SUMMARY

A sport is the subpart of play and there are various kinds of sports. There are individual sports, team sports, combat sports etc. In all the sports, Sports Psychology plays main role in enhancing the overall achievement of a player and helps the players to overcome his/her problems. In combat sports, sports psychology plays a very crucial role, for present research a sample of judo player was selected. Judo is one of the famous sports in all over the world. Japan is the one of the fewer first Asian country where conventional sports now ever equal contemporary ones in popularity, as well also one of the hardly non western country to bring importantly to the repertoire to current sports. Judo contrived in 1882 by Dr. Jigoro Kano in an attempt to unite Asian and Western customs. Dr. Jigoro kano took jujitsu and adapted, now his new methodology was called judo.

JUDO

Firstly, in 1882 the Kodokan was introduced. Dr. Jigoro constituted his Judo school, named the Kodokan, in the Eishoji Buddhist temple in Tokyo which turn in size and since on stirred. There were only 9 students and 12 mats (12 feet by 18 feet) in the first year of the Kodokan. At present it has over five hundred mats and more than a million guests a year in 1886. Jigoro Kano described the two major principles of Kodokan Judo as "Maximum Efficiency with Minimum Effort" and "Mutual Welfare and Benefit". Jigoro Kano was died in May 4, 1938 at the age of 78 years. While come back from the Cairo International Olympic Conference.

History of Judo in India

The primary written reference in Kodokan refers that Gurudev Ravinder Nath Tagore arranged demonstrations and training of Judo at Shantiniketan in 1929 by Mr. Takagaki, a Japanese Judo Coach to India. After 1929, and few years afterward Judo also started in Aurobindo Ashram in Pondicherry. In 1965, when Judo Federation of India was produced. The first National Judo Championship was held at Hyderabad in 1966. A need for qualified Indian Judo trainer was being felt, as it was not possible to call foreign experts all the time. To defeat this problem and to train more and more coaches Mr. Takashi Ogata was invited to India in 1976, to start a Diploma course at

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After that, India is continuously winning medals in the International ground.

There could be some improvements are possible in the training session and by providing proper counseling by a sport psychologist un order to improve the players performance and by bringing appropriate or desirable changes in the mentality of players so that they would be capable to achieve high. There are many psychological factors for e.g. Motivation level, IQ, attention processes, learning memory, attitude, aptitude, well being, emotional intelligence aggression etc., which puts a significantly impact on sports performance.

AGGRESSION

Aggression root from the Latin tidings aggression or agreed sense “to attack”. It is outlined as a bruising activity or practice, in particular when intended to take over or master. Aggression is bounce to be defined as the act or practice of aggressive without provocation especially beginning a disagree or war.

According to Cratty (1989), “Aggression is behavior and actions that usually seek to inflict psychological and/or physical harm either on another person or an individual’s possessions or dear ones.”

Causes of Aggression

Psychologists have superior four important theories regarding causes of aggregation.

(1) Instinct theory
(2) Frustration
(3) Social learning theory
(4) Revised frustration aggression theory

In sports, it is important to be mentally strong because only mentally strong player can give its maximum output and the mentally strong person usually have good adjustment level, good decision making skills, high self confidence, high self esteem, mental flexibility and good emotional intelligence level too. There are some studies done on the emotional intelligence in sports and in the present study investigator wants to study the role of EI on Judokas.
EMOTIONAL INTELLIGENCE

Salovey and Mayor (1990) also described the EI in terms of being skill to supervise and modulate one’s own and the other’s tactile sensation and to channelize idea and activity. When they have continued to fine-tune theory, Goleman (1995) has modified their frame work into a version he found almost useful for discernment how these talents affair in working life. The advocates of “Emotional Intelligence at work”, especially Goleman (1998) gave special recognition to the following five elements of EI:-

1. Self Awareness
2. Self-regulations
3. Motivation
4. Empathy
5. Social Skills

This study even so, presume that there are conspicuous social acquisition that demand to be focused and formulated in a person if Emotional Intelligence is to create delectable consequences and wallops on their well being.

Emotionally intelligent person also have high level of well being, it may be because the emotionally intelligent person can adjust himself/herself according to the situation that indirectly improves the well being of that individual. The same thing happens in the sports the emotionally intelligent and stable player can take the good decisions and maintains the mental balance even in the worst situations and try to overcome that situation with a proper strategic mind which indirectly helps that player to get more respect and social acceptance and also helps to win the trust of the colleagues players and which in turns help that players to achieve the high level of well being. Well being is also an important psychological constraint that usually plays an essential contribution in the performance/outcome of in sports both individual as well as team.
WELL-BEING

Verma and Verma (1989) defined general well-being as, “the subjective sensation of contentment, happiness, satisfaction with life’s experiences and of one’s role in the universe of work, sense of achievement, utility, belongingness, no distress, dissatisfaction or worry etc.”

Keeping in view of the above and the review of literature it was quite clear that there is a dearth of researches on Aggression, emotional intelligence and well being in sports and especially in the judo, judo is a combat sports the studies indicated that Judo players has usually high level of aggression as compare to other sports (Bhardwaj & Rathee, 2013; Reynes & Lorant (2002) & Ziaee, Lotfian, Amini, Mansournia & Memari, 2012) where aggression plays an important role, so it is important to study the relationship between the aggression, emotional intelligence and well being of judokas.

STATEMENT OF THE PROBLEM:

“A study of relationship between aggression, emotional intelligence and well-being among Judo Players”.

OBJECTIVES OF THE STUDY:

1. To explore the relationship between aggression and emotional intelligence of Judo Players.
2. To explore the relationship between aggression and well being of Judo Players.
3. To explore the relationship between emotional intelligence and well being of Judo Players.
4. To assess whether there is any significant difference in aggression of male and female Judo Players.
5. To assess whether there is any significant difference in emotional intelligence of male and female Judo Players.

6. To assess whether there is any significant difference in well being of male and female Judo Players.

7. To assess whether there is any significant difference in aggression among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Players participated at Senior State level championship.

8. To assess whether there is any significant difference in emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Players participated at Senior State level championship.

9. To assess whether there is any significant difference in well being among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Players participated at Senior State level championship.

HYPOTHESES OF THE STUDY:

1. There would be no significant relationship between aggression and emotional intelligence of Judo Players.

2. There would be no significant relationship between aggression and well being of Judo Players.

3. There would be no significant relationship between emotional intelligence and well being of Judo Players.

4. There would be no significant difference in aggression of male and female Judo Players.

5. There would be no significant difference in emotional intelligence of male and female Judo Players.

6. There would be no significant difference in well being of male and female Judo Players.

8. There would be no significant difference in emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Players participated at Senior State level championship.


**DESIGN**

The purpose of this research is to study the relationship between Aggression, Emotional intelligence and Well-being among Judo Players.

Therefore, keeping in view the nature of study a 3 factor 2 group design (Factorial design) was used (factors are- Aggression, Emotional intelligence and Well-being and groups are-male and female Judo players).

<table>
<thead>
<tr>
<th>Description of factorial design</th>
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<tbody>
<tr>
<td>Variables</td>
</tr>
<tr>
<td>Aggression</td>
</tr>
<tr>
<td>Emotional intelligence</td>
</tr>
<tr>
<td>Well-being</td>
</tr>
<tr>
<td>Gender</td>
</tr>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Female</td>
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</tbody>
</table>

For present study a survey method was adopted. Survey method deals with the collection of relevant data through the use of appropriate tools.

**SAMPLE**

The sample was be selected by using purposive sampling method. In the present study a sample of total 200 judo players (at least to the Haryana Senior State Judo Championship and University medalist judo players) were being selected from the players of Haryana Senior State and various Universities of Haryana.
**Distribution of Respondents**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Sources of Sample</td>
<td></td>
</tr>
<tr>
<td>M. D. U., Rohtak</td>
<td>n= 25</td>
</tr>
<tr>
<td>K. U. Kurukshetra</td>
<td>n= 25</td>
</tr>
<tr>
<td>C. D. L. U., Sirsa</td>
<td>n= 25</td>
</tr>
<tr>
<td>Haryana State</td>
<td>n= 25</td>
</tr>
</tbody>
</table>

**TOOLS USED**

1. Aggression Scale developed by Km. Roma Pal (1986)
3. PGI General Well being Measure by was developed by Dr. Santosh K. Verma and Ms. Amita Verma (1989).

**STATISTICAL TECHNIQUES USED**

Pearson Product Moment correlation method, ‘t’ test and Analysis of variance method were used to analyse the data.

**FINDINGS OF THE STUDY**

1. There exists a significant and negative correlation between aggression and self-awareness (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more self awareness.
2. There exists a significant and negative correlation between aggression and empathy (dimension of SEIT). So it could be concluded that judo players have less aggression if they are more empathetic.
3. There exists a significant and negative correlation between aggression and social skill (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more social skill.
4. There exists a significant and negative correlation between aggression and self regulation (dimension of SEIT). So it could be concluded that judo players have less aggression if they have more self regulation.
5. There exists a significant and negative correlation between aggression and motivation (dimension of SEIT). So it could be concluded that judo players have less aggression if they are more motivated.

6. There exists a significant and negative correlation between aggression and total Emotional Intelligence. So it could be concluded that judo players have less aggression if they are more emotionally intelligent.

7. There exists a significant and negative correlation between aggression and Well-being. So it could be concluded that judo players have less aggression if they have good well-being.

8. There exists a significant and positive correlation between well-being and self-awareness (dimension of SEIT). So it could be concluded that judo players have good self awareness if they have good well being.

9. There exists a significant and positive correlation between well being and empathy (dimension of SEIT). So it could be concluded that judo players have good empathy, if they have good well being.

10. There exists a significant and positive correlation between well being and social skill (dimension of SEIT). So it could be concluded that judo players have good social skill, if they have good well being.

11. There exists a significant and positive correlation between well being and self regulation (dimension of SEIT). So it could be concluded that judo players have good self regulation, if they have good well being.

12. There exists a significant and positive correlation between well being and motivation (dimension of SEIT). So it could be concluded that judo players have good motivation, if they have good well being.

13. There exists a significant and positive correlation between well being and total Emotional Intelligence. So it could be concluded that judo players have more emotional intelligence if they have good well being.

14. There exists a significant difference in aggression among male and female Judo Players. Male judo players are found more aggressive than their counterpart female judo players.
15. There exists no significant difference in Sports Emotional Intelligence among male and female Judo Players.
16. There exists no significant difference in well being among male and female Judo Players.
17. There exists no significant difference in self-awareness (dimension of SEIT) among male and female Judo Players.
18. There exists no significant difference in empathy (dimension of SEIT) among male and female Judo Players.
19. There exists no significant difference in social skill (dimension of SEIT) among male and female Judo Players.
20. There exists no significant difference in self regulation (dimension of Sports Emotional Intelligence Test) among male and female Judo Players.
21. There exists no significant difference in motivation (dimension of SEIT) among male and female Judo Players.
22. There exist no significant difference in aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U.Kurukshetra and Senior State Championship. It means that various categories are belonged to the same population with regard to their means. So it can be concluded that judo players of different institutions taken for the study do not differ significantly.
23. It was found that that as regard to self-awareness (dimension of Sports SEIT), of judo players of M.D.University, Rohtak were found to be significantly different from the judo players of C.D.L.U. Sirsa and players of senior state level judo championship. However, judo players of K.U. Kurukshetra were not differed significantly with M.D.U. Rohtak. So it can be stated that judo players of M.D.University, Rohtak were found better in well being as compared to players of C.D.L.U. Sirsa and players of senior state judo championship.
24. It was found that as regard to empathy (dimension of SEIT) of judo players of M.D.University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and Senior State Judo players. So it can be stated that judo players of
M.D.University, Rohtak were found better in empathy as compared to players of senior state judo championship.

25. It was found that as regard to social skills (dimension of SEIT) no significant difference was found among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Judo Championship.

26. It was found that as regard to self regulation empathy (dimension of SEIT), judo players of M.D.University, were found to be significantly different from the judo players of K.U. Kurukshetra and Senior State Judo Championship but not differed with C.D.L.U., Sirsa. However, judo players of C.D.L.U., Sirsa were significantly differed with Senior State Judo players. But players of senior state and K.U. Kurukshetra do not differed significantly with each other. So it can be stated that judo players of M.D.University, Rohtak and C.D.L.U., Sirsa were found better in self regulation as compared to players of senior state judo championship.

27. It was found that as regard to motivation (dimension of SEIT) no significant difference was found among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Judo Championship.

28. It was found that as regard to total emotional intelligence, judo players of M.D.University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D.University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship.

29. It was found that as regard to well being, judo players of M.D.University, Rohtak were found to be significantly different from the medalist of state level judo championship. However, judo players of K.U. Kurukshetra, C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and medalist of senior state judo championship.
DISCUSSION OF THE RESULT

The present study was conducted with the aim of examining aggression, wellbeing, and emotional intelligence of medalist Judo players of M.D.U., Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and players participated at senior state level Judo championship. The present study found a significant and negative correlation between aggression and emotional intelligence of judo players, which is in agreement with the finding of the Masoumeh, Mansor, Yaacob, Talib & Sara (2014), García-Sancho, Salguero & Fernández-Berrocal (2014), Masum & Khan (2014) who also found a significant negative correlation between aggression and emotional intelligence.

Another finding of the present study revealed significant and negative correlation between aggression and well being of judo players. However, no study was found to see the relationship between these variables. Future research will need to flesh out this relationship even more in order to examine the negative impact of aggression on well being of judo players.

The present study revealed a significant and positive relationship between emotional intelligence and well being of judo players. The finding of the present study in consonance with the findings of Burrus, Betancourt, Holtzman & Minsky (2012), Costa, Ripoll, Sanchez & Carvalh (2012), Ugoani & Ewuzie (2013), Subramaniam & Panchanatham (2014) and Chukwuemeka & Leonard (2015) observed significant positive relationship between emotional intelligence and well being, while Raina & Bakhshi (2013) depicted that emotional intelligence predicted overall and the each index of eudaimonic wellbeing.

In the present study, it was found that male judo players are found more aggressive than their counterpart female judo players, which is in agreement with the findings of the researches by Masum & Khan (2014), Das & Tripathy (2015) who stated that boys were found to be more aggressive than girls.

It was further revealed in the present study that male and female judo players do not differed significantly on emotional intelligence. The result of the present study is also supported by Da Silva, Rosado, Da Silva & Serpa (2014), they also not found any significant difference in male and female players, but in contrast with the findings of Rukmini & Patil (2012) who demonstrated that the males had slightly high self...
awareness, integrity, emotional stability, empathy, self development, commitment as compared to females.

The present study also found no significant difference among male and female Judo Players on well being. The present finding is supported by Kaur & Pal (2014) who also not found any significant difference in well-being among male and female players.

In the light of above discussion, it may be concluded aggression have negative impact on well being and emotional intelligence of judo players. While judo players of M.D.University, Rohtak have better emotional intelligence and well being as compared to judo players of Senior State Judo Championship (Haryana).

CONCLUSION

The present research is conducted in order to, “study the relationship between aggression, emotional intelligence and well-being among judo players”. Sports and aggression’s relationship has been studied broadly from last few decades, yet the researchers have not reached to an imperfect perceptive of the association between the sports and aggression. Thus, a lot of researchers still try to see the link between these concepts and researchers not only in the discipline of physical education but also in various other disciplines continuously trying to make a general agreement about the relationship in order to illuminate and improve the performance of players in the sports. In the first half of the 20th century many researchers especially in the field of psychology and sports psychology assumed that sports participation may allow them to vent their aggressive nature. Generally, on the basis of these assumptions it is viewed that aggression is an internal force based on the frustration or the instinct. However, the current researches show that the selecting a game without having adequate abilities, aptitude or interest may leads to an increase in the level of individual’s aggression. Sport psychologists can distinguish between the instrumental and hostile aggression. The main aim of the hostile aggressive behavior is to inflict the physical and psychological injuries or problems to the others; whereas, the main target of the instrumental aggressive behavior is to simply attain an approved target or goal, such as to win a game. So it is important to distinguish clearly the level of aggression in most of the sports and specific sports situations, although not
necessarily in the extreme contact or combat sports such as wrestling, boxing and judo etc. Individual who involves or participate in the sports exhibited the higher level of aggression as compare to those who do not involved in sports. However, it may be due to the sports attracts the peoples who are naturally more aggressive as compare to the others. In the current investigation, Gender factor was taken as an important factor in the development of the aggression. Researches indicated that males exhibit significantly high level of aggression than the females.

It has been determined that emotional intelligence is necessary in both individual and team game sports and can be the key factor in an athlete’s functioning within a team setting. In other words, emotional intelligence is a critical factor in determining whether or not an athlete wins and emotional intelligence often ‘makes or breaks’ a team. Research conducted on emotional intelligence and athletic performance illustrates, for instance, that emotional intelligence capacities have a direct effect on self regulation and mindset. For example, an emotionally intelligent person can better adjust themselves according to the requirement of the demands of the situation. If the particular situation demands high level of arousal, as similar to our subject’s case of our study, emotionally intelligent individuals are better in getting themselves psyched up and motivating themselves. Equally, if the situation demands the participant to remains in the state of calmness, emotionally intelligent individuals can better relax themselves. The present found a negative and significant correlation between aggression and emotional intelligence of judo players. It is because aggressive behaviour of athletes may be harmful for an individual or for a team, while emotional intelligence play a vast role in sports achievement.

Well-being is important for talented young athletes. The present found negative relationship between aggression and well-being. Research has shown that certain psychological characteristics are essential for the development of expertise. These comprise high self-confidence, concentration that avoids distraction, and being able to handle anxiety and aggression and bounce back from mistakes. On the other side of the coin, a lack of well-being has been found to heighten the risk of aggression, risk of burnout, de-motivation and dropout from sport.