

The effectiveness of Karate Do in reducing aggressive behaviors in adolescents (15-18 years)

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Abstract:

The current study aims to shed light on the role of practicing martial sports (Karate-do as an example of the study) and engaging in it in reducing hostile behaviors among adolescents, as an organized method of self-control and relieving the pressures experienced by the adolescent in this sensitive period of his life, and it included The sample (70 adolescents) practicing this sport at the level of my state (Ahras Souk - Tebessa), and a questionnaire was used that consisted of 22 questions, and the results resulted in the following: Karate-do has an effective role in reducing aggressive behaviors in adolescents. Regular and continuous practice of this sport improves the moral qualities and mental skills of the adolescent. - Lack of awareness in the social circle of the educational dimensions achieved by the practice of karate-do for adolescents.

Keywords: Karate Do - aggressive behavior – adolescence.

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1. Introduction and problem of the study

The individual lives a very sensitive stage in his life known as adolescence, where a group of developments, changes and emotions occur to him that will cause an imbalance in his psychological, emotional, mental, and physiological balance ... (Kamel Ratib, 1990), which negatively affects his psyche and composition His personality and his relationships with the environment in which he lives. However, studies have proven that practicing sports will help to get rid of the pressures experienced by the adolescent (Morsi, 2002) if he is consistent in practicing it regularly and adheres to the principles, conditions and values of established sports. Karate Do is one of the martial arts and sports that most teenagers are not aware of its importance and its essential role in developing positive behaviors, satisfying aggressive tendencies and getting rid of psychological conditions that restrict him during this sensitive period of his life by virtue of his being in constant contact with his peers and his surroundings. (Khudair, Saadawi, 2006) This situation creates a great desire for him to solve his life problems in hostile ways, and here the importance of our study crystallizes:

- Is Karate Do effective in reducing the severity of aggressive behaviors experienced by adolescents in the period (15-18 years)?

1.1. Sub-questions: Is Karate Do effective in alleviating severe verbal behaviors among adolescents (15-18 years old)?

- Is Karate Do effective in reducing the severity of aggressive actions among adolescents (15-18 years old)?

- Is karate effective in alleviating psychological stress among adolescents (15-18 years old)?

1.2. Study hypotheses

1.2.1. For the general hypothesis:

- Karate is effective in reducing the severity of aggressive behaviors experienced by adolescents in the period (15-18 years).

1.2.2. Partial Hypotheses:

- Karate is effective in alleviating severe verbal behaviors among adolescents (15-18 years).

- Karate is effective in reducing the severity of aggressive actions among adolescents (15-18 years).

- Karate is effective in alleviating psychological stress among adolescents (15-18 years).

2. Objectives of the study

- Shedding light on martial arts in general and karate-do in particular by revealing their characteristics, advantages, and methods.

- To highlight the importance of practicing karate-do and the educational, psychological and moral dimensions that it acquires that help in disciplining the aggressive behavior of adolescents.

- Spreading awareness among adolescents to control their behavior and help them to form a healthy and strong personality.

3. Reasons for choosing the topic

- Psychological problems experienced by adolescents, which appear in the form of aggressive behavior, especially in educational institutions.
- The spread of a wrong culture about Karate Do and considering it a dangerous sport, which prompted us to try to correct this concept by highlighting its feasibility in reducing the severity of aggressive behavior.
- Promote and disseminate this sport among teenagers.

4. Defining concepts and terminology

4.1. Karate Do is divided into:

Kara: empty or empty T: hand do: way or method

Language: Karate means the way of the empty hand. (Mahmoud, 2005) Idiomatically: Karate-do is a method of fighting or self-defense with an empty hand. (Ahmed., 2004)

Procedural: It is a combat sport aimed at self-defense using the hands and feet.

4.2. Adolescence Language:

It means in the Arabic dictionary, approaching the dream, it is said in the language Raheq meaning right or near. And by adolescence we mean: the young man who approaches the dream and completes maturity. (Zahran, 2005) .

Idiom: In French and English, the word Adolescence is derived from the Latin verb Adolesere, which means gradation towards physical, emotional and mental maturity.

Procedurally: It is the transitional period from childhood to adulthood and is characterized by changes on several levels, starting from his body to his behavior. (Agrogogen Lamin, 2006)

4.3. Behavior:

It is a means of communication between a person and his surroundings, and it is all the outward activity that the individual does, such as sports, or internally, such as feeling and thinking.

Aggressive behavior: It is that behavior that aims behind it to cause harm and material or moral harm to others or to oneself. (Al-Sherbiny, 1994) - Many scholars also agree that it is a behavior aimed at trying to injure or cause harm or harm to another person (Belalem, 2002).

Procedural: It is a negative behavior that a person does as a result of dissatisfaction with something.

5. Previous and similar studies

5.1. Study 1: Aggression levels of male swimmers participating in contact and non-contact sports.

Place of study: University of Ottawa 1986.

Objective: To search whether there is abusive behavior or not related to the type of sporting activity?

The research sample: They are residents in men's reformatory or prisons, 80 prisoners in California (St. Louis city) and each group was formed of 20 prisoners who were taught boxing for eight weeks. Psychological tests were done for group members before and after the study, and the results were pioneering in showing aggression.

5.2. The second study: Adolescent aggression and sports participation, direct contact sport versus indirect contact sport.

Place of study: University of Texas 1993.

Its objective: To determine whether the adolescent's participation in the direct contact sport raises the level of aggression in the non-contact sport.

Sample: The study included forty students participating in direct contact sports such as (football and basketball) and forty others participating in non-contact sports such as (baseball) with a father for each player or one of the player's teachers. Results: The study confirmed that the teacher's report is more responsive to the aggressive factor than the father or the athlete. The study concluded that whether parents-teachers or adolescents themselves reported differently to a large extent.

6. Research methodology and field procedures:

6.1. Study Methodology: The researcher used the descriptive approach to reveal the aspects of the studied phenomenon, and to clarify the relationship between its elements.

6.2. Fields of Study

6.2.1. Spatial Domain: In our field study for this research, we used a questionnaire to be filled out by karate-do practitioners in each of the two states of Souk Ahras (30 forms), Tebessa (40 forms).

6.2.2. Time domain: The study was conducted from the beginning of January to the end of May 2013 (the theoretical aspect was prepared, the scientific material was collected, the questionnaire forms were distributed, the results were analyzed, and the hypotheses were discussed).

6.2.3. Population and sample of the study: It included adolescents practicing karate in each of the states of Souk Ahras and Tebessa, where the sample size was estimated at 70 teenagers.

6.3. Study variables:

6.3.1. Independent variable: Karate Do .

6.3.2. Dependent variable: aggressive behavior.

6.4. Study tools:

In order to complete our research and achieve the established goals in order to negate or prove the hypotheses presented to study the problem, we resorted to using methods and means that are appropriate and consistent with this type of research, and we have summarized these tools and means in:

6.4.1. Theoretical study: It is also called the bibliographic study, and it is the use of sources and references from books, articles, notes ... that serve the topic studied, whether in Arabic or in foreign languages ... which helped us formulate the problem and build the questionnaire.

6.4.2. Questionnaire: The questionnaire is one of the most widely used tools in descriptive scientific research. In this research, we relied on the questionnaire as a tool for collecting information and data related to the study. into 3 main axes that serve the research hypotheses.

6.4.3. The validity of the questionnaire: The researcher extracted the validity of the content after the presentation and the modifications made by a committee of experts and specialists, as well as through linguistic proofreading of the phrases and linking them to the axes that fall under them to serve the purpose for which they were developed.

6.4.4. The stability of the questionnaire: Van Dalen says about the stability of the test: it is considered stable if it gives the same results continuously if it is repeated on the same examinees under the same conditions, and in order to ensure the validity and stability of the results of the study that we are going to do, I applied a tool Study (questionnaire) on a sample of laboratories.

6.4.5. Statistical analysis method: In our research, we have used these statistical techniques for the purpose of processing and interpreting the results of the research study, and we have decided to use the statistical means designated for that, which are: Percentage.

7. Presentation and discussion of the results of the study

7.1. Presentation and discussion of the results of the first axis questionnaire to verify the first hypothesis

“Karate is effective in alleviating severe verbal behaviors in adolescents (15-18 years)”

Table 1: represents the percentage of answers to the statements for the first axis

first phrase			
special wish	parents	relatives	the answer
63	05	02	Repetition
90	7.14	2.86	percentage
second phrase			
Boredom and hate	Satisfaction and happiness	feeling normal	the answer
01	67	02	Repetition
1.43	95.71	2.86	percentage
The third phrase			
Dressage	Self-defense dressage	combative	the answer

05	65	0	Repetition
7.14	92.86	0	percentage
Fourth phrase			
	no	yes	the answer
	02	68	Repetition
	2.86	97.14	percentage
Fifth phrase			
Difficult	medium	easy	the answer
03	61	06	Repetition
4.29	87.14	8.57	percentage
Sixth sentence			
	no	yes	the answer
	01	69	Repetition
	1.14	98.57	percentage

Source: (Medjralou, 2013)

7.1.1.Presentation, analysis and discussion of the results

It is clear from the analysis of the results shown above that the majority of individuals who engage in karate-do practice it out of love and conviction, and no one obliges them to do so, and that very few receive their choices from parents or relatives. When they practice it, they feel psychological comfort and happiness by achieving their goals of self-defense and increasing their self-confidence, and gaining the ability to control some emotions through participation and integration with their colleagues in a more interactive and harmonious environment where cooperation prevails, especially when carrying out the training process. The average intensity in general, which creates a competitive, entertaining, educational atmosphere that contributes to introducing practitioners to their rights, and respecting their colleagues through the performance of the duties assigned to them.

7.2. Presentation and discussion of the results of the second axis questionnaire to verify the second hypothesis

“hypothesis Karate is effective in alleviating the aggressive actions of adolescents. (15-18 years old)”

Table 2: represents the percentage of answers to the statements for the second axis

Seventh sentence			
	no	yes	the answer
	02	68	Repetition

	2.86	97.14	percentage
The eighth phrase			
	no	yes	the answer
	01	69	Repetition
	1.43	98.57	percentage
The ninth phrase			
art of life Self-defense	assault on others	Learn to fight	the answer
35 30	00	05	Repetition
50 42.86	0	7.14	percentage
tenth phrase			
	no	yes	the answer
	55	15	Repetition
	78.57	21.43	percentage
The eleventh phrase			
	no	yes	the answer
	00	70	Repetition
	00	100	percentage
Twelfth phrase			
Difficult	medium	easy	the answer
61	03	06	Repetition
87.14	4.29	8.57	percentage
thirteenth phrase			
Normal	optimistic	Comfortable	the answer
00	32	38	Repetition
00	45.71	54.29	percentage
Fourteenth phrase			
Never	sometimes	Always	the answer
67	02	01	Repetition
95.71	2.86	1.43	percentage
Fifth Phrase Phrase			
	no	yes	the answer
	00	70	Repetition
	00	100	percentage

Source: (Medjralou, 2013)

7.2.1. Presentation, analysis and discussion of the results

It is clear from the results recorded above that the practice of karate-do by adolescents has a positive effect on their formation of their personality, and helps to make them more disciplined and orderly in the conduct of their daily lives, and urges them to good manners, self-reflection and reconciliation, and to stand on the most important goals of these martial sports are self-defense by controlling their nerves in moments of anger and excessive emotion. The practice of karate-do is primarily a social education that helps to achieve compatibility with the group or the environment.

7.3. Presentation and discussion of the results of the third axis questionnaire to verify the third hypothesis

“Karate is effective in relieving psychological stress among adolescents (15-18 years)”

Table 3: represents the percentage of answers to the statements for the third axis

Sixteenth phrase			
	no	yes	the answer
	02	68	Repetition
	2.86	97.14	percentage
Seventeenth phrase			
	Presenting the spiritual side over the technical	Discipline and rigor	the answer
	06	64	Repetition
	8.57	91.43	percentage
Eighteenth sentence			
has no effect	Meet new colleagues	Integration with others	the answer
02	40	28	Repetition
2.86	57.14	40	percentage
nineteenth sentence			
Brothers and affection	enmity and hatred	Cooperation and altruism	the answer
50	00	20	Repetition
71.43	00	28.57	percentage
twentieth phrase			
Stress and	sense of power	Unloading pent-	the answer

excitement	fun		ups	
12 18		21	19	Repetition
17.14 25.72		30	27.14	percentage
phrase twenty one				
Worry		fear	calm	the answer
20		15	35	Repetition
28.57		21.43	50	percentage
Twenty-second sentence				
Pride and strength		Discipline and courage	respect for others	the answer
08		39	23	Repetition
11.43		55.71	32.86	percentage

Source: (Medjralou, 2013)

7.3.1. Presentation, analysis and discussion of the results

The results shown above revealed that the practice of Karate Do increased with it the psychological aspect and a decrease in the level of the appearance of aggressive behaviors resulting from frustration, despair, failure and others, and therefore it achieves balance and psychological comfort through the enjoyment of adolescents with virtuous behavioral values such as sportsmanship and tolerance from During their permanent interaction and integration into the group.

7.3.2. General discussion

After analyzing and studying the results that we obtained from the tables, we concluded that there is a close relationship between the practice of karate-do and the psychological aspect of adolescents, as it is a means of venting and unloading repressed and building a balanced and calm personality. Sports activities also have an essential role in achieving the integrated and healthy growth of the adolescent, as it works to increase his awareness of his limits and physical abilities, which earns him self-confidence through his interaction with his colleagues during training or competitions and his acquisition of sportsmanship, respect and humility, as he exploits these skills Fighting to defend itself and be peaceful in most cases. Thus, we say that the general hypothesis has been fulfilled.

8. Conclusion

During adolescence, the individual encounters many problems resulting from psychological and physical changes and transformations, as he undergoes some fluctuations and a state of instability, so he becomes aggressive in some of his behaviors, which affects him and the

environment in which he lives. The study that we conducted has proven that the practice of sports activities, especially combat sports such as Karate Do on the face of the study, has an effective and essential role in reducing the severity of the disorders experienced by the adolescent and aggressive behavior as an educational method that will develop motor and skill abilities and The mentality of adolescents, in addition to being an open space for them to prove their existence, achieve themselves and build their balanced personality in an entertaining and educational framework. From here we can say that Karate Do has an effective impact and a pivotal role in the adolescent by satisfying his desires and unloading repressed and emotions that affect the process of his life and his behavior.

9. Recommendations and suggestions

- Giving importance to adolescents as an important group in society.
- Working to raise awareness of the importance of engaging in such arts and sports through the establishment of specialized associations and clubs.
- To highlight the true image of Karate Do and its positive role affecting the psychological aspect, through the preparation of awareness programs by educators, educational counselors and psychiatrists...
- The need to build sports facilities that would motivate the various segments of society to engage in them and display balanced behaviors.

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