EFFECT OF UCHIKOMI AND RANDORI PRACTICE ON REACTION TIME AMONG STATE LEVEL SCHOOL JUDO BOYS

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ABSTRACT

The objective of this study was to find out the effect of uchikomi and randori practices on reaction time among state level judo boys. For this reason, arbitrarily chose 45 state level judo young men were chosen haphazardly from various schools in Chennai. They were chosen based on chain portrayal in numerous competitions. The chose subjects were in the age gathering of 13 to 16 years with standard deviation of ± 2.3 years. The chose subjects were arbitrarily isolated into three groups, experimental group I, experimental group II and control group. Group I went about as trial bunch which went through uchikomi rehearses (UMT), group II went through randori rehearses (RDT), and group III didn't partook in any unique preparing and were carefully leveled out (CG). Preceding trial treatment all the subjects were estimated of their reaction time which framed pre test scores of the subjects. The subjects went through individual exploratory treatment for a time of 12 weeks. After the test time frame post test scores were gathered on the chose factors. The contrast between the underlying and last scores was considered as the impact of particular treatment. To test the measurable centrality of the information gathered were exposed to factual investigation utilizing ANCOVA to test the essentialness. In all cases 0.05 level was fixed to test the speculation of this examination. It was concluded that 12 weeks uchikomi training significantly improved reaction time compared to control group. It was also found that there was no significantly difference between uchikomi training and randori training in altering reaction time of the state level judo athletes.

KEYWORDS: Uchikomi, Randori, Reaction Time, Judo Boys.

INTRODUCTION

The term Uchikomi is gotten from the Japanese action word Utsu which signifies "to beat against". This just methods so as to improve tossing aptitudes that tosses must be finished by and by in a domain which takes after as close as conceivable the earth experienced in the exhibition of randori and shiai! The act of Uchikomi includes the utilization of tosses to the perfection point, or what is generally known as kake. Teachers will regularly have understudies play out the Uchikomi for a predefined number of times before executing the all out strategy. Randori might be polished in different styles and ways. The target of the preparation is assault and guard, the consideration ought to be particularly coordinated to the preparation in the most productive methods of tossing, bowing or turning, without extraordinary reference to building up the body or to mental and moral culture. Randori can likewise be concentrated with physical training as its primary goal (Jigoro 2015).

METHODOLOGY

The objective of this study was to find out the effect of uchikomi and randori practices on reaction time among state level judo boys. For this reason, arbitrarily chose 45 state level judo young men were chosen haphazardly from various schools in

Chennai. They were chosen based on chain portrayal in numerous competitions. The chose subjects were in the age gathering of 13 to 16 years with standard deviation of ± 2.3 years. The chose subjects were arbitrarily isolated into three groups, experimental group I, experimental group II and control group. Group I went about as trial bunch which went through uchikomi rehearses (UMT), group II went through randori rehearses (RDT), and group III didn't partook in any unique preparing and were carefully leveled out (CG). Preceding trial treatment all the subjects were estimated of their reaction time which framed pre test scores of the subjects. The subjects went through individual exploratory treatment for a time of 12 weeks. After the test time frame post test scores were gathered on the chose factors. The contrast between the underlying and last scores was considered as the impact of particular treatment. To test the measurable centrality of the information gathered were exposed to factual investigation utilizing ANCOVA to test the essentialness. In all cases 0.05 level was fixed to test the speculation of this examination.

RESULTS

TABLE I
ANCOVA RESULTS ON EFFECT OF UCHIKOMI TRAINING AND RANDORI TRAINING COMPARED WITH CONTROLS ON REACTION TIME

	UCHIKOMI TRAINING	RANDORI TRAINING	CONTROL GROUP	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	0.142	0.140	0.142	Between	0.000	2	0.000	0.087
				Within	0.014	42	0.000	
Post Test Mean	0.128	0.127	0.141	Between	0.002	2	0.001	2.887
				Within	0.013	42	0.000	
Adjusted Post Test Mean	0.127	0.129	0.140	Between	0.002	2	0.001	116.928*
				Within	0.000	41	0.000	
Mean Diff	-0.014	-0.013	-0.001					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) =3.22.
*Significant

As shown in Table I, the obtained pre test means on Reaction Time on Uchikomi training group was 0.142, Randori training group was 0.140 was and control group was 0.142. The obtained pre test F value was 0.087 and the required table F value was 3.22, which proved that there was no significant difference among initial scores of the subjects. The obtained post test means on Reaction Time on Uchikomi training group was 0.128, Randori training group was 0.127 was and control group was 0.141. The obtained post test F value was 2.887 and the required table F value was 3.22, which proved that there was no significant difference among post test scores of the subjects. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 116.928 was greater than the required value of

3.22 and hence it was accepted that there was significant differences among the treated groups. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table II.

TABLE II
MULTIPLE COMPARISONS OF PAIRED ADJUSTED MEANS AND SCHEFFE'S CONFIDENCE INTERVAL TEST RESULTS ON REACTION TIME

MEANS				Required . C I
Uchikomi training Group	Randori training Group	Control Group	Mean Difference	
0.127	0.129		0.001	0.002
0.127		0.140	0.013*	0.002
	0.129	0.140	0.012*	0.002

* Significant

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Uchikomi training group and control group (MD: -0.013). There was significant difference between Randori training group and control group (MD: -0.012). There was no significant difference between treatment groups, namely, Uchikomi training group and Randori training group. (MD: -0.001). The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure I.

FIGURE I
BAR DIAGRAM SHOWING PRE TEST, POST TEST AND ORDERED ADJUSTED MEANS ON REACTION TIME
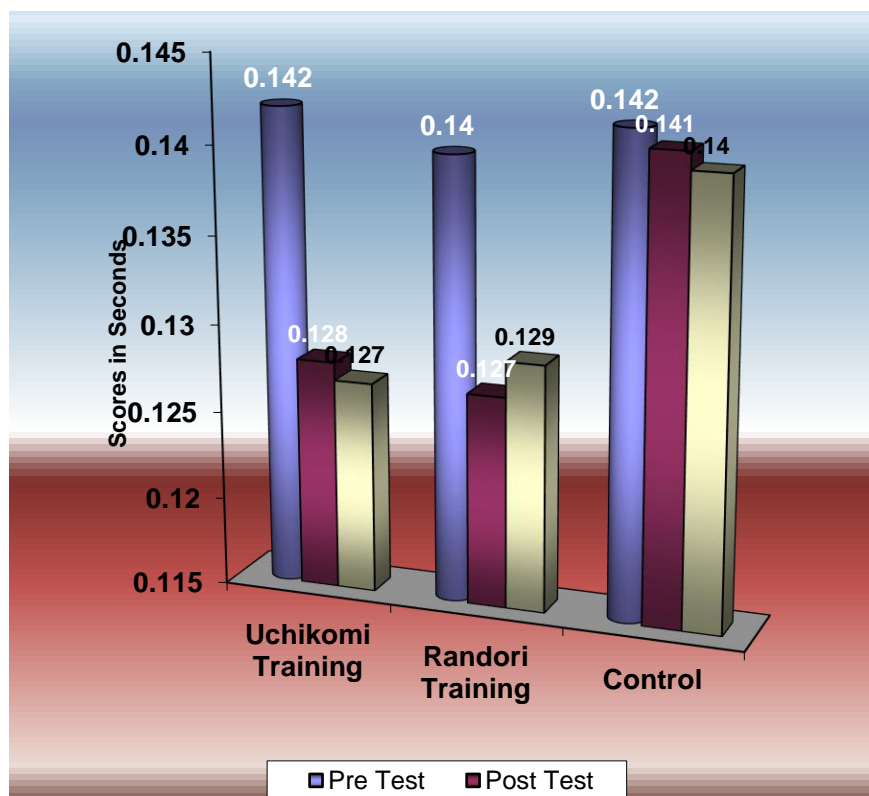
DISCUSSIONS ON FINDINGS ON REACTION TIME

In order to find out the effect of Uchikomi training and Randori training on Reaction Time the obtained pre and post test means were subjected to ANCOVA and post hoc analysis through Scheffe's confidence interval test. The effect of Uchikomi training and Randori training on Reaction Time is presented in Table I. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F value 116.928 was greater than the required table F value to be significant at 0.05 level. Since significant F value was obtained, the results were further subjected to post hoc analysis and the results presented in Table II proved that there was significant difference between Uchikomi training group and control group (MD: -0.013) and Randori training group and control group (MD: -0.012). Comparing between the treatment groups, it was found that there was no significant difference between Uchikomi training and Randori training group among state level judo players. Thus, it was found that Uchikomi Training and Randori training were significantly better than control group in improving Reaction Time of the state level judo players.

CONCLUSION

1. It was concluded that 12 weeks uchikomi training significantly improved reaction time compared to control group. It was also found that there was no significantly difference between uchikomi training and randori training in altering reaction time of the state level judo athletes.

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