

Martial arts and its impact on empowering woman: With reference to Karnataka state

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Abstract:

Martial arts are the art of learning the traditions and the systems of combat for self-defence. It is used by military force, and law enforcement authorities like police and security personnel. The benefits of practicing martial arts include physical development, mental fitness, spiritual development of the person and much more. Women in our society are mostly projected as a weak human being compared to men. She is always advised by the society to be dependent on the men from her family. Contrast to these schemes she can be fully empowered and the sole decision maker of her life and her family. She can defend herself against all odds and be self-confident. Self – defence is a very important aspect especially for women in this present era. Now a woman must face many challenges in life since she is not confined within four walls as was the practice of previous centuries. Martial arts can help her in this path of success. This study makes an attempt to analyse the impact of learning and practising martial arts by women of Karnataka state in India. The researcher has also tried to understand the problems faced by women in learning and practising martial arts. The sample size of this study was 50 women from all over Karnataka state. The respondents were interviewed through a closed ended questionnaire and the analysis was done using SPSS tools.

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I. INTRODUCTION

Martial arts classes are the place where women can develop the mental and the physical skills in order to defend themselves against any bodily attacks.

Some of the best martial arts for women's for self - defence are:

1. Armed arts
2. Unarmed arts

1. Armed Arts: The kind of the martial arts that is being practiced using weapons or any other things are called as armed arts. Weapons like stick, knives, etc, which are very dangerous, are used in the practice.

2. Unarmed Arts: The unarmed arts are nothing but the kind of the art wherein it is being practiced without any weapons it is done just by using the hands and the legs in order to defend oneself

The types of the unarmed arts are :

- ✚ Karate
- ✚ Kung Fu
- ✚ Tae kwon do
- ✚ Aikido
- ✚ Hapkido
- ✚ Tai chi chau

The world can be a dangerous place for women if she does not know how to defend herself against any physical attacks. Since it is the women who faces a lot of problems compared to men when it comes to violence in society. Some or the other way men are usually physically stronger than women and this is the reason she must learn to defend herself. In the recent times the main problem faced by a woman is that of sexual assault and domestic violence from both inside and outside the house. Presently many of the women and girls are becoming conscious of these dangers and have become interested to learn how to defend themselves from the dangerous situations.

The only place that a woman can learn the techniques to develop defensive skills or the talent of defending themselves is only through the knowledge of martial arts. Martial arts play a very important role in the life of a woman wherein she can defend themselves from the dangerous situation without anyone's help.

II. LITERATURE REVIEW

1. Andrew Zerling, October 5 2016 , “The Hidden Roots of Karate and Jujitsu

This article will discuss about the martial arts wherein this will give a clear picture about what the karate and jujitsu is. The martial arts will give the ideas on the hidden roots of the martial arts that are being applied apparently. There are lots of benefits in learning the martial arts for all the kinds of the ages and also for the genders.

2. Andrew Zerling January 5 2017, “MMA Champion, Lyoto "The Dragon" Machida, Incorporates Sumo into his Fighting Style”

this article gives us an example about the famous MMA champion wherein he has incorporated his fighting style into the UFC (ultimate Fighting Championship) he introduced his style in the UFC and became the famous fighter in the world.

3. Eric Ho on September 10 2014, “The three reasons why Gen-Y should learn martial arts

This article will give the reasons why the present generation should learn the martial arts than MMA. The MMA will include full compact fights wherein the martial arts will include karate, judo etc. learning the martial will be helpful for the health and also mainly for the self-defence.

The reasons for learning martial arts are:

- a. it teaches honour and also giving respect
- b. it teaches to avoid the violence activities
- c. it helps in defending ourself and also improves concentration

4. Jikkemien Vertonghen on April 2011, “the analysis of contextual factors in youth martial arts practice

As per the study it's known that the martial arts is the only sport that is being practiced in most of the top 10 countries in the world. In the analysis it's being stated that the martial arts sports stands in the 2nd place after the soccer in the sports sector.

5. Jason Brick on April 15 2013, “The best martial arts for fitness”.

This article gives us the idea about the martial arts wherein this study will help to know the benefits of learning the martial arts in this culture. Learning martial arts will help in maintaining the fitness of the individual instead of the gyms and other activities.

III. STATEMENT OF THE PROBLEM:

- The researcher is studying the problems that the women faces in society like physical attack or any other ragging issues in the public and how to combat it.

- Health issues relating to the women may be physically or mentally in their life and how to combat it.

IV. OBJECTIVES OF THE STUDY:

- To know the advantages and disadvantages of learning martial arts by women of the current generation.
- To study the motivation behind learning of martial arts among the women of Karnataka state
- To study the impact of learning martial arts among women and their interpretations of the art.

V. HYPOTHESES:

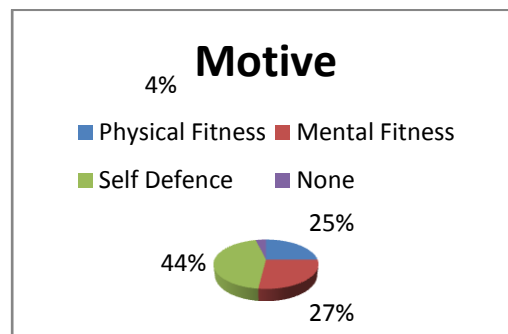
H₀: There is no significant relationship between martial arts and improvement in physical and mental status of women.

H₁: There is a significant relationship between martial arts and improvement in physical and mental status of women.

VI. ANALYSIS

1. Motive to learn Martial arts

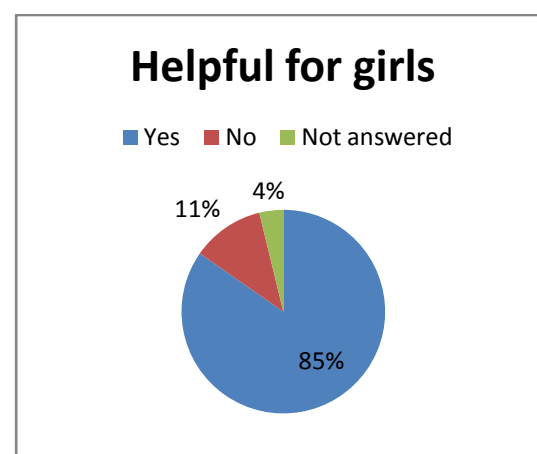
	Frequency	Percentage
Valid physical fitness	13	25.0
mental fitness	14	26.9
self defence	23	44.2
Total	50	96.2
Missing Values	2	3.8
Total	52	100.0



Inference: The above graph represents that most of them have opted martial arts for the self defence (44%) and the 27% have opted for the mental fitness and the balance of 25% have opted for the physical fitness.

and it being helpful for girls/women

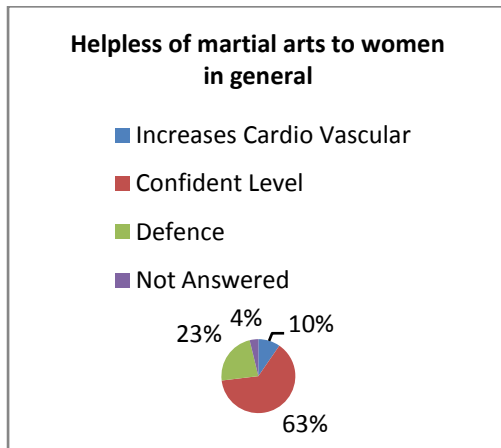
	Frequency	Percentage
Valid Yes	44	84.6
No	6	11.5
Total	50	96.2
Missing Values	2	3.8
Total	52	100.0



Inference: The above graph represents that 85% of the respondents agree by saying that it is helpful for the girls and remaining 11% do not agree for that and remaining 4% are null

3. Opinion about the helpfulness of Martial Arts to women in general

	Frequency	Percentage
Val id		
Increases cardio vascular	5	9.6
Confident level	33	63.5
Defence	12	23.1
Total	50	96.2
Mis sin g		
System	2	3.8
Total	52	100.0

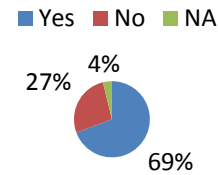


Inference: The above graph represents that practicing martial arts will help in increasing the confident level for the 63% of the respondents, 23% have opted for self-defence and 10% for increasing cardio vascular and balance of 4% are null.

4. Respondents opinion about Martial Arts helping women to control their pressure or stress

	Frequency	Percentage
Val id		
Yes	36	69.2
May not be	14	26.9
Total	50	96.2
Mis sin g		
System	2	3.8
Total	52	100.0

Does martial arts control stress

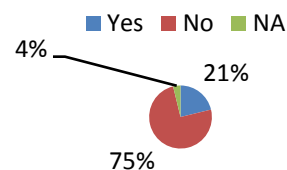


Inference: The above graph states that 69% of the respondents chose yes and 27% chose no and 4% are null respondents

5. Respondents opinion on the side effects after practicing martial arts

	Frequency	Percentage
Val id		
Yes	11	21.2
No	39	75.0
Total	50	96.2
Mis sin g		
System	2	3.8
Total	52	100.0

Side effects after practicing martial arts



Inference : The above graph states that 75% of the respondents say there are no side effects and 21% respondents say there would be side effects and 4% are null

VII. HYPOTHESIS TESTING

	Are martial arts helpful for girls?
Chi-Square	28.880 ^a
df	1
Asym p. Sig.	.000

a. 0 cells (.0%) have expected frequencies less than 5.

The minimum expected cell frequency is 25.0.

b. 0 cells (.0%) have expected frequencies less than 5.

The minimum expected cell frequency is 16.7.

Calculated value of chi square is 28.880

Table value of chi square at alpha value = 0.05 for 2-1=1 degree of freedom is 3.841

Since the calculated value is greater than the table value the null hypothesis h_0 is rejected and the alternative hypothesis h_1 is accepted

Therefore is a significant relationship between martial arts and improvement in physical and mental status of women.

VIII. FINDINGS:

1. Maximum number of respondents has said that the motive behind learning martial arts is for their self – defence.
2. Most of the respondents said that practicing martial arts are helpful for women in their life.
3. Most of the respondents have said that practicing martial arts will help in developing the confident level in women.
4. Most of the respondents are of the opinion that practicing martial arts will help to control their level of stress or pressure.
5. Maximum numbers of respondents are of the opinion that there are no side effects after practicing martial arts.

IX. SUGGESTIONS:

1. Awareness of the idea of martial arts for self-defence must be made known to all.
2. 100% awareness must be created in women about the fact that practising martial arts can lower their stress.

3. Martial arts classes must be conducted in extension areas of cities.
4. Martial arts classes must be taught to rural women also.
5. Finally the benefits of practicing martial arts must be made known to all.

X. CONCLUSION

This study is an attempt to understand the motivation for women to learn martial arts. There is maximum awareness among women about the benefits of martial arts. But not all women are aware of this fact. This has to be taken care of.

AUTHORS PROFILE



Dr. Sri Ranjini S, MBA, M.Phil, Ph.D is presenting working as Assistant Professor in the Department of Management and Commerce, Amrita Vishwa Vidyapeetham, Mysuru Campus, Karnataka, India. Her area of specialization is Human Resource Management and her thesis is on Knowledge Management. She has around 15 years of teaching experience and has published a number of research papers in Scopus index journals.



Prajwal V is a commerce graduate and currently pursuing post-graduation in Amrita Vishwa Vidyapeetham Mysuru campus. He is presently the official coach of karate association of India. He has conducted a study on the women's who are practicing martial arts and also the benefits that is being gained for practicing the martial arts.