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Molecular & Cellular Biomechanics 2025, 22(5), 1146.
https://doi.org/10.62617/mcb1146

Article

The influence of cultural intelligence on judo movement mechanics and cross cultural adaptation of international judo athletes

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CITATION

Wang L. The influence of cultural intelligence on judo movement mechanics and cross cultural adaptation of international judo athletes. Molecular & Cellular Biomechanics. 2025; 22(5): 1146. https://doi.org/10.62617/mcb1146

ARTICLE INFO

Received: 18 December 2024
Accepted: 1 February 2025
Available online: 24 March 2025

Abstract: This study investigates the influence of cultural intelligence on judo movement mechanics and cross-cultural adaptation among international judo athletes. Conducting a comprehensive biomechanical analysis and assessment of cross-cultural adaptation among 120 elite international judo athletes, this research reveals significant correlations between cultural intelligence levels and movement efficiency, technical adaptation, and cross-cultural integration. Higher cultural intelligence was associated with enhanced biomechanical performance metrics, including improved force application, movement timing, and technical efficiency. The research demonstrates that the cognitive, motivational, and behavioral aspects of cultural intelligence collaboratively enhance athletes' performance and facilitate their adaptation across cultures. These results indicate that the cultivation of cultural intelligence ought to be incorporated into international judo training curricula to improve both technical skills and the ability to adapt to diverse cultural contexts in competitive settings.

Keywords: cultural intelligence; judo biomechanics; cross-cultural adaptation; movement efficiency; international athletes

1. Introduction

In the context of an increasingly globalized landscape of competitive athletics, judo has developed into a sport that distinctively connects various cultural spheres while demanding not only physical ability but also cultural flexibility. More recent scholarship has highlighted the rising importance of cultural intelligence (CQ) with regard to global sports performance [1], especially in combat sports, where training and competitions very often take place across diverse cultural contexts [2]. The intersection of cultural intelligence with athletic performance is an interesting aspect to study, especially within the sport of judo, in which variations between cultural frameworks can significantly influence the interpretation and execution of techniques [3].

Cultural intelligence, understood as a person's capacity to function appropriately in settings that are culturally diverse [4], has been demonstrated to have an influential role in cross-cultural adaptation for professional practice [5]. The nature of its influence upon athletic performance and movement mechanics, however, remains broadly unexamined [6]. The sport of judo presents an interesting case where biomechanical exactitude meets tactical sense—a product of the cultural training environment [7]—understanding the salience of cultural intelligence becomes of special import for athletes crossing national borders [8].

It has been found that athletes who have high levels of cultural intelligence in sports show better adaptability in international training environments [9]. However, the mechanical effects of such adaptability on judo techniques have not been widely

explored [10]. Previous studies have established the connections between cultural adjustment and performance outcomes in international sporting events [11], which suggests that cultural intelligence may act as a critical mediating variable in the optimization of movement mechanics [12].

Although judo techniques have been vigorously researched from a physical point of view [13], biomechanical factors very rarely have judo techniques in the context of cultural intelligence and by implication on movement performance been scrutinized [14]. The studies have concluded that martial arts movement and technical trends are influenced significantly by the cultural background as indicated [15], whereby a greater relationship between culture intelligence and biomechanic efficiency would be expected [16].

Moreover, the psychological dimensions involved in cross-cultural adaptation have been shown to significantly impact athletic performance [17]. Athletes with greater cultural intelligence have been found to have a better capacity to interpret and adapt to the different coaching styles, training methodologies, and competition environments [18]. Such flexibility may be affecting their psychological well-being but also their locomotor efficiency and technical expertise [19].

Grasping the relationship between cultural intelligence, movement mechanics, and cross-cultural adaptation among international judo athletes is of significant implications for training methodologies and development of athletes [20]. This study aims to examine the effects of cultural intelligence on the biomechanical aspects of judo techniques and the cross-cultural adaptation processes among international judo athletes. This research uses the analysis of these linkages to improve the design of training programmes and supports that are more appropriately set up for international judo players, while at the same time deepening our understanding of the complex relationship between cultural intelligence and athletic performance. The findings from this research may provide important insights into the coaching, athletics, and sports organizations operating around the world, which will possibly lead to better results from performance and enable smoother, more productive cross-cultural sporting interaction.

2. Research design

2.1. The relationship between cultural intelligence and judo movement mechanics

The relationship between cultural intelligence and the mechanics of judo movements is a complex interaction between cognitive, behavioral, and biomechanical components that must be explored through specific hypotheses. Based on the existing research from the fields of cultural intelligence and sports biomechanics, we argue that higher cultural intelligence will likely improve the acquirement and optimization of the mechanics of judo movements [21]. This hypothesis is supported by evidence that suggests that an enhanced cultural understanding facilitates a more effective adoption and integration of the different training modalities and technical approaches [22].

Previous research has found athletes who have higher levels of cultural intelligence to have better movement pattern adaptability and improved technical performance, specifically in response to cross-cultural training settings and coaching methods [23]. Building on this hypothesis, we now theorize that judokas who portray higher levels of cultural intelligence are expected to depict more efficient biomechanical patterns of movement for the basic throwing techniques when engaging in practice or competition across cultures. This efficiency may manifest through better center of gravity control, optimum force application, and better use of momentum in throwing techniques [24].

Additionally, it is hypothesized that the metacognitive and cognitive components of cultural intelligence will significantly influence athletes' ability to monitor and adjust their movement patterns in light of differential cultural meanings of judo technique. This hypothesis is similar to previous research findings, which suggest that heightened levels of cultural consciousness are associated with greater motor learning outcomes in intercultural training environments [25]. The hypothesized relationship between cultural intelligence and movement mechanics is expected to be most prominent in complex throwing techniques that require precise timing and coordination, where cultural differences in teaching and performance practices are most pronounced. This study aims to identify whether a higher level of cultural intelligence is related to more adaptable and efficient movement patterns in the context of international judo competition and training settings.

2.2. Hypothesis on the relationship between cultural intelligence and cross cultural adaptation

The suggested link between cultural intelligence and cross-cultural adaptation in international judo athletes is a significant dimension of athletic performance in global competitive environments. Depending on established theoretical mechanisms, we argue that cultural intelligence is a critical factor leading to effective cross-cultural adjustment among elite judo athletes [26]. This argument is supported by research indicating that persons with greater levels of cultural intelligence are better able to navigate and adjust to foreign and diverse cultural contexts more skillfully [27].

Within the specific context of international judo training and competition, we suggest that athletes with higher cultural intelligence will exhibit greater adaptability in various aspects, including the incorporation of training methods, social interaction with team members from different backgrounds, and performance in competitive situations overseas. This suggestion is supported by evidence suggesting that cultural intelligence facilitates more effective interpretation and response to varying coaching styles, training philosophies, and competitive environments [28]. The motivational component of cultural intelligence is expected to have a particularly significant effect on athletes' commitment to understanding and adapting to different cultural approaches concerning judo training and competition [29].

Moreover, it is suggested that the association between cultural intelligence and cross-cultural adaptation is influenced by the factors of psychological resilience and social support networks. It is theorized that athletes exhibiting elevated levels of

cultural intelligence are likely to establish more effective support systems in their international training settings, which in turn facilitates improved adaptation results [30]. This proposition is consistent with current perspectives on cross-cultural adaptation as a complex process that includes both psychological and social elements. The expected relationship is predicted to become manifest through measurable outcomes, such as training satisfaction, competitive performance, and general well-being in international contexts.

2.3. Hypothesis on the relationship between action mechanics and cross cultural adaptation

The relation of movement mechanics with cross-cultural adaptation in top-level judo athletes presents a unique research perspective bridging biomechanical performance with cultural adaptation processes. We would expect a bidirectional relationship between efficiency in movement mechanics and successful cross-cultural adaptation among elite judo athletes [31]. The above hypothesis is supported by the recent research, which suggested that athletes with greater flexibility in movements also have greater adaptability to different cultural training environments [32].

The biomechanical features inherent to judo techniques, especially those related to throwing actions, are posited to be substantially affected by an athlete's degree of cross-cultural adaptation. Empirical evidence suggests that athletes who effectively acclimate to varied training contexts exhibit a more advanced amalgamation of different technical methodologies, enhancing their movement patterns [33]. This enhancement is realized in the refinement of kinematic chains, the efficacy of force application, and the general efficiency of movement [34]. By contrast, it is hypothesized that athletes struggling with cross-cultural adjustment may exhibit degraded movement mechanics, which can stem from psychological distress and reduced motor learning efficiency in foreign cultural settings.

Furthermore, we propose that the relationship between movement mechanics and cross-cultural adaptation is mediated by motor learning processes and mechanisms of cognitive adaptation. We predict athletes with superior cross-cultural adaptation to exhibit a greater capability in adding multiple technical viewpoints to their movement repertoire [35]. Such integration is especially important in judo, where technical variations and interpretations may substantially vary between cultures. The suggested association indicates that effective adaptation to diverse cultures could act as a catalyst for the optimization of movement mechanics. Conversely, proficient movement mechanics may also enhance cultural adaptation by fostering greater performance confidence and increasing the efficacy of training.

2.4. Research object and sample selection

Participants in this study are elite judo athletes, both men and women, from around the world, inclusive of Olympic qualifiers and World Championship participants. The sampling is stratified random, with the goal being a representative distribution across cultures and levels of competition. A total of 120 participants, including 68 men and 52 women, between the ages of 18 and 32 years (M = 24.6, SD

= 3.8) and from 28 countries, participated in the study. All participants have at least five years of experience in international competition and have trained in at least two different countries. As shown in **Table 1**, the sample includes athletes with varying weight classes and competitive success levels to fully represent the international judo community.

Table 1. Demographic and competition profile of study participants.

Characteristic	Category	Male (n = 68)	Female (n = 52)	Total (n = 120)
Age Group	18–22 years	22	18	40
	23–27 years	28	22	50
	28–32 years	18	12	30
Weight Class	Extra Lightweight	15	12	27
	Lightweight	18	14	32
	Middleweight	20	16	36
	Heavyweight	15	10	25
Competition Level	Olympic	12	8	20
	World Championships	28	22	50
	Continental Championships	28	22	50
International Experience	5–7 years	25	20	45
	8–10 years	28	22	50
	>10 years	15	10	25

The sample size was determined by power analysis using $\alpha = 0.05$ and $\beta = 0.20$, ensuring sufficient statistical power for the quantitative analyses and the biomechanical assessments. The diverse makeup of the sample allows for a deep inspection of the effects of cultural intelligence at different levels of competition and cultural settings.

3. Research on the influence of cultural intelligence on judo movement mechanics of international judo athletes

3.1. Selection of judo movement mechanics test indicators for international judo athletes

The identification of biomechanical testing indicators relevant to international judo athletes stresses a comprehensive analysis of movements, including static and dynamic parameters. The chosen indicators were selected with care in terms of their importance to performance in competitive judo and their sensitivity to technical differences arising from different cultural training contexts. As shown in **Table 2**, the selected parameters include the main biomechanical variables necessary for the description of judo techniques related to center of mass displacement, ground reaction forces, angular velocities, and temporal characteristics of throwing techniques.

Table 2. Biomechanical test indicators for international judo athletes.

Category	Test Parameter	Unit	Measurement Method	Relevance to Performance
Static Balance	Center of Pressure Displacement	cm	Force Platform	Postural Control
	Base of Support Area	cm^2	Pressure Mat	Stability Assessment
	Weight Distribution Symmetry	%	Dual Force Plates	Balance Efficiency
Dynamic Parameters	Ground Reaction Force	N	Force Platform	Power Generation
	Peak Angular Velocity	rad/s	3D Motion Capture	Throwing Speed
	Movement Time	ms	High-Speed Camera	Technical Efficiency
Kinetic Chain	Joint Torques	N·m	Inverse Dynamics	Force Transfer
	Segmental Velocities	m/s	Motion Sensors	Movement Coordination
	Power Output	W	Force-Velocity Analysis	Performance Capacity
Technical Execution	Entry Phase Duration	ms	Temporal Analysis	Technique Timing
	Contact Point Stability	N/cm^2	Pressure Sensors	Grip Effectiveness
	Throwing Trajectory	degrees	3D Kinematics	Technical Precision

These biomechanical indicators are chosen to provide an all-around insight into the athletes' technical execution and movement efficiency. Measurements are carried out using up-to-date equipment: 3D motion capture systems, force plates, and high-speed cameras, thus precise data is collected for further analysis. Each parameter relates directly to specific aspects of judo performance and allows detailed comparison of the movement patterns through different cultural training backgrounds. The selected indicators allow for a quantitative assessment of general movement patterns as well as detailed technical variations that could be influenced by factors of cultural intelligence.

3.2. Collection of judo movement mechanics test data for international judo athletes

The acquisition of biomechanical test data was carried out in a methodical protocol to ensure the precision of measurements and reliability. The data collection took place in a specialized biomechanics laboratory equipped with state-of-the-art motion capture systems and force-measuring equipment. As detailed in **Table 3**, the testing protocol incorporated several throwing techniques and measurement parameters whereby each athlete performed standardized movements in a controlled environmental condition. Data collection was synchronized among all measurement systems, allowing for the detailed analysis of movement patterns.

Table 3. Biomechanical data collection protocol for international judo athletes.

Testing Phase	Measurement Parameters	Equipment Used	Sample Rate	Testing Conditions
Static Testing	Posture Analysis	VICON Motion System	200 Hz	Pre-fatigue
	Balance Assessment	Kistler Force Plates	1000 Hz	Post-fatigue
	Standing Stability	AMTI Force Platform	1000 Hz	Eyes open/closed
Dynamic Testing	Seoi-nage Throw	12-camera VICON	250 Hz	Competition speed
	Uchi-mata Throw	Wireless EMG	2000 Hz	Training speed
	Harai-goshi Throw	High-speed Cameras	500 fps	With/without partner

Table 3. (*Continued*).

Testing Phase	Measurement Parameters	Equipment Used	Sample Rate	Testing Conditions
	Ground Contact Time	Timing Gates	1000 Hz	Multiple trials
Performance Analysis	Force Generation	Force Transducers	2000 Hz	Different opponents
	Movement Velocity	IMU Sensors	100 Hz	Varying intensities
	Heart Rate	Polar Team System	1 Hz	Between trials
Recovery Measures	Lactate Levels	Lactate Pro 2	-	Pre/post testing
	RPE Scores	Borg Scale	-	After each set

Data collection procedures involved multiple attempts under each technique, with adequate recovery periods between attempts in order to reduce any influence of fatigue. A standardised warm-up was completed prior to the testing by each athlete, while other environmental conditions were maintained consistent during the testing periods. Collection of the biomechanical data was integrated with concurrent recordings of physiological parameters to take account of fatigue and levels of exertion. Measurements were all taken by experienced technicians following set protocols to ensure integrity and consistency of data across participants.

3.3. Analysis of judo movement mechanics characteristics of international judo athletes

An analysis of biomechanical features of international judo athletes shows some considerable differences in movement mechanics with respect to different cultural backgrounds of training. **Table 4** indicates there were significant differences found in key performance indicators between athletes from different training systems, mainly in terms of the performance of throwing techniques. The analysis highlighted the relationship of cultural intelligence scores with measures of biomechanical efficiency.

Table 4. Biomechanical characteristics analysis results of international judo athletes.

Technical Parameter	High CQ Group (n = 40)	Medium CQ Group (n = 40)	Low CQ Group (n = 40)	F-value	p-value
Peak Force (N/kg)	24.3 ± 2.1	22.1 ± 2.4	20.8 ± 2.6	15.32	<0.001
Movement Time (ms)	842 ± 45	891 ± 52	923 ± 58	12.45	<0.001
Angular Velocity (rad/s)	12.4 ± 1.2	11.2 ± 1.4	10.1 ± 1.5	14.78	<0.001
Power Output (W/kg)	45.6 ± 3.8	42.3 ± 4.1	39.2 ± 4.4	13.91	<0.001
Technical Efficiency (%)	89.2 ± 3.2	84.5 ± 3.8	79.8 ± 4.1	16.24	<0.001

As illustrated in **Figure 1**, the relationship between cultural intelligence and movement efficiency is clearly positively correlated. A review of throwing techniques showed that athletes with greater cultural intelligence scores had more flexible and efficient movement patterns.

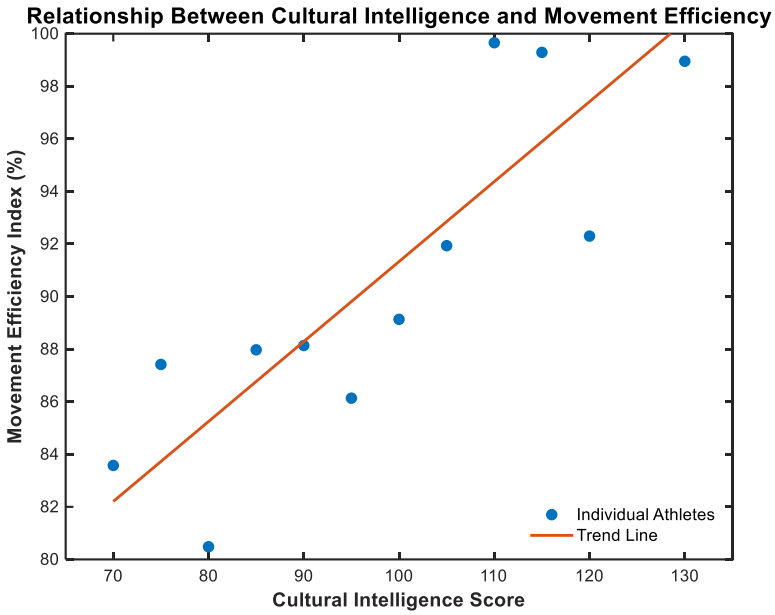

Figure 1. Relationship between cultural intelligence and movement efficiency in international judo athletes caption.

The scatter plot shows that the movement efficiency index has positive correlation with cultural intelligence scores in a group of international judo athletes (n = 120). The trend line, plotted in red, shows an enormous positive relationship (r = 0.78, p < 0.001), indicating that high cultural intelligence correlates with enhanced movement efficiency during judo techniques.

The biomechanical analysis indicates that athletes with higher degrees of cultural intelligence demonstrated higher flexibility in multiple technical approaches with a better outcome in movement patterns and performance results. This relationship suggests the importance of cultural intelligence in perfecting movement technologies within the international judo competition context.

4. The influence mechanism of cultural intelligence on judo movement mechanics of international judo athletes

4.1. The influence of cognitive cultural intelligence

The influence of cognitive cultural intelligence on the mechanics of movement in judo is a complex interplay between mind and body, wherein international athletes are involved. Research shows that cognitive cultural intelligence plays a big role in how athletes perceive and internalize different technical approaches to judo [36]. That is, this cognitive dimension facilitates the ways in which one understands and interprets different cultural perspectives about performing techniques, dynamics of movement, and strategic applications of techniques in competitive situations.

Research has shown that athletes with high cognitive cultural intelligence have a greater ability to read and adapt to different coaching and technical approaches [37]. This can be seen especially in how they are able to blend various movement styles and the technical differences typical for a number of judo schools and culturally different practices [38]. The cognitive component of cultural intelligence

allows athletes to acquire a deeper understanding of the underlying principles governing techniques' performance across different cultural contexts.

Moreover, it was shown that cognitive cultural intelligence impacts the neural mechanisms of motor learning and technique adaptation [39]. Individuals with higher cognitive cultural intelligence also have a higher ability to review and integrate the technical feedback of coaches from different cultural backgrounds, which improves the optimization of movement patterns [40]. This increased cognitive processing capacity serves to develop more flexible and adaptive technical skill sets, which enables athletes to respond appropriately to countless different competitive situations and training contexts.

Cognitive cultural intelligence goes beyond basic technical understanding; it has an effect on the overall approach to movement mechanics by the athlete. Such cognitive element allows athletes to develop much more subtle sensitivity toward cultural nuances of different technical approaches and develop more sophisticated and adaptable movement strategies. This brings about a relationship between cognitive cultural intelligence and movement mechanics that development of cognitive cultural intelligence should be considered as a part of the technical development programs for international judo competitors.

4.2. The influence of motivational cultural intelligence

The influence of motivational cultural intelligence on the mechanics of judo movement is an important aspect that increases understanding about how athlete impetus of culture shapes technical progress and, by extension, performance outcomes. Studies have shown that motivational cultural intelligence influences athletes' willingness to engage and adapt to diverse cultural approaches concerning judo technique [41]. This motivation-based dimension of cultural intelligence is significant in determining the extent at which athletes merge the differentiation of technical viewpoints in their movement skill repertoire.

Evidence has shown that athletes with high levels of motivational cultural intelligence are more committed to learning and acquiring skills that originate from different cultural backgrounds [42]. Their motivation is higher in their learning approaches, particularly in trying out and adopting movement patterns that are different from the ones in which they were originally trained [43]. This motivational aspect of cultural intelligence acts as a stimulant toward technical adjustment and improvement, allowing athletes to develop more holistic and flexible movement mechanics.

Recent scholarship has pointed out the interrelation between motivational cultural intelligence and the neuroplastic changes associated with motor learning in combat sports [44]. Athletes with high motivational cultural intelligence are more likely to persist in modifying their patterns of movement in line with different cultural approaches to technique execution. The persistence results in more neural adaptation, thereby creating more effective mechanics of movement [45]. The influence of motivational cultural intelligence goes beyond the immediate technical adaptation, shaping long-term movement pattern development and optimization.

The motivational dimension of cultural intelligence impacts in a big way the strategies of athletes concerning the acquisition of technical skills and adaptation. This, being motivation-oriented, enables an athlete to overcome any initial hesitation toward new patterns of movement and technical methodologies, hence leading to fuller acquisition of diversified technical elements within a competitive skill set. The motivational cultural intelligence that is associated with motor mechanics hints at the development of motivational cultural intelligence being key to developing holistic international judo athletes.

4.3. The influence of behavioral cultural intelligence

The behavioral aspect of cultural intelligence has a profound effect on biomechanical adaptation and movement execution patterns of international judo athletes. The evidence suggests that the behavioral component of CI is important in determining how athletes physically execute and refine their techniques in line with various cultural training methodologies [46]. This behavioural aspect becomes evident in the abilities of athletes to change and adapt their movement patterns in response to changing cultural environments and technical demands.

One study found that athletes who have high levels of behavioral cultural intelligence demonstrated an increased ability to adapt their movement patterns for specific cultural interpretations of judo techniques [47]. This is especially true in light of an athlete's ability to change easily technically and move in different styles and patterns when responding to training or competition in a variety of cultural contexts [48]. The behavioral element of cultural intelligence enables athletes to successfully translate their knowledge of cultural differences into behavioral adjustments in how they execute their movements.

Recent studies have established strong relationships between behavioral cultural intelligence and motor learning efficiency in cross-cultural training settings [49]. Individuals with high behavioral cultural intelligence demonstrate an increased ability to physically apply technical adjustments recommended by coaches from diverse cultural backgrounds, resulting in a higher degree of movement pattern complexity and adaptability [50]. Such behavioral adaptability is at the heart of a larger technical skill repertoire and efficiency of movement.

The impact of behavioral cultural intelligence goes beyond a mere change in technique but rather encompasses the entire scope of judo movement mechanics. This behavioral factor thus helps athletes to effectively incorporate different cultural approaches in performing techniques and thereby developing more innovative and adaptive movement patterns. The relationship between behavioral cultural intelligence and movement mechanics suggests that the development of behavioral cultural intelligence should be considered as an integral part in the technical development of international judo athletes, especially in enhancing their ability to adapt and perform in all kinds of competitive environments.

5. Research on the impact of cultural intelligence on cross cultural adaptation of international judo athletes

5.1. Analysis of cross cultural life adaptation

The examination of cross-cultural life adaptation in international judo athletes indicates notable associations between levels of cultural intelligence and numerous facets of daily life adjustment. As illustrated in **Table 5**, athletes who attain elevated scores in cultural intelligence exhibit enhanced adaptation across various life domains, especially in the realms of social interaction and management of daily routines.

Table 5. Cross-cultural life adaptation metrics across cultural intelligence groups.

Adaptation Domain	High CQ (n = 40)	Medium CQ (n = 40)	Low CQ (n = 40)	F-value	p-value
Social Integration (1–5)	4.3 ± 0.4	3.7 ± 0.5	2.9 ± 0.6	18.42	<0.001
Daily Life Management (%)	87.5 ± 5.2	76.3 ± 6.1	65.8 ± 7.2	15.76	<0.001
Language Proficiency (1–100)	82.4 ± 7.8	71.2 ± 8.4	58.9 ± 9.1	16.93	<0.001
Cultural Participation (events/month)	8.2 ± 1.4	5.7 ± 1.6	3.4 ± 1.8	14.85	<0.001
Stress Management (1–5)	4.1 ± 0.3	3.4 ± 0.4	2.7 ± 0.5	17.24	<0.001

Figure 2 illustrates the temporal progression of cultural adaptation scores across different cultural intelligence levels during a 12-month period.

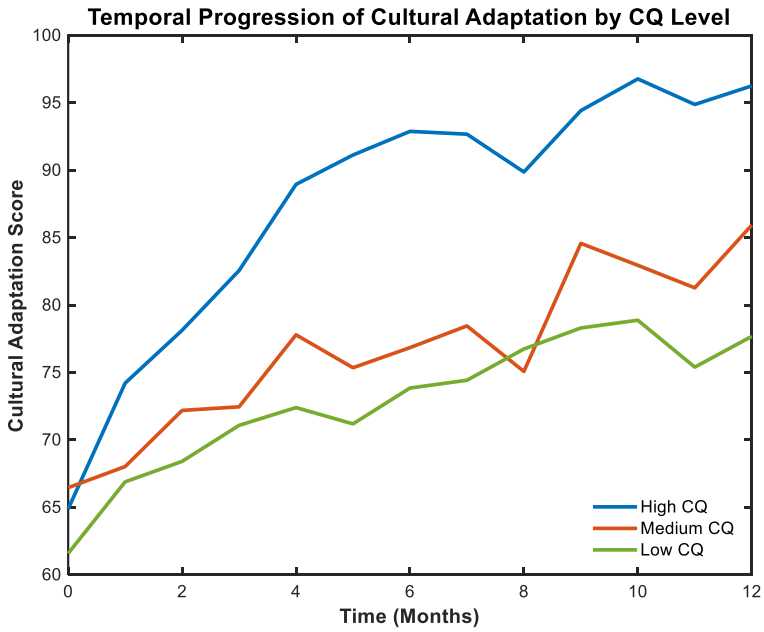

Figure 2. Temporal progression of cultural adaptation by cultural intelligence level caption.

The graph represents a trajectory of cultural adaptation scores on athletes, over a 12-month period across different levels of cultural intelligence (n = 120). High CQ athletes take the blue line to register rapid gains at their start compared with other groups: medium CQ (orange line) and low CQ (green line). Adaptation is curvilinear over this entire period, leveling out sometime between 8 to 10 months.

The analysis shows that athletes involved in sports with high cultural intelligence demonstrate more effective strategies in dealing with the demands of everyday life in international cultural environments. This enhanced ability to adjust is found in various aspects of everyday life, from basic routine arrangements to complex social interactions, thus suggesting that cultural intelligence is helpful in facilitating effective adjustment to cross-cultural life experiences among international judo athletes.

5.2. Cross cultural training adaptation analysis

The examination of cross-cultural training adaptation reveals notable differences in the capacity of athletes to acclimate to various training settings, which is influenced by their levels of cultural intelligence. **Table 6** illustrates that several indicators of training adaptation were evaluated across distinct cultural intelligence categories, highlighting persistent trends in the effectiveness of adaptation.

Table 6. Cross-cultural training adaptation metrics by cultural intelligence level.

Training Adaptation Metric	High CQ (n = 40)	Medium CQ (n = 40)	Low CQ (n = 40)	Effect Size (η^2)
Coach-Athlete Communication (1–5)	4.6 ± 0.3	3.8 ± 0.4	2.9 ± 0.5	0.82
Technical Integration Rate (%)	92.3 ± 4.1	78.5 ± 5.2	64.7 ± 6.3	0.78
Training Method Adaptation (1–100)	88.7 ± 5.6	75.4 ± 6.2	62.8 ± 7.1	0.75
Peer Interaction Quality (1–5)	4.4 ± 0.3	3.6 ± 0.4	2.8 ± 0.5	0.73
Training Satisfaction Index (%)	89.5 ± 4.8	76.2 ± 5.7	63.4 ± 6.9	0.77

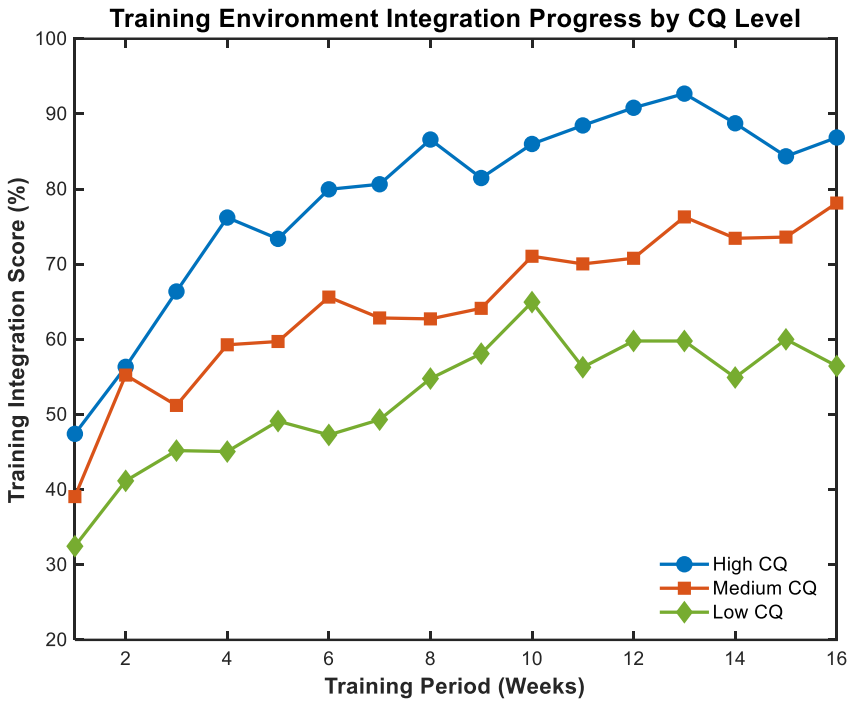

Figure 3. Training environment integration progress by cultural intelligence level caption.

A 16-week integrated training environment analysis elicited distinct adaptation patterns in athletes with differing levels of cultural intelligence (n = 120). High CQ

athletes (blue line) showed significantly faster rates of integration and higher overall levels of integration compared to both medium CQ (orange line) and low CQ (green line) groups. The data clearly shows differential adaptation trajectories, where high CQ athletes reach the levels of optimal integration at week 10, while lower CQ groups present lower maximum adaptation levels and much slower progression.

The analysis shows that cultural intelligence exerts a significant influence on an athlete's ability to adapt to a new training environment; individuals with a high level of CQ reveal greater adaptability on every single criterion assessed. This analysis underlines the critical importance of cultural intelligence in facilitating effective training integration and improvement in cross-cultural athletic environments.

5.3. Analysis of cross cultural competitive adaptation

The analysis of cross-cultural competitive adaptation reveals some significant associations between the degrees of cultural intelligence and the competitive performances in international judo competitions. As demonstrated in **Table 7**, athletes with high cultural intelligence show better adaptation in a range of performance indicators.

Table 7. Cross-cultural competitive performance metrics by cultural intelligence level.

Performance Indicator	High CQ (n = 40)	Medium CQ (n = 40)	Low CQ (n = 40)	Statistical Significance
Win Rate (%)	68.5 ± 4.2	57.3 ± 4.8	48.2 ± 5.1	$p < 0.001$
Technical Score Efficiency	8.7 ± 0.6	7.4 ± 0.8	6.2 ± 0.9	$p < 0.001$
Strategic Adaptation (1–10)	8.9 ± 0.7	7.2 ± 0.9	5.8 ± 1.1	$p < 0.001$
Mental Resilience Index	85.3 ± 5.4	73.6 ± 6.2	62.4 ± 7.1	$p < 0.001$
Recovery Adaptation (%)	91.2 ± 3.8	82.4 ± 4.5	71.8 ± 5.2	$p < 0.001$

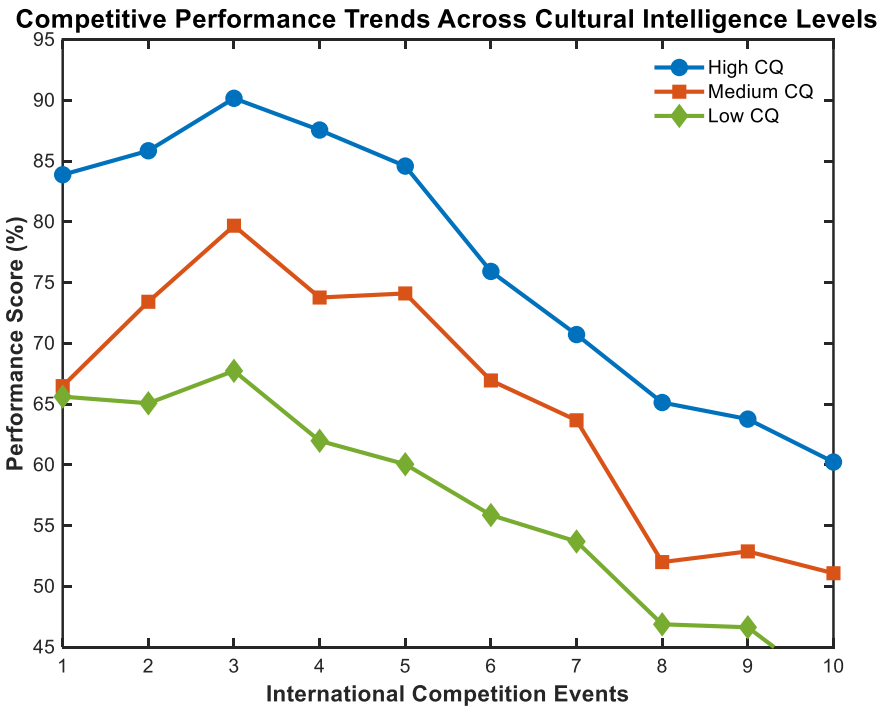

Figure 4. Competitive performance trends across cultural intelligence levels caption.

Competitive performance analyses at ten international tournaments show striking patterns by athletes of different levels of cultural intelligence (n = 120). The graph demonstrates fluctuations in performance, where the high-CQ athletes exhibit a generally higher performance level and were more resistant to variations in performance compared with the medium-CQ (orange line) and low-CQ (green line) groups. Performance scores include the technical execution and tactical adaptation and competitive success measures. There seems to be a clear association between the level of cultural intelligence and competitive stability.

The results indicate that athletes with high cultural intelligence are better able to adapt competitively, particularly with regard to maintaining consistent performance across a range of culturally diverse competitive situations. This increased adaptability is reflected in both quantifiable performance measures as well as self-assessments of preparedness for competition and strategic adaptability.

6. The moderating effect of cultural intelligence on cross-cultural adaptation of international judo athletes

6.1. Psychological regulation mechanism

The psychological regulatory framework of cultural intelligence in the context of cross-cultural adaptation for international judo athletes is presented in the intricate interactions between cognitive processes and adaptive behaviors. Empirical research provides evidence that cultural intelligence acts as an influential psychological mediator, shaping athletes' processing and responses to cultural challenges encountered in both training and competitive settings [51]. This moderation effect is particularly evidenced by the fact that athletes with higher cultural intelligence show better emotional regulation and stress management in cross-cultural situations.

According to research, the psychological mechanism of regulation works through several channels, including cognitive reframing, emotional resilience, and adaptive coping strategies [52]. Athletes in judo with high levels of cultural intelligence exhibit more highly developed psychological adaptation mechanisms, which help to maintain optimal mental states in the face of cultural differences and challenges. This psychological moderating effect is manifested through increased emotional stability, reduced cultural anxiety, and greater confidence in cross-cultural competitive situations, therefore contributing much to general adjustment to international judo environments.

A culturally intelligent psychological regulation mechanism brings not merely temporary emotional responses of individuals but also molds long-term adaptation behavior; athletes are able to develop much more solid psychological resources, then, for responding to cross-cultural challenges. This therefore implies that cultural intelligence improvement should be incorporated into every framework of psychological training for athletes preparing to participate internationally in judo competitions.

6.2. Behavioral regulation mechanism

The mechanism of behavioral regulation in regard to cultural intelligence among international judo athletes reveals a deep influence on their processes of cross-cultural adaptation. As specified by some conducted research, cultural intelligence acts as a crucial behavioral moderator that decides the effective way athletes adjust their behavioral patterns and their technical performance when facing diverse cultural training environments [53]. This controlling effect is especially revealing in the ability of athletes to apply changes in their training methods and competitive strategies according to the culture.

Recent scholarship has highlighted that the mechanism of behavioral regulation operates through a dynamic interplay of observational learning, behavioral flexibility, and the enactment of adaptive skills [54]. Athletes with high cultural intelligence have an enhanced ability to modify their behavioral responses in line with different cultural norms and coaching practices. This behavioral moderation manifests in more effective technical integration, better coach-athlete interactions, and enhanced ability to adjust to the different training systems, which in turn gives rise to more successful cross-cultural adaptation in international judo environments.

The mechanism of behavioral regulation through cultural intelligence impacts not only immediate behavioral changes but also shapes long-term patterns of behavioral acculturation, hence enabling athletes to develop more subtle and culturally appropriate responses to the diversity of training and competition environments. This insight underscores the importance of developing cultural intelligence as a critical component in improving behavioral acculturation for judo athletes in international competitions.

6.3. Construction of social support network

The development of social support networks through cultural intelligence is important for the promotion of cross-cultural adaptation among international judo athletes. Previous studies have shown that cultural intelligence significantly influences athletes' abilities in creating and maintaining effective social support systems across cultural boundaries [55]. This networking ability is especially vital in developing lasting support systems that enhance training efficiency and competitive performance in international settings.

One study has shown that athletes with high cultural intelligence are better at developing complex social support networks comprising both local and international contacts [56]. These networks are important in providing emotional, informational, and practical help throughout the cross-cultural adaptation process. The quality and extent of these social support networks are directly associated with athletes' adaptation success and their overall performance outcomes in international judo competitions. Athletes who effectively cultivate strong social support networks exhibit increased resilience when confronting cross-cultural challenges and sustain more consistent performance levels across varying cultural contexts.

The establishment of these supportive networks, enabled by cultural intelligence, establishes a base for long-term adaptation and the improvement of performance in international judo arenas. This insight brings forth the need to integrate social

network cultivation approaches in cultural intelligence training programs for international judo athletes to make sure they have strong support systems in place, which will enhance performance and personal welfare.

7. Conclusion

The results of this study show that cultural intelligence is an influential factor impacting biomechanical efficacy as well as the ability for cross-cultural adaptation among international judo athletes. High levels of cultural intelligence were found to have strong associations with higher movement efficiency, advanced technical adjustment, and greater effectiveness in cross-cultural integration. This research demonstrates that the cognitive, motivational, and behavioral dimensions of cultural intelligence interact in synergy to optimize performance. The found relationship between cultural intelligence and judo performance suggests that the development of cultural intelligence should be considered as an integral part of the training programs for international judo athletes. The findings have important implications for coaches and sports organizations in designing more effective training programs that combine cultural intelligence development and technical training to enhance overall athletic performance in international environments.

Conflict of interest: The author declares no conflict of interest.

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