

## Identify the Social Attitude of the Female Participation in Taekwondo Game University of Kelaniya in Sri Lanka

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**Abstract:** This research study was performed to identify the social attitude about female participation in Taekwondo. The population that participated in this study was the Taekwondo players at the University of Kelaniya in Sri Lanka. Taekwondo is a martial art that originated in Korea and is now practiced all over the world. As Taekwondo is introduced to Sri Lanka also there are some Taekwondo tournaments held in Sri Lanka. But in this research, we were able to find that female participation is considerably lower in Taekwondo sports and the factors that can affect this issue were analyzed. The factors such as Motivation, Self-esteem, Satisfaction, Relationships affecting the participation in the Taekwondo sports by the players were studied by providing a self-administered questionnaire. According to the results obtained it was concluded that the social impact, banning from the families, less knowledge among the society about the sport of Taekwondo, the traditional cultural framework has affected the less female participation and so that the society possess a negative attitude about the female participation in Taekwondo in Sri Lanka.

**Keywords:** Taekwondo, Attitude, Female Participation

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### 1. Introduction

Taekwondo is a Traditional native Korean Martial Art, which is also a unique cultural identity for Korean dignity. Taekwondo, which originated in Korea, has undergone many transformations and evolution to the present condition. Most specifically, martial arts help to improve the self-protection and the self-defense of an individual. Since our study is oriented towards the attitude of the society about female participation in Taekwondo we have to consider the factor, "Why Martial Arts are important for women?"

Practicing martial arts will help to develop the status of physical as well as mental health and it will help to prepare an individual to face unexpected situations successfully. Women's participation in Taekwondo in the sense of Martial arts will help them to develop their self- defense abilities and protection, preparedness, and self-esteem. (Prabha, 2017). Participating in Taekwondo in the sense of sports will help them to maintain the equilibrium of their physical, mental, social, ethical status of health and also to develop their good personality qualities and leadership abilities.

As Sri Lankan society is a male-dominated society, some issues affect the equality between the two genders due to some cultural values prevailing from ancient periods. And also women are usually considered as the low-powered, weaker gender. By certain cultural issues practiced in Sri Lankan, culture women are banned to participate in some sports activities such as Martial Arts. Still, some people possess the idea that women should stay at home and their activities are confined to a small frame, such as household activities, taking care of children, etc. When considering the Olympic Games also, women were excluded from the games in 1896, but

their participation was encouraged along with the time. (Woman, Strip and Hams, 2009)

In the present, sport historians have been inclined to study how women's self-defense arts have been developed with the cultural framework. The details on How Japanese women entered Judo, How Korean women started to practice Taekwondo during the Second World War period etc. have been discussed by many researchers. Many of these studies suggest that although there was a trace of women willing to participate in Martial Arts during that period, that amount has gradually increased, and also how the Martial Arts have fostered women's confidence in their social statuses. (Lee, 2018).

In the present, in many Western countries, the condition is distinctly varied from Sri Lankan status. In those countries, athletes who participate in organized sports such as Martial Arts, are coached regardless of gender. (Alsarve and Tjønnndal, 2020)

The factors that are associated with the participation of females in Taekwondo games are Motivation, Self-esteem, Satisfaction, Relationships, etc. The factors affecting the motivation for participation are social energy, fitness, working off energy, intrinsic motivation, extrinsic motivation, entertainment, and competition. (Afsanepurak *et al.*, 2018)

Mostly the Physical appearance and Physical competence are the factors affecting on person's self-esteem which decides participation in Taekwondo (Bowker, 2014). An individual's satisfaction with their performances and skills and also one's relationships can affect female participation in Taekwondo.

### **Objective**

To identify the social attitude about women's participation in Taekwondo game.

## **2. Literature review**

A study has been performed on 94 female and 144 male Taekwondo athletes (238 Taekwondo athletes) to assess whether the interest and motivation within the athletes have affected differently on the participation in sports. Significant statistical differences have been determined according to gender, age groups, experience, and education level. According to this study, it has been found that "Team membership and spirit", Physical fitness, Entertainment, Tackling, Skill development, Competition, Weight Management, Risk-taking, Freedom are the factors affecting an athlete's motivation. (Korkutata, 2016).

Both expectancy and value are included in motivation according to the expectancy-value theory. A study was done among 250 Taekwondo participants. During the research, it was identified that the reasons for participating in Taekwondo are improving and integrating both physical and mental health reducing stress, and increasing perseverance. It has been observed that the reasons for participation were similar in different ethnicities, gender, and belt rank. (Hall and Frcpc, 2012).

A study has been done in Pakistan to assess the effect of Feminism on the sports approach. The research has been conducted through semi-structured and informant-style interviews among 20 female students. It has been found that participating in sports activities is limited by Religious values, culture, socio-economic factors, and their decision-makers. (Laar, Shi and Ashraf, 2019).

Research has been performed among the students of ATA Taekwondo schools to analyze how the personality characters are changed according to the duration of the ATA Taekwondo training. A self-administered questionnaire including 16 personality factors provided to the participants was used for analyzing the above factors. It has been suggested that higher independence and lower anxiety were statistically significant with a longer period of training. Leadership qualities also were higher with the training period, but it was not statistically significant. (Kurian, Caterino and Kulhavy, 1993).

Taekwondo participation as serious leisure for life satisfaction is research that has been performed to investigate the patterns of serious leisure qualities in a sample of Taekwondo participants (N= 168) using the cluster sampling method. The study has suggested that individuals pursuing Taekwondo as a serious leisure activity have demonstrated high life satisfaction and perceived health. (Kim, Dattilo and Heo, 2011).

### 3. Methodology

First, the problem was identified and then a literature review was done to study the other researches performed to study the related problems.

A self-administered questionnaire was provided to the Taekwondo players in the University of Kelaniya. The questions regarding their knowledge of the sport of Taekwondo, History of Taekwondo, performance, and techniques were included in the questionnaire. Their answers were collected and analyzed using the Statistical Package for Social Sciences (SPSS) version

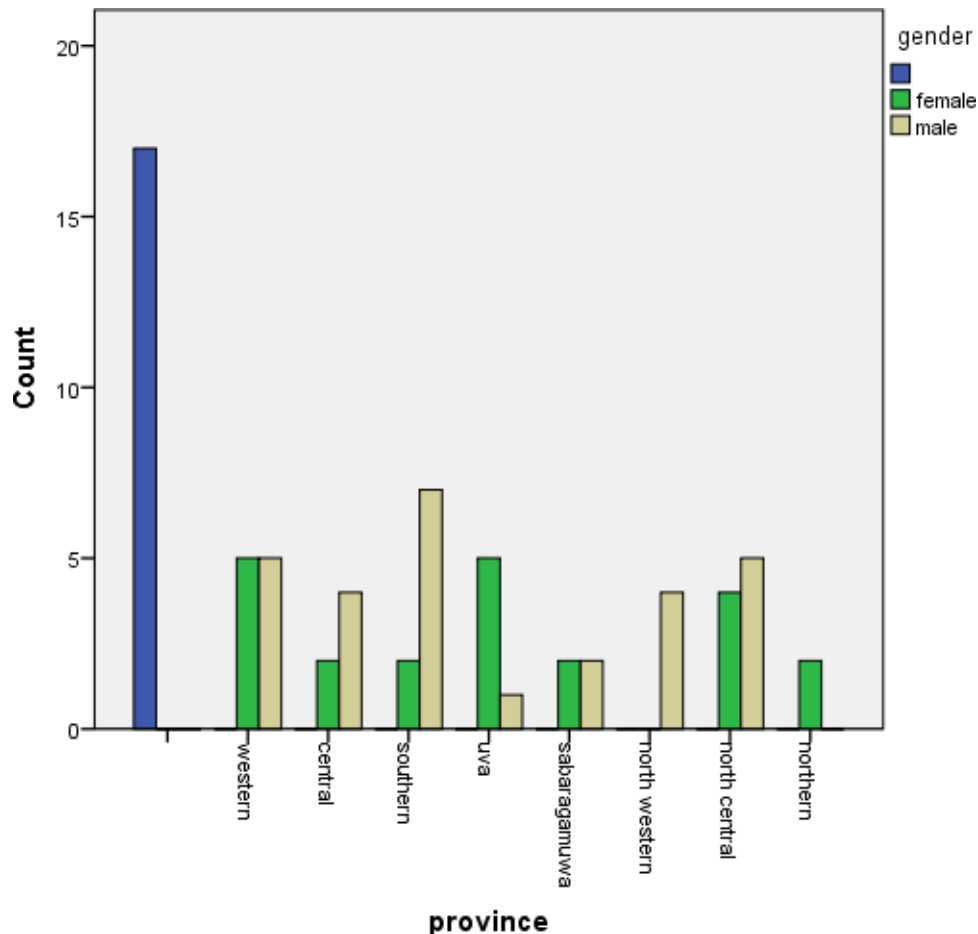
23. A Chi-square test was performed for the data collected. Finally, the data were presented.

#### Analysis

Taekwondo events				
	Poomsae	Sparring	Mixed	Total
<b>Gender</b>				
Female	1	8	13	22
Male	2	7	19	28
Total	3	15	32	50

According to this, 44% of the participants were females and 56% were male Taekwondo players.

	Disagree	Neither agree nor disagree	Agree	So many agree	Total
<b>Able to learn about Taekwondo at University</b>					
Female	2	0	12	8	22
Male	2	1	17	8	28
Total	4	1	29	16	50
<b>Understanding the rules of the game</b>					
Female	2	1	14	5	22
Male	3	4	15	6	28
Total	5	5	29	11	50
<b>Understanding safety equipment and how to use them</b>					
Female	4	2	12	4	22
Male	2	3	15	8	28
Total	6	5	27	12	50
<b>University has the environment to practice Taekwondo</b>					
Female	1	3	13	5	22
Male	1	3	14	10	28
Total	2	6	27	15	50
<b>Have presented the best skills in Taekwondo</b>					
Female	0	4	6	5	22
Male	1	3	6	10	28
Total	1	7	12	15	50



### Findings

According to the results obtained through the analysis of the data obtained from the participants of the study, it was able to find that the fraction of the Male Taekwondo players is higher than the female Taekwondo players. When 56% of the Taekwondo players in the University of Kelaniya in Sri Lanka are males, only 44% are female players.

When concerning the ability to learn Taekwondo at University majority of the Male players (50%) agree that they were able to do so, but fewer female players (40%) agree to that factor. The majority of the male players have a positive attitude that they have an understanding of the rules of Taekwondo. When the percentage of the female Taekwondo players who agree to the factor that they have a good environment to practice Taekwondo at University is 36% out of the total participants, a considerably higher percentage (48%) are the Male players who agree to the same factor. Out of the total participants who participated in this Research study number of female players who were able to present their best skills at Taekwondo games was 11, but 16 male players were able to present their best skills.

When considering the participation of Taekwondo athletes according to gender and according to the province it was found that the participation of the male players is predominantly high when compared to the females except in Northern Province.

Among the Taekwondo players in the University of Kelaniya in Sri Lanka, the knowledge about the rules of the Taekwondo game is considerably low. It can be a result of low participation among the people Taekwondo players. The reason for the majority of female Taekwondo players not being able to present their total skills at the Taekwondo tournaments they participated in may be due to the less self-esteem and less satisfaction among them. Less participation in sports practices due to banning from their family backgrounds, different social views on female participation in sports activities can affect the low female performance in Taekwondo in Sri Lanka.

#### 4. Conclusion

According to the findings of this study, it can be concluded that female participation in taekwondo is considerably lower when compared to male participation. Our social view on female participation in sports may have affected that. The less extrinsic motivation given by society on a Taekwondo player, less competitiveness can cause mentality that females should not participate in Martial arts such as Taekwondo. In University, also the majority of the female players state that they were not able to learn Taekwondo at the University. That may be due to the pressure exerted on them by the academic activities and other extra-curricular activities. And some people who are still confined to the cultural framework may discourage the female Taekwondo players and limit their participation.

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