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Analysis of the Contribution of Instructional Games in Judo to the Improvement of Claw Strength

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Abstract - Introduction; The aim of this research is to determine the effect of instructional games in judo on claw strength, which is one of the basic features of judo, by their goal-directed application. Method; with this purpose, in the January of 2009, a pretest was carried out on 37 male sportsmen who were taking judo training in Edirne (experiment group) and Tekirdağ (control group). At the end of the training programme which was applied on these sportsmen for 12 months; the improvement of the sportsmen was identified and in January 2010, their final tests were performed. The comparison of Experiment and Control male groups" pretests, the comparison of Experiment and Control male groups" final tests, and one way variance analysis (One way ANOVA) were used among the data we have acquired through our research. A comparison was carried out between Experiment and Control groups and a difference of $p < 0,05$ and $p < 0,01$ was expected to be found out. From anthropometric tests, height, body weight, circumference of hand wrist, circumference of foot wrist, length of the hands and feet tests have been applied on the sportsmen to get their measurements of Pre and Final Tests. Results: while a significance of $p < 0,01$ was found in the pre and final test parameters of the experiment group male judokas in the province of Edirne, no level of significance was detected in the pre and final tests of the control group male judokas in the province of Tekirdağ. No significance was detected in pre and final tests of the experiment group male judokas in Edirne and the parameters of pre and final tests of the control group male judokas in Tekirdağ. Conclusion; We can say that the claw strength of the sportsmen who participated in judo instructional games improved, having shown a significance of $p < 0,01$ in comparison to those who did not. Therefore, it can be said that the judo instructional games which are played in the context of basic judo training programs in order to improve claw strength contribute to the improvement of the claw strength of the sportsmen taking basic judo training.

Keywords : judo, instructional, game, claw, strength.

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Analysis of the Contribution of Instructional Games in Judo to the Improvement of Claw Strength

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Summary - Introduction; The aim of this research is to determine the effect of instructional games in judo on claw strength, which is one of the basic features of judo, by their goal-directed application. Method; with this purpose, in the January of 2009, a pretest was carried out on 37 male sportsmen who were taking judo training in Edirne (experiment group) and Tekirdağ (control group). At the end of the training programme which was applied on these sportsmen for 12 months; the improvement of the sportsmen was identified and in January 2010, their final tests were performed. The comparison of Experiment and Control male groups' pretests, the comparison of Experiment and Control male groups' final tests, and one way variance analysis (One way ANOVA) were used among the data we have acquired through our research. A comparison was carried out between Experiment and Control groups and a difference of $p < 0,05$ and $p < 0,01$ was expected to be found out. From anthropometric tests, height, body weight, circumference of hand wrist, circumference of foot wrist, length of the hands and feet tests have been applied on the sportsmen to get their measurements of Pre and Final Tests. Results: while a significance of $p < 0,01$ was found in the pre and final test parameters of the experiment group male judokas in the province of Edirne, no level of significance was detected in the pre and final tests of the control group male judokas in the province of Tekirdağ. No significance was detected in pre and final tests of the experiment group male judokas in Edirne and the parameters of pre and final tests of the control group male judokas in Tekirdağ. Conclusion; We can say that the claw strength of the sportsmen who participated in judo instructional games improved, having shown a significance of $p < 0,01$ in comparison to those who did not. Therefore, it can be said that the judo instructional games which are played in the context of basic judo training programs in order to improve claw strength contribute to the improvement of the claw strength of the sportsmen taking basic judo training.

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1. Introduction

It is observed that researches on games have increased in the recent years. In addition, an increasing interest is observed in the researches on children's roles in games and improvements. Games form an important part of a child's life. Through games, a child's physical, cognitive, emotional and social status improves. In most of the researches on children and games, the fact that the psychological and physical

improvement of children is parallel is emphasized. One of the most important factors contributing to the child's physical and psychological improvement is sports (1).

An one of the areas that the child interacts with his environment is games (13). In our time the importance of properly gaining the improvement features (psychological, physical and mental) is well known. The parallel physical and psychological improvement of children is emphasized. One of the most important factors contributing to the child's physical and psychological improvement is sports. If the improvements in the sports science are thoroughly observed and if behaved within the context of pedagogical responsibility, sports with children (both for the core of high performance and bringing up healthy individuals) is indispensable. But the fact that children would like to play sports in order to feel excitement, be together, have fun and gain new skills as much as competing-winning, should not be neglected (11). A game is an activity which redounds the improvement of the child (psycho-motor, emotional, social, mental and linguistic), fulfils the imagination and driving the child into creativity while providing joy and excitement (2). No matter what the environmental conditions of the child are, it is known that the child enjoys motion, especially physical activities within the context of a game. Moreover, in numerous researches on child improvement, scientists indicate that games and exercises redounds child improvement (7) One of the sports which provides children with cognitive, sensory and motor improvement is "Judo" (6). Another definition of Judo is a branch of sports which requires a great deal of physical and mental skills and which is significantly lively (5). Judo is a branch of sports which requires a high level of skills. Improving the analyst functions and and rapidly perceiving and acting in the constantly changing conditions of competition are features required from sportsmen. What is more, the decisions made by the sportsmen in confusing situations depend on their skills of perceiving outer stimulants. Their skills of rapid thinking and analysing are elements which help the team act successfully and prevent the rival from performing a successful tactical movement (4). Sport is a means of improving individuals physically, mentally, emotionally and socially. The fact that suitable training programs during sensitive ages speeds up the

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improvement of child is known. In that respect, it is aimed to examine the effect of judo instructional games of children taking basic judo training on the improvement of claw strength in this research. Here it is aimed to turn the training into an enjoyable and improvement triggering factor for claw strength improvement by using the functional attributes of games.

II. Materials & Methods

As in every branch of sports, in judo, it is obligatory for the talented sportsmen to get into a long term systematical training by being selected on time and correctly. In sport branches, the starting ages for the training, first success, optimal and the highest level of success have been put forth by numerous researches. For those reasons, early and correct selection of talents has a great significance for continual and significant sportive effectiveness (3,11). With this approach, by early and correct selection, making the training period of the sportsmen enjoyable is possible by using the functional features of games. By taking this functionality into account; the determined pretest was performed on 37 male sportsmen in the age group of 7-12 taking judo training in Tekirdağ (control group) and Edirne (experiment group) in January 2009. It was asked from the subjects to fill in the forms which were used to record the pretest and final test results. The results were arranged by the test supervisor. In the 12 month period which the research was going to be carried out, a training programme of 465 min. total, 4 days a week was applied. The training program of a day is 120 minutes. The first ten minutes of the session consist of general physical-fitness exercises, 80 minutes, of basic judo training, and 15 minutes consist of instructional

games. By the end of the 12 month program, final tests were performed in January 2010. Every subject who took part in our research had a claw strength test. From the data we have acquired through our research, comparison of experiment and control male groups pretest, as well as the final test, an done way variant analysis (One Way ANOVA) have been used. Between the parameters of experiment and control groups, a comparison has been made trying to detect a difference of $p < 0,05$ and $p < 0,01$. In the reseach, claw strength arithmetic mean has been calculated in min, sec, ms and addition was made by converting minutes into seconds, in sec, ms.

III. Claw Strength Test

Aim: The child is situated in front of the pull-up bar, 2 feet shoulder width open. Then the child holds the judoka hanging on the bar on his collars with his elbows bent. The aim is to determine the duration of hanging on to the bar. It reveals information about the strength of the claw and back muscles of the child. **Preparing of the test environment:** Uvagi and pull-up bar in a large area. **Tools:** 1 chronometer, pull-up tool, uvagi. **Application:** The movement is defined by having the child in the working area and letting him observe his model friend. Afterwards, the child is aided to get positioned by spreading his legs shoulder width. Then he is asked to keep himself hung by holding the collars of the uvagi on the bar. Upon having the child try, the application is done. **Evaluation:** In the first position which the child the hanging position from the bar, the chronometer starts. The moment the child leaves the bar, it stops and the duration is measured. Between the two applications, the beter performance is recorded (9).



Figure 1: Claw Strength (1)

(1) Kızılyaprak, A. (2008). Judo and Judo Federation Senior and Junior Woman Technical Director.

IV. Results

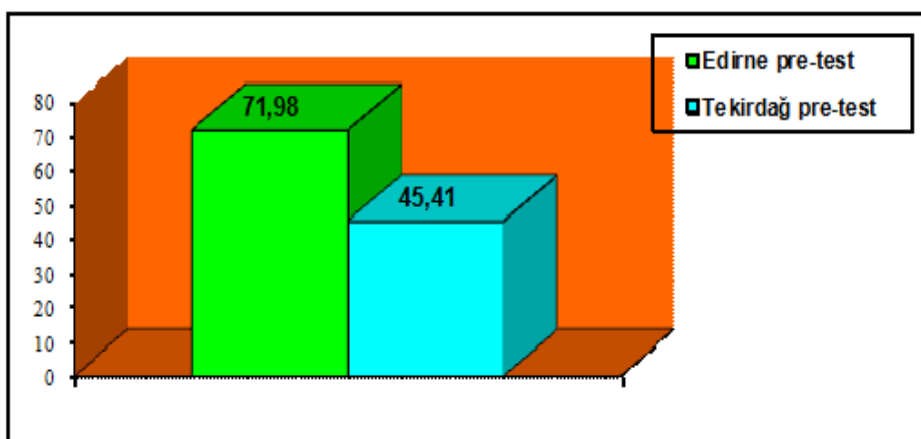
In our research, for 37 male sportsmen taking basic judo training in Edirne and Tekirdağ Provincial Directorate of Youth and Sports, "Subject Information Form" was filled in, and a homogenous group in accordance with the criterias was formed by having the

acquired data studied. In this section, the statistical result of the test which was applied before and after the 12 month training period, basic claw strength test of the control group male and female subjects (n=19) and the male subjects in the age group of 7-12 within the coverage area of the research.

Table 1 : Edirne - Tekirdağ Male Pretest Comparison

PARAMETERS	Edirne PreTest n=18		Tekirdağ PreTest n=19		ANOVA	
	X	SS	X	SS	F	P
Claw Strength (sec.ms)	71.98	34.77	45.41	25.17	7.144	.011*

When the pretest comparisons of Edirne – (F=7.144); pretest 71.98±34.77sec.ms. final test Tekirdağ male sportsmen are examined, significant differences have been detected; claw strength 45.41±25.17sec.ms parameters (Table-1)



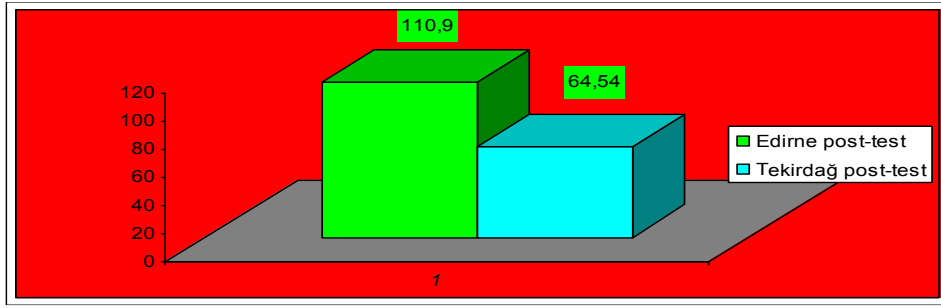
Graph 1 : Edirne – Tekirdağ Male Claw Strength Pretest Comparison Arithmethic Mean (x) Values

V. Cal m Strength

Table 2 : Edirne – Tekirdağ Male Final Test Comparison

PARAMETERS	Edirne Final Test n=18		Tekirdağ Final Test n=19		ANOVA	
	X	SS	X	SS	F	P
Claw Strength (sec.ms)	110.90	36.64	64.54	39.31	13.735	.001*

When the final test comparisons of Edirne – (F=13.735); pretest 110.90±36.64sec.ms. final test Tekirdağ male sportsmen are examined, significant differences have been detected; claw strength 64.54±39.31sec,ms parameters (Table-2).



Graph 2 : Edirne – Tekirdağ Male Claw Strength Final Test Comparison Arithmetic Mean (x) Values

VI. Conclusion & Discussion

In their study, in which the growth process of abilities of the children and teenagers are examined, Jagiello and friends worked on 224 judokas in 11-17 age groups. A special and systematic training programme was applied to these judokas. As results of the study, they reported that young athletes progressed considerably in the results of the test exercises, the rate of sport and motor development can be used in training to strengthen the new athletes and to control the training activities in micro-circulations of changing types which is a detailed guidance of strength norms when related with age (10). This study includes a 12-month period. Therefore, we tried to determine the effects of educative judo activities which aimed to make the period joyous and to develop the claw strength of 37 male athletes in 7-12 age groups. As a result, the pre-test means of the claw strength of experiment group males rose from 71,98sn, ss to 110,90sn,ss in the last test. The mean of the pre-test of control group raised from 45.417sn,ss to 64.54sn,ss in the last test. Meaningful differences were found in the last test comparison of Edirne-Tekirdağ Male in $p < 0.05$ level. According to these parameters, we can sat that the educative judo activities contribute to claw strength of 37 males in 7-12 age group.

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