



Journal Homepage: - www.journalijar.com

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/20782
DOI URL: <http://dx.doi.org/10.21474/IJAR01/20782>



RESEARCH ARTICLE

MARTIAL ARTS TRAINING AND STRESS REDUCTION AMONG ATHLETES IN SHAANXI PROVINCE, CHINA

Zhen Wang

1. Graduate School, Emilio Aguinaldo College Manila, Philippines.

Manuscript Info

Manuscript History

Received: 15 February 2025
Final Accepted: 19 March 2025
Published: April 2025

Key words:-

Martial Arts Training, Wushu Amongath
letes

Abstract

Martial arts training has long been recognized for its physical benefits, including improved strength, flexibility, and endurance. Recently, its psychological benefits, particularly stress reduction, have gained significant attention. Stress is a prevalent issue among athletes due to the high demands and pressures of competitive sports. Stress management is crucial for athletes to maintain peak performance and overall well-being. Traditional approaches to stress management include cognitive-behavioral techniques, mindfulness.

"© 2025 by the Author(s). Published by IJAR under CC BY 4.0. Unrestricted use allowed with credit to the author."

Introduction:-

Martial arts training has long been associated with a myriad of physical and psychological benefits. In recent years, research has highlighted the specific impact of martial arts on stress reduction among athletes. Stress, a common issue faced by athletes due to the demanding nature of sports, can significantly impact performance and overall well-being. Martial arts, including disciplines such as Taekwondo, Karate, and Judo, emphasize not only physical prowess but also mental discipline and emotional control. A study by Kim and Lee (2022) found that regular practice of Taekwondo significantly reduced perceived stress levels among college athletes. The study suggested that the mindfulness and meditative aspects of martial arts practice contributed to these reductions by promoting a heightened state of self-awareness and emotional regulation (Kim & Lee, 2022). Another important factor in the stress-reducing benefits of martial arts is the social support and sense of community it provides.

Park and Choi (2021) investigated the impact of Karate training on stress levels among high school athletes. The researchers observed that the camaraderie and peer support inherent in martial arts classes played a crucial role in mitigating stress. The structured environment and shared goals fostered a sense of belonging and reduced feelings of isolation, which are often sources of stress for athletes (Park & Choi, 2021).

Physical exertion and the release of endorphins during martial arts training also contribute to stress reduction. A study by Liu et al. (2023) examined the effects of Judo training on cortisol levels, a biological marker of stress. The findings indicated a significant decrease in cortisol levels posttraining, suggesting that the physical activity involved in martial arts helps to alleviate stress by reducing physiological responses associated with stress (Liu et al., 2023). Moreover, the structured nature of martial arts training, which includes repetitive practice and goal setting, can enhance athletes' coping mechanisms. Chen and Wang (2020) found that athletes who engaged in regular Karate training reported better stress management skills and a greater ability to handle competitive pressures. The discipline and focus required in martial arts training also contribute to stress reduction.

The psychological benefits of martial arts are not limited to stress reduction but also include improvements in self-esteem and confidence. A study by Huang et al. (2024) on Taekwondo practitioners revealed that the increased self-esteem and confidence levels among practitioners were significantly higher than those who did not practice martial arts.

Corresponding Author:- Zhen Wang

Address:- Graduate School, Emilio Aguinaldo College Manila, Philippines.

discipline and mastery of skills contributed to higher self-confidence among athletes. This boost in self-esteem helped athletes to better cope with stressors both on and off the field, demonstrating the holistic benefits of martial arts training (Huang et al., 2024)..

Martial arts training offers a multifaceted approach to stress reduction among athletes. The physical, psychological, and social benefits of martial arts, as evidenced by recent research, make it a valuable tool for athletes seeking to manage stress effectively. From improved emotional regulation and enhanced coping mechanisms to better sleep and team dynamics, the holistic nature of martial arts training addresses the various aspects of stress, promoting overall well-being and athletic performance.

Statement of the Problem.

This study will determine the relationship between martial arts training and stress reduction among martial arts athletes.

The results of the study will be used as a basis for a martial arts training program for athletes. Specifically, the study will answer the following questions:

1. What is the demographic profile of the athlete respondents in terms of:
 - 1.1. sex;
 - 1.2. age;
 - 1.3. focused martial arts; and
 - 1.4. number of years as athletes?
2. What is the assessment of the athlete respondents of their martial arts training in terms of:
 - 2.1. physical fitness and conditioning;
 - 2.2. technical skills and proficiency;
 - 2.3. mental and psychological factors;
 - 2.4. tactical and strategic understanding; and
 - 2.5. overall training experience and satisfaction?
3. Is there a significant difference in the assessment of the athlete respondents of their martial arts training when they are grouped according to their profile?
4. What is the assessment of the athlete respondents of how martial arts reduce their stress in terms of:
 - 4.1. psychological responses;
 - 4.2. emotional regulation;
 - 4.3. cognitive changes;
 - 4.4. behavioral adjustments; and
 - 4.5. perceived stress levels?
5. Is there a significant difference in the assessment of the athlete respondents of how martial arts reduce their stress when they are grouped according to their profile?
6. Is there a significant relationship between the assessment of the athlete respondents of their martial arts training and their assessment of the athlete respondents of how martial arts reduce their stress?
7. Based on the results of the study, what martial arts training program for athletes can be proposed?

Methodology

A descriptive-comparative-correlational methodology, which is marked by exact definitions, copious documentation, in-depth analysis, and a sophisticated comprehension of contextual relationships, is used in this work. Descriptive research, according to Harris (2024), seeks to fully capture the innate traits, behaviors, and qualities of phenomena by offering in-depth analyses and evaluations in their natural environments. The primary goal is to create thorough profiles of groups or to acquire knowledge about contemporary problems, which forms the foundation for upcoming research projects.

Martinez and Smith (2020) emphasize the value of comparative analysis in spotting trends and telling distinct situations apart. They support investigating the links between variables in their natural contexts using correlational analysis. A strong framework for examining the intricacies of relationships and study circumstances is provided by

this integrated approach. To elaborate on Harris's (2024) viewpoint, descriptive research plays a vital role in disciplines such as psychology and social science by improving our comprehension of innate patterns and behaviors. For example, without imposing arbitrary limits, it can capture the demographic traits, beliefs, and behaviors of target populations, offering important insights into the dynamics of society.

Martinez and Smith (2020) further contend that comparative approaches identify basic elements impacting events in various situations or populations. Their use of correlational analysis enhances the explanatory power of study designs by assisting in the discovery of possible causal links between variables. Correlational analysis may clarify in this study the relationships between demographic characteristics and important attitudes or behaviors pertaining to the research issue, which can guide the creation of theoretical frameworks and useful intervention techniques. This study's descriptive-comparative-correlational methodology provides a thorough framework for analyzing the complex interactions between the variables and contexts being studied. This methodology builds upon Martinez and Smith's (2020) methodological guidelines and Harris's (2024) basic ideas by merging precise representation, comparative analysis, and correlational insights. This multifaceted method improves the findings' validity and depth and lays a strong basis for future study and useful applications in related domains. This study aims to investigate the athletes' assessment of their martial arts training and its relationship to how martial arts reduce their stress. This research approach allows the researcher to numerically analyze, compare, and correlate the relationships amongst the dependent variables included in the study. By utilizing this approach, the researcher will be able to find any significant difference or relationship in the athlete respondents' assessment of their martial arts training and their demographic data such as sex, age, focused martial arts and number of years as athletes. Also, the researcher will be able to find any significant difference or relationship in the athletes' assessment of how martial arts reduce stress and their demographic data such as sex, age, focused martial arts and number of years as athletes. The athletes' assessment of their martial arts training and how martial arts reduce stress will then be correlated. All the above discussions on the descriptive research method will suit the nature of research that this present study would do; hence this method will be adopted.

References

2. Ali, A., & Jameson, T. (2024). Effects of martial arts training on stress management: A review. *Journal of Sports Psychology*, 33(4), 112- 126.
3. Ali, J., Rahaman, A., & Khan, M. T. (2020). A comparative look at sports competition anxiety between male and female weight lifters of Manipur. *Human Kinetics*, 1(2), 1-4.
4. Arman, Y. (2020, July 20). Martial arts vs gym - get results that last. FitRoots. <https://fitroots.co.uk/martial-arts-vs-gym/>
5. Bauer, C. C. C., Caballero, C., Scherer, E., West, M. R., Mrazek, M. D., Phillips, D. T., & Gabrieli, J. D. E. (2024). Mindfulness training reduces stress and amygdala reactivity to fearful faces in middle -
6. school children. *Behavioral Neuroscience*. <https://doi.org/10.1037/bne0000337>
7. Bluth, M., Thomas, R., Cohen, C., Bluth, A., & Goldberg, R. E. (2021). Martial arts intervention decreases pain scores in children with malignancy. *Pediatric Health, Medicine and Therapeutics*, 7, 79– 87. <https://doi.org/10.2147/PHMT.S104021>
8. Brown, H., & Miller, T. (2022). Mindfulness -based interventions for stress reduction in collegiate athletes: A systematic review and meta-analysis. *Psychology of Sport and Exercise*, 35, 45-58.
9. Caballero, C., Scherer, E., West, M. R., Mrazek, M. D., Gabrieli, C. F. O., & Gabrieli, J. D. E. (2024). Greater mindfulness is associated with better academic achievement in middle school. *Mind, Brain, and Education*. <https://doi.org/10.1111/mbe.12200>
11. Chen, H., & Wang, Y. (2020). The effects of regular Karate training on stress management skills among athletes. *Journal of Sports Science*, 28(3), 145-158.
12. Chen, W., & Wang, L. (2020). Reiki as a complementary therapy for stress management and emotional regulation in athletes: A systematic review. *Journal of Complementary and Integrative Medicine*, 17(3), 187- 200.
13. Cohen, S., & Wills, T. A. (2020). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310-357.