



EFFECT OF RANDORI AND UCHIKOMI TRAINING ON STRESS AMONG JUNIOR STATE LEVEL JUDOKAS

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ABSTRACT :

Judo had its origin in the ancient Japanese art of jujutsu, a system of hand-to-hand combat. 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 stress 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 stress 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 stress than uchikomi training among junior state level judokas.



KEYWORDS : Randori Training, Uchikomi Training, Stress .

INTRODUCTION:

Judo is an art of attack and defense. It involves variety of holds, throws, arm locks, foot movements, direction change, and so on. Kamlesh M L., (2016).

As Judo spread throughout the Western world it slowly gained the form of a sport. Its eventual popularity in World and Regional Games and inclusion in the 1964 Olympic Games led more and more to an emphasis of the physical and competitive aspects of the art, sometimes at the expense of its intellectual, moral and spiritual underpinnings. Nadamala Gangadhara Reddy, (2009).

The process which helps in preparing an individual for any event or activity is said to be 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).

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.

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).

Stress is a state to which the natural body's equilibrium (mental) is disrupted caused by any threat to organism. It is a state that disrupts the homeostasis of the body.

PURPOSE OF THE STUDY:

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

Hypothesis

It was hypothesised that there would be significant reduction due to randori training on stress 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 stress. The experimental groups participated in their respective randori and uchikomi training for a period of six weeks. The post-test was conducted on stress after six weeks of randori and uchikomi training.

The standard psychological tool device by Everyly and Girdano's was used to quantify psychological stress. This test consists of 14 statements. Each statement consists of 4 responses: Almost always; true; usually true, seldom true, never true. The inventory was scored with the help of a scoring key. 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 Stress

TABLE I
Calculation of Analysis of Covariance of Stress

	Randori Training Group	Uchikomi Training Group	Control Group	Sources of Variance	Sum of Squares	df	Mean squares	Obtained F-ratio
Pre – test Mean	27.46	25.21	25.09	B	54.57	2	27.31	1.69
				W	671.06	42	15.96	
Post – test Mean	24.01	24.06	24.91	B	8.14	2	4.08	0.25
				W	711.83	42	16.93	

Adjusted post-test Mean	22.62	24.68	25.68	B	67.15	2	33.53	7.06*
				W	195.17	41	4.75	
Mean Diff	3.45	1.15	0.18					

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 stress. The pre-test means of stress were 27.46 for randori training group, 25.21 for uchikomi training group and 25.09 for control group. The obtained F-ratio 1.69 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 24.01 for randori training group, 24.06 for uchikomi training group and 24.91 for control group. The obtained F-ratio 0.25 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 22.62 for randori training group, 24.68 for uchikomi training group and 25.68 for control group. The obtained F-ratio 7.06 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 3.45, 1.15 and 0.18 respectively.

TABLE II
Calculation of Scheff's Post – Hoc Test Analysis of Stress

Control Group	Randori Training Group	Uchikomi Training Group	Mean Difference (MD)	C.I Value
25.68	22.62		3.06*	
25.68		24.68	1.00	2.06
	22.62	24.68	2.06*	

* : Significant

Table II shows the scheffe's post-hoc test of ordered adjusted final mean difference of stress for different groups. The differences between the control group and randori training group was 3.06, control group and uchikomi training group was .00 and randori training group and uchikomi training group was 2.06. Hence, the first and third group comparisons were significant and second comparison was insignificant.

The analysis of covariance of stress indicated that there was significant reduction on stress 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 stress. However, the randori training group had more effect on the reduction of stress 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 stress than uchikomi training among junior state level judokas.

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