

PROFESSIONAL ARTICLE

Marko Sehovac

Master's level students, Faculty of Physical Education and Sport
University of East Sarajevo

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ATTITUDES OF RESPONDENTS TO THE SUCCESS OF INDIVIDUAL AND THE TEAM OF JUDO CLUB ROMANIJA PALE

Summary

In addition to the theoretical part of the introduction of historical development, the questionnaire was also composed of questions with the following possibilities of reply: 1. I totally disagree, 2. I partially disagree, 3. I do not have an attitude - I am not sure, 4. I partially agree, 5. I completely agree. The questionnaire is based on the use of the Likert scale and is designed to find out to what extent decision making is in the function of improving the judo club "Romanija" Pale. In the sample of respondents who were questioned by the questionnaire was 21 men from the judo club "Romanija" Pale. The questionnaire referring to certain techniques in judo club "Romanija" Pale had the following results from the respondents: by comparing differences, it is concluded that the throwing technique has an impact of 66.66% on the result in Judo Club Romanija Pale, both individuals and teams. By comparing differences, the conclusion is that success in judo, both individuals and teams, depends on the following techniques in the following percentage: cleaning techniques - 66.66%, techniques in partner - 61.90% and Uchi-mata - 71.43%.

***Key words:** judo, technique, throwing, survey, questionnaire*

INTRODUCTION

Judo is a martial arts and an Olympic sport that emerged as a set of selected techniques from Jiu-Jitsu. Jiu-Jitsu was a common name for all martial arts (striking and wrestling) at that time in Japan. Then the founder of Judo - Jigoro Kano, who has mastered several styles of Jiu-Jitsu, decided to take the best of each and discard what is unnecessary. Judo is the most effective way to use physical and psychic power. By practicing attack and defense, judo strengthens the body and spirit, and helps to accept the principles of Judo as their own. The value of judo as a sport was confirmed in 1964, when the judo became an Olympic sport. In the 20th century judo becomes the foundation of physical education in Japan. Today, judo is an integral part of the exercise program in many schools, and judo elements have been introduced by the Croatian National Education System since 2005. Millions of people around the world are dealing with Judo, and at the Olympic Games in London Judo was the third sport. As already mentioned, Judo is a martial sport coming from Japan. His founder laid the foundations of this sport back in 1882 with the establishment of the first judo school in Tokyo, which was named Kodokan, which still functions today. Since then, the judo has spread the world, it is very popular, and one of the reasons is that judo is an Olympic sport. Both men and women can engage in judo, regardless of age. The basic meaning of this sport is the harmonious psychological and physical development of man, and in combat the principle "Highest efficiency with the least effort" is applied.

The real history of judo in our region begins after World War II when the first judo club was founded in Zagreb in 1951 (Academic Judo Club "Mladost"), in 1953 the first clubs in Belgrade were founded ("Radnicki" and "Partizan"), as well as in Ljubljana. Soon afterwards, the first Judo committees were established in the Republican heavy-athletic federations (which mainly included wrestling and weightlifting), and in 1954 the Judo Committee of Yugoslavia was formed in the Heavy-athletic Federation of Yugoslavia. Since then, the rapid rise of this sport has begun in our country. To this rapid and expansive development have contributed, besides the great enthusiasm of our judo pioneers, the seminars and courses that held well-known Japanese masters: Nacui (the first official champion of the World); Macuzaki, Nagaoka, Jamamoto and others. Two years later, in 1957, the Judo Federation of Yugoslavia became a member of the European Judo Union (EJU), and the next year, for the first time, we appeared at an international competition (Student Championship of Europe in Saint Tropez, France) and already in 1959. at The European Championship in Vienna (otherwise, the first official European Championship was held in 1951, and the first World Championship in 1956 in Tokyo). After that, Judo Federation of Yugoslavia became a member of the International Judo Federation (IJF) in 1959, because in the meantime it changed its name (at the conference in 1955). Yugoslavia's Association for Judo and related sports (SJJSS) bears this name until 1974 when, on the Conference, it changed to the Judo Federation of Yugoslavia (JSJ).

Judo club "Romanija" from Pale was founded in 1993. Since its establishment, its competitors have passed all levels of competition rank: Championships of Republic of Srpska, Bosnia and Herzegovina, Balkan and European competitions. A large number of competitors of Judo club "Romanija" had outstanding results both at the European and World Championships. In this research, emphasis was placed on competitors who made their first steps on tatami in the Judo club "Romanija" Pale.

The greatest skill in Judo is to maintain own balance while simultaneously throwing the opponent out of balance. According to the structure, judo is polystructured, acyclic sports activity. This martial sport is adorned by large number of technical elements that are performed both in the standing position and on the ground, the so-called partner techniques.

In addition to the theoretical part of the introduction of historical development, the questionnaire was also composed of questions with the following possibilities of reply: 1. I totally disagree, 2. I partially disagree, 3. I do not have an attitude - I am not sure, 4. I partially agree, 5. I completely agree. The questionnaire is based on the use of the Likert scale and is designed to find out to what extent decision making is in the function of improving the judo club "Romanija" Pale.

Previous research

Cokorilo and associates (2003) on a sample of 421 pupils of first and third grades of secondary schools in Sombor and Apatin have been used a standardized scale of attitudes about the value of physical education and a questionnaire on the students' social and status characteristics. The results of the survey show that social status characteristics such as social status, the type of school students attend, school success at physical education, age and gender significantly differentiate pupils in their attitudes towards physical education depending whether the pupils live in the village or in the city.

Cokorilo and associates (2006), on a sample of pupils of first and third grades of schools in Sombor and Apatin, have examined how do students perceive the representative qualities of good teachers (moral, professional, and physical) and how do this perception determine their attitudes toward the value of physical education teaching.

Jovanovic and Cokorilo (2002) on analyses of researching results of secondary school pupils attitude about physical education teaching on a sample of 421 pupils of first and third grades of secondary schools in Sombor and Apatin. The contingency coefficient is used to check the

correlation between affective and conative (volitional) values, and affective and conative (volitional) components of attitudes. The analyses found a statistically significant intercorrelation between the value and the affective component of attitude. Intercorrelation is also statistically significant between the affective and the conative (volitional) component of attitudes, while no statistically intercorrelation has been found between the values and the conative (volitional) component of the attitudes. The results obtained in this study are somewhat different from the results of other authors who have studied the interrelation between the affective, emotional, and conative (volitional) components of attitudes. In these surveys was found a more substantial interconnection between individual components of attitudes. The reasons for this should be sought in the fact that attitudes have been analyzed in one specific area - according to the physical education teaching in which students were directly involved. In such a situation, certain components are conditioned by contradictory social interactions, organizational forms used in the teaching of the subject, equipment of the gymnasiums, the teacher's ability to get interest and motivate students, etc. Also, it should be added that the research was carried out on pupils of adolescent age when attitudes about most phenomena are still in development and aren't sufficiently stabilized, then it becomes clearer why such results are obtained.

Cokorilo (2015) leadership is a significant factor in the structure and dynamics of each sports group. In the broadest sense, leadership can be viewed as a process of action that affects individuals and the group to achievement of set goals. This definition of the leadership contains several essential elements such as group orientation, giving information, deciding, creating relationships, motivating, and so on.

Kahrovic, I., Nurkic, M., Bratic, M., Jovanovic, S., Radenkovic, O. (2014). In Original research article The aim of this study was to examine the difference between the karate practitioners of varied competitive orientations in the results of specific motor tests. The sample consisted of male karate practitioners, aged 12 to 14, who are engaged in a regular training process, and compete in the current system of competitions in the Karate Federation of Serbia. The study included a total of 79 karate practitioners, out of which 37 practitioners take part in fighting, 23 contestants in kata and 19 practitioners who compete in both disciplines. For the evaluation of specific motor abilities, 6 tests were applied: (Gyaku zuki, (GZ), Oi Zuki (OZ), Mae geri, (MG), Kizami-Zuki, from a guard (KZG), Gyaku zuki from a guard (GZG) and MawashiGeri from a guard (MVGG), where the screened participants selected the representative techniques. The measurement results of the investigated competing groups were statistically analyzed to help obtain answers to the set hypothesis. The research results show that the contestants oriented towards katas scored the worst results on all tests, and that the factor competitive orientation was significant for all tests. In addition, a very important finding in the context of the studied problem is the fact that the best results in almost all of the tests were achieved by the participants not yet definitely directed towards one discipline and who compete both in katas and kumite. Overall, the obtained results confirm that there are significant differences in almost all the tests, and that they are especially important in the older age groups, based on which we conclude that the hypothesis of the existence of significant.

M. Nurkic, M. Bratic, D. Mitic, I. Kafenterakis (2017) In Original research article the aim of this research was to establish differences between young judokas of the cadet and junior age. The sample was made up of 50 judokas, members of the cadet and junior national team, 16 to 19 years old. The participants were divided into two groups. One group was made up of cadet judokas (n=25), while the other was made up of the members of the junior team (n=25). In this research we used three tests for every measured motor ability. To estimate the judoka's coordination, the following tests were used: coordination with a stick (STICK), side roll (SIDEROLL), and the obstacle course backwards (OBSTBACKWARDS). To estimate speed we used tests of hand tapping (HANDTAP), right foot tapping (RFOOTTAP) and left foot

tapping (LFOOTTAP), to estimate explosive strength, the long jump without running (STANLJUMP), triple jump (TRIPJUMP) and Abalac's test (ABALT). Repetitive strength were estimated by push ups (PUSHUPS), lifting a body from a lying position (MRSPLT) and reverse chin – ups (REVCUPS). To estimate flexibility we used the tests hyperextensions on a bench BENTOVER, the straddle bend (STRADDBENT) and shoulder flexibility test (SHOFLEXTEST), and to estimate balance we used the tests of standing on a bench with eyes open BALEYESOP, standing longitudinally on the bench with eyes closed BALLONGEYESCL and standing transversely on the bench with eyes closed BALTRANSEYESCL. To analyze the obtained results the SPSS 17,0 program was used. To estimate the differences in motor abilities between cadet and junior judokas, we used the Student's T- test for independent samples. The obtained results showed that there are statistically significant differences for explosive strength and balanced flexibility in favour of the junior judokas, and for the other variables there were no statistically significant differences.

Subject of research.

The subject of research in the paper is Judo, management and management of club. The result and success of each team depends on the individual, on the way of managing during training, competing and solving all the problems that burden the individual and the team on the way to the winning stand or better placement at the target competition. From the calendar of the competition depends on the plan and the program of preparation, while the management has a significant role for the success of the individual and team in the competition.

The problem of research

The problem of research relates to leadership, and the very dominant techniques contributing to success in judo. Business negotiation, and group decision making in the function of improving the judo club "Romanija" Pale. The questionnaire with the following possibilities of reply: I totally disagree, I partially disagree, I do not have an attitude - I am not sure, I partially agree and I completely agree is offered to members - competitors and management of Judo club "Romanija".

The aim of the research

The aim of the research is to determine the attitudes of the respondents towards the success of the Club and the dominance of the technique on the success of the competitors in the Judo Club "Romanija" Pale.

Research hypotheses

H₀ - Judo technique does not have a statistically significant effect on the success of an individual and a team in Judo

H₁ - throwing techniques have a statistically significant dominance over the result in Judo

H₂ - cleaning techniques have a statistically significant dominance in the judo result

H₃ – parter techniques have a statistically significant dominance in the judo result

H₄ - uchi-mata has a statistically high significance for success in judo

METHOD

The research methods

A survey questionnaire compiled on the dominant techniques and elements of success in Judo composed of five questions, with the possibility of as many answers: I totally disagree, I partially disagree, I do not have an attitude - I am not sure, I partially agree and I completely

agree, will give a clearer picture of the success of the individuals and the team of Judo club „Romanija“ from Pale.

Sample respondents

The sample of respondents who were included in the survey questionnaire has 24 athletes (21 men and 3 women) from judo club "Romanija" Pale. All respondents voluntarily agreed to a questionnaire survey, and survey was conducted at one day, before the start and during the introductory part of the training.

Sample of variables - questionnaires

The sample of variables referred to seven (7) questions from the questionnaire.

The questionnaire offered the answer in the following way:

- I totally disagree,
- I partially disagree,
- I do not have an attitude - I am not sure,
- I partially agree and
- I completely agree.

RESULTS WITH DISCUSSION

Data processing

The survey questionnaire data were processed on a percentage basis for each response, after which differences in gender responses and competitions were found.

Malacko and Popovic (1997) Scaling as a measurement technique is of a recent date and is most often used in the researches of personal and social attitudes. "In the beginning, scaling was used for research mainly in exploring attitudes about certain relationships of an individual or group towards society (the ideology of society).

Skaliranje kao tehnika mjerenja je novijeg datuma i najčešće se koristi za istraživanje ličnih i socijalnih stavova. „U početku se skaliranje koristilo za istraživanje pretežno prilikom istraživanja stavova o određenim odnosima pojedinca ili grupe prema društvu (ideologiji društva). However, at the present level of development of methodological techniques, it is successfully used to evaluate other characteristics of the personality, which are conditioned by the physiological and genetic basis. The basic problem in the research of attitudes lies in their complexity, since they contain three basic components:

- emotional, as inclusive sense/feeling toward the object, an attitude from positive to negative - from liking and admiration, through understanding and compassion, to inconvenience and hatred,
- conative (volitional), as a tendency towards action in relation to the object - from help and cooperation in a positive attitude, independence in a neutral attitude, to criticism, aggression and attacks in a negative attitude,
- cognitive, as creation, knowledge and value judgments about objects - from the holders of education and socialization (parents, teachers, means of communication, etc.) through the creation of their own system of values, to so-called. personal view of the world (personal philosophy). "

Example of the questionnaire (survey sheet)

The questionnaire is anonymous, and any true answer is valid

GENERAL INFORMATION Enter X in the blank field

GENDER	MALE	FEMALE	BIRTH YEAR
X			-

In the research, a five-step Likert scale was constructed and applied

VARIJABLES – ASSERTION	(1)	(2)	(3)	(4)	(5)
Throwing techniques have a dominance over the results in Judo club „Romanija“ Pale	2	-1	0	1	2
V5(-) Cleaning techniques have a dominance over the results in Judo club „Romanija“ Pale	-2	-1	0	1	2
V6(+) Parter techniques have a dominance over the results in Judo club „Romanija“ Pale	-2	-1	0	1	2
V6(+) Uchi-mata has a dominance over the results in Judo club „Romanija“ Pale.....	-2	-1	0	1	2

Table 1, opinion of the respondents „Throwing techniques have a dominance over the results in Judo club „Romanija“ Pale "

Throwing techniques have a dominance over the results in Judo club „Romanija“ Pale	Total score and percentage %	total
	Male respondents	
- I totally disagree,	1 4,76%	Count %of total
- I partially disagree,	0 00,00%	Count %of total
- I do not have an attitude - I am not sure,	1 4,76%	Count %of total
- I partially agree and	5 23,81%	Count %of total
- I completely agree.	14 66,66%	Count %of total
Total		100,00%

The results of the research in this table show that there is a significant percentage difference between the positions where the highest percentage of 66,66% has „I completely agree", while the lowest percentage represented assertion "I partially disagree" with the percentage of 00.00%, that is, without declaring, and „I do not have an attitude - I am not sure“ with 4,76%. Statements „I partially agree“ have 23,81%, and „I totally disagree“ 4,76%. On the basis of these results, and by comparing differences, the conclusion is that the throwing techniques have the effect with 66.66% for success in Judo Club Romanija Pale, both in the individual and the team selection.

Table 2, opinion of the respondents "Cleaning techniques have a dominance over the results in Judo club „Romanija“ Pale"

Cleaning techniques have a dominance over the results in Judo club „Romanija“ Pale	Total score and percentage %	total
	Male respondents	
- I totally disagree,	2 9,52%	Count %of total
- I partially disagree,	2 9,52%	Count %of total
- I do not have an attitude - I am not sure,	1 4,76%	Count %of total
- I partially agree and	2 9,52%	Count %of total
- I completely agree.	14 66,66%	Count %of total
Total		100,00%

The results of the research in this table show that there is a significant percentage difference between the positions where the highest percentage of 66,66% has „I completely agree", while the lowest percentage represented assertion „I do not have an attitude - I am not sure " with 4,76%, and „I partially agree" with 9,52%, „I partially disagree" has 9,52% and "I totally disagree" has 9,52%. On the basis of these results, and by comparing differences, the conclusion is that the cleaning techniques have the effect with 66.66% for success in Judo Club Romanija Pale, both in the individual and the team selection.

Table 3, opinion of the respondents „Parter techniques have a dominance over the results in Judo club „Romanija“ Pale"

Parter techniques have a dominance over the results in Judo club „Romanija“ Pale	Total score and percentage %	total
	Male respondents	
- I totally disagree,	1 4,76%	Count %of total
- I partially disagree,	2 9,52%	Count %of total
- I do not have an attitude - I am not sure,	1 4,76%	Count %of total
- I partially agree and	4 19,04%	Count %of total
- I completely agree.	13 61,90%	Count %of total
Total		100,00%

The results of the research in this table show that there is a significant percentage difference between the positions where the highest percentage of 61,90% has „I completely agree", and „I partially agree" with 19,04%, „I partially disagree" has 9,52%, while with lowest percentage are the answers "I totally disagree" and „I do not have an attitude - I am not sure" with 4,76%. On the basis of these results, and by comparing differences, the conclusion is that the parter techniques have the effect with 61,90% for success in Judo Club Romanija Pale, both in the individual and the team selection.

Table 4, opinion of the respondents "Uchi-mata has a dominance over the results in Judo club „Romanija“ Pale"

Uchi-mata has a dominance over the results in Judo club „Romanija“ Pale	Total score and percentage %	total
	Male respondents	
- I totally disagree,	3 14,28%	Count %of total
- I partially disagree,	1 4,76%	Count %of total
- I do not have an attitude - I am not sure,	1 4,76%	Count %of total
- I partially agree and	1 4,76%	Count %of total
- I completely agree.	15 71,43%	Count %of total
Total	65	100,00%

The results of the research in this table show that there is a significant percentage difference between the positions where the highest percentage of 71,43% has the answer „I completely agree" and "I totally disagree" with 14,28%, while the lowest percentages have the answers „I partially agree", „I do not have an attitude - I am not sure" and „I partially disagree" with 4,76%. On the basis of these results, and by comparing differences, the conclusion is that the Uchi-mata has the effect of 71,43% on the success in Judo Club Romanija Pale, both in the individual and the team selection.

Table 5, measures of central tendency among respondents from Judo club „Romanija“ Pale

	Valid N	Mean	Minimum	Maximum	Std. Dev.
Age	21	23,04	11,00	38,00	8,36

Table 5 shows the age of the respondents where the eldest is 38 years old, and the average of the respondents is about 23, while the youngest is 11 years old.

Table 6, female respondents at Judo club „Romanija“ Pale, on the questionnaire (variables)

	Var1	Var2	Var3	Var4	Var5	Var6	Var7	godine
1	2	3	3	5	5	5	5	21
2	5	4	5	4	4	4	5	19
3	4	4	4	5	4	4	5	13

CONCLUSION

The sample of respondents who were questioned by the questionnaire was 21 men from the judo club "Romanija" Pale. The sample of variables related to the seven (7) questions in the survey questionnaire. The questionnaire was offered an opportunity to reply as follows: : 1. I totally disagree, 2. I partially disagree, 3. I do not have an attitude - I am not sure, 4. I partially agree, 5. I completely agree. The questionnaire referring to certain techniques in judo club "Romanija" Pale had the following results from the respondents: by comparing differences, it is concluded that the throwing technique has an impact of 66.66% on the result in Judo Club Romanija Pale, both individuals and teams. By comparing differences, the conclusion is that success in judo, both individuals and teams, depends on the following techniques in the following percentage: cleaning techniques - 66.66%, techniques in partner - 61.90% and Uchi-mata - 71.43%.

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Correspondence:

Marko Sehovac

Master's level students, Faculty of Physical Education and Sport

University of East Sarajevo

Phone: ++38766450709