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## COMPARISON OF JUNIOR LEVEL MALE AND FEMALE JUDOKAS IN SELECTED PSYCHOLOGICAL VARIABLES

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### ABSTRACT

**T**he purpose of this study was to compare male and female judo players in selected psychological variables namely Locus of control, Passion and Happiness. The subjects for the study were 40 male and 40 female junior judo players, whose ages ranged between 17-20 years. The Locus of control of the subjects was assessed adopting the questionnaire prepared and standardized by Rotter. Passion was measured using the questionnaire prepared and standardized by Vallerand et al. Data for the variable Happiness was collected with the help of standardise questionnaire prepared by psychologists Michael Argyle et al. The means of the subjects belonging to the two groups were compared using t-test. From the analysis of data it is evident that there is a significant difference in the means of male and female judo



players with respect to Locus of control as the t value of 2.24 was higher than the table value of 1.99 with 78 degree of freedom. In the case of other two variables i.e. passion (both harmonious and obsessive) and happiness the differences of means was not significant as the calculated t- values 0.29 for harmonious passion, 0.1 for obsessive passion and 0.15 for happiness were lower than the tabulated t- value of 1.99 with 78 degree of freedom.

**KEYWORDS:** Psychological variables, Passion, Happiness, Locus of Control.

### INTRODUCTION:

Psychological research is the exploratory investigation of the psyche and conduct. Psychological science is a multifaceted train and incorporates numerous sub-fields of concentrate such territories as human improvement, sports, wellbeing, clinical, social conduct and intellectual procedures (McLeod, 2011). Therapists endeavor to comprehend the part of these capacities in individual and social conduct, while likewise investigating the fundamental physiological and neurological procedures. Psychological research incorporates numerous sub-fields of study and applications worried

with so many ranges as human advancement, sports, wellbeing, industry, media, and law (Fox, 1999). For this study three psychological variables were used i.e. Passion, Locus of control and Happiness. Passion is a very strong feeling about a person or thing. Passion is an intense emotion, a compelling enthusiasm or desire for something. It is a strong feeling of enthusiasm or excitement for something or about doing something and a strong feeling (such as anger) that causes you to act in a dangerous way. The term is also often applied to a lively or eager interest in or admiration for a proposal, cause, or activity or love – to a feeling of unusual excitement, enthusiasm or compelling emotion, a positive affinity or love, towards a subject (Diderot)

Locus of control is a term in psychological research which alludes

to a man's conviction about what causes the great or awful results in his or her life, either when all is said in done or in a particular region, for example, wellbeing or scholastics. This idea, which was produced by Julian B. Rotter in 1954, has turned into a vital part of identity studies (Rotter, 1954). "A dualistic model in which passion is defined as a strong inclination or desire toward a self-defining activity that one likes (or even loves), that one finds important (high valuation), and in which one invests time and energy. It is proposed that there exist two types of passion. The first type of passion is harmonious passion" (Vallerand, 2010). It is proposed that there exist two types of passion, harmonious passion and obsessive passion.

Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.

Passion, Locus of Control and Happiness play a vital role in sports performance of individual sport players. Passion, locus of control and happiness help in improving athletes strategically and tactically. To assess or improve the performance in terms of tactical abilities we need to understand in a better way about passion, locus of control and happiness and their level in individual athletes. So this study is done in an attempt to compare the junior level male and female judokas on the basis of selected psychological variables.

## METHODOLOGY

To facilitate this study and reach up to a valid conclusion, 80 judo players (40 junior male and 40 junior female) from various schools and sports academies of Delhi were randomly selected as subjects of the study and their age ranged between 17 to 22 years. Data collection was done with the help of standardized questionnaires for all the variables. The Locus of control of the subjects was assessed adopting the questionnaire prepared and standardized by Rotter. Passion was measured using the questionnaire prepared and standardized by (Vallerand, 2010). Data for the variable Happiness was collected with the help of standardized questionnaire prepared by psychologists Michael Argyle et al. The significant difference between the groups was determined through t-test. The level of significance of the study was set at 0.05.

## RESULT AND INTERPRETATION OF DATA

The analysis of data pertaining to the three selected variables is presented in the following tables.

**Table 1**

**Significance of difference in the mean of female and male judo players in locus of control**

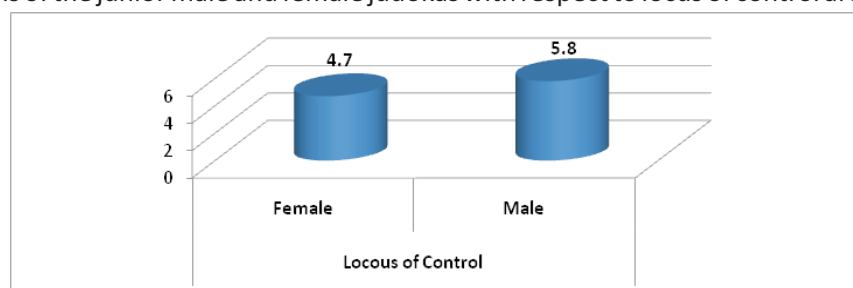
Groups	Mean	Mean Difference	Std. Deviation	Std. Error	t-ratio
Male	5.8	1.1	1.89	0.4	2.24*
Female	4.7		2.44		

\*Significant at 0.05 level of confidence

$t_{0.05}(78) = 1.99$

Analysis of data in the above table clearly reveals that a difference of 1.1 between the means of boys and girls with respect to locus of control is statically significant at 0.05 level of confidence. The calculated t-value of 2.24 is higher than the tabulated value of 1.99 with 78 degrees of freedom.

The means of the junior male and female judokas with respect to locus of control are shown in Fig. 1.



**Table 2**  
**Significance of difference in the means of male and female judo players in Harmonious Passion**

Groups	Mean	Mean Difference	Std. Deviation	Std. Error	t-ratio
Male	4.92	.07	0.98	0.24	0.29*
Female	4.85		1.27		

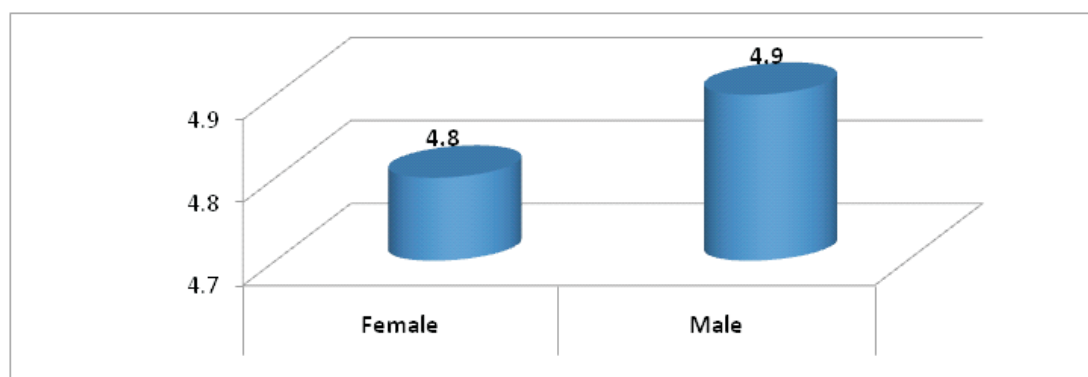
\*Not significant at 0.05 level of confidences

t.05 (78)=1.99

Analysis of in table 2 shows that a difference of 0.07 between the means of boys and girls with respect to harmonious passion as shown in the above table is statistically not significant. The calculated t-value of 0.29 is less than the tabulated t- value of 1.99 with 78 degrees of freedom.

The means of the junior male and female judokas with respect to harmonious passion are shown in Fig.

2.



**Table 3**  
**Significance of difference in the means of male and female judo players in Obsessive Passion**

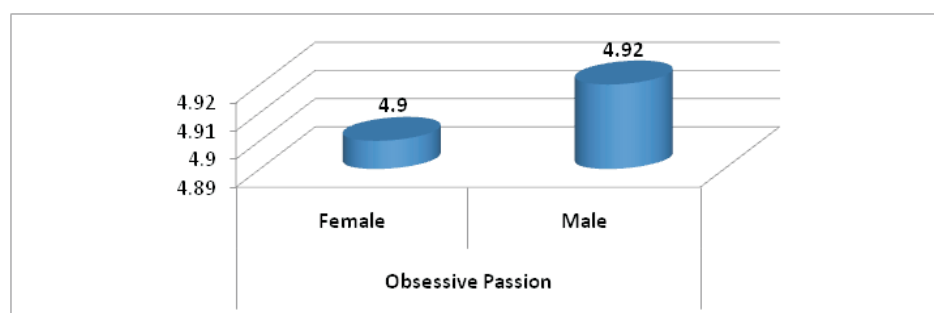
Groups	Mean	Mean Difference	Std. Deviation	Std. Error	t-ratio
Male	4.93	.03	1.27	0.03	0.1*
Female	4.90		1.46		

\*Not significant at 0.05 level of confidences

t.05 (78)=1.99

Table 3 represents means for Obsessive passion of male and female judo players i.e. 4.90 and 4.93 respectively. From the analysis of data given in the table it is seen that a difference 0.03 in the means of male and female subjects with respect to obsessive passion is statistically not significant at 0.05 level of confidence because calculated t-value of 0.1 is less than 1.99 with 78 degrees of freedom.

The mean of the junior male and female judokas with respect to Obsessive Passion are shown in Fig. 3.



**Table 4**  
**Significance of difference in the means of male and female judo players in Happiness**

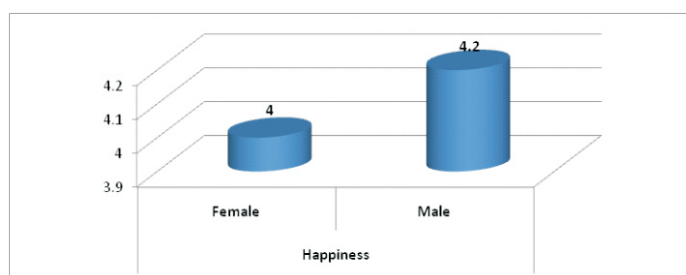
Groups	Mean	Mean Difference	Std. Deviation	Std. Error	t-ratio
Male	4.24	.15	.46	0.1	1.5*
Female	4.09		.48		

\*Not significant at 0.05 level of confidences

t.05 (78)=1.99

The above table clearly reveals that a difference of 0.15 is statistically not significant at 0.05 level of confidence as the calculated t-value of 1.5 is lower than the tabulated value 1.99 at with 78 degree of freedom.

The means of the junior male and female judokas with respect to Happiness are shown in Fig. 4.



## DISCUSSION OF FINDINGS

The analysis of data shows that the difference in the means of junior male and female judokas is statistically significant with respect to locus of control but in the case of other two selected variables i.e. passion (both harmonious and obsessive) and happiness the difference in the means of the two groups are statistically not significant.

Locus of control is a psychological concept that refers to how strongly people believe that they have control over the situations and experiences that affect their lives. Individuals with an “internal locus of control” generally believe that their success or failure is a result of the effort and hard work where as those with an “external locus of control” generally believe that their success or failure result from external factor beyond their control such as luck, fate, circumstance, injustice, bias or teachers who are unfair, prejudiced or unskilled. According to Julian Rotter (1950) the locus of control is a dimension of personality and it helps explain one’s traits and behavior. The reason for significant difference in the locus of control of male and female judokas in locus of control could be because of the fact that male players probably had better traits and that might have enabled them to exhibit better behavior. No significant difference in the other two psychological variables i.e. passion and happiness could be attributed to the fact subjects belonging to the two groups might have more or less similar mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy and also players of both the groups might be having same kind of feelings towards the sport of judo.

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