Below are few performance monitoring tools, which help you in identifying the parts of code that is affecting the performance

JProfiler: This is a very useful tool. For couple of my projects, it helped me in identifying code that was pretty slow. It will help you identify performance at a method level (e.g., how much time a method is taking). Subsequently, I was to use better algorithms to speed up the process. You can try out their trial version.

Plumbr: I haven't tried this. But, they claim that they are very good at identifying memory leaks. They have really good resources on their site. You should be able to use their trial version too.

Other good tools I found from my research are: **YourKit**, **VisualVM**. Personally, I did not have a chance to use them. You can read about them and give them a try!!