

# Comparative Study of Self-Concept between Ancient and Modern Martial Art Players

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**Abstract –** The study purpose of the study was to compare the extent of Self-Concept between junior Modern martial arts players (Junior Karate-do players) and Ancient Martial Arts Players (Junior Kalaripayattu participants) of Uttar Pradesh and Kerala respectively. Martial Art is a common type of fighting skills. The origin of martial art is difficult to trace. There are several types of martial arts in this world prevailing, i.e., percussive and non-percussive. Karate-do represents a method of unarmed self-defense based on the rational use of all body parts. The Subjects were selected randomly using Random sampling technique. Players selected from both states were divided in two groups: Karate-do Group (N=100) and Kalaripayattu Group (N=100). Self-Concept Questionnaire was administered, which included 48 test items in 8 separate dimensions of Self Concept. The subjects age range was from 14-18 years. Result of the study indicates that statistically significant difference in self-concept was observed between Ancient Martial Arts and Modern Martial Arts Players.

**Key Words:** Self-Concept, Martial Art, Karate-Do, Kalaripayattu

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## INTRODUCTION

'Martial Art' is a common type of fighting skills. The origin of these fighting skills is believed to be from China, Japan and Korea. There are different types of martial arts, which are grouped into various types because of their different style and system. Mainly, there are two types of martial arts prevailing, i.e., percussive and non-percussive.

Karate-do represents a method of unarmed self-defense based on the rational use of all body parts i.e. (feet and hand). Over the year there has been a remarkable spread and observable increase in karate-do participation especially in Europe. The goal of real Karate-do should be to kill one's ego and bring peace to society and the development of the mind is just as important as the development of the body.

Kerala's unique mythoi-historical heritage Kalaripayattu is a traditional psycho-physiological discipline which is based on scientific training. Kalaripayattu is said to be the father of all modern martial arts such as Kung-Fu, Karate-do, Judo, Kick-Boxing, Tai-Chi etc. In the Northern tradition emphasis is given to the whole body exercises to combat with weapons and finally the combat without any weapon.

An ethnic Indian Martial Art, Kalari-Payat (Kalaripayattu) known as Battle ground. The meaning of word Kalari is gymnasium and Payatt means method or art. According to original studies there is physical connection in their technique and form. Kalaripayattu is still in demand and flourishing in India. Kerala is said to be the 'Motherland' of Kalaripayattu and 'Mother Art' for both Tibetan and Han Chinese 'Kung-Fu' martial art.

**Ancient Martial Art:** Kalaripayattu is considered as the most-traditional system which prevailed and practiced till date for self-defense and as a martial art technique.

**Modern Martial Art:** Judo and Karate-do has been considered as modern form of martial arts.

**Purpose of the study:** The aim of the study was to compare 'Self-Concept' of Modern Martial Art Players (Junior Karate Players), and Ancient Martial Arts Players (Junior Kalaripayattu Participants).

**Hypothesis:** There will be no difference between the self-concept of Modern and Ancient martial art players. ( $H_0=H_1$ )

**Methodology:** The standard Self Concept Questionnaire, developed by Dr. R. K. Saraswat was administered, which included 48 test items in 8 separate dimensions of self-concept. An induction program had been conducted to give information about the research and self-concept questionnaire. An independent 't' test for two independent populations has been administered to find the difference in the self-concept score of the selected players. The degree of freedom and level of significance for this test was 99 and 0.05 respectively.

## RESULTS: SELF-CONCEPT

Table No. 1

Table Representing Descriptive and independent 't' test values of Self-Concept of Ancient and Modern Martial Art Players

Variable	Group	N	df	Mean	SD	Standard Error	SE difference	't' value	p-value
Self-Concept	Ancient Martial Art	100	99	181.93	17.117	1.711	0.136	0.94034	0.204829
	Modern Martial Art	100		181.41	18.393	1.848			

t(199) = 0.9403, p-value = 0.2048 Sig. (2-tailed) 0.05 level of significance

**Interpretation of the Data:** In this study an independent-samples t-test was applied to compare **Self Concept** of the players practicing Ancient Marital art (N=100) 'Kallaripattu' (M=181.93, SD=17.11) compare to participants practicing in Modern Martial Arts (N=100) 'Judo-Karate-do' (M=181.41, SD=18.39) demonstrated significant difference in **Self Concept** scores,  $t(99) = 0.9403$ ,  $p=0.2048$ . Table represents that significant difference was found in **Self Concept** among Ancient Martial Arts and Modern Martial Arts Players. Ancient Martial Arts players have better **Self Concept** than Modern Martial Arts Players. It might be appearing due the events are not identical in nature.

Graph No.1

Comparative Graphical Representation of Self-Concept between Ancient and Modern

Martial Art Players



## CONCLUSION:

Under the limitations of the study, statistically significant difference in self-concept was observed between Ancient Martial Arts and Modern Martial Arts Players. Hence, Null Hypothesis taken has been rejected and alternative hypothesis is accepted and concluded that Ancient Martial Arts Players and Modern Martial Arts Players are not identical in terms of self-concept.

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#### **Virtual Resources**

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