

THE IMPORTANCE OF MARTIAL ART FOR YOUNG ADULT

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Abstract

The aim of this research to evaluate the level of the importance of Martial Art for young adult. This paper provide a background of martial art and some problem that are occurs in this of sport and the development of the martial art in this world. It is important to find the level of development to improve the level of martial art between young adult.

Keywords: martial art, young adult, important

INTRODUCTION

In this modern world, the ability of defend oneself from being bullied, disturb by other people is not only becoming rare but it is becoming so misunderstand. Many people nowadays think that there will not involve in such this thing because their think their live in the life of the violence. They think that because they are not an violent person or don't have a powerful personality, they will be one of the last people exposed to or a target of violence. This is probably one of the most misunderstand viewpoints when it comes to the theory of self-defence. Another misunderstand concept is that most people compare someone's ability to fight as they're ability to defend their self. These misunderstandings create a basis to misinterpret other concepts as they relate to self-defence. No matter what kind of martial art or fighting style that person learn, they must carefully analyse and understand these concepts if they truly want to know or learn about self-defence (Hansen et al., 2015). The martial art is the base for people to recognize and study martial art. Before this, descriptions on concept of martial art in different stages are different. The content and relation will be developed and changed with society and martial art. Crime is increasing nowadays. Therefore more people nowadays especially young adult want to know and learn about the martial art.

As far as the concept of self-defence or martial art is concerned, I have been encouraged through the works of people which is Gavin DeBecker, Kelly McCann, Tony Blauer, Jeff Cooper and Geoff Thompson. I have also been encouraged or should I say, educated by my years as a bouncer. Through reading and my experiences, I have examine that we can successfully defend our self 95% of the time after learn a single martial art technique. Many martial artists fail to realize this simple, yet monumental concept. It is, however, the backbone of true self-defence.

ISSUES

In this paper, I identify several issues regarding to the impact or factor that are related with martial art. Based on my observation from the previous study, there is still some confusion occurs in terms of martial art implementations:

- Some people feel like there are already save when there life in the community.
- Young adult do not interested with this kind of sport.
- Low disclosure on formal education and not supported by committee.
- Lack knowledge regarding information and communication technologies (ICT) about martial art
- Lack knowledge regarding information about martial art
- The impact of martial art between young adult

RESEARCH QUESTIONS

- How to develop the martial art among young adult?
- Under what condition that required us to teach and expose them on how to use the martial art at outside?
- Are we able to foster young adult about the martial art?
- How do we create awareness on the importance of martial art?

RESEARCH OBJECTIVES

The aim of this paper to evaluate the level of the importance of Martial Art for young adult. In order, to achieve this aim, we identify the sub-goal:

- To show how important martial art to the young adult.
- To facilitate the students and teacher in enhance the understanding of martial art.
- To avoid confusions and problem when using martial art
- To prove that martial art can be learn and can be used among young adult

LITERATURE REVIEW AND PROPOSED FRAMEWORK

Based on the literature review, I have divided into 3 sub areas that I found interested which firstly comparison between different between martial art. This comparison can make the students and learners study can decide which one is the best. Next, advantaged of using martial art. This I will lay out some of the advantaged to be use when implement the martial art so that students and teachers can follow it based on the articles that provided and reviewed. Also, another sub areas that have been dissect is the effect by using martial art. Here, students and teachers can see how many effect and impact after using or learn about the martial art. All of the sub topic is vital when in applying the e-learning in more subtle.

COMPARISON BETWEEN MARTIAL ART

To start, most experts more likely to divide the Eastern "unarmed" martial arts into two categories: 'hard' arts, where the major emphasis is on striking and 'soft' arts, which place greater emphasis on grappling (Ford, 2015). Wrestling is an example of what would be considered a hard art, as are most non-Japanese arts such as taekwondo and judo.

ADVANTAGES OF USING MARTIAL ART

Martial arts are excellent for people of both sex and all ages because martial art is not only for self-defences but also for strengthen health under controlled (Greenwell et al., 2015) Furthermore, it is highly recommended to improve self-confidence to faced people either school and even in work place. From the article that I've been done some research, there are several types of advantages by involving martial art such as can build resiliency cultivation of inside energy. By concentrating on and controlling breathing, and paying attention to position, an individual is able to encourage inside energy [chi (Chinese) or ki (Japanese) or prana (East Indian) or kundalini (Yoga)]. A very difficult point to define, but which can be handled by through the experience. This way of style is more to Asian martial art self-defences (Bell, 2008). This prove that martial art have a variety of benefit to individual to learn and experiences because martial art also teach about discipline, personal relationship, concentration, flexibility, and a lot more (Cooper, 2009).

EFFECT BY USING MARTIAL ART

The martial arts will have positive effects in form of better control, discipline, attention, and self-respect. This paper will review the research literature to examine whether any or all of these claims are supported (Jae et al., 2010). The first point will examine some aspects of aggression, which is closely concerned with the fighting arts. The second point presents a review of the literature concerning the psychological effects of martial arts while the last point contains some commendations concerning martial arts and education.

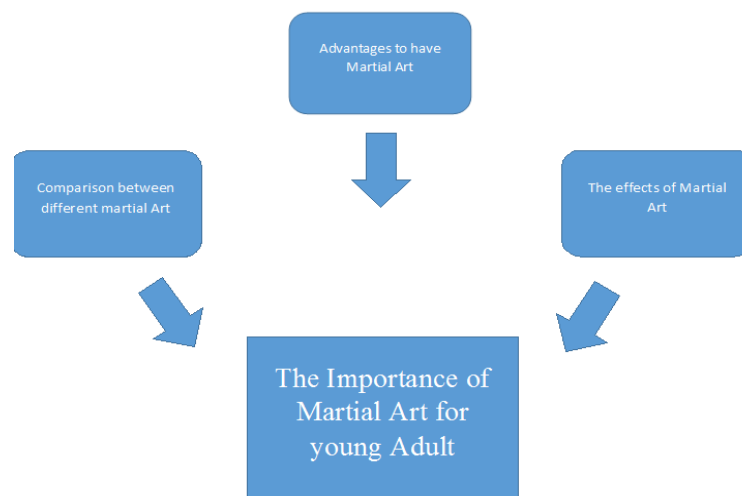


Figure 1. Research Framework.

CONCLUSION

In conclusion, there are several type of importance in the martial art for young adult. For example, the different between martial art, advantages to have martial art and the physiological effect of martial art training. There are many more type that we can learn or know about but this three is the best part that can be used if the readers want to know about the importance of martial art young adult. Besides that, the martial art are good for people nowadays so that they can manage or can defend their self from other people that want to do something bad with him or her.

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