

# **Effect of Randori and Uchikomi Training on Anxiety among Junior State Level Judokas**

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## **Abstract**

Judo is an art of attack and defense. It involves variety of holds, throws, arm locks, foot movements, direction change, and so on. Randori training is a free exercise training which is practiced under conditions of actual contest. It includes throwing, choking, holding the opponent down, and bending or twisting of the arms. Uchikomi training is repetition training and is used in Judo to refer to the repeated practice of a throwing motion up to the point where the throw would actually be executed. The purpose of the study was to determine the effect of randori and uchikomi training on anxiety among junior state level judokas. To achieve the purpose of the study, forty five judokas were randomly selected from Tamil Nadu state junior state championship in the age group of 18 to 21 years. They were assigned into three groups of which one group participated in randori training, second group participated in uchikomi training and the third group served as control group. The training programme was scheduled for three days a week and each training session consist of 45 minutes including warm up and cool down exercises. Analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post-test mean differences among randori training and uchikomi training groups and the adjusted post-test result was significant, the scheffe's post-hoc test was used to determine the significance of the paired mean differences. Randori training made significant reduction on anxiety among junior state level judokas due to the six weeks of randori training. It was concluded that randori training can be better utilized for controlling anxiety than uchikomi training among junior state level judokas.

**Keywords:** Randori Training, Uchikomi Training, anxiety.

## **Introduction**

Judo had its origin in the ancient Japanese art of jujutsu, a system of hand-to-hand combat.(Nadamala Gangadhara Reddy,2009).

Judo involves variety of holds, throws, arm locks, foot movements, direction change, and so on. But the training, to begin with, starts with certain basic principles of postures and methods of grasping opponent's jacket, gradually running into throwing techniques (Nage-Wasa), grappling techniques (Katame-Wasa), attacking the vital points of the body (Ate-Waza) etc.(Kamlesh M L.,2016). Sports' training is continuous process of perfection, improvement and creation of means and methods of improving sports performance and factors of performance(Hardayal Singh,1987). The sports training aims at

achieving high performance in sports competition. In order to achieve high performance, sports' training is done in a planned and systematic manner. Sports' training is based on systematic facts and principles. In the field of games and sports, that process which helps in preparing sports-persons to participate in competitions and tournaments of various levels is known as sports training. All the learning influences and processes that are aimed at enhancing sports performance are important parts of sports training(Aneja O P.,2015). Training is a systematic process of repetitive, progressive exercise or work, involving also learning process and acclimatization (Arnheim Daniel D.,1985).

Anxiety is one of the common personality disturbances. Anxiety is a normal reaction to a given situation. Anxiety can be called as nervousness. It is a troubled state of mind uneasiness. Nervousness can be experienced at various levels of intensity.

### **Purpose of the study**

The purpose of the study was to determine the effect of randori and uchikomi training on anxiety among junior state level judokas.

### **Hypothesis**

It was hypothesised that there would be significant reduction due to randori training on anxiety than uchikomi training among junior state level judokas.

### **Methodology**

To achieve the purpose of the study, forty five judokas were randomly selected from Tamil Nadu state junior state championship in the age group of 18 to 21 years. They were assigned into three groups of which one group participated in randori training, second group participated in uchikomi training and the third group served as control group.

The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=45) were randomly assigned into three equal groups of fifteen judokas each. The groups were Experimental group I assigned as randori training group, group II assigned as uchikomi training

group and control group as group III respectively. Pre –test was conducted for all the forty five subjects on anxiety. The experimental groups participated in their respective randori and uchikomi training for a period of six weeks. The post-test was conducted on anxiety after six weeks of randori and uchikomi training.

The investigator administered Taylor Manifest Anxiety Scale to measure anxiety. It has subsequently been used as a general indicator of anxiety as a personality trait. True-false responses are used for each item, and the replies indicating anxiety are counted, giving a score from 0 to 50 with the higher the score representing a higher level of anxiety. Pre –test and post –test scores were statistically examined by applying Analysis of Covariance (ANCOVA) and scheffe’s Post –hoc test was used due to significant results were found. The level of confidence was fixed at 0.05 level to test the significance.

## Results and Discussion on Anxiety

**Table-I**  
**Calculation of Analysis of Covariance of Anxiety**

Test	Randori Training Group	Uchikomi Training Group	Control Group	Sources of Variance	Sum of Squares	df	Mean squares	Obtained F-ratio
Pre – test Mean	29.31	27.42	26.69	B	53.23	2	26.63	2.33
				W	477.26	42	11.41	
Post – test Mean	26.43	25.85	28.16	B	50.91	2	25.48	2.46
				W	432.96	42	10.30	
Adjusted post – test Mean	25.27	26.10	29.16	B	118.93	2	58.97	19.39*
				W	125.97	41	3.06	
Mean Diff	2.88	1.57	1.47					

Table F-ratio at 0.05 level of confidence for 2 and 41 (df) = 3.22, 2 and 42 df = 3.22 \* : Significant

Table I shows the analysed data on anxiety. The pre-test means of anxiety were 29.31 for randori training group, 27.42 for uchikomi training group and 26.69 for control group. The obtained F-ratio 2.33 was lesser than

the table F-ratio 3.22. Hence the pre-test was insignificant at 0.05 level of confidence for the degrees of freedom 2 and 42.

The post-test means were 26.43 for randori training group. 25.85 for uchikomi training group and 28.16 for control group. The obtained F-ratio 2.46 was less than the table F-ratio 3.22. Hence, the post-test was insignificant at 0.05 level of confidence for the degrees of freedom 2 and 42.

The adjusted post-test means were 25.27 for randori training group, 26.10 for uchikomi training group and 29.16 for control group. The obtained F-ratio 19.39 was greater than the table F-ratio 3.22. Hence the adjusted post-test was significant at 0.05 level of confidence for the degrees of freedom 2 and 41. The mean difference of randori training group, uchikomi training group and control group were 2.88, 1.57 and 1.47 respectively.

**Table-II**

**Calculation of Scheff's Post - Hoc Test Analysis of Anxiety**

<b>Control Group</b>	<b>Randori Training Group</b>	<b>Uchikomi Training Group</b>	<b>Mean Difference (MD)</b>	<b>C.I Value</b>
29.16	25.27		3.89*	
29.16		26.10	3.06*	1.66
	25.27	26.10	0.83	

\* : Significant randori uchikomi

Table II shows the scheffe's post-hoc test of ordered adjusted final mean difference of anxiety for different groups. The differences between the control group and randori training group was 3.89, control group and uchikomi training group was 3.06 and randori training group and uchikomi training group was 0.83. Hence, the first and second group comparisons were significant and third comparison was insignificant.

The analysis of covariance of anxiety indicated that there was significant reduction on anxiety among junior state level judokas due to the six weeks of randori training.

Further findings of the study showed that the control group did not reduce the anxiety. However, the randori training group had more effect on the reduction of anxiety than the uchikomi training group and control group.

The findings of this study are in agreement with the theoretical knowledge cited in respect of randori and uchikomi training.

### **Conclusion**

It was concluded that there would be significant reduction due to randori training on anxiety than uchikomi training among junior state level judokas.

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