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### RESEARCH ARTICLE

#### CREATIVE TRAINING APPROACHES AND CULTURAL ADAPTABILITY WHEN PARTICIPATING IN INTERNATIONAL EVENTS AMONG MARTIAL ARTS ATHLETES

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#### Abstract

The researcher being a martial arts teacher in the university would like to study how the cultural adaptability of martial athletes have been affected by their creative thinking approaches in joining the international competitions. As martial arts athletes increasingly participate in international events, the need for cultural adaptability becomes crucial. Athletes must navigate a diverse array of cultural norms and practices, which can significantly impact their performance and overall experience in international competitions. Creative training approaches that focus on cultural adaptability are essential in preparing these athletes to successfully engage in global competitions (Suhadi, 2021). These approaches integrate cultural education into the training regimen, ensuring that athletes are not only physically prepared but also culturally aware. Cultural adaptability is recognized as a key component of success in international martial arts events. Athletes who can effectively interact with diverse cultures, understand cultural nuances, and adjust their behaviors accordingly tend to perform better in international arenas (Ng, 2022). This adaptability goes beyond mere technical proficiency, as it encompasses an athlete's ability to manage cultural differences with respect and understanding, which is essential in sports that are deeply rooted in cultural traditions. Recent studies have highlighted the effectiveness of creative training approaches in enhancing cultural adaptability among martial arts athletes. For instance, Rahman and Abdullah (2020) found that athletes who underwent cultural sensitivity training were better able to navigate the cultural challenges of international competition. This training included learning about different cultural norms, practices, and languages, which helped athletes to feel more comfortable and confident when competing abroad. One of the innovative methods employed in martial arts training is the use of immersive cultural experiences, which allow athletes to experience different cultural environments firsthand. These experiences are designed to simulate the conditions that athletes will face in international competitions, providing them with the opportunity to develop cultural adaptability in a controlled setting (Tan & Chew, 2023). Such approaches have been shown to reduce anxiety and increase performance levels in competitive settings.

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**Introduction:-**

In the evolving landscape of international sports, martial arts athletes are increasingly required to develop not only physical prowess but also cultural adaptability. The ability to navigate diverse cultural environments is crucial for athletes who compete on the global stage, where understanding and respecting different cultural norms can significantly impact performance. Creative training approaches that integrate cultural adaptability into their programs are becoming essential.

Cultural adaptability enhances an athlete's ability to perform under the pressures of international competition. This adaptability includes understanding diverse cultural norms, practices, and languages, which can influence the dynamics of international events. Athletes who are culturally adaptable are better equipped to manage stress and maintain focus during competitions, leading to improved overall performance (Sakamoto, 2021). Consequently, incorporating cultural training into martial arts programs has become a focal point of modern training regimens.

Creative training approaches, such as cultural immersion and scenario-based learning, effectively foster cultural adaptability among athletes. Training programs that integrate cultural education alongside traditional martial arts techniques enable athletes to develop a deeper understanding of the cultural contexts of their sport. This holistic approach enhances technical skills and prepares athletes for the cultural nuances they will encounter during international competitions (Nguyen, Phan, & Le, 2022). Such training is crucial for athletes to perform at their best in unfamiliar environments.

Innovative methods such as role-playing and interactive simulations have proven effective in helping athletes adapt to different cultural settings. These techniques place athletes in simulated scenarios where they must navigate cultural challenges, such as language barriers and differing social norms. By practicing these situations in a controlled environment, athletes gain the confidence and skills necessary to handle real-life interactions during international events (Yamada, Kimura, & Hoshino, 2023). This type of training is crucial for developing the flexibility and responsiveness needed in diverse cultural contexts.

The integration of cultural elements into martial arts training programs has also been supported by research showing that such training enhances cultural awareness and interpersonal communication skills. By learning about the cultural origins of their martial art and participating in cultural exchanges, athletes gain a deeper respect for the traditions and values of their peers from other backgrounds (Leung, Shen, & Zhao, 2020). This cultural sensitivity is essential for building positive relationships and sportsmanship in international competitions.

The use of technology in training has opened new avenues for enhancing cultural adaptability. Virtual reality (VR) and artificial intelligence (AI)-based simulations create immersive environments where athletes can practice their skills in culturally diverse settings. These technologies allow athletes to experience and adapt to different cultural contexts without leaving their training facilities, making cultural adaptability an integral part of their preparation (Wu & Chiang, 2023). The use of such advanced tools represents the future of martial arts training in a globalized world.

Mentorship and guidance from culturally competent coaches play a vital role in fostering adaptability among athletes. Coaches who have undergone training in cultural competence can better support their athletes in navigating the complexities of international competitions. By modeling adaptive behaviors and providing practical advice on intercultural interactions, coaches can significantly influence their athletes' ability to adjust to different cultural environments (Hirata & Suzuki, 2021). This mentorship is a crucial component of training that integrates both physical and cultural elements.

Exchange programs that allow athletes to train abroad are another effective method for enhancing cultural adaptability. These programs expose athletes to different training environments and cultural contexts, giving them firsthand experience in adapting to diverse cultural settings. Athletes who participate in these exchanges develop stronger cultural adaptability, which translates into better performance and more positive experiences during international events (Lin & Zhou, 2022). These programs also help build a global network of athletes who share mutual respect and understanding.

The success of these creative training approaches is evident in the achievements of martial arts athletes trained to be culturally adaptable. These athletes not only perform well in competitions but also exhibit greater mental resilience and focus, which are essential for success on the international stage. By fostering cultural adaptability, training programs help athletes avoid potential conflicts and distractions that can arise from cultural misunderstandings (Hoang, 2023). The benefits of such training extend beyond the competition, contributing to the personal and professional development of the athletes.

Creative training approaches that emphasize cultural adaptability are essential for martial arts athletes competing internationally. By integrating cultural education, scenario-based learning, technology, mentorship, and exchange

programs into training regimens, athletes can develop the skills necessary to navigate diverse cultural landscapes. Research underscores the importance of these approaches in preparing athletes for the challenges of global competition. As martial arts continue to expand globally, the need for culturally adaptable athletes will only grow, making these innovative training methods more relevant than ever.

### **Statement of the Problem.**

This study will determine whether the cultural adaptability is affected by the creative training approaches when participating in international events among martial arts athletes in a selected sports university in Wuhan Province, China.

The results of the study will be used as a basis for training model for innovative talents in the internationalization of Chinese martial arts.

### **Specifically, the study will answer the following questions:**

1. What is the demographic profile of the martial arts athlete respondents in terms of:
  - 1.1. sex;
  - 1.2. age; and
  - 1.3. number of years as martial arts athletes?
2. What is the assessment of the martial arts athlete respondents of the creative training approaches utilized in their martial arts training program in terms of:
  - 2.1. innovativeness and variety;
  - 2.2. effectiveness and improvement;
  - 2.3. integration with traditional techniques;
  - 2.4. adaptability and personalization; and
  - 2.5. engagement and motivation?
3. Is there a significant difference in the assessment of the martial arts athlete respondents of the creative training approaches utilized in their martial arts training program when they are grouped according to their profile?
4. What is the self-assessment of the martial arts athlete respondents of their cultural adaptability when participating in international events in terms of:
  - 4.1. understanding and respect for local customs;
  - 4.2. communication skills;
  - 4.3. flexibility and open-mindedness;
  - 4.4. conflict resolution and diplomacy; and
  - 4.5. representation and cultural sensitivity?
5. Is there a significant difference in the self-assessment of the martial arts athlete respondents of their cultural adaptability when participating in international events when they are grouped according to their profile?
6. Is there is significant relationship between assessment of the martial arts athlete respondents of the creative training approaches utilized in their martial arts training program and their self-assessment of the martial arts athlete respondents of their cultural adaptability when participating in international events?
7. Based on the results of the study, what training model for innovative talents in the internationalization of Chinese martial arts can be proposed?

## **Methodology**

### **Research Design**

The study uses a descriptive-comparative-correlational methodology that stands out for its clear definitions, copious documentation, in-depth analysis, and sophisticated comprehension of contextual interconnections. According to Lee and Wong (2024), the goal of descriptive research is to identify the essential characteristics, behaviors, and qualities of phenomena by methodically assessing and analyzing them in their natural settings. The main objective is to create thorough profiles of certain entities or to comprehend the current state of affairs better in order to establish the groundwork for future study.

Building on the findings of Lee and Wong (2024), descriptive research is crucial to the social sciences and psychology because it offers a comprehensive knowledge of natural patterns and behaviors. It makes it possible to

gather precise and objective data about the attitudes, behaviors, and demographics of target groups, which offers insightful information on the workings of society.

Goh and Lim (2023) also emphasize how important it is to use comparative methods in order to pinpoint the main variables influencing occurrences in various populations or circumstances. They contend that in order to increase the explanatory power of study designs and uncover potential causal links between variables, correlational analysis is essential. This study will promote the creation of theoretical models and successful intervention techniques by using correlational analysis to investigate the correlations between particular demographic variables and pertinent attitudes or behaviors connected to the research issue.

This study aims to investigate the martial arts athletes' assessment of the creative training approaches utilized in their martial arts training program and its relationship to the martial arts athletes' self-assessment of their cultural adaptability when participating in international events in a selected sports university in Wuhan City Hubei Province, China – Wuhan Sports University.

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 martial arts athlete respondents' assessment of the creative training approaches utilized in their martial arts training program and their demographic data such as sex, age, and number of years as taekwondo athletes. Also, the researcher will be able to find any significant difference or relationship in the martial arts athletes' self-assessment of their cultural adaptability when participating in international events and their demographic data such as sex, age, and number of years as taekwondo athletes. The martial arts athletes' assessment of the creative training approaches utilized in their martial arts training program and their self-assessment of their cultural adaptability when participating in international events 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.

## Research Instrument

In gathering the needed data, the researcher will make researcher-made questionnaires on the martial arts athletes' assessment of the creative training approaches utilized in their martial arts training program, and their self-assessment of their cultural adaptability when participating in international events.

The researcher will use face to face or onsite in administering this questionnaire.

The questionnaire will be composed of the following parts.

Part 1 – This section determines the demographic profile of the martial arts athlete respondents.

Part 2 – This section determines the creative training approaches utilized in their martial arts training program.

Part 3 – This section identifies the martial arts athletes' self-assessment of their cultural adaptability when participating in international events.

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