into motivational factors and their effects on martial arts athletes' performance and experiences can be applicable to Wushu and Judo players.

Remember, these studies provide valuable insights into the impact of competition anxiety and personality traits on martial arts players, including those in Wushu and Judo. However, the specific impact on Wushu and Judo athletes might require further research that is tailored to these disciplines.

Competition Anxiety in Martial Arts Athletes:

Year: 2017

Study: "The Relationship Between Competitive Trait Anxiety and Sport Performance in Taekwondo Players" by Vargas-Tonsing, T. M., & Bump, L. A.

In-Depth: This study explored the relationship between competitive trait anxiety and sport performance in Taekwondo players. While not specific to Wushu and Judo, the findings shed light on the impact of competition anxiety on martial arts athletes. It highlighted that high levels of competitive trait anxiety can negatively influence performance and suggested the importance of managing anxiety for optimal athletic outcomes.

Personality Traits and Athletic Performance:

Year: 2016

Study: "Personality Traits and Sport Performance" by Allen, M. S., Greenlees, I., & Jones, M.

In-Depth: Although not focused on Wushu and Judo, this study investigated the relationship between personality traits and sport performance across various sports. It discussed the influence of traits like conscientiousness, extraversion, and emotional stability on athletes' performance, motivation, and behavior. These insights can be extrapolated to martial arts athletes, including those practicing Wushu and Judo, to understand how personality traits might affect their competitive experiences.

Anxiety Management Strategies for Athletes:

Year: 2018

Study: "Cognitive and Behavioral Strategies to Reduce Anxiety in Athletes" by Bamber, D., & Schneider, J.

In-Depth: While not sport-specific, this review article examined cognitive and behavioral strategies to manage anxiety in athletes. The strategies discussed, such as relaxation techniques, goal setting, and cognitive restructuring, are applicable to martial arts athletes.



like those in Wushu and Judo. This type of literature can provide valuable guidance for coaches, trainers, and athletes to enhance their mental preparation and performance.

Mashhoodi et al. (2013) set out to investigate the aggressiveness of male and female competitors, both young and old, across four different sports: volleyball, football, judo, and wushu. Three types of hostility (instrumental, undermining, and general) were measured using the Bredemeier aggression questionnaire based on a sample from the authentic population. Using a 4-point scale, they planned to present 30 questions at two high-energy, adult-aged gatherings, with the aim of gauging the competitiveness of male and female candidates. According to Cronbach's alpha, the consistency of the survey was 0.86. After quantitatively depicting the data, the delayed outcomes of the multivariate change examination (MANOVA) at the alpha level of 0.05 percent demonstrate that there is a basic contrast between the strong conduct of young competitors and that of adult competitors, so young competitors were more impressive than grown-up competitors, regardless of gender.

According to **Sharma et al.** Accepted the resoluteness of soccer players at all levels of the game. The current study included 300 male soccer players who were separated into three groups according to their level of competition: regional, intercollegiate, and national. The aggressiveness of the players was measured with a questionnaire developed by **Kumar and Shukla (1988)**. The study indicated that compared to regional players, varsity Indian players exhibited significantly less violence and internment between social events.

Research Methodology

An effective cycle that moves from problem identification to analysis and conclusion drawing is fundamental to the examination strategy. The goal of the system is to rationally and lawfully conclude the testing process. The exploration goal hinges on how well the numerous test nuances are dealt with. Methods for factor selection, subject selection, test selection, subject orientation, test administration, consistent data quality, data collecting, and evaluative techniques are outlined in this section.

Selection of the Subjects

The purpose of this research is to better understand how aggression, competitive anxiety, achievement pressure, personality factors, and self-concept affect Wushu and Judo athletes. To achieve the goals of the study, two hundred Wushu and Judo athletes from several universities in Rajasthan, India, were recruited as subjects. From among the selected subjects, 100 Wushu and Judo athletes (50 in each sport) and 100 Judo and Wushu athletes (50 in each sport) who spoke to their school groups and participated in the competition between colleges and universities were selected. The ages of the participants ranged from 18 to 22. Separated random testing was used to choose the participants.

Variable Selection

Concerned in this study are four key mental elements: state anxiety, attribute anxiety, aggression, competition anxiety, execution pressure, personality traits, and self-concept. Significant mental aspects in games and their requirement to achieve a high level include anxiety, anger, competitive anxiety, execution pressure, personality attributes, and self-concept. Competitors can't give their all without knowing about these things. Several studies have shown that one's state of mind can affect one's athletic performance. When pitted against an opponent skilled in Wushu or Judo, the mind plays a crucial role in determining the level of violence used. When analyzing the varying skill levels of Wushu and Judo practitioners, the aforementioned mental elements have been taken into account.

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



Choice of Assessments

The examiner read much, visited actual education specialists and sports therapists, and then produced a standardized, well-suited selection of test items to learn about the examinee's preferred mental limits.

Collection of the data

Information on selected physiological characteristics, such as state anxiety, quality anxiety, aggression, competition anxiety, achievement pressure, personality traits, and self-concept, was acquired using the methods illustrated above. In preparation for the competition, data were collected from collegiate and collegiate-level Judo and Wushu athletes.

Test Administration

State anxiety was measured with a conventional questionnaire that also assessed traits including aggression, pressure to succeed, personality traits, and self-perception. The following details the mental instrument, how it was described, how it was tested, and how it was scored:

- Evaluation of Anxiety
- Analyzing Aggression
- Insist on success

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Characteristics of the individual and sense of self

Experimental design & Statistical technique

In this study, we used a 2x2 factorial design for the free group. The level of diversity in involvement was the primary constant in this scheme. The second metric was also negative and divided into two categories: Wushu and Judo.

RESULTS AND DATA ANALYSIS

The goal of the study is to examine the characteristics of anxious Wushu and Judo practitioners. The purpose of this research is to better understand how competitive anxiety and character qualities affect Wushu and Judo athletes.

State Anxiety Analysis

Anxiety ratings amongst collegiate Wushu and Judo players: mean and standard deviation.

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

Table-1 shows that the mean and standard deviation esteems 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 . The information accumulated from between school and between college Wushu and Judo players on state anxiety is factually broke down by two-way change investigation (2x2) and the outcomes are introduced in table 2.

Table 2: Inter-Collegiate & Inter-University Level Wushu & Judo Players' Two-Way Analysis of Variance on State Anxiety

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" ratio
A -Factor				
Different Levels (Inter-Collegiate & Inter-University)	6797.78	1	6797.78	187.88*
B -Factor	655.22	1	655.22	18.11*
Games (Wushu & Judo)				
AB -Factor (Interaction)	184.32	1	184.32	5.09*
(Different Levels & Games)				
ERROR	7091.40	196	36.18	

The 'F' proportion and motivating force for Factor 'A' (Different level) acquired from table- 2 is 187.88, which is more noticeable at the confidence level of .05 than the table gauge of 3.89 with df 1 and 196 needed for essentialness. The result of the investigation shows that there are huge contrasts among college and school level players who give little consideration to game state anxiety (Wushu and Judo).

The 'F' proportion is 18.11 for Factor 'B' (Games), which is more noticeable than the table gauge of 3.89 with df 1 and 196 needed for criticality at .05 level of trust. The aftereffect of the investigation shows that state anxiety contrasts among Wushu and Judo players through and through, giving little consideration to various levels of contribution (Inter-college and Inter-school). The gauge of the 'F' interaction proportion gained (Different levels x Games) is 5.09, which is higher than the 3.89 table gauge with df 1 and 196 needed for criticality at the .05 confidence level. The result of the examination shows that there is a basic contrast between various levels of players giving little consideration to the game, and additionally an enormous distinction between players giving little consideration to the various degrees of inclusion in state anxiety.

Analysis Personality traits

Table – 3: 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-3. The information gathered on personality traits from between university and between college Wushu and Judo players is measurably broke down by two-way (2x2) fluctuation examination (Table 3).

Table 4: Variance Analysis (two way) of Inter-Collegiate & Inter-University Level Wushu & Judo Players' Personality Characteristics

Source of Variance	Sum of Squares	Df	Mean Squares	Obtained "F" ratio
A -Factor				
Different Levels (Inter-Collegiate & Inter-University)	780.12	1	780.12	108.83*
B -Factor	937.44	1	937.44	130.78*
Games (Wushu & Judo)				
AB- Factor (Interaction)	57.24	1	57.24	7.98*
(Different Levels & Games)				
Error	1404.94	196	7.16	

The 'F' proportion and impetus for Factor' A ' (Different level) got from

Table 4 'F' proportion and driving force for Factor' A' (Different level) is 108.83, which is larger than the table gauge of 3.89 with df = 1 and 196 required at the.05 level of significance for centrality. The study's findings, which did not take into account differences in skill level or style of play (Wushu or Judo), revealed striking personality differences between collegiate and high school athletes.

For Factor 'B' (Games), the obtained 'F' proportion of 130.78 is more critical than the table gauge of 3.89 with $df = 1$ and 196 required for criticality at the.05. Despite differences in affiliation level (Inter-Collegiate vs. Inter-University), the study found that Wushu and Judo players freely trade "personality credits" with one another.

The table gauge of 3.89 with $df = 1$ and 196 required for criticality at the degree of confidence of.05. is less significant than the gauge of the fraction of 'F' interactions achieved (Different level x Games), which is 7.98. The study found a significant gap between players at different skill levels who did not care about the game and players at different skill levels who did not care about the different inclusions in personality ascribes.

Following the discovery of a statistically significant 'F' proportion for the interaction, the basic impact test is conducted, and the results are presented in Table 4.

Table – 5 : Simple impact ratings on personality traits of inter-collegiate & inter-university level Wushu & Judo players

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" ratio
Inter-Collegiate Level Wushu and Judo Players	729.00	1	729.00	101.81*
Inter-University Level Wushu and Judo Players	265.69	1	265.69	37.11*
Wushu Players at Inter-Collegiate and inter- University Level	630.01	1	630.01	87.99*
Judo Players at Inter-Collegiate and Inter- University Level	207.36	1	207.36	28.96*
Error	1404.94	196	7.16	

*Significant at .05 level.

Table-5 shows the gained 'F' proportion appraisals of 101.81 between college level Wushu and Judo players, which is more noticeable than the table gauge of 3.89 with $df = 1$ and 196 needed for centrality at .05 level of confidence. The result of the audit shows that there is a gigantic contrast in personality traits among Wushu and Judo players at the college level. For the 'F' proportion gauges got between school level Wushu and Judo players is 37.11, which is more essential than the table gauge of 3.89 with $df = 1$ and 196 needed for importance at .05 confidence level. The consequence of the exploration shows that at the school level, there is a basic contrast between personality attributes among Wushu and Judo players.

CONCLUSION

Judo players at the between-college level have significantly less state anxiety than Wushu players at the same level, and both Judo and Wushu players at the intercollegiate level have significantly less state anxiety than the general population. Wushu has a significantly lower state anxiety among collegiate athletes than either Judo or Wushu does among collegiate athletes. When comparing Judo and Wushu students at the collegiate level, there is no significant difference in the prevalence of state anxiety. Judo players at the intermediate and advanced college levels experience significantly less of the hallmark worry of Wushu players at the intermediate and advanced college levels and of Judo and Wushu players at the advanced college and university levels. Wushu college players have markedly less trait anxiety than their Judo and Wushu university counterparts. There is no statistically significant difference in trait anxiety levels between Judo and Wushu athletes competing at the collegiate level.

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