

# A Comparative Study of Mindfulness between Male and Female Intersarsity Taekwondo Players of India

Dr. Abdul Rahaman

Guest Lecturer, Department of Physical Education and Sports Science, Manipur University, Canchipur, India

## Abstract

Mindfulness refers to being completely in touch with and aware of the present moment, as well as taking a non-evaluative and non-judgmental approach to one's inner experience. The present empirical investigation was conducted to compare the mindfulness of male and female intersarsity taekwondo players of India. One hundred and four Taekwondo players (Male = 52 and Female = 52) who participated in the All India Intersarsity Taekwondo tournament held at Manipur University, Canchipur (India) in 2012 were taken as the subjects. Their age ranged from 17 to 27 years. Mindful Attention Awareness Scale (MAAS) developed by Brown and Ryan (2003) was administered on the subjects to assess the level of mindfulness of the subjects of two experimental groups. 't' test was employed to analyze the data. Results of the study revealed insignificant difference between male and female intersarsity taekwondo players of India in regard to mindfulness.

**Keywords:** Mindfulness and Taekwondo

## INTRODUCTION

Taekwondo is a combat sport that uses only bare hands and feet, no weaponry, to fend off attackers. Due to its numerous unique kicks, each with many variations, many people call Taekwondo the "kicking martial art". This is not to say that Taekwondo does not use hand techniques; it uses the same basic hand techniques used in other martial arts, which makes it a well-rounded empty-handed martial art. Over the last few decades, sport Taekwondo organizations have worked together to develop Taekwondo into a modern international amateur and Olympic sport, while maintaining its proud tradition as a martial art spirit. However, its popularity is mainly due to its spectacular techniques and its being fun for all ages to learn and perform.

Mindfulness is a skill that allows us to be less reactive to what is happening in the moment. It is a way of relating to all experiences (positive, negative and neutral) as such that one's overall suffering is reduced and sense of well-being markedly increases (Germer, 2004). Mindfulness is the clear and single-minded awareness of what is actually happening to and in an individual, at successive moments of perception. It is sometimes referred to as bare because it attends just to the bare facts of perception presented either through the five physical senses or through the mind without reacting to them by deed, speech or by mental comment which may be one of self-reference (like, dislike, etc.) judgment or reflection (Thera, 1992).

In the field of games and sports, psychological and physiological factors play vital roles in determining the performance level. However, in recent time's great importance has been laid to psychological parameters in competitive sports (Astin, 1997; Baer, 2003; Kabat-Zinn, 2003; Gardner & Moore, 2004; Kee, & Wang, 2008; Bernier, Thienot, Codron & Fournier, 2009).

## METHOD

### Participants:

For the purpose of this study one hundred and four (104) taekwondo players (male = 52, female = 52) who represented in all India Intersarsity Taekwondo (Men & Women) competitions, were considered as subjects.

### Tool:

The Mindful Attention Awareness Scale (MAAS) which is a 15-item scale developed by Brown and Ryan (2003) that has been designed to assess the core characteristic of dispositional mindfulness, namely, open or receptive awareness of and attention to what is taking place in the present was used for collecting the required data. Higher scores reflect higher levels of dispositional mindfulness.

### Procedure:

The questionnaire was administered on the subjects during All India Intersarsity Taekwondo (Men and women) competitions held at Manipur University, Canchipur (India) during February 25<sup>th</sup> to 28<sup>th</sup> 2012.

### Data Analysis:

The data thus collected were statistically treated by using Statistical Package for the Social Science (SPSS) version 16.0 computing Mean, S.D. and t-ratio were computed to explore significant difference between two experimental groups on the psychological parameters of mindfulness. The results have been presented in the following table:

## RESULTS

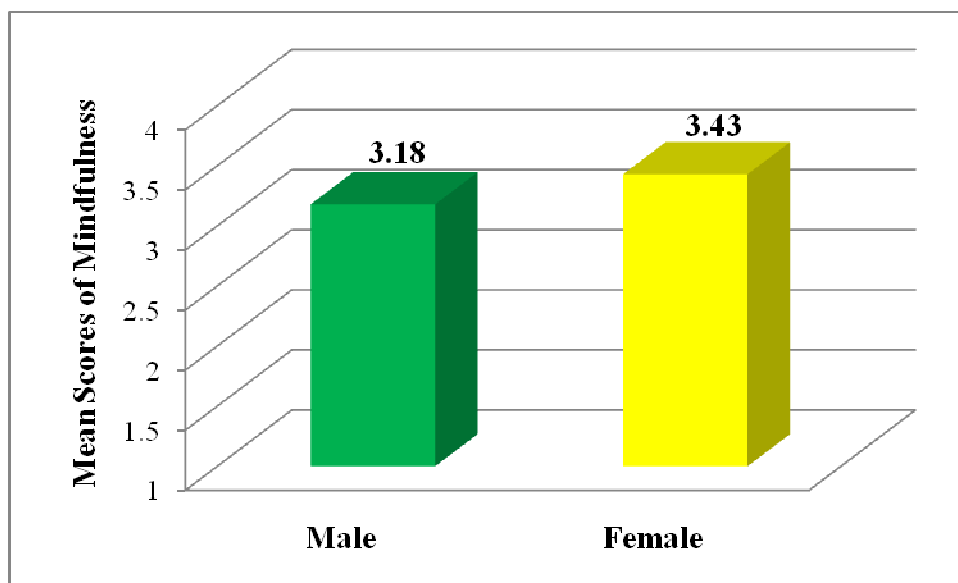
**Table:** Difference between male and female taekwondo players on mindfulness.

Mindfulness			
Experimental Groups	Mean	Standard Deviation	't' Value
Male	3.18	0.77	1.57
Female	3.43	0.79	

Tabulated value of 't' at 0.05 level of significance with 102 df = 1.98

It may be evident from the above table that significant difference was not found between male and female all India intervarsity taekwondo players on mindfulness as the obtained value of 't' has been found 1.57 which is considerably lower than the tabled value of 't' (1.98) at 0.05 level of confidence with 102 degree of freedom.

**Figure:** Showing difference of mindfulness between male and female intervarsity taekwondo players of India.



## DISCUSSION

As per the scoring norms the obtained mean scores male = 3.18 and female = 3.43 have suggested that both the groups of taekwondo players have moderate level of mindfulness. But, while comparing the mean scores, it was evident that an insignificant difference existed between male and female taekwondo players on their level of mindfulness. Our finding confirms that during the course of sports competitions including in taekwondo, cognitive processes constantly play a vital role that inform us as to what is happening at a specific point of time and accordingly the individual perceives the situation with utmost clarity and understanding and responds quickly with an appropriate motor action.

These findings are inline with the results of Moore (2009) who conducted a study on theoretical and empirical developments of the mindfulness-acceptance-commitment (mac) approach to performance enhancement and found no significant changes in athletic performance.

## CONCLUSION

On the basis of the results obtained from the present empirical investigation it may be concluded that male and female intervarsity taekwondo players did not differ significantly on their level of mindfulness. However, the females have slightly been found better on the variable of mindfulness as compared to their male counterparts. The findings also suggest that the level of mindfulness of both male and female intervarsity taekwondo players as per the demand of the combative sports falls considerably in the moderate range which seemed to be essentially required for clear self-perception and prompt awareness of the dynamic situations for achieving success in a competition.

## REFERENCES

- Astin, J.A. (1997). Stress reduction through mindfulness meditation. *Psychotherapy and Psychosomatics*, 66, 97-106.
- Baer, R.A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical*

- Psychology: Science and Practice*, 10, 125-143.
- Bernier, M., Thienot, E., Codron, R. and Fournier, J.F. (2009). Mindfulness and acceptance approaches in sport performance. *Journal of Clinical Sports Psychology*, 4, 320-333.
- Brown, K.W. and Ryan, R.M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84 (4), 822-848.
- Gardner, F.L. and Moore, Z.E. (2004). A mindfulness-acceptance-commitment-based approach to athletic performance enhancement: Theoretical considerations. *Behavior Therapy* 35 (4), 707-723.
- Germer, C. (2004). What is Mindfulness? *Insight Journal*, p. 24.
- <http://tkdtutor.com/TOPICS/Taekwondo/Taekwondo/What-Is-TKD/What-Is-TKD-02.htm>. Introduction to Taekwondo. "What Taekwondo is". Retrieved 09/12/12.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present and future. *Clinical Psychology: Science and Practice*, 10, 144-156.
- Kee, Y.H. and Wang, C.K.J. (2008). Relationships between mindfulness, flow dispositions and mental skills adoption: A cluster analytic approach. *Psychology of Sport and Exercise*, 9, 393-411.
- Moore, Z.E. (2009). Mindfulness-acceptance-commitment (MAC) approach to performance enhancement. *Journal of Clinical Sports Psychology*, 4, 291-302.
- Thera, N. (1992). *The heart of Buddhist meditation*. Kandy, Sri Lanka: Buddhist Publication Society, p. 2.

The IISTE is a pioneer in the Open-Access hosting service and academic event management. The aim of the firm is Accelerating Global Knowledge Sharing.

More information about the firm can be found on the homepage:

<http://www.iiste.org>

### CALL FOR JOURNAL PAPERS

There are more than 30 peer-reviewed academic journals hosted under the hosting platform.

**Prospective authors of journals can find the submission instruction on the following page:** <http://www.iiste.org/journals/> All the journals articles are available online to the readers all over the world without financial, legal, or technical barriers other than those inseparable from gaining access to the internet itself. Paper version of the journals is also available upon request of readers and authors.

### MORE RESOURCES

Book publication information: <http://www.iiste.org/book/>

Academic conference: <http://www.iiste.org/conference/upcoming-conferences-call-for-paper/>

### IISTE Knowledge Sharing Partners

EBSCO, Index Copernicus, Ulrich's Periodicals Directory, JournalTOCS, PKP Open Archives Harvester, Bielefeld Academic Search Engine, Elektronische Zeitschriftenbibliothek EZB, Open J-Gate, OCLC WorldCat, Universe Digital Library, NewJour, Google Scholar

