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## ORIGINAL

### MOTIVATION, SELF-CONFIDENCE AND ANXIETY IN JUDO: GENDER AND COMPETITIVE LEVEL

### MOTIVACIÓN, AUTOCONFIANZA Y ANSIEDAD EN JUDO: SEXO Y NIVEL COMPETITIVO

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#### ABSTRACT

The objective of the study was to identify the possible differences in level of motivation, self-confidence and anxiety according to sex and the competitive level of two groups of judokas (High Performance Group and Specialization Group). The *Competitive State Anxiety Inventory* (CSAI-2R) and the *Behavioral Regulation in Sport Questionnaire* (BRSQ) were administered 10 minutes before the judokas entered the tatami on the day of the competition. The results revealed differences at the level of somatic anxiety (intensity), being observed higher in women than in men. Significant differences were also found in the variable self-confidence (intensity), showing the judokas of the national team higher values than those of specialization. No differences were found in the

motivation and self-confidence variables according to sex, nor in the motivation and anxiety variables in the comparison between both groups,

**KEY WORDS:** motivation, anxiety, self-confidence, judo.

## RESUMEN

El objetivo del estudio fue identificar las posibles diferencias a nivel de motivación, autoconfianza y ansiedad que puedan existir en función del sexo y el nivel competitivo de dos grupos de judokas (Grupo de alto rendimiento y Grupo de especialización). Se llevó a cabo un estudio descriptivo de corte transversal. Se administraron el *Competitive State Anxiety Inventory* (CSAI-2R) y el *Behavioral Regulation in Sport Questionnaire* (BRSQ) 10 minutos antes de entrar los judocas al tatami, el día de la competición. Los resultados revelaron diferencias a nivel de ansiedad somática (intensidad), observándose esta más elevada en las mujeres que en los hombres. Se encontraron también diferencias significativas en la variable autoconfianza (intensidad), mostrando los judokas del equipo nacional valores más elevados que los de especialización. No se encontraron diferencias en las variables motivación y autoconfianza en función del sexo, ni en las variables motivación y ansiedad en la comparativa entre ambos grupos.

**PALABRAS CLAVE:** motivación, ansiedad, autoconfianza, judo.

## INTRODUCTION

The recent years have witnessed a great interest in the study of psychological variables that directly affect athletes in their training and competitions (Hogrefe, Ruiz-Barquín & Molinero, 2018; Montero, Moreno-Murcia, González-Cutre & Cervelló, 2013; Morillo, Reigal & Hernández-Mendo, 2016; Ruiz-Barquín, Robles & García, 2018). Motivation can be conceptualised as the energy that moves a person to perform behaviours, and can be influenced by internal or external sources (Littman, 1958). This process is dynamic since the motivation towards a task, activity or sport can change in the course of the same one (Mateo, 2001). Within the different ways in which we can observe motivation, Deci & Ryan (2000), referent authors in the study of sports motivation, give great importance to the distinction between intrinsic motivation, in which the athlete acts moved by the satisfaction produced by training or competing, based only on the pleasure experienced when participating in it; extrinsic motivation, based on the attainment of achievements and social recognition by the athlete, where the levels of motivation may be susceptible to changes depending on the benefits obtained on a personal level; and demotivation, a process characterised by a decrease in interest, even losing the sense and motives that were at the base of the behaviour.

With reference to the foregoing, in the majority of the research studying psychological factors related to sports performance, anxiety is presented as one of the most influential factors (Hogrefe et al., 2018; Interdonato, Miarka &

Franchini, 2013; Valdivia-Moral, Zafra, Zurita, Castro-Sánchez, Muros & Cofre-Bolados, 2016; Zafra, Álvarez, Montero & Redondo, 2010). This variable can be analysed as a personality trait, or as a consequence of the environmental context surrounding the athlete's behaviour at a specific moment (state anxiety) (Martens, 1977). Anxiety as a state is susceptible to variability in its intensity through time, being relevant the distinction that different theoretical models pose in the different manifestations of anxiety, being the cognitive one fundamental, related to the processes of thought and ruminations manifested in that situation, and somatic anxiety, characterised by the set of psychophysiological manifestations that are accentuated before an anxiogenic episode as a consequence of the activation of the sympathetic nervous system (Spielberger & Díaz, 1975; Martens, 1977; Jones, 1991). It should also be pointed out that, as a modulating variable in the manifestation of anxiety in athletes, self-confidence seems to play a very important role (López-Torres, Torregrosa & Roca, 2007; Tsopani, Dallas & Skordilis, 2011).

The variables of motivation, anxiety and self-confidence have become a fundamental pillar in the investigation of competitive performance (León-Prados, Fuentes & Calvo, 2014), finding several recent studies in judo (Hogrefe et al., 2018; Pulido, Fuentes & Jiménez, 2017; Zurita, Zafra, Valdivia, Rodríguez, Castro & Muros, 2017). The study of these processes in combat sports is considered of special relevance, as it allows focusing on the most idiosyncratic elements of the psychological variables studied, judo being an optimal context for its study. With regard to the above, anxiety and self-confidence can be decisive, if they are controlled, for the confrontation of the competition (Jerome & Williams, 2000). The study of these variables in judo is of great interest, as much as the peculiarity of the systems of combat in judo implies that they are of direct elimination, where the judokas gamble the work of a season in the first *randori*, being able this one even to finish at any moment of the 4 minutes stipulated by an action that entails *Ippon* on the part of its opponent. On the other hand, motivation can be a fundamental part during judokas training, when overcoming challenges and facing the effort that these imply to reach the classification to the Spanish championship. In this sense, different studies have dealt with differences depending on the gender, weight or level of the athlete (Oliveira, Rangel, Henrique, Vale, Nunes & Ruffoni, 2018; Valdivia-Moral et al., 2016; Zurita et al, 2017), analysing how these variables may change throughout a training or competition and their implication in terms of performance and results (Interdonato et al., 2013; Montero, Moreno-Murcia, González, Pulido & Cervelló, 2012; Ruiz-Barquín et al., 2018). Researches such as those by Cecchini, González, Carmona & Contreras (2004), in which anxiety and motivation are analysed, revealed that the two states of anxiety (cognitive and somatic) were positively related to extrinsic motivation, which caused athletes with objectives external to their own satisfaction to obtain high levels of anxiety, whereas intrinsic motivation did not influence the probability of anxiety appearing before competition in athletes (García-Mas et al., 2015).

Regarding the studies on motivation based on gender, Hepler & Witte (2016) carried out a study with a sample of 214 basketball players, concluding that men obtained higher scores in extrinsic motivation than women. In contrast to this study, Zurita et al. (2017) found that male and female judokas had a similar

predisposition at the level of motivation when it came to getting involved in a task, which may be due to the differences that exist between team and individual sports, with team athletes more focused on extrinsic motivation, giving more importance to the achievement of personal satisfaction through external goals, such as economic recognition (Gené & Latinjak, 2014). On the other hand, research by Pulido et al. (2017), carried out with a sample of 124 competing judokas, showed that intrinsic motivation had a negative correlation with anxiety, and this aspect may be due to lower levels of motivation causing an increase in anxiety when judokas are going to compete. These differences are also evident in the anxiety variable, with judokas showing lower values than footballers do in the research carried out by Ruiz-Barquín, Robles & García (2018). Likewise, differences were obtained in terms of gender according to the anxiety variable in the study by Interdonato et al. (2013), carried out with judokas, where women presented a higher anxiety than men in the competition period, results similar to those obtained by Hogrefe et al. (2018) with a sample of 58 judokas, where women obtained higher levels of anxiety than men. These conclusions tend to be repeated even though there are studies such as those of Montero, Moreno-Murcia, González, Pulido & Cervelló (2012) or Valdivia-Moral et al. (2016), where no significant differences were found in terms of gender.

Regarding the competitive level, a variable present in an important number of researches is self-confidence, this being higher among the judokas that make up the national team than among the amateur judokas (Montero et al., 2012), in the same line as the results obtained by Hogrefe et al. (2018), where professional athletes presented lower levels of anxiety and higher levels of self-confidence than low-performance athletes. It seems clear that professional judokas have lower levels of anxiety than other judokas (Valdivia-Moral et al., 2016).

Once the state of play has been presented and the importance of research variables has been observed in different sports in general, and in the sport of judo in particular; the objective of the present study focuses on identifying possible differences that may exist depending on gender and the competitive level of judokas in terms of motivation, self-confidence and anxiety variables.

## **METHOD**

### **DESIGN**

The design of this study is descriptive and cross-sectional, making comparisons between groups and not intervening or manipulating the research variables, but just observing what happens to them in natural conditions (Cubo, Martín & García, 2011).

### **PARTICIPANTS**

The sample of the present study was made up of a total of 160 judokas from different regions of Spain ( $N_{\text{men}} = 111$ ;  $N_{\text{women}} = 49$ ), forming two groups, one with professional athletes and the other with competing athletes of lower level,

which we call of specialisation ( $N_{\text{professional}} = 15$ ;  $N_{\text{specialisation}} = 145$ ). The average age of the participants was  $M_{\text{age}} = 18.41$  years; ( $SD_{\text{age}} = 6.63$ ). Sample selection was incidental following relevance criteria. The inclusion criteria were that all athletes had to be federated in their respective sports; professional athletes must belong to the national team and train in the corresponding high-performance centre, in addition to being classified for the dispute of the championship in Spain. The athletes of the lower level group had to train in their respective clubs and had to be competitors at a regional level. The study complied with the University Bioethics Committee regulations.

## INSTRUMENTS

Motivation and anxiety analysis was carried out through self-reports. The *Behavioural Regulation in Sport Questionnaire* (BRSQ), by Lonsdale, Hodge & Rose (2008) validated in Spanish by Moreno-Murcia, Marzo, Martínez & Conte (2011) and widely used in scientific research (Gabilondo, González, Palacios, Arribas & Cecchini, 2012) was used to measure motivation. With this instrument, we can observe the type of motivation that prevails in each subject with respect to the practice of sports. It is composed of 36 items that measure 9 factors: general intrinsic motivation, intrinsic motivation towards knowledge, intrinsic motivation towards execution, intrinsic motivation towards stimulation, integrated regulation, identified regulation, introjected regulation, external regulation and demotivation. The internal consistency of each of the factors resulting from the factorial analysis (Cronbach's alpha) presented the following results: (.75) general intrinsic motivation, (.78) intrinsic motivation towards knowledge, (.78) intrinsic motivation towards stimulation, (.80) intrinsic motivation towards execution, (.78) integrated regulation, (.68) identified regulation, (.77) introjected regulation, (.63) external regulation and (.83) demotivation.

The *Revised Competitive State Anxiety Inventory* (CSAI-2R), by Cox, Martens & Rusell (2003), validated and translated into Spanish by Andrade, Lois & Arce (2007), was used to measure anxiety. The instrument consists of 17 items and measures 3 factors, somatic anxiety, cognitive anxiety and self-confidence, measured through a scale of intensity and directionality. The internal consistency of each of the factors was as follows: somatic anxiety (.80), cognitive anxiety (.83) and self-confidence (.79).

## PROCEDURE

First, the coaches responsible for different judo clubs throughout Spain were contacted by e-mail, detailing the objective and purpose of the study. Subsequently, all participants were informed about the benefits of the study, providing those who did not reach the legal age a document with the express consent of parents or guardians, to participate, following the declaration of Helsinki of the World Medical Association revised at the 64<sup>th</sup> General Assembly, Fortaleza, Brazil, in October 2013.

The motivation and anxiety questionnaires cited above were then administered, together with a sociodemographic questionnaire (annex I). The necessary instructions were given to the coaches responsible for each club to ensure that the athletes completed each of the self-reports correctly, where it was pointed out that the anxiety questionnaire (CSAI-2R) had to be answered 10 minutes before entering the tatami on the day of the competition. The competitions selected for the data collection were the regional championships of each of the participating communities according to the age category of the athletes and the corresponding Spanish championship, all established in the 2016-2017 season.

Finally, the questionnaires were collected, the sample was registered and the necessary analyses were carried out to obtain the data.

## DATA ANALYSIS

Normality tests (Kolmogorov-Smirnov and Shapiro-Wilk) and homoscedasticity tests of the sample were carried out using the Levene test, showing the data obtained in a non-normal distribution, thus using non-parametric statistics.

Likewise, a reliability analysis was carried out to check the validity of the items and the internal consistency of all the instruments and a descriptive analysis was carried out (see table 1).

In order to analyse the gender differences (male and female) and the competitive level (professional athletes and specialisation athletes) we carried out the Mann-Whitney U test where the three dependent variables were motivation, anxiety and self-confidence.

The IBM SPSS Statistics version 21 software was used to record the sample and analyse the data.

**Table 1.** Descriptive statistics and reliability of the variables: Motivation, demotivation, anxiety

Variables	Range	M	SD	Cronbach's Alpha
Intrinsic motivation	1-7	6,37	0,59	0,89
Extrinsic motivation	1-7	4,37	0,73	0,77
Demotivation	1-7	1,50	0,79	0,74
I. Cognitive anxiety	1-4	2,57	0,80	0,78
I. Somatic anxiety	1-4	2,33	0,77	0,88
I. Self-confidence	1-4	3,24	0,57	0,76
D. Cognitive anxiety	-3-+3	-0,34	1,24	0,81
D. Somatic anxiety	-3-+3	-0,30	1,39	0,86
D. Self-confidence	-3-+3	1,46	1,22	0,83

and self-confidence.

Note: M = Median; SD = Standard deviation; I = Intensity; D = Direction

## RESULTS

The Table 2 presents the results extracted from the Mann-Whitney U test and described below.



The results at the level of motivation according to the gender of the sample show that there are no significant differences between men and women, although the latter show a greater tendency of intrinsic and extrinsic motivation values than men, which in turn indicate a greater tendency of demotivation than women.

On the other hand, with regard to the anxiety variable, there are no significant differences in the somatic anxiety (intensity), with women having a higher level of anxiety than men.

With regard to the self-confidence variable, there are no significant differences according to gender, although a greater tendency can be observed in women in the direction, while the opposite occurs in terms of intensity, where men's values tend to be higher in the self-confidence variable.

In the comparison between competitive level and dependent variables, it can be observed that there are no significant differences in terms of motivation, but the components of the national team show higher values of intrinsic and extrinsic motivation than the other competing judokas of lower level. Furthermore, the latter (not belonging to the national team) show higher demotivation values than professional judokas.

Similarly, there are no significant differences in the anxiety variable, although there is a trend where cognitive and somatic anxiety (direction) is higher in the national team, while the opposite occurs in terms of intensity, where anxiety (cognitive and somatic) are lower in professional judokas.

Finally, there are significant differences in the self-confidence variable (intensity), observing higher values in the national team judokas than in the other specialisation judokas.

**Table 2.** Results of Mann Whitney's U for the variables: motivation, demotivation, anxiety and self-confidence.

Note: N = sample size; U = Mann–Whitney's U; Sig. = Sig. asymptotic (bilateral); I = intensity; D = direction.

	Gender	N	Ranges	U	Sig.	Competitive level	N	Ranges	U	Sig.
Intrinsic motivation	Male	111	77.90	2.431.000	0.285	Professional	15	97.17	837.500	0.143
	Female	49	86.39			Specialisation	145	78.78		
	Total	160				Total	160			
Extrinsic motivation	Male	111	78.64	2.513.000	0.444	Professional	15	84.70	1.024.500	0.712
	Female	49	84.71			Specialisation	145	80.87		
	Total	160				Total	160			
Demotivation	Male	111	81.08	2.655.000	0.791	Professional	15	71.03	945.500	0.355
	Female	49	79.18			Specialisation	145	81.48		
	Total	160				Total	160			
I. Cognitive anxiety	Male	111	76.92	2.322.500	0.140	Professional	15	79.47	1.072.000	0.927
	Female	49	88.60			Specialisation	145	80.61		
	Total	160				Total	160			
I. Somatic anxiety	Male	111	75.09	2.119.000	0.026	Professional	15	73.57	983.500	0.542
	Female	49	92.76			Specialisation	145	81.22		
	Total	160				Total	160			
I. Self-confidence	Male	111	80.77	2.690.000	0.912	Professional	15	11.03	614.500	0.005
	Female	49	79.90			Specialisation	145	77.24		
	Total	160				Total	160			
D. Cognitive anxiety	Male	111	84.45	2.280.500	0.103	Professional	15	82.07	1.064.000	0.890
	Female	49	71.54			Specialisation	145	80.34		
	Total	160				Total	160			
D. Somatic anxiety	Male	111	84.72	2.251.500	0.083	Professional	15	82.27	1.061.000	0.877
	Female	49	70.95			Specialisation	145	80.32		
	Total	160				Total	160			
D. Self-confidence	Male	111	79.61	2.621.000	0.714	Professional	15	97.97	825.500	0.124
	Female	49	82.51			Specialisation	145	78.69		
	Total	160				Total	160			



## DISCUSSION

Through this study, we proceeded to identify the differences that could exist depending on the gender and the competitive level of judokas in relation to the variables of motivation, self-confidence and anxiety.

Regarding the gender, no significant differences were found between men and women for the motivation variable. These results are in line with those obtained by Zurita et al. (2017), where judokas of both genders showed similar values of motivation; even though it is true that although in competitions each athlete has his or her category and weight, within the training of these judokas no distinction is made for men or women or for weight categories. In addition, the judokas that make up the national team also carry out their training together, even though later there may be some type of specific technical-tactical, physical or psychological work on an individual basis, and this may be the factor (the training as a whole) that is determining the equality in terms of motivation in judokas. It seems evident that the differences in motivation of athletes may be more linked to the type of sport practiced or the competitive level (Holgado, Navas, López-Nunes & García-Calvo 2010; Zurita et al. 2017), not having found in our study these differences with respect to that level. Studies such as those of Hepler & Witte (2016), carried out with basketball players, showed a higher extrinsic motivation in men than in women. However, in the study by Gené & Latinjak (2014), carried out with different sports, both individual and collective, women present higher levels of motivation than men. Ruiz-Barquín (2005), in his study on personality in the sport of judo, also highlights differences between the profiles of both genders, being the personality of each athlete a factor to highlight for the implications it has. Other studies to be considered are those that use objective tests to evaluate motivation (Ong, 2017; Pulido, de la Vega & Fuentes, 2020) since the use of these measures would allow us to control social desirability and motivational distortion (Fernández-Ballesteros, 1999; Santacreu & García-Leal, 2000).

In relation to the above, for the anxiety variable significant differences were found in the comparison between men and women, resulting in higher somatic anxiety (intensity) in women than in men. This type of anxiety is related to the perception that judokas have of the symptoms caused by their physical condition, heart rate, sweating, activation of the nervous system ..., just before going out to compete. These results are in accordance with those obtained in several investigations carried out with judokas (Hogrefe et al., 2018; Interdonato et al., 2013), where women presented a higher anxiety than men in the competition period. In addition, we also found studies in which there are no significant differences between men and women in the anxiety variable (Montero et al., 2012; Valdivia-Moral et al., 2016); these results may vary depending on the importance of the championship and the time of data collection during the competition.

Regarding the self-confidence variable, no significant differences were found according to gender, and these results may be due to the fact that both men and women are equally prepared to face the *randoris* of a competition. Self-confidence is related to motivation in a positive way, in such a way that when

one increases, the other does it in equal measure. Thus, studies such as those of Montero et al. (2012) agree with the above, where in addition these two variables also have a close relationship with anxiety, correlating self-confidence negatively with levels of cognitive and somatic anxiety (Pulido et al., 2017).

As for the competitive level, no significant differences were found between professional judokas and specialisation judokas for the motivation variable. This finding may be related to the philosophy and the values that are implicit in this type of martial arts (Batista, Jiménez, Honório, Petrica & Serrano, 2016; Oliveira et al., 2018; Zurita et al., 2017), thus observing a homogeneous motivation between both groups of judokas (Castro-Sánchez et al., 2019). Another study carried out with 281 table tennis players showed different results to those obtained in our investigation, finding significant differences between the different levels of competition (Chu, Zhang & Hung, 2018). The coach is another aspect to take into account when analysing the motivation of judokas and how they transmit the teachings of this sport (Robles, Abad, Robles & Giménez, 2019). This is related to their leadership style and it is possible that most of the masters follow a similar line in terms of inculcation within the tatami, during training and competition of the same values, this being a key element in the motivation of athletes (Cecchini et al., 2004; Ramis, Torregrosa, Viladrich & Cruz, 2013).

Similarly, no significant differences were found in the anxiety variable. Taking into account that both variables (motivation and anxiety) may be related for the same group of athletes (Montero et al., 2012; Pulido et al., 2017), the results obtained are justified. Studies such as those of Hogrefe et al. (2018), carried out with a sample of 58 competing judokas, concluded that professional athletes obtained lower anxiety values than those shown by low-performance athletes. Regarding the above, Valdivia-Moral et al. (2016) obtained similar results presenting professional judokas lower levels of anxiety, thus differing from those obtained in our research, which shows a positive trend of lower anxiety intensity in professional judokas. In the same sense, Montero et al. (2013) in their study did not report significant differences in the intensity of anxiety in judokas of different competitive levels. Since the group of lowest level judokas in our study is made up of competing judokas, it is understandable to obtain this similarity in the anxiety variable in the different levels of competition, since, like the group of professional judokas, they train with performance objectives. It should be noted the influence of the time of weighing, a situation that causes high levels of anxiety in judokas, but could not be determined because they are different days to the competition as such.

In relation to the self-confidence variable, there are significant differences in the intensity, observing in the national team judokas higher values than those of the other group of judokas. It seems that professional judokas rely more on their possibilities when facing the competition, as already happened in the study by Montero et al. (2012), where there were differences only in the intensity of self-confidence between national team judokas and amateurs. The study by Sancho & Ruiz-Juan (2015), where veteran athletes showed high levels of self-confidence, is noteworthy. With regard to this research, if we take into account that professional athletes are those with a higher age range, we could say that

these results are in part consistent with the results of our research, with the older judokas showing these high levels of self-confidence.

## **LIMITATIONS AND FUTURE DIRECTIONS**

The main limitation found in this study is the number of participants in each of the groups analysed, obtaining a considerably larger sample of men than women. In this sense, although there is a much lower number of competing female judokas than men, we could try to equalize the groups in terms of the number of athletes of both genders, accessing a championship or world cup.

On the other hand, the age range of the sample has been high, in order to include as many categories as possible, in order to obtain a representative sample of judo. It is recommended that in future studies this range be limited to one or two categories, controlling this variable to have more specific results.

Finally, it is proposed in future studies to analyse anxiety moments before weighing, as it can influence the anxiety of the athlete when facing competition if he or she is not doing well in weight. At the same time, considering that it is an important element in judoka competition, it would be necessary to study not only the age categories but also the weight categories.

## **PRACTICAL APPLICATIONS**

From this study, some practical applications are derived to be taken into account by coaches and technical staff responsible for competing judokas. Thus, it is proposed that they work techniques of coping with anxiety with athletes, especially with women. It is also advisable to carry out specific sessions for them in order to try to control competitive anxiety. In this sense, the judoka must be provided with the necessary tools so that its levels of self-confidence are raised, trying to solve any lack or barrier that imposes itself when training or competing. For this, it is presumed necessary to insert programs from the base, bearing in mind that many of the judokas that are now in specialisation will one day be considered professional judokas, being able to opt to take the step towards professionalism with all possible guarantees of success.

## **CONCLUSIONS**

Below are the main conclusions of the study, linked to the objectives of the research:

As for the differences that can be established for the gender of athletes, it is observed that judokas women present higher levels of somatic anxiety in intensity than men, perceiving the symptoms that cause their physical condition, heart rate, sweating, activation of the nervous system ... more markedly. These results could condition the judokas in their training, preparation and competition, so it would be advisable to control the variable somatic anxiety, specifically in athletes.

For the second variable of study, the competitive level of judokas, it is concluded that athletes belonging to the national team and considered professionals, present higher values of self-confidence in intensity than the judokas of specialisation, being the first more confident and feeling more prepared to face the training and then the competition than the athletes of specialisation. This fact can be derived from many influential factors in athletes, one of them being the hours of training for the preparation of the competition and the type of training. Therefore, it would be beneficial for all judokas to work on self-confidence, as this fact could positively influence the development of practical sessions and the course of the competition itself, specifically and positively affecting the athletes of specialisation.

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Annex 1



**ANALYSIS OF PSYCHOLOGICAL VARIABLES IN JUDOKAS**  
**RESEARCH GROUP ON DIDACTIC AND BEHAVIOURAL ANALYSIS OF SPORT**  
**FACULTY OF SPORTS SCIENCES OF THE UNIVERSITY OF EXTREMADURA**  
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**Directors: Dr. Juan Pedro Fuentes García and Dr. Ricardo de la Vega Marcos**

AGE:					
WEEKLY TRAINING HOURS:		3h – 5h	6h – 8h	9h or more	
CATEGORY:	PRE CADET (U-15)	CADET (U-18)	JUNIOR (U-21)	SENIOR	
GENDER OF THE ATHLETE:	MALE	FEMALE			
NO. YEARS PRACTICING JUDO:					
GENDER OF THE COACH:	MALE	FEMALE			
WEIGHT IN WHICH YOU ARE CURRENTLY COMPETING:					
GYM OR CLUB WHERE YOU TRAIN:					
TOWN WHERE YOU TRAIN:					
BELONGING TO THE NATIONAL TEAM:	YES	NO			

Below you will find a series of questions with which we intend to measure the degree of agreement or disagreement with the formulation of each of the questions.

There are no true or false answers, we just want to know your opinion about what you are being asked.

The questionnaires are double-sided and it is important that you do not leave questions unanswered.

Please be as honest as possible, the answers will remain anonymous.

Thank you very much for your collaboration!

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