

Relationship of attitude with position winning and participating Judokas

■ SHAMSHER SINGH AND DEEPAK DHAKA

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■ ABSTRACT

Sports are the part of everyday life. For hobby, small activities are enough, however, for a professional sportsman has to be specialized in a particular game through regular training and practice in throughout the life, for example Judo. Being part of the society, a Judoka has to face many challenges, even sometimes needs to endure in negative circumstances. These various challenges or the social factors may affect him in terms of behavioral change, attitude, confidence level and performance. Attitude defines the behavioral aspects of an individual, the way of looking toward life, thinking or beliefs, actions or reaction towards certain environmental factors. Thus, to get the best out of Judokas and their development, it is necessary to study the impact of various factors which may influence their attitude. Present paper discusses the attitude of Judokas, sub-variables of attitude and their relationships with position winning and participating Judokas along with significances.

See end of the article for authors' affiliations

Correspondence to :

SHAMSHER SINGH

Department of Physical Education,
Maharshi Dayanand University,
ROHTAK (HARYANA) INDIA
Email: singhshamsher@gmail.com

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Attitude may be thought of as learned pattern of behaviour which predisposes the individual to act in a specific way towards certain persons, objects or ideas. It is a mental and neural representation, organized through experience (Breckler and Wiggins, 1992), exerting direct or dynamic influence upon the individual's response to all objects and situations with which it is related. It means a person must possess certain attitudes to be successful in making investigations. Attitude may contain: curiosity or inquisitiveness, objectivity, open-mindedness, perseverance, humility, ability to accept failure and skepticism. Attitude is defined as "a way of looking at life; a way of thinking, feeling or behaving." Therefore, an attitude is not just the way we think, but the way we think, feel and do. It is an idea charged with emotion which inclines a class of actions to a particular class of social situations (Triandis, 1971). Emotion is a common component in attitude change. It works hand-in-hand with the cognitive process, or the way we think, about an issue or situation (Breckler and Wiggins, 1992). Affective forecasting, *i.e.* intuition or the prediction of emotion also impacts attitude

change Loewenstein, 2007. Most attitudes are the result of either direct experience or observational learning from the environment. One cannot control the happenings, but can control his attitude toward the things happen to him and this way, he will be mastering change rather than allowing it to master him. Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in the society for the indefinite future. For a successful athlete, it is the attitude that makes him to the top, out of the other equally talented athletes. In fact, often the most successful athletes are those faces the obstacles and overcome these. Thus, an attitude affects a player in a great way he responds to certain things, the way he feels and handles unusual situations. A positive attitude is must for being successful and to get rid of the depressions or continuous failures. A positive attitude is just like a true friend that encourages him constantly to flow on the right track, feel energetic and a good human being also. This paper examines the various sub-variables of attitude which have significance