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## Effect of mental training on the selected psychological variables of judo players

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### Abstract

Being self-motivated and self-relaxed is very crucial factor in the field of sports. Many athletes lost their medal winning moment only due to the lack of complete mental power and relaxation. Mind and mental training will help to prepare well before the competitions. Relaxation is of great importance to any athlete striving for peak performance. Relaxation skills can help athletes reduce mental (self-doubts, worry, etc.) and physical anxiety (nausea, shaking, etc.), while increasing concentration and performance. Relaxation techniques can be used prior to competition or, if practiced enough, during competition. There are many techniques for keeping cool prior to and during competition. Breath controlled relaxation, meditation, and blank meditation tools are used for controlling nervousness/anxiety. Grit and resilience are very effective psychological mechanism. Through mental training and relaxation technique athletes can improve their psychological basis of sports.

**Keywords:** mental training, relaxation, grit, resilience

### 1. Introduction

Psychological preparation is a component that has been often neglected by athletes and coaches alike, studies have shown that mental readiness was felt to be the most significant statistical link with Olympic ranking. Athletes have frequently been quoted to state how the mental aspect is the most important part of one's performance. As Arnold Palmer, a professional golfer suggested that the game is 90% psychological. The ability to bounce back from adversity and keep going when things get tough is just two of the traits of highly successful individuals. These traits are more commonly known as grit and resilience. Grit is a courage and resilience is oneself is actually faced with challenges.

Mental preparation and relational techniques directly correlated with the performance of athletes. Regular practice of meditation, mind cooling technique and psychological preparation will helps to boost the capacity to bounce back from negative experience during competition. A resilient athlete can clear all the obstacles during competition and take every situation as a new experience. The concepts of grit and resilience, terms generally used to describe the ability to persevere through hardship to meet goals, are rapidly emerging topics in both popular press and peer-reviewed literature Resilience has been cited as a predictor of well-being and grit has been found to be associated with academic and professional success.

#### 1.1. Mental training

Mental training is the segment of sports psychology that concentrates specifically on helping athletes break through the mental barriers that are keeping them from performing up to their peak potential. Many athletes and coaches resist mental training because they do not understand how it can help them [1].

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**Resilience**

“Resilience is an ability to recover from or adjust easily to misfortune or change.”

- Merriam Webster

Psychological resilience is the ability to successfully cope with a crisis and to return to pre-crisis status quickly. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

**1.3 Grit**

“Grit is the perseverance and passion for long-term goals.”

-Duckworth

Grit is the determination and courage of an individual to continue doing something even though it is very difficult. Grit is the perseverance and passion for long-term goals. Grit entails working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress.

**2. Materials and methods**

A total number of 40 students from Sree Sankara College Kalady were selected for the study. (20- Experimental group, 20- control group). Pre-test was conducted through the Short Grit scale (Duckworth), Resilience scale (Wagnild & Young). Experimental group were undergone mental training programme for a period of 2 days each in six weeks. Control group were not undergone any training. Post-test was conducted after the completion of six weeks program by the

same method. In order to find the significance difference among two groups on selected variables, the dependent ‘t’ ratio may applied. The level of significance is kept at 0.05 level.

**3. Results & Discussion**

**3.1. Discussion on findings**

Four weeks of mental training had improved the resilience and grit of judo players of Sree Sankara College, Kalady. The results show that there was significant improvement in the selected psychological variables such as resilience and grit of the experimental group through the mental training programme.

- Due to mental training Resilience was improved which helps the individuals to bounce back from the negative situations of life and sports career.
- The training programme results in improvement of Grit which helps to achieve long term goals.

**3.2. Discussion on hypothesis**

It was hypothesized that there will be a significant difference on resilience and grit due to mental training.

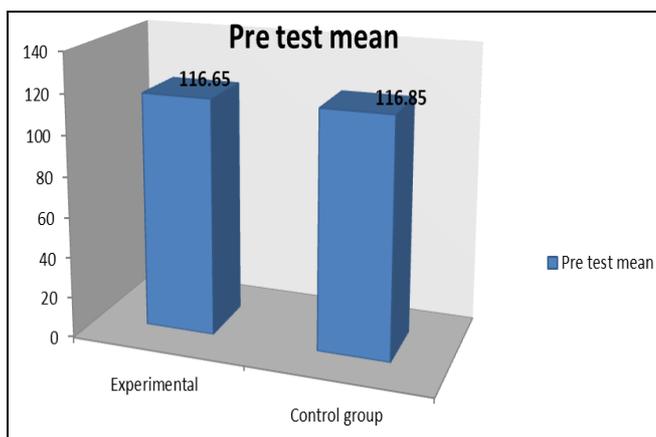
The statistical analysis provide that there was a significant difference in resilience and grit in experimental group than the control group through the training programme and thus the hypothesis is accepted.

**4. Tables and Figures**

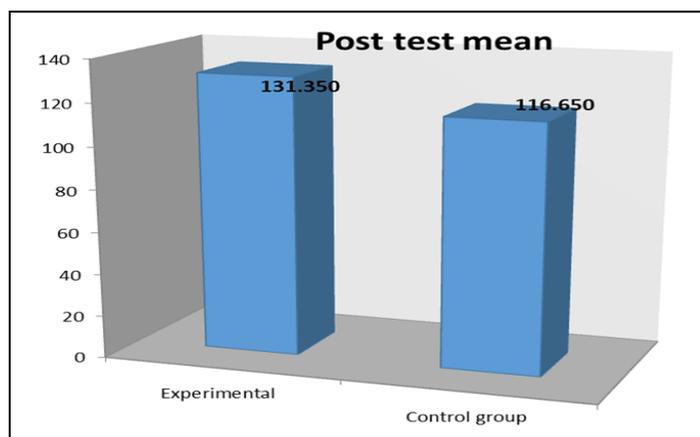
**4.1. Resilience**

**Table 1:** Mean comparison of experimental and control group on the psychological resilience

		Mean	N	Std. Deviation	Std. Error Mean	Sig.(2-tailed)
Pair 1	experiment	116.650	20	6.968	1.558	
	experiment	131.350	20	3.731	.834	0.00
Pair 2	control	116.850	20	6.499	1.453	
	control	116.650	20	6.968	1.235	.234



**Fig 1:** Pre –test mean score of Resilience

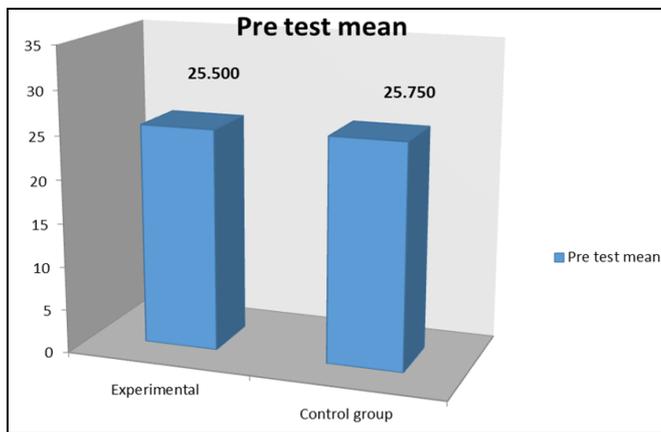


**Fig 2:** Post –test mean score of Resilience

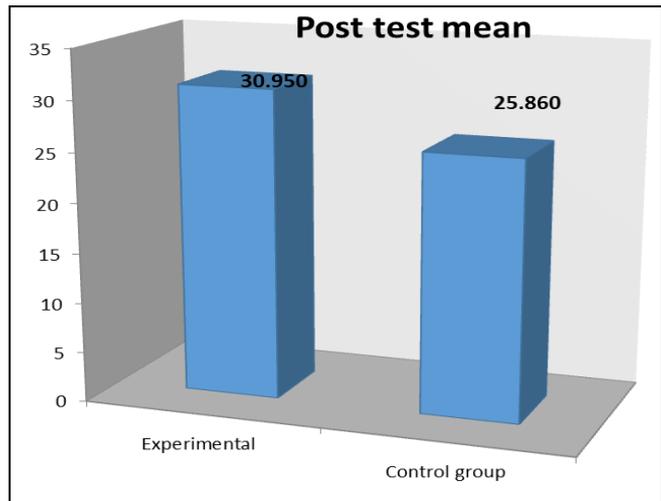
**4.2. Grit**

**Table 2:** Mean comparison of experimental and control group on the psychological Grit

		Mean	N	Std. Deviation	Std. Error Mean	Sig. (2-tailed)
Pair 1	experimental	25.500	20	2.544	.56893	
	experimental	30.950	20	2.038	.45581	0.00
Pair 2	control	25.750	20	1.970	.44054	
	control	25.860	20	1.870	.44154	.320



**Fig 3:** Pre –test mean score of Grit



**Fig 4:** Post –test mean score of Grit

#### 4. Conclusions

Within the limits and limitations of the present study and on the basis of the results, the following conclusions were drawn.

- Four weeks of mental training program improved the psychological Resilience of Judo players.
- Four weeks of mental training program improved the psychological Grit of Judo players.

Grit and resilience are often mentioned as key factors in coping with mental health pressures and are important concepts to study to better understand and improve at-risk students' chances of educational success and personal well-being. Grit and resilience are two related terms often used interchangeably, but in actuality are completely different constructs. So, by concluding it is analyzed that the mental training and relaxation techniques plays an emerging role in sports performance and psychological wellbeing. Thus it can be implement in every field of physical education and sports.

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