



# INVESTIGATIONS OF TAEK-WON- DO PLAYERS FEAR OF FAILURE & THEIR MENTAL HEALTH

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## ABSTRACT

The research set out to compare the mental health and toughness of Tae-Kwon-Do practitioners. This study focuses on the mental characteristics of world-class and Olympic-level Taekwondo competitors. All taekwondo practitioners in India were included in the analysis. One hundred and ten taekwondo athletes were selected for the study using a systematic selection method. Results from qualitative interviews and situational analysis of the data show that most of the interviewees in this study experienced mental health difficulties while competing at the highest levels, and that all the interviewees had witnessed the mental health difficulties of teammates at some point. This dissertation used a qualitative case study design to collect and document its data. After completing the case study, the researcher found evidence that Tae Kwon Do practitioners had admirable psychological and social characteristics. The study's author expresses optimism that further research will be conducted to bolster existing evidence linking martial arts like Tae Kwon Do to beneficial psychological and social growth. The findings indicated that there are notable variations between the groups with respect to (motivation) growth, cognitive abilities, and competitive anxiety, whereas there were no noteworthy differences in personality variables save neuroticism. In sum, the findings suggest that elite athletes have more desirable psychological traits than their collegiate counterparts.

**KEYWORDS** Taekwondo, Skill of players, Mental health, Mental toughness

## INTRODUCTION

Mental toughness is the set of characteristics that enables one to endure adversity (such as strenuous training or competitive conditions in sports) and come out on the other side without letting it shake their resolve. Athletes who are mentally tough are able to consistently outperform their rivals in terms of staying determined, focused, confident, and in control under pressure; this is known as "having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer. In a nutshell, every athlete who wants to reach the top in their sport must prioritize their mental health and toughness. Mental toughness and mental health play a crucial part in combative sports like Tae-Kwon-Do by instilling bravery and effort in the players, which is then shown by the players themselves in the form of outstanding abilities and mass demonstrations.

Six elements of mental toughness have been mentioned here:

Flexibility, Responsiveness, Strength, Courage and ethics, Resiliency, Sportsmanship

This research aims to (1) define personality and emotional characteristic profiles among a representative sample of elite Taekwondo athletes, and (2) explore the relationship between these profiles and successful performance. The primary purpose of this study was to examine profiles made up of these variables among a sample of Chinese professional Taekwondo athletes in order to paint a comprehensive picture of how personality traits (i.e., the big five personality traits) and emotional traits (e.g., aggression, depression, anger, envy, impulse control, and athlete self-control) act together among professional athletes. The second goal was to learn whether these types of characteristics can accurately predict successful performance.

## LITERATURE REVIEW

**Fuling Han et.al (2021)** The theoretical model of mental exhaustion is the primary topic of discussion in international literature on the topic of mental tiredness in sports. Sports mental weariness, according to Silva's explanation of the phenomenon, is a maladaptive reaction to the stresses of training. The idea, causes, and monitoring of mental weariness have been the major focus of domestic study. The purpose of this research is to examine if and how social support mediates the stress associated with training for top athletes, as well as the impact that such support has on their mental health. Methods: In this paper, we apply the Mental Health Inventory (PHI), Athlete Exercise Fatigue Questionnaire, Social Support Rating Scale, and Perceived Social Support Scale to a sample of 163 elite athletes performing at or above the first-level, drawing on insights from stress theory and the negative training stress response model theory. Perform analyses such as reliability, Pearson correlation, and multiple linear stepwise regression using SPSS10.0. As a result, the correlation coefficients between most factors have reached statistical significance, and there is a strong link between elite athletes' mental health and their level of sports fatigue. Social support is an important external "buffer" in the process of training stress, in which family support and emotional support play a major regulatory role, as is the level of physical (emotional) exhaustion in sports fatigue, which is a predictor of the mental health of elite athletes. The findings of this study give empirical data for sports psychology and health psychology, as well as guidelines for the maintenance and promotion of athletes' physical and mental health and some guidelines for the mental health education of sports teams. Evidence Stage II: Therapeutic Studies, or the Analysis of Treatment Outcomes.

**Mahmoud Mohebi et.al (2020)** The goal of this research was to compare successful and unsuccessful teenage female Taekwondo athletes with regards to their levels of self-compassion and their level of fear of failure. The researchers used a descriptive-correlational approach to their study. All taekwondo competitors in the League were used to compile the data (Premier League and super League). Purposive sampling was used to pick 160 taekwondo athletes (80 successful and 80 unsuccessful) who then filled out surveys measuring self-compassion and resistance to failure. Statistics like the Pearson correlation coefficient, linear and multiple regression, and Analysis of Variance were used to dissect the data. According to the findings, self-compassion is inversely related to and adversely predicts failure anxiety. And the results indicated that the most successful people have far less of a fear of failure and make more use of self-compassion tactics than the least successful people. The findings of this research suggest that self-compassion strategies play a significant role in helping taekwondo athletes overcome their fear of failure, and that fostering growth in these areas might inform successful therapies and training programs for this population.

**Hadi Nabizadeh Khayyat et.al (2020)** The primary purpose of this research was to characterize the characteristics of top-tier Turkish taekwondo competitors in terms of their anatomy, physiology, and psychology. Both the materials and the procedures: The participants were 12 members of the Turkish national taekwondo team (mean age = 22.7 2.8 years; mean BMI = 22.2 1.4 kg/ m<sup>2</sup>; mean body fat = 12.8 3.4%). The length of the legs and the width of the feet were measured to provide an anthropometric readout. Incremental treadmill running, vertical jump, isokinetic strength, sit-ups, push-ups, Wingate, shuttle run, sit-and-reach, 30-meter sprint, multiple-choice reaction time, and General Postural Stability and Athlete Single Leg stability tests were used to evaluate maximal oxygen uptake, explosive power of leg extensors, isokinetic peak torque, muscular endurance, anaerobic power, agility, flexibility, maximal speed, reaction time, and postural balance. The OMSAT-3 and the POMS tests were used to measure the individual's psychological traits, such as their cognitive abilities and emotional well-being. The mean values for VO<sub>2</sub>max, isokinetic peak torque, and power output on the Wingate test were 54.1 4.4, 191.7 19.2, and 9 0.7 watts per kilogram, respectively. Other values

reported included a postural stability index of 0.180.06, a single leg stability index of 0.820.11, a reaction time of 0.3440.032 seconds, a 10-meter-five-meter shuttle run time of 17.090.68 seconds, a 30-meter sprint time of 4.600.23 seconds, and a vertical jump height of 43.56.1 centimeters. Goal-setting (6.25 0.45) and self-confidence (6.16 0.45) had the highest scores among the OMSAT-3's 12 mental abilities. Imaging had the worst grade (5.64 0.36). When comparing six different mood states on the POMS, the findings indicated greater scores on the Vigor-activity, Anger-hostility, and Tension-anxiety scales and lower scores on the Depression-dejection, Fatigue-inertia, and Confusion-bewilderment scales compared to norms. The results of this investigation showed that taekwondo has distinctive physiologic and psychological features. The findings of the tests might be relevant for performance evaluation of taekwondo players.

**PARTIKOVA Veronika (2019)** The link between psychological collectivism and mental toughness has been studied, albeit only at the societal level rather than the individual level. This study used a combination of qualitative Study 1 and quantitative Study 2. The primary purpose of this study was to examine how psychological collectivism manifests itself during traditional wushu instruction. Eight adult European participants in traditional wushu were interviewed using semi-structured interviews, and their responses were evaluated using Interpretative Phenomenological Analysis. A total of 277 European adults participated in Study 2 by completing the Sport Mental Toughness Questionnaire and the Psychological Collectivism Questionnaire. Of them, 111 were practitioners of contemporary wushu and 166 were practitioners of traditional wushu. Five overarching themes may be deduced from the data of Study 1. The first explained how the subjects' lives were organized and guided by classical kung fu (wushu). It also discussed how practitioners were able to go from being kind to being cruel in response to different situations. Second, how we interpret the passage of time. The third examined the kung fu community as a whole, providing a probe into the identity of the group and examining how proximity to the master improved opportunities for learning. Fourth, we looked at how to fix communication problems. Traditional wushu provided a window into the inner workings of a society by way of its exploration of psychological collectivism. Members' dedication to the organization was used as a bartering chip in their pursuit of more prestigious roles. According to the data, this degree of seriousness was linked to an individual's estimation of their own talent. As a consequence of this factor, a statistically significant correlation was found between mental resilience and overall success.

**Fadli Dongoran et.al (2017)** The purpose of this research was to learn about the mental make-up of Indonesian martial arts competitors. Finally, the research showed that there were significant disparities in the mental makeup of Indonesian martial arts competitors in the 2017 SEA Games. A survey based on an after-the-fact research strategy was employed. This study was carried out at Pelatnas locations in Jakarta, Bandung, Sukabumi, and Bogor between February and April 2017. Participants were martial artists training at the Indonesian national camp in preparation for the 2017 Southeast Asian Games. Purposive sampling was utilized, with the criterion being athletes from the National Training Camp for martial sports who have a valid Satlak Prima license. Sample of 93 athletes comprise of 6 martial sports i.e. Taekwondo, Karate, Wushu, Pencak Silat, Boxing, and Judo. Questionnaires are used with other data collection tools and methods. What Is the Psychological Capabilities in Sport Inventory? (PSIS-R-5). One-way analysis of variance (ANOVA) was used, with a significance threshold of 0.05, and the Post-Hoc test was used to continue the investigation. The acquired findings demonstrated the mental traits of Indonesian martial arts participants in the High category at the 2017 SEA Games. Athletes from the diverse martial arts at the SEA Games 2017 showed statistically significant differences in their psychological profiles, with a Sig. (2-tailed) value of 0.048 (P 0.05).

## METHODS

Students competing against one another in intercollegiate athletics provided the participants for this research. The research instrument consisted of the 27-item Competitive State Anxiety Inventory-2 (CSAI-2) and the 42-item The Psychological Performance Inventory, both of which were distributed to the participating colleges' athletes. Seven factors of performance are measured by the Psychological Performance Inventory: self-assurance, negative energy, attention control, visualization and imagery, motivation, positive energy control, and attitude.

## Study Design

Using a phenomenological methodology, this study investigated the release felt by members of Taekwondo exhibition teams. Because it was crucial to understand what the participants made of the events under investigation, this study relied on qualitative research methods, particularly phenomenological research.

Taekwondo demonstration teams may be found in the majority of Korean universities that offer the sport. Students in Taekwondo programs may join either a demonstration team, a gyeorugi team, or a pumsae team, all of which do specialized tasks. It was hypothesized that the tension, anxiety, failure, triumph, and delight that participants in Taekwondo demonstrations feel when acting out a scripted performance would reflect the important feature of catharsis, and hence the topic of this research.

Each participant signed a permission form indicating their agreement to take part in the research. The in-depth interviews were held in Taekwondo dojos, cafés, and laboratories to ensure that all students who agreed to take part did so voluntarily and in an environment in which they felt at ease.

## Study Participants

The participants of this research were 12 university students who had been constantly engaging in their university Taekwondo demonstration team events. For the most part, Taekwondo departments at universities are responsible for organizing the demonstration events that are so well-liked by today's youth. Students from both sexes at Baekseok University in Korea were chosen because they all had at least two years of experience on the school's Taekwondo display team.

## Data Analysis

Among the many ways available for analyzing phenomenological data, we used Van Kaam's (1969) approach. Van Kaam's (1969) analysis approach offers the benefits of identifying relevant statements in the phenomena encountered by research participants and deriving priorities based on the frequency of statements.

## RESULT

### Respondents' Profile

Position, race, and age were all included in the profile of the responders. The aggregated profile results of 78 Taekwondo athletes are shown in Table 1. The median age of these contributors was 22.70. Male replies ranged in age from 18 to 27, with a mean of 23.47. From 18 to 25 years old, female players represented a wide age range. For the ladies answering our survey, the average age was 22.26.

This research's ranking variable is broken down into four tiers: national, state, district, and university. Twenty-two respondents had participated at the national level, twenty-three at the state level, eighteen at the district level, and fifteen at the university level, according to the results. The majority of those who filled out the survey were either degree-seeking or diploma-seeking students (n=56 and n=22 respectively).

### The Influence of Cognitive Anxiety on Sport Performance among Taekwondo Athletes

**Table 1: Respondents' Profile (n=78)**

Variables	Frequency	Percentage	Mean	SD
Athletes according to rank				
National	22	28.20		
State	23	29.49		



District	18	23.08		
University	15	19.23		
Programme				
Diploma	22	28.21		
Degree	56	71.79		
Age				
Male			23.47	2.45
Female			22.26	2.00
Overall			22.70	1.89

### Cronbach Reliability Coefficients

The Cronbach alpha coefficients obtained in this research were high, hovering around .85 (Table 2).

**Table 2: Cronbach Reliability Coefficients**

Questionnaire	Cronbach's Alpha (n=78)
Cognitive Anxiety	.8337
Sports Performance	.8544

### Level of Cognitive Anxiety

Mean scores on the cognitive anxiety scale are shown in Table 3 for Taekwondo athletes of varying levels of experience and expertise; the significance level for this table is  $F(3, 78) = 14.232$ . There were obviously noticeable variances amongst the athletes with varied abilities. Across the board, national athletes scored worse than athletes from other countries.

**Table 3: Level of Cognitive Anxiety among Taekwondo Players**

Skills of Athletes	Mean	F-Value	P-Value
National	12.5174	14.232**	0.000
State	14.0027		
District	17.3402		
University	19.1142		

\*\* p=.01

## CATHARTIC EXPERIENCES IN TAEKWONDO DEMONSTRATION ACTIVITIES

### Vicarious Purgation of Repressed Emotions

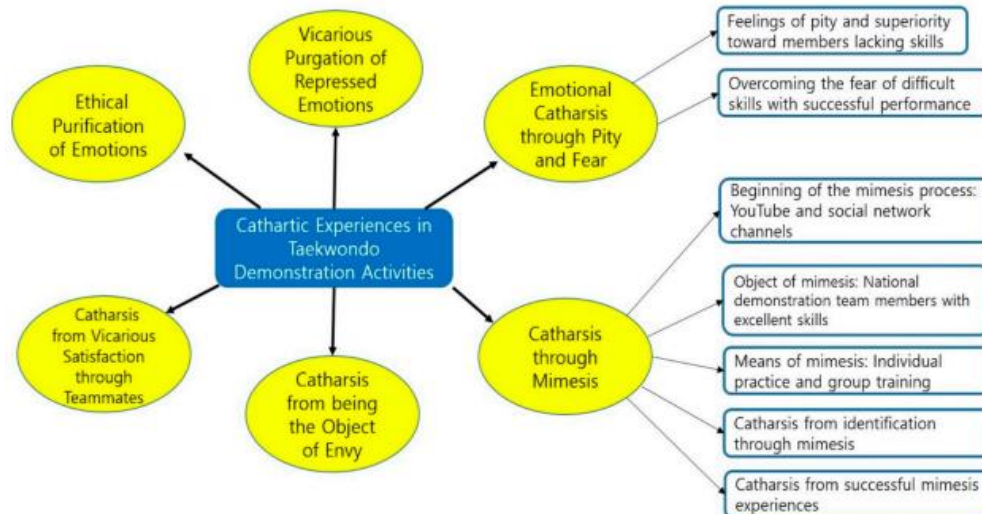
According to the participants, Taekwondo demonstration events provide a way for them to let go of the stress and tension they build up throughout the day. As a result, they report feeling a sense of catharsis and relief from their pent-up emotions.

“It seems like all my worries disappear at once when I execute a complex Taekwondo move. My whole world disappears while I'm honing a complex ability. Only when I'm putting on a Taekwondo display am I able to completely forget about my problems. (Individual 1)

“When I work up a sweat as part of the demonstration team, I feel as though the mental toxins in my body are flushed out. When I work up a good sweat, it's as if all my problems and anxieties just melt away. Those are the times I cherish the most... I like the sensation of being fully awake that comes with a good sweat. .”

Through definition, catharsis is the process by which harmful substances are expelled from the body and sickness is cured. Aristotle, who had a keen interest in physiology, used this phrase to describe the emotional aspects of human existence. Therefore, catharsis may be defined as the release of pent-up desires and feelings from one's subconscious via expression.

**Figure 1 is a diagram of the research result.**



## CONCLUSION

In conclusion, this research provides support for the idea that the therapeutic benefits of Taekwondo instruction may help address a wide range of contemporary mental health issues. Aristotle's definition and implication for the value of catharsis may be seen in the demonstration team's Taekwondo practices. There are several advantages to practicing in Taekwondo. Taekwondo will grow in popularity thanks, in part, to the therapeutic benefits learned here. People in the modern day often turn to athletics as a means of relieving mental and physical strain. As a result, sports' capacity to serve as a kind of therapeutic release will grow. The most common causes of cognitive worry among Taekwondo athletes of varying levels of expertise should be investigated in future studies. Preliminary research points to a number of factors that contribute to sports anxiety, including concerns about getting hurt, performing in front of a crowd, having bad experiences in the past, losing, receiving a poor evaluation, being familiar with the opposing team, experiencing uncertainty, playing in a hostile environment, having high expectations, and playing in a game that is seen as very important.

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