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A Study on Impact of Aggression, Competition Anxiety: A View of Judo Player

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Abstract

Judo is a physically demanding combat sport in which athletes are required to demonstrate strength, speed, technical proficiency, tactical ability, and psychological control. Psychological factors such as aggression and competition anxiety can play an important role in how athletes respond to competitive situations. The present study aims to examine the impact of aggression and competition anxiety among judo players and to understand their relevance to competitive sports performance. Aggression in judo may be expressed through assertive and goal-oriented behaviour, while excessive aggression may interfere with emotional control and decision-making. Similarly, competition anxiety may influence concentration, confidence, physiological arousal, and the ability to perform technical skills effectively under pressure. The study may involve judo players representing different levels of competitive experience, with standardized psychological assessment tools used to measure aggression and competition anxiety. Appropriate statistical techniques can be applied to analyse the collected data and examine the relationship between the selected psychological variables. The study is expected to provide a better understanding of the psychological characteristics of judo players and the challenges they may experience during competition. The findings may also be useful for coaches, physical education professionals, and sports psychologists in designing training programmes that incorporate psychological skill development. Techniques such as relaxation, visualization, goal setting, positive self-talk, and emotional regulation may assist athletes in managing competitive pressure. The study highlights the importance of integrating psychological preparation with physical and technical training for the overall development of judo players.

Keywords: Judo, Aggression, Competition Anxiety, Sports Psychology, Athletes, Psychological Factors, Sports Performance, Mental Preparation