



Inside The Dojo: Analyzing The Multifaceted Motivations Of Kalaripayattu And Taekwondo – Achievement, Team, Fitness, And Energy Release

Dr.Sreekala K.G^{1*}, Dr. Anjali. O²

^{1*}Assistant professor of Physical Education, IASE, Thrissur.Email- sreekalaanilkumar@gmail.com

²Associate Professor of Physical Education, Sree Neelakanda Government Sanskrit College, Pattambi

***Corresponding Author:** Dr.Sreekala K.G

*Assistant professor of Physical Education, IASE, Thrissur.Email- sreekalaanilkumar@gmail.com

Abstract

To ascertain the Participation Motivation Factors among practitioners of Kalaripayattu and Taekwondo, on elements such as achievement status, team orientation, fitness goals, and the desire for energy release, a cohort of 250 martial arts practitioners aged between 13 and 19 years, with a minimum experience of one and a half years, were meticulously chosen from the two martial arts disciplines. The participant pool was evenly distributed, comprising 125 individuals from each discipline, with a gender distribution of 75 males and 50 females. The collective mean age and standard deviation for the entire sample were calculated at 15.89 ± 2.05 years for males and 15.29 ± 1.82 years for females. The research employed the Participation Motivation Questionnaire devised by Diane L. Gill in 1983 to gather data on the four distinct subscales of Participation Motivation. Statistical analyses involved the use of Mean, Standard Deviation, and Two-Way Multivariate Analysis of Variance (MANOVA). The analytical procedures were executed using the SPSS package, with a predetermined significance level of 0.05. Upon comprehensive analysis, the study yielded noteworthy conclusions. It was found that Taekwondo practitioners exhibited a higher inclination towards fitness-oriented participation compared to their counterparts in Kalaripayattu. Furthermore, a gender-based disparity was identified, indicating that male martial arts practitioners demonstrated higher levels of achievement status, team-oriented motivation, and energy release compared to their female counterparts. In summary, this study sheds light on nuanced differences in participation motivations among Kalaripayattu and Taekwondo practitioners, emphasizing the impact of both martial art discipline and gender on motivational factors such as achievement, team orientation, fitness, and energy release.

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Key words: Achievement status, Team and Fitness oriented, Energy release, Participation motivation

Introduction

Motivation encompasses diverse definitions, but fundamentally, it serves as the impetus that instigates and guides behavior. Essentially, motivation is an internal force propelling individuals to take action with the aim of accomplishing specific goals. According to Twemlow, et.al, (1996) Motivation for participation is not necessarily fixed; it evolves over time. Motivation stands as a vital force in martial arts and permeates

various aspects of life. It plays a pivotal role in undertaking tasks, completing them successfully, and persevering in the pursuit of new skills. In the realm of sports, particularly martial arts, coaches and trainers employ diverse motivation techniques, they seek to enhance performance and enable practitioners to reach their utmost potential.

The study focuses on two distinct martial arts, Kalaripayattu and Taekwondo, recognizing the crucial role of motivation in achieving success in these disciplines. Kalaripayattu, a traditional martial art originating from the southern state of India, Kerala, and Taekwondo, hailing from Korea, have received limited attention in studies exploring the motivations behind individuals participating in these martial arts. Consequently, the researcher wanted to shed some light on this relatively unexplored topic.

Aim:

The present study sought to analyse the various factors influencing participation motivation namely; Achievement Status, Team Orientation, Fitness Orientation, and Energy Release among practitioners of Kalaripayattu and Taekwondo with respect to Sport and Gender.

Methodology

To achieve the purpose of the study, 250 practitioners in the age group of 13 -19 years from Kalaripayattu and Taekwondo, having the experience of one and a half years and above, were selected as subjects. Each discipline consists of 125 practitioners inclusive of 75 males and 50 females. The mean and SD of age in case of male and female athletes for the total sample is 15.89 ± 2.05 and 15.29 ± 1.82 years. The questionnaire on *Participation Motivation*, developed by Diane L. Gill (1983) was administered among the selected subjects for testing achievement status, team oriented, fitness oriented, and energy release. The statistical tools employed for analysing the collected data were mean, standard deviation, two-way multi variate analysis of variance – (MANOVA). The SPSS package was used for analysis of data using various statistical techniques.

Analysis of Data

Table 1 Descriptive statistics of participation motivation sub scales for various sport group practitioners' and gender

Variables	Gender	Sports	Mean	Std. Deviation	N
Achievement Status	Male	Kalaripayattu	10.3467	2.16541	75
		Taekwondo	9.1467	2.68979	75
		Total	9.7467	2.50687	150
	Female	Kalaripayattu	8.5600	2.26923	50
		Taekwondo	8.7200	2.32151	50
		Total	8.6400	2.28531	100
Team Oriented	Male	Kalaripayattu	4.1333	1.28750	75
		Taekwondo	4.3467	1.38030	75
		Total	4.2400	1.33452	150
	Female	Kalaripayattu	3.7200	.99057	50
		Taekwondo	4.0000	1.30931	50
		Total	3.8600	1.16359	100
Fitness Oriented	Male	Kalaripayattu	4.1200	1.11452	75
		Taekwondo	4.7467	1.40552	75
		Total	4.4333	1.30264	150
	Female	Kalaripayattu	4.0600	1.09563	50
		Taekwondo	4.9400	2.20769	50
		Total	4.5000	1.78942	100
Energy Release	Male	Kalaripayattu	10.7333	2.01570	75
		Taekwondo	9.3733	2.47568	75
		Total	10.0533	2.35103	150
	Female	Kalaripayattu	8.5200	2.49277	50
		Taekwondo	9.9600	2.28536	50
		Total	9.2400	2.48681	100

Table 1 indicates the mean scores of psychological factors influencing participation motivation namely; Achievement Status, Team Orientation, Fitness Orientation, and Energy Release among practitioners of Kalaripayattu and Taekwondo with respect to Sport and Gender.

To assess the homogeneity of variances and covariances in the MANOVA, the assumption of equality of covariance matrices was examined using Box's test. This statistical test evaluates the null hypothesis that the variance-covariance matrices are consistent across all groups. In the current dataset, the p-value obtained was 0.000, significantly less than the 0.05 threshold. Therefore, it is inferred that the covariance matrices are not equal, indicating a violation of the assumption. Despite this violation, the robustness of Wilks' lambda has effectively compensated for the non-equality of covariance matrices.

Multivariate analysis was conducted for the sub-scales of participation motivation, encompassing both the practitioner groups and gender. Despite the availability of four multivariate tests, emphasis was placed on the significance of Wilks' lambda. The obtained value of Wilks' lambda (0.854) was found to be statistically significant at the 0.05 level ($p=0.000$). Consequently, a subsequent one-way analysis was performed for the four variables of participation motivation.

Levene's test was employed to assess the equality of error variances among the groups. This test aims to evaluate the null hypothesis, which posits that the error variance of the dependent variable remains consistent across the various groups.

Following the significant outcome observed in the multivariate comparison, a one-way analysis of variance was conducted for each dependent variable pertaining to the participation motivation of practitioners across different groups. Among the four variables - achievement status ($F=2.85$, $p=.09$), team-oriented ($F=2.27$, $p=0.13$), fitness ($F=15.64$, $p=0.00$), and energy release ($F=0.02$, $p=0.89$) - a notable difference was found solely in the fitness variable. Consequently, a post-hoc comparison was executed exclusively for the mean scores of the groups in the fitness domain, and the outcomes are presented in Table 2.

Table 2 Pairwise Comparisons of Various Sport Practitioners

Dependent Variable	(I) Sports	(J) Sports			
			Mean Difference (I-J)	Std. Error	Sig.
Achievement Status	Kalaripayattu	Taekwondo	.520	.308	.092
Team Oriented	Kalaripayattu	Taekwondo	-.247	.164	.133
Fitness Oriented	Kalaripayattu	Taekwondo	-.753*	.191	.000
Energy Release	Kalaripayattu	Taekwondo	-.040	.298	.893

An evident disparity was noted between the two groups of practitioners, with the Taekwondo group displaying a notably higher inclination toward fitness motivation. The reasons associated with fitness orientation encompassed the desire to stay in shape, engage in regular exercise, and maintain overall physical fitness. Consequently, the hypothesis was partially accepted.

Following the significant outcome observed in the multivariate comparison, individual one-way analyses of variance were conducted for each dependent variable related to the participation motivation of practitioners across different genders. Among the four variables—achievement status ($F=12.92$, $p=.00$), team-oriented ($F=5.39$, $p=0.02$), fitness ($F=0.12$, $p=0.73$), and energy release ($F=7.43$, $p=0.01$)—a noteworthy difference was found in achievement status, team orientation, and energy release. Consequently, a post-hoc comparison was performed exclusively for the mean scores of the groups, and the results are presented in Table 4.

Table 4 Pairwise Comparisons of Sport Practitioners of both Gender

Dependent Variable	(I) Gender	(J) Gender			
			Mean Difference (I-J)	Std. Error	Sig.
Achievement Status	Male	Female	1.107*	.308	.000
Team Oriented	Male	Female	.380*	.164	.021
Fitness Oriented	Male	Female	-.067	.191	.727
Energy Release	Male	Female	.813*	.298	.007

In the sub-scales of participation motivation—Achievement Status, Team Oriented, Fitness Oriented, and Energy Release—it was observed that male practitioners achieved higher scores compared to their female counterparts. Consequently, the hypothesis was partially accepted.

Conclusion

Upon examining both martial arts groups, it became apparent that, among the four variables influencing participation motivation—namely, achievement status, team orientation, fitness orientation, and energy release—a significant divergence was observed specifically in the realm of fitness. This observation indicated a noteworthy difference between the two groups of practitioners, with the Taekwondo group demonstrating a heightened affinity for fitness motivation. The motivations associated with fitness orientation included the aspiration to stay in shape, partake in regular physical exercise, and sustain overall physical fitness.

In the motives related to participation—specifically achievement status, team orientation, and energy release—male practitioners obtained higher scores compared to their female counterparts.

Recommendation

The present work is an effort to understand the basic difference and interaction between two kinds of traditional martial art for both genders in their psychological components of participation motivation. The objective is to gain a comprehensive understanding of the underlying factors that drive individuals to engage in these specific martial arts practices. By examining factors such as achievement status, team orientation, fitness motivation, and energy release, the study seeks to unravel the intricate motivations that influence individuals in their pursuit of martial arts practice. The implication of these findings goes beyond the immediate scope of the study, as it highlights the need for a more extensive exploration of these traditional martial arts within a broader context. Further research could delve into the cultural, historical, and societal influences that shape the psychological components of participation motivation in these martial arts.

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