

Relationship practice religious beliefs and self-efficacy with competitive anxiety judo athletes

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ABSTRACT: The aim of this study was to determine the relationship between religious beliefs and self-efficacy with competitive anxiety judo athletes Iran. The research method applied study, according to descriptive and correlational research method and fieldwork were conducted to collect information, sample included 327 people were judoka. The sampling all of the research in this. used in this study included questionnaire (a combination of self-efficacy questionnaire and beliefs), the Haland (1998), self-efficacy Sheromadoks (1982) and anxiety Matez & etal competitive athletes (1990). As well as a demographic questionnaire, including gender, age, degree and duration of training hours questionnaires by physical education teachers validity and reliability through Cronbach's alpha coefficient was calculated. Statistical methods were used in this study primarily descriptive statistics for the analysis of frequency data, charting, and drafting table was average, and inferential statistics were used Pearson correlation and regression results Research showed faith and anxiety there is competitive athletes Judo Championships. But between religious beliefs with competitive anxiety judo athletes there is a significant positive relationship. The relationship between self-efficacy and anxiety there is no significant competitive judo athletes. But the usefulness of anxiety among competitive athletes in judo there is a significant relationship. And between self-efficacy and self-athletes in judo there is a significant relationship.

Keywords: Religious beliefs, Self-efficacy, Competitive anxiety, Athletics, judo.

INTRODUCTION

This debate has a special place. Events and events such as the Renaissance, the religious term, the clear thinking, rationalism and the Industrial Revolution that began in the fourteenth century in the West, despite its beneficial consequences in ensuring the welfare of the people and the intellectual and cultural developments social and human development, crisis and inadequate in various areas of human life in terms of religious beliefs, mental, moral, social and political.

Human urgent need to believe it's so important and its role in human life so the impression is that Carl Jung says religious disease is the disease of our century, technology and rigor of teaching and parochialism and prejudice, humanity's contemporary atheist and disoriented in search of his soul and the comfort is not religion. La impossible and meaningless absurdity of life without religious causes and the cause of religion gives meaning to life.

His constructor power efficacy by which cognitive, social, emotional and human behavior to achieve different objectives to be effectively organized. Believe Bandura (1997), knowledge, skills and previous achievements of predictors for future performance. human beliefs about their abilities to do so are not people on how effective he is. Between different skills can be combined with the appropriate procedures for performing tasks in a variety of conditions, there is a clear difference quite know. What tasks do you have the necessary skills to perform their duties. But most are not successful in the implementation of appropriate skills (Bandura, 2000). Self-efficacy, the belief in the ability to work on several occasions referred. Believe an important factor in the productive efficacy of human

decency. Tasks performed by different people or the same skills in different situations as weak, moderate or strong, or by a person in different circumstances to change their beliefs efficacy depends. Skills can easily be influenced by the doubt. As a result, even in the absence of very talented people who believe themselves to be poor, less use of their abilities to reason, their sense of efficacy enables the use of the skills in dealing with the positions of great things do and therefore an important factor for the successful functioning and performance of the basic skills necessary to do so. Effective operation of both the skills and the skills needed to believe in the ability to do it (Jigals, 2003).

To reduce mental disorders and increased self-esteem experts and psychologists have used different methods. Including methods of psychiatry, psychoanalysis and behavior therapy as well as medication name. Results researchers suggest that the practice of religious beliefs income has a positive impact (Francis, 2001) adhere to the values of life in search of the meaning of life concepts dating late in life that industries today have lost their flavor but Regardless of the impact of these concepts in a person's life are positive and constructive impact on the health and increased self-importance again is (Perzagi. 2009) religious people through this feeling that God loves, advocate their causes they have higher self-efficacy than other groups (Richard & Bergin, 1999). Many Western scholars insist that the problem mainly to the needs of modern man, he goes back to religion and spiritual values.

The age of anxiety and attention to material life is intense competition to obtain material more spirit is felt. Faith in God gives to man a spiritual power that helps him endure hardship and anxiety that many people will have it away. Self-confidence and faith in the power of man to wait and deal with the hardships of life and increases the feeling of security he provides her.

Religion, religious people a sense of control and efficacy gives the divine origin and can be reduced to compensate for the orientation control (Johnson and jang, 2004). Carnegie famous psychologist said today the latest science of psychiatry same things teaches that the prophets taught. Why For this reason, doctors have found Roman, prayer and a strong faith in religion, worry, anxiety, excitement and fear, which causes more illnesses host, destroys human and neurological diseases will be caught. Research has shown that athletes who have high mental preparation in sport are more successful and duties in the form of individual and team sports are doing well. Research of Gold and Weinberg (1981) showed that athletes who take advantage of the higher mental skills better focus, confidence higher, higher mental performance, less excitement, and the nature of their function-managed more. The athletes have the power of positive thinking and the ability to make better decisions in stressful situations than other athletes are (Weinberg, 1981). As well as people with different levels of competency, they often respond differently to stressful situations and provocative answer, therefore, the characteristics of successful athletes, focus is on athletic performance and avoid factors (Prakash, 2006).

Bandura (1997) states that there are countless activities that are done well. Have favorable consequences for those activities by people who doubt their capabilities in conducting successful, are not followed. In contrast, people with high incomes are expected to earn their efforts with success despite negative consequences do not discourage easily. Therefore, self-efficacy theory suggests that around one's own abilities, behavior for the positive results of the expected creates and makes the extra effort to do one for the use of their behavior.

Anxiety is an unpleasant emotional states that a small amount of effective breakthrough and it's too destructive in the field of psychology to feel anxiety, anxiety, sadness, excitement, stress or panic shed. noted that the performance of athletes, especially at Championship level affects That level of anxiety before the race and its effects on mental status and motor skills of athletes. May athlete of all factors and physical facilities required for success in the sporting and technical passed the necessary training and have a good physical condition, but could not overcome the pressure of competing in a sport other words, be controlled anxiety and mental relaxation, tremendous strength and power athletes, it gives them physically ready to face its opponent. Given the devastating effects that stress has on the performance of the players, the relationship between a person's mental health -Individual and in general, adopt ways to advance the goals of mental health are important players. In recent decades spirituality and its application in the world is very important. Thus, success is mostly expected to religious beliefs and self-efficacy in reducing pressures are participating in a sports competition. Athletes who put a lot of stress in competitive situations. successfully raised in athletes. It is hoped that the results of this study are applicable to coaches and athletes.

MATERIALS AND METHODS

Methodology

The main objective of this study was to investigate the role of religious beliefs and self-efficacy in predicting athletes' competitive anxiety. research is descriptive and correlational. And the self-described religious beliefs, competitive anxiety, relationship between the study variables was examined.

The study includes all the judo athletes participating in the race at least a year have worked in the field continuously. Their number will be over 330 people, the number of samples available for study 327 patients were evaluated using whole numbers. In this study, the criterion variable predictor variables religious beliefs are competitive anxiety.

In this study, to collect data from three questionnaires were used: a questionnaire beliefs, religion researcher (a combination of questionnaires self-efficacy Mandy and beliefs Holland et al, 1998 and religious attitudes, 1377) factor analysis made 24 questions to test material in four areas collective behavior and religious behavior, religious behavior and practical measures. Competitive anxiety in sport are two types of competitive anxiety Csai-2 standard questionnaire of 18 questions to evaluate somatic anxiety with 7 questions and knowledge with 11 questions measure making and standard questionnaire of 17 questions, a way of coping with competitive anxiety that three types of cognitive coping with 10 questions physical confrontation with 4 questions and negative coping measures with 3 question. To check the validity of competitive anxiety in this test exercise was conducted in two locations practice because the underlying character trait anxiety. The results indicate a significant difference between the mean ($P = 0.05$). average test score in a position to exercise 17/16 SD 4/45 and race position 19/22 was obtained with a standard deviation of 4/73 quarters.

Specific self-efficacy questionnaire is used to assess the ability of judo which contains 8 self-esteem, especially in relation to the implementation of the basic skills of judo base. In this regard, the athletes have the ability to determine where your love score between 0-10 identified a.

Self-Efficacy Questionnaire Sherz et al (1982) used a Likert scale questionnaire with 17 questions was developed and it is in front of every soul from strongly agree to strongly disagree 5 options there. Lowest score of 17 and the highest score of 85 to assess construct validity of the scale of self-efficacy scores et obtained by measuring personality, including scale of internal control - external Rutter, scales personal control, scale internal locus of control - external scale degree is social and interpersonal competence.

The alarm was coordinating with officials of Judo Federation history holding send questionnaires were collected for the study, then study questionnaires distributed by the researchers in the subjects. During the distribution of the questionnaire about the research objectives and how to complete the questionnaire and collection time will be explained. Assistant coaches and team supervisors collected after the race and will be given to researchers in other provinces. competitions judo questionnaires distributed by official bodies and the researcher collected after the final review and then extracted and data Analysis was finalized. To analyze the data from the study, statistical analysis is required to provide some descriptive statistics of the subjects to be discussed. To analyze the data collected at the level of descriptive statistics parameters such as frequency, percentage, standard deviation and minimum and maximum were used. In inferential statistics, regression and Pearson correlation test using SPSS statistical software was used.

RESULTS AND DISCUSSION

Results

Pearson correlation coefficient results in Table 1 showed that the practice of religious beliefs, there is no significant relationship with anxiety competitive judo athletes ($p = 0/083$, $r = 0/096$). Therefore, the null hypothesis is confirmed.

Also, a positive correlation between religious beliefs and anxiety and there is a significant competitive judo athletes ($p = 0/049$, $r = 0/10$). That is, whatever religious faith to increase, anxiety, increased competitive judo athletes, but between religious attitude and competitive anxiety ($p = 0/516$, $r = 0/03$) between religious commitment and competitive anxiety ($p = 0/057$, $r = 0/09$) Judo athletes was not statistically significant.

Table 1. Results of Pearson correlation coefficient between religious belief and competitive anxiety

		Competitive anxiety	
		N	Sig.
	r		

religious belief	327	0/096	0/083
Faith	325	0/109*	0/049
views	327	0/036	0/517
religious commitment	327	0/099	0/075

* The correlation coefficient is significant at the level 0/05

The results showed a significant relationship between self-efficacy and anxiety, there is no competitive judo athletes ($p = 0/421$, $r = 0/04$). The results showed a significant relationship between self-efficacy and anxiety and there is a positive competitive judo athletes ($p = 0/049$, $r = 0/10$). Therefore, the null hypothesis is rejected. In other words, whatever is higher self-efficacy, anxiety is more competitive.

Pearson correlation coefficient results in Table 2 show that the relationship between self-efficacy and anxiety there is no significant competitive judo athletes ($p = 0/215$, $r = 0/06$). Therefore, the null hypothesis is confirmed.

Table 2. Results of Pearson correlation coefficients between self-efficacy and belief

	religious belief		
	N	r	Sig.
Self-efficacy	327	0/069	0/215

The results also showed that self-efficacy and self-efficacy judo athletes there is a significant positive correlation ($p = 0/000$, $r = 0/27$). Therefore, the null hypothesis is rejected. In other words, by increasing self-efficacy, self-will. Given that the religious walls and competitive anxiety and no significant relationship between self-efficacy and competitive anxiety, thus, regression is not the default, because there is no association between these variables multiple.

CONCLUSION

Descriptive study results showed that the most common age to age for the age group 13 to 47 years with an average, 20/3 persons, 36/42 percent, the results of descriptive study related to education level suggest that the most frequent Degree number (%80), 40/74 percent, is. The results indicated that the descriptions of the history of the championship title at the country level. time descriptive study of other disciplines that are most relevant to 60/49 percent, about 98 people are included.

The results showed that, between religious beliefs and self-efficacy and competitive anxiety judo athletes correlation does not exist, the result of research by research and strabrij and etal (1998) is consistent, carsond (1912) believes that anxiety all human experience does not just mentally ill, a condition in which there are different ages and throughout life. Anxiety is not only a cause but a certain combination of various factors causes the individual at a certain moment of time feeling anxious. These usually occur when the demands of existing resources more there will be or for which there is no generous foot (Lazarus & cohen, 1977).

Other results showed that between efficacy with competitive anxiety judo athletes can guarantee significant relationship with Research Lejin (2000) and Ziakros & et al (2007) are consistent. His constructor power efficacy by which cognitive, social, emotional and human behavior to achieve different objectives to be effectively organized. Believe Bandura (1997). Self- efficacy criteria have not specified means. That person is to believe that you can have in different situations with any skill to efficiently perform tasks. (Jigales, 2003) and the Research Devonpert (2004) does not meet that cause this lack of consistency may not equal Perfect examples are the force level of experience and research.

The results showed a positive relationship between religious beliefs and anxiety and there is a significant competitive judo athletes with research, Dezotter (2006), jang (2004) and DiMalteby (2004) is consistent Religion is correlated set of beliefs and practices related to (separate from secular affairs) that the beliefs and practices fixed and unchangeable all those who followed them in a single moral community called the united nations anthropologists like John and Peter fittingly stated: "It seems clear to us that one of the contributions that religion has to do with the problems of human life is involved, problems that matter, are sustainable and unsustainable.to face their bad luck.

The results showed a significant relationship between the benefits associated with competitive anxiety judo athletes of which are with the research Lolayn & et al (2008), Robert & et al (2007) is consistent, self-efficacy and hardiness of the most powerful predictor Mental health of US soldiers participating in the war in the Persian Gulf (Schuster & et al, 1995) 0 negative correlation between stress levels and significant efficacy there (Bandura, 1997).

In conclusion, it was found among competitive athletes Judo Championships There is no religious belief and anxiety. But between religious beliefs and significant positive correlation with anxiety competitive judo athletes self-efficacy and anxiety. competitive judo athletes there is no significant relationship. But the usefulness of anxiety among

competitive athletes self-efficacy and self-athletes in judo judo significant relationship. significant relationship of which are results of this study could be of interest to educators and stakeholder Judo country.

Regarding the relationship between religious beliefs that make you feel your anxiety and self-efficacy athletes will be proposed to specific programs for strengthening believe athletes should be developed. According to the results showed a significant relationship between self-efficacy and anxiety competitive judo athletes there can be offered to self-athletes training courses to be considered. According to the results showed a significant relationship between self-efficacy and self judo athletes are selected on talent, in addition to measuring the physical and technical factors, a person's religious beliefs and self-efficacy be considered.

According to the people in the field, to assess the variables mentioned, research is done separately with each of the levels and the results compared. Research in this field in other fields of sports and comparison with the survey results. Do further research on the variables of their relations with each other were not significant. Due to the lack of correlation between religious beliefs and self-efficacy come with anxiety other personality factors such as personality type is recommended, control center to be evaluated.

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