

## **“THE IMPACT OF JUDO TRAINING ON THE PHYSICAL AND PSYCHOLOGICAL PREPAREDNESS OF YOUNG ATHLETES”**

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**Abstract :** This research examines how judo training influences the physical condition and psychological development of young athletes. As a multifaceted combat sport, judo contributes to the enhancement of key motor skills such as strength, speed, endurance, coordination, and flexibility, while also fostering important psychological qualities including self-confidence, emotional control, discipline, and resistance to stress. The aim of the study was to evaluate the effectiveness of systematic judo practice in improving both physical fitness and mental resilience among youth participants. The study is based on a theoretical review of existing scientific literature and comparative analysis of previous research in the fields of sports physiology and psychology. The results show that consistent engagement in judo training significantly improves muscular strength, cardiovascular endurance, and neuromuscular coordination. Moreover, it supports the development of quick decision-making under pressure, better emotional regulation, and higher motivation for success. In addition, the core values of judo, such as respect, self-control, and efficiency, contribute to the moral and social growth of young athletes. In conclusion, judo is an effective sport for the holistic development of youth, positively affecting both physical performance and psychological well-being. Therefore, its inclusion in youth sports and physical education programs is highly recommended.

**Keywords:** judo, youth athletes, physical development, psychological development, sports training, endurance, emotional control..

Physical activity plays a crucial role in the development of young individuals, contributing to their health, fitness, and psychological stability. Among various sports disciplines, judo stands out as a unique combat sport that combines physical performance with moral and psychological education. Judo, founded by Jigoro Kano in 1882, is based on the principles of maximum efficiency and mutual welfare. It has evolved into an Olympic sport practiced worldwide. Beyond competition, judo emphasizes discipline, respect, and self-control, making it a valuable educational tool for youth development. Recent studies in sports science indicate that judo training

improves cardiovascular endurance, muscular strength, coordination, and neuromuscular efficiency. At the same time, it enhances psychological qualities such as emotional regulation, confidence, and resilience under pressure. The purpose of this study is to analyze the impact of judo training on the physical and psychological preparedness of young athletes based on existing scientific literature.

This study employed a qualitative research design based on a systematic literature review. The research focused on analyzing published scientific materials related to the effects of judo training on the physical and psychological development of young athletes. Data were collected from peer-reviewed journal articles, books, and sport science publications published between 2000 and 2025. The selection of sources was carried out using relevance criteria, focusing on studies that investigated judo training, combat sports physiology, and sports psychology in youth populations. Only studies written in English and widely cited in academic databases were included in the analysis. The collected data were analyzed using content analysis and comparative analysis techniques. Content analysis was used to identify key themes such as physical fitness development, motor skill improvement, and psychological adaptation. Comparative analysis was applied to examine similarities and differences among previous research findings. Consequently, the findings were synthesized to draw general conclusions regarding the impact of judo training on young athletes' physical and psychological preparedness. No experimental or field intervention was conducted in this study; the results are based entirely on secondary data sources.

The analysis of the reviewed scientific literature shows that judo training has a significant positive effect on both the physical and psychological development of young athletes. In terms of physical development, regular participation in judo training leads to noticeable improvements in muscular strength, explosive power, endurance, coordination, balance, and flexibility. These adaptations are mainly associated with the high-intensity and full-body nature of judo techniques, which require continuous engagement of multiple muscle groups. Additionally, repeated technical drills and randori (free practice) sessions enhance neuromuscular efficiency and reaction speed. From a physiological perspective, judo training contributes to improved cardiovascular and respiratory function. Young athletes demonstrate increased aerobic and anaerobic capacity, which supports better performance during high-intensity efforts typical of competitive matches. Recovery ability between bouts of effort also improves with consistent training. Regarding psychological outcomes, judo practice positively influences emotional stability, self-confidence, and stress management. Athletes exposed to competitive training environments develop stronger coping

mechanisms for pressure situations. The necessity to make quick tactical decisions during matches enhances cognitive processing speed and situational awareness. Furthermore, the discipline and ethical principles embedded in judo training contribute to improved motivation, self-control, and respect for opponents. As a result, the findings consistently indicate that judo is an effective sport for the integrated development of physical and psychological capacities in youth athletes.

The findings of this study confirm that judo training plays an important role in the comprehensive development of young athletes by simultaneously enhancing physical fitness and psychological resilience. The results align with previous research in sports science, which emphasizes that combat sports requiring close interaction with an opponent produce higher levels of motor skill development and cognitive engagement compared to non-contact sports. The improvement in physical performance observed in judo practitioners can be explained by the multidimensional nature of the sport. Judo involves throwing techniques, grappling, and defensive actions that require continuous activation of major muscle groups, leading to the development of strength, power, endurance, and coordination. In addition, the intermittent high-intensity structure of training sessions contributes to both aerobic and anaerobic adaptations. From a psychological perspective, judo provides a competitive environment that naturally exposes athletes to stress and pressure situations. As a result, young athletes gradually develop emotional control, confidence, and the ability to make quick and effective decisions. The repetitive experience of success and failure during training and competition also strengthens resilience and motivation. Another important aspect is the educational and moral framework of judo. The principles of respect, discipline, and mutual welfare contribute to character formation, making judo not only a physical activity but also a pedagogical system. This distinguishes judo from many other sports by integrating moral development with performance training. However, the effectiveness of judo training largely depends on coaching quality, training methodology, and age-appropriate load management. Inadequate training design may limit development or increase the risk of injury, especially in young athletes. As a result, the discussion supports the idea that judo is a highly effective sport for holistic youth development, provided that training is properly structured and scientifically guided.

In conclusion, this study concludes that judo training has a strong and positive impact on the physical and psychological development of young athletes. Regular participation in judo significantly improves key physical qualities such as muscular strength, endurance, coordination, balance, and flexibility. These improvements are

largely due to the dynamic and full-body nature of judo techniques, which require continuous physical engagement and neuromuscular adaptation. In addition to physical benefits, judo training also plays an important role in psychological development. Young athletes involved in judo demonstrate higher levels of self-confidence, emotional stability, discipline, and stress resistance. The competitive environment of judo helps athletes develop the ability to remain calm under pressure and make quick, effective decisions during matches. Furthermore, the moral and philosophical principles of judo, including respect, self-control, and mutual welfare, contribute to character building and social development. This makes judo not only a sport but also an educational system that supports holistic youth development. In general, judo can be considered an effective training system for improving both physical fitness and psychological well-being in young athletes. Therefore, it is recommended that judo be further promoted and integrated into youth sports programs and physical education systems.

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