

## Behavioral Improvement and Benefits of Traditional Martial Arts for Children Aged 7 to 12 Years

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### ABSTRACT

The present study delves into the significance of traditional martial arts and how they stand apart from contemporary styles in their objectives and philosophies. This research aims to explore the distinct characteristics of traditional karate and examine how they contribute to the overall physical, social, emotional, and mental well-being of young children. However, the prime concern is to understand the benefits of traditional karate among children, including the promotion of social skills and improvements in behavior and self-regulation, particularly discipline, emotional expression, peer interaction, and self-control. The study adopts a qualitative research design, with data collected through random sampling from 30 parents of karate students enrolled in a prominent karate academy and from another 20 parents of non-karate-practicing students from different locations within the city. The data targets the age group of children between 7 and 12 years' old who have been practicing karate for more than a year. The study explores the effects of practicing karate in different facets of everyday life as observed by the parents of karate students and instructors and the observational feedback of parents of non-karate students. This research concludes with the various benefits of karate, as observed by the parents of karate students and their instructors, and long-term observation by the author as a practitioner of traditional karate. The study elucidates the transformative power of traditional Karate in fostering positive social behavior and the promotion of self-control, discipline, and respect for others in children as young as 7 years old.

**Keywords:** *Traditional Martial Arts, Karate, Child Behavior, Parental Observation*

Traditional martial arts is a vast umbrella term that is used to define a variety of Eastern martial arts originating mainly from Japan and China. Traditional martial arts have existed for over three thousand years and are characterized by a huge variety of styles and techniques, which have evolved over the centuries (Lewis, 1996). While the origins of martial arts can be traced back to diverse corners of the world, the rich history of martial traditions thrives in the Asian continent. The earliest and one of the oldest forms of Martial arts comes from India, called Kalaripayattu. Japan has given us Sumo, Judo, Karate-do, and Aikido. Korea is renowned for Taekwondo and Subak-do. While China boasts of Taijiquan and Shaolin Kungfu, and India has contributed through Kalaripayattu, Pehelwani, and Lathikhela.

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Received: February 04, 2024; Revision Received: May 22, 2024; Accepted: May 26, 2024

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### ***Traditional martial arts (TMA)***

As a result of its rich history today TMA continues to flourish in different countries across the globe. Many studies have been conducted to prove and validate the benefits of TMA for the physical and mental well-being of individuals.

One of the studies concluded that Training in traditional martial arts philosophy and codes of conduct may help in the enhancement of character development. It may also aid in developing skills fundamental to transforming aggressiveness into self-confidence.

The practice of linking the body with the mind promotes alertness of physical movements and control of breathing and emotions such as fear and anger. Such training may teach students to stay calm when under great amounts of physical or emotional stress, improving their capacity to stay balanced and respond correctly. When participating in traditional martial arts, students are informed about the etiquette of the dojo, for instance, they need to show respect to the sensei in order to learn a desired skill. Being part of such a system, students learn to cultivate self-discipline. (Twemlow, Sacco, et al., 2008).

### ***Difference between TMA and Contemporary or Sports Martial Arts***

Martial arts is fast gaining popularity as a form of sports, where the aim is to gain victory over the opponent. The contemporary form is often aggressive and taught for self-defence and counterattack during league or championship events. Sports Karate is driven by the spirit of competition as opposed to traditional karate, which is rooted in self-improvement, personal growth, and spiritual evolution. Traditional karate is more sublime, with a focus on inner strength and self-control.

The aim of TMA is to cultivate a sense of calm and balanced state of mind and body that may help in everyday life. It is a form of art that is based on the philosophy of life, flow of energy through body movement and breath, depicting different abilities to attack and defend the opposite force. However, it is never put to use to physically fight with the opponent. 'Traditional martial arts instruction emphasizes psychological, spiritual, and nonaggressive aspects of the art, and modern martial arts tend to focus on competition and aggression'. (Fuller, 1988).

### ***Objective of this study***

The impetus for this study comes from the author, a karate-do practitioner and a parent of an 11-year-old karate-do student, who noticed significant changes in the behaviour of children attending karate at the dojo. It is this personal observation that has been the motivation of the author in seeking a larger representative sample to study the behavioural benefits of traditional martial arts such as karate-do, in children aged between 7 to 12 years.

The form of martial art chosen for the purpose of this study is karate-do, style is Goju Ryu-meaning hard and soft style, originally from Okinawa, Japan. The study concentrates on the benefits of traditional karate for young children. Emphasis is on the benefits of Karate-do upon the aspects of child behaviour including social adaptability, peer interaction, emotional expression, and self-regulation.

Although an ancient form of art, there is still ample scope for research in the field of traditional martial arts, particularly when it comes to utilizing the core techniques and applying them in everyday practice, whether for self-defence, discipline, or personal growth. Therefore, a need to research and write this paper.

## REVIEW OF LITERATURE

Karate-do provides many benefits for the overall well-being of a person, thus a mention of its physical attributes is inevitable in order to render wholeness to the respective study. Many research results have highlighted the positive effects of karate-do. Regular practice regardless of age and gender, often results in improved body balance, increased stamina, coordination, agility, and acquisition of Self-defence skills and overall fitness.

Typical Karate core practices consist of a wide range of techniques such as stretching, blocking, punching, kicking, striking, throwing, and meditation through regulation of breath combined with karate form or movements called 'Kata'. Regular practice aims at preserving traditional karate values that include respect for others; the instructor, the seniors, and the batch mates, following the rules of the dojo, and attainment of personal growth and self-discipline. The grading belt system or the frequent assessment process instills perseverance in setting a goal for the Self and working towards it.

The belt system also promotes a sense of achievement and motivation to work harder and graduate to a higher level. For instance, a group of children practicing at a dojo when they appear for their respective belt exam, their aim is to gain a higher degree from the current belt or degree, and not to compare their performance or score to their peers or batch mates. According to Lakes and Hoyt, (2004), 'Progress is often based on the personal improvement of the child and there is no comparison with the other students in the class. Everyone's progress is assessed in comparison to his/her previous performance'.

Apart from physical attributes, there are various psychological benefits of martial arts that help in improving cognitive skills and enhancing emotional and social well-being. Study shows that children who practice traditional karate consistently for a long period of time, experience less anger outbursts and reduced levels of anxiety and fear.

Multiple studies have proven that Karate-do promotes improved behaviour in children. This form of martial arts provides them an avenue to channel their excessive energy in the right direction. Through regular training acts of aggression, feelings of frustration, and irritability, tend to reduce. Instead, there is an improved level of attention and focus with enhanced memory. The children learn the art of responding to situations and emotions in a more balanced way.

A study led by Zivin et al 2001 concentrates on the effects of martial arts among middle school students. A comparison was drawn between martial arts and waitlist control groups. The findings indicated that martial arts students improved over baseline on twelve behavioural variables, whereas controls improved on five and deteriorated on eight, including teacher-rated violence.

With continued practice, a karateka acquires a good understanding of their emotions. They learn when to control certain emotions that may be harmful to them or others around them. Practice teaches them to release certain emotions related to stress or anxiety through deep breathing, as breathing techniques are given greater importance in traditional karate. Both satisfaction with life and karate training are associated with self-control. Self-control can be defined as the ability to change one's behaviours or reactions and suppress unwanted impulses in order to adapt to a situation.

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‘Self-control is particularly relevant to motivational conflicts in which one must resist a pleasurable temptation in order to satisfy a long-term goal’. (Hofmann et al., 2014) Martial art is an ancient art form that emphasizes the importance of self-regulation and includes terms such as self-control, body control, and discipline. Character training, which is an integral part of traditional martial arts, is aimed at teaching an individual how to become more self-aware and how to attain self-growth through long-term dedication to the practice and regular evaluation of their actions and thoughts. (Kimberley Lakes et al 2004).

Traditional martial arts are widely used as an intervention for children with behavioural conditions, especially those diagnosed with ASD (autism spectrum disorder) and ADHD (attention deficit disorder). Consistent practice has shown positive results in children with behavioural difficulties.

Another advantage is that in traditional martial arts, the teaching is concentrated primarily on proper technique and correct posture of the body and not on strength or speed. This can be very useful for students with ADHD who often have trouble with their fine motor skills and training in such forms of arts can help them with balance, dexterity, and spatial understanding (Loe and Feldman, 2007). Multiple studies have been conducted to show the effectiveness of TMA as a therapeutic intervention for managing aggression and anger-related problems among Youth. Martial arts practices have often been credited with reinforcing positive values such as self-respect, respect for others, and self-discipline (Kusnierz, 2011)

### METHODOLOGY

#### *Sample*

The study focuses on a comparative design to examine the differences in behavioural outcomes between children who practice traditional karate and those who do not. The study population consists of 50 children aged 7-12 years, who are divided into two groups:

- **The karate group (n=30)** includes children who had been practicing traditional karate for at least one year at the Indian Martial Arts Academy, a reputable karate school in Jaipur.
- **The control group (n=20)** includes children who had no prior experience of traditional karate or any other martial art. They are randomly selected from the same city as the karate group.

The study does not consider gender as a factor, so the male-female ratio varied in each group. The total number of males was 21 and the total number of females was 29

#### *Research design*

A **qualitative** method is adopted using a survey design to measure the social behaviour and physical health benefits of children who practice traditional karate, as observed by their parents and sensei or karate instructors.

Primary data is collected, by providing questionnaires to the parents of both karate and non-karate students and taking interviews of karate instructors. The purpose for choosing this method is the fact that human behaviour is subjective in nature and the inputs may vary from person to person, hence it may not be quantified.

The data has been collected from the parents of the children, rather than the children themselves, to avoid any bias or influence from the children’s self-reporting. The parents

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were contacted through in person meetings, phone calls and WhatsApp to participate in the study.

### *Measuring Tool*

**Questionnaire:** The study uses a survey method to measure the long-term behavioural improvements among the karate and control groups. Two separate questionnaires are designed for the parents, one for each group.

The questionnaire for the parents of the karate group has three sections:

1. **Section 1 asks for demographic information** such as age, gender, and education level of the child.
2. **Section 2 consists of nine questions.** Questions 1 and 2 ask about the duration of karate practice, such as the number of months or years and the number of hours per week. Questions 3 to 8 are a mix of objective and open-ended questions that aim to collect data on the behavioural effects of karate practice, especially on discipline, self-control, social skills, interaction with friends, confidence level, and application of karate principles in daily life. Question 9 focuses on the health benefits of traditional karate.
3. **Section 3 is an observation and feedback question** that invites the parents to share any other personal observations related to karate practice that they might have.

The questionnaire for the parents of the control group has two sections:

1. **Section 1** asks for the same demographic information as the other questionnaire.
2. **Section 2** includes nine questions that mainly sought to understand the general perception and opinion of the parents of non-karate students, regarding the effects and benefits of traditional martial arts like karate.

**Interview:** In order to gain a deeper understanding of the benefits of traditional karate as observed by the experts of this field, in-person interview questions were prepared. Shihan Mahendra Gahalot who is also the founder of the Indian Martial Arts Academy (IMAA) and two other experienced Senseis conducting karate classes at separate dojo affiliated to IMAA were contacted. Results from the interview include transcription which has been translated and reviewed in the discussion section, of this paper. The study is based on primary data collected from the parents of the children and the karate instructors. The data collection process involves the following steps:

### *Procedure*

- **Questionnaire to parents of karate students:** 30 parents of karate students, both boys and girls, aged 7-12 years and practicing traditional karate for more than a year, were randomly selected from different karate centres affiliated with the Indian Martial Arts Academy. With the permission of the respective sensei's of the dojo or karate centre, the questionnaires were handed out to the parents in hard copy. Before distributing the questionnaires, the purpose of the study was explained to the parents, and any questions or doubts were clarified. The parents were asked to fill out the questionnaires voluntarily and return them to the researcher.
- **Questionnaire to parents of non-karate students:** 20 parents of non-karate students, both boys and girls, aged 7-12 years and having no prior experience of karate or any other martial art, were randomly contacted and sent the questionnaires via WhatsApp. Since Google Forms was not used for the survey, the participants were given the option to write their answers on a rough sheet and send it back as a

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picture or type in the answer and reply. The questionnaires were concluded with appreciation for the participants.

- **Interview and feedback of sensei:** To gain a deeper understanding of the benefits of traditional karate as observed and taught to children by sensei or karate teachers, short, personal interviews with two sensei(s) and Shihan from the Indian Martial Arts Academy were performed. Two of the interviews were conducted face-to-face, while the third was done over a phone call. All the responses and feedback were recorded in writing. Prior consent to interview the karate teachers was obtained before proceeding with the questions.
- The responses of the participants of the survey questionnaire were entered into MS Excel. Two sheets were used to enter the data collected from the two types of questionnaires. The results of both were compared and analysed and interpreted based on the themes that emerged from the overall results. While the results of the short interviews were transcribed in MS word.

### RESULTS

Due to qualitative nature of this research, the results are based on thematic analysis of the primary data collected from parents of karate and non-karate practicing children aged between 7-12 years. Along with the questionnaire to the parents the data also includes interview transcripts of three experienced instructors (One Shihan and two Sensei) from a well-known Karate Academy with multiple centres within the city of Jaipur, India.

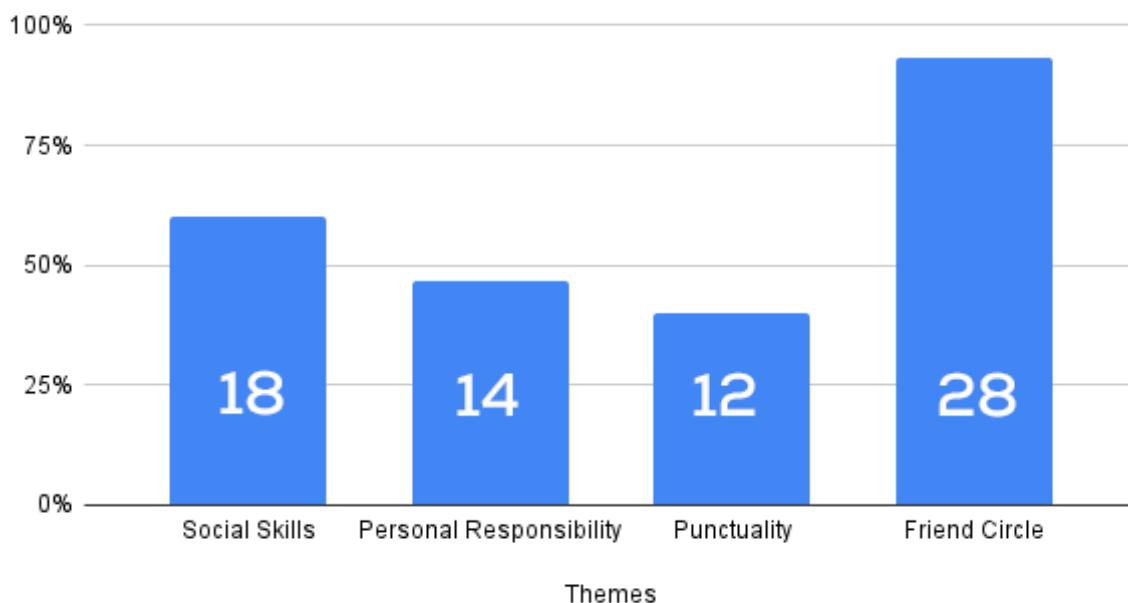
*Table 1: Traditional Martial Arts Benefits as Observed by Parents of Children Aged Between 7-12 years*

S. No.	Benefits	Number of Parents of Karate Students	Number of Parents of Non Karate Students	Percentage of Parents
1	Physical Stamina and Fitness	30	13	86%
2	Mental Training (Focus, Resilience, Self-worth)	18	14	64%
3	Confidence	16	10	52%
4	Discipline	13	12	50%

**Table 1** highlights multiple benefits of practicing traditional martial arts, specifically karate as observed and mentioned by parents of children between the age group of 7-12 years. The total sample population consists of 50 parents- including 30 parents of karate practicing children and 20 of non- karate practicing children. Based on common responses mentioned by the parents in the questionnaire multiple factors have been outlined in this table. The factors denote the corresponding numeric result based on the data collected from both the group of parents. Physical fitness and stamina is the first factor represented in the table with 30 parents of karate students and 13 parents of non- karate students regarding it as the most beneficial factor. Together the parental response sums up to 86 percent. Mental training is the second benefitting factor as observed by both the groups. Together 64% parents consider karate to be a useful intervention for mental training, particularly for improving focus, resilience and self-worth. A total of 26 parents including 16 parents of karate students and 10 of non-karate practicing students reported increase in level of confidence of children, to be a great advantage of karate practice. Results indicate discipline as another positive outcome viewed in favour of karate and traditional martial arts. A total of 25 parents observed higher level of discipline among children who practice traditional karate.

**Graph 1: Emerging Themes Based on Feedback from Parents of Children Practicing Karate**

Themes and Percentage of parents of Children Practicing Karate



**Graph 1** classifies the important themes identified through the data collected from 30 parents of children practicing karate for more than a year. The results are based on the subjective answers provided by the parent to specific questions within the questionnaire. Response to Q. no. 5 & 7 provides ample evidence to support significant improvement in social skills of children. Positive changes were observed by 60% parents of karate practicing children, who found their earlier shy and introvert child now becoming more confidence to speak in public. Parents noticed ease of self-expression, both of thoughts and emotions by children. There was greater participation shown by children in school and class along with enhanced peer interaction. As mentioned by a parent, ‘Speaks up, answers teacher in school’ and another parent replied ‘now can speak for herself doesn’t fear to express or answers the teacher in class’ yet another similar feedback was ‘now child is not scared to speak’.

The findings also show an increase in personal responsibility as observed by parents. A total of 46.6% parents remarked about the benefits of regular karate practice in building up a strong sense of self-worth and independence in their child. While responding to Q. no. 7 & 8 parents quoted multiple instances where their child had overcome everyday life challenges on their own. A few parents reported of reduced incidents of bullying at school, as the child could speak up for their rights and verbally defend themselves.

Some of the answers written in the questionnaire mentions ‘the child is able to tackle difficult situations’, when bullied in school confidently asked them to back off and stood for the right things, ‘due to karate skills she does not fear bully and she can handle her school mates teasing her’, ‘in public place child defends herself when girls make a trouble’. Parents also observed an increase in self responsibility in terms of finishing school work all by themselves, without any external help, or reminders like before.

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Punctuality is another theme that showed up during this research. Based on responses to Q. no. 3, 4 & 7 as many as 40% parents mentioned of their child is now able to better manage time and show punctuality in everyday routine. The parent stated ‘the child now understands importance of time’, ‘studies on time’, ‘punctual’, ‘sincere and independent in doing school homework’, ‘punctual in completing homework and daily tasks’;

Lastly and the most impactful effect of karate participation as viewed by the parents of karate children was a significant improvement in them being friendly with their karate batch mates and others present at dojo whether senior or juniors to them. Regular presence at the dojo resulted in expanding their friend circle. Based on mixed response to Q. no. 5 and 6, as many as 93.3% parents remarked that their child has made many friends ever since they started coming for karate. Some of the parents quoted ‘my child enjoys going to karate’, another parent mentioned ‘she has many friends and her mood is happy after coming to karate class’.

### ***Summary of Interview Transcript of Sensei***

The short interview conducted with instructors shows interesting insights into the benefits of the long-term practice of traditional karate.

**Summary 1-** Shihan, who is also the founder of Indian Martial Arts Academy, is the chief instructor for North India and is a black belt, Dan 6 in Karate and Kobudo. He has been teaching Karate for almost 20 years. He has instructed and guided approximately 4000 children between the age group of 7-12 years. Shihan explains that after learning Traditional Karate children develop a great amount of self-confidence. ‘Be it any area of their life, they do not feel defeated as they are always working towards self-improvement and gaining mastery over the given task. Gradually children become more focus-oriented and their problem-solving ability improves’. He says that after some time of practice benefits of karate practice start reflecting in other areas of the practitioner’s life. As quoted ‘After a dojo was relocated to another area, some karate students who had been practicing for more than two years could not continue regular practice. Even then, the benefits of karate practice continue to imply in their everyday life, as they still wake up on time and show punctuality in the completion of their daily task’. According to Shihan, social confidence also increases with time. A child practicing karate-do develops self-dependence, obedience, and courage to speak up for themselves. Children who were earlier quiet, now converse frankly and with confidence to their batch mates and seniors.

**Summary 2-** Sensei 1 is an accomplished practitioner and instructor of Karate. He is black belt Dan 2 and has a rich experience of teaching Karate to children for the past 12 years. He has taught and guided more than 600 students between the age of 7-12 years. Some of the key features that he has observed in children who have practiced karate for more than a year at his dojo include an increased level of discipline, obedience, and confidence. ‘Everyday practice of self-defence techniques, helps them understand problem solving. As a result of regular practice, they become more disciplined, for instance, now they stand in the queue and obey their teacher well. As far as physical fitness is concerned, as children become fit and their immune system becomes strong. They don’t fall sick as often as most of the other non-karate or new-to-karate children. Also, there is an increase in level of flexibility and strength’. As far as social skills and interaction with peers are concerned, Sensei observed, that there is respect not only for teachers but for seniors also. Sensei further informs that children do not talk nonsense in class, they respect their classmates, and there is a sense of team spirit, that gets developed as they become old to the classes’. With reference to confidence building, there is also improvement shown by children after the practice of more



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than a year. Earlier, they fear to stand in front, later they do not hesitate, can lead the class, and also teach new techniques and applications to those who may be senior to them by age.

**Summary 3-** Sensei 2 is a competent karate instructor having experience of more than 7 years. She is black belt Dan 2 and is adept at teaching karate to children, as most of her students are children below the age of 14. Based on the interview and feedback provided by Sensei (2), after practicing karate-do for a year, most of the children start showing an increase in focus as they tend to pick up new techniques faster than before. The younger children show good learning power. They become disciplined, as they listen to the teacher well and show sincerity towards karate. There is a definite increase in physical fitness and stamina. Sensei says, ‘Compared to before, now after one year of practice, their punch becomes strong and heavy. As far as social skills and interaction with peers are concerned, children become much more friendly over time, they all become like family to one another. After regular practice, confidence level boosts up. During the initial weeks of joining karate practice, they hesitate to move their hand, they do not punch well, and they are shy, then over time after a few months, they become confident in their body movement, especially punches, kicks, and strikes.

To sum up the results of the interview transcript obtained from the three eminent teachers of traditional karate, a common theme appears pointing toward the benefits of karate in children. The theme implies significant improvement not only in the level of physical fitness but also in focus, punctuality, self-confidence, obedience, respect for others, and comfort in social and peer interaction.

## **DISCUSSION**

Thematic analysis of the literary sources relating to the topic, along with the research findings of this study, indicate numerous benefits of practicing traditional martial arts for children. Karate-do as a form of TMA is a valuable option for cultivating self-control, discipline, and confidence in children starting as young as 7 years old. The physical and cognitive attributes that traditional karate offers cannot be undermined, however, the positive effects imply on different aspects of a karateka’s life. Moreover, regular practice leads to profound growth and development of the individual. Children in the age group of 7-12 years old, who regularly practice traditional karate for over a year, reflect significant improvement in their behaviour and self-expression. Based on the answers and feedback provided by the parents of the children, Karate helps in overcoming social inhibition as they feel more confident in expressing their thoughts and feelings, whether in a group or separately when with a friend, teacher, or family member. According to some parents of karate students, after attending karate classes their child has become socially more active and responsible. Now, they can deal better with peers at school.

They don’t need much help with their studies, they seem to manage their studies much better than before. The children complete their work on time and show a great level of punctuality in everyday tasks and duties. There is gradual improvement witnessed in their mental focus and alertness, not only in academics but also in other matters within their immediate environment. Some parents mention that their child is eager to come to karate class every evening. Within 6 months of joining karate, they make many friends. Previously, reluctant to socialize now, the same child is seen conversing during karate water breaks or after class. Few children even stay back after class only to spend extra time or play with their new friends from karate class. As told by the Sensei, most of the children who join their course,

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improve in physical and mental stamina over time. The students become more energetic and start showing interest in new forms and techniques taught in the class. Initially some kids may be a bit difficult to manage, but gradually as their focus improves they become more settled and learn to respect their teacher and their classmates and friends. There are certain rules of the dojo, like greeting the sensei with a bow and maintaining discipline, while also wearing a uniform with the correct grading belt when attending classes. Every karate student is expected to follow the rules of the dojo, this in turn helps in building discipline and respect for the practice.

In a study led by Marc Theeboom (2009) a sample population comprising 40 children including 23 boys and 17 girls, in the age group of eight and twelve years in five different martial arts was interviewed regarding their experiences and views on participation motives, training, competition, and behaviour. A qualitative approach was utilized by conducting in-depth interviews with the children. All the children included in the study were involved in the martial arts for at least one year. Most of them indicated that martial arts helped them learn and to defend themselves. Some children in the study reported that apart from martial arts techniques they also learned how to deal with other people, which in a way increased their confidence. For some children, the practice of martial arts helped in better learning at school. Almost all children reported having experienced positive changes, particularly related to their feelings and behaviour. While a few children also believed that martial arts training resulted in a positive self-image. Findings from this study support the relationship between martial arts practice and positive socio-psychological outcomes. The majority of children interviewed in the study reported enhanced self-confidence, self-control, and social skills and expressed that they believed in maintaining a non-violent attitude when it came to conflicts.

Leandro de Lorenzo (2003) conducted interesting research with a focus on the effectiveness of martial arts programs in improving physical and psychological skills in children and adolescents from 4 to 13 years old. The study also aimed to determine the parental motivation for enrolling children in martial arts classes. In this cross-sectional descriptive study, 46 parents representing 46 children participating in martial arts programs were asked single-ended questions about the reasons for enrolling their child in the classes. The Client Satisfaction Questionnaire 3 was used to obtain the degree of parental satisfaction with the program. The results revealed the main reasons for parents to enrol their children in the program were improvement of self-defence and anti-bullying skills, self-confidence and self-esteem, and lastly discipline and self-control.

Another article by S. Mor-Stabillini (2013) supports the deeper meaning of karate-do. Based on a long-term participatory observation, the original purpose of karate is highlighted further correlating it to self-improvement. According to the author 'the essence of karate is removed from the notion of winners and losers, trophies and prizes because the real opponent of a student is the self'. He further states that 'the study of karate develops both discipline and concentration, skills that can be used by children, students, artists, and men and women in all walks of life'

## **CONCLUSION**

The results of this study offer intriguing insights into the advantages of traditional karate for young children. A comparative study, conducted via a survey questionnaire given to parents of both karate and non-karate students, clearly shows improvements in social behaviour, peer interaction, and interpersonal skills.

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Parents and teachers have observed a significant increase in the confidence of children aged 7-12 years, particularly in their ease of expressing thoughts and emotions, after practicing traditional karate for more than a year. Continuous practice leads to enhanced sense of self-worth and independence among these young individuals.

Feedback from parents and interviews with Sensei conclude that regular practice of traditional martial arts like karate-do promotes self-discipline, punctuality, self-control, freedom of expression, independence, and personal growth. These benefits extend beyond the karate class or dojo, rather the rewards seep down into various facets of their lives. The techniques and applications of traditional karate contribute to holistic development and a balanced mind-body-spirit connection. Persistent practice fosters good habits and a sense of responsibility.

Starting Traditional Martial Arts at a young age sows the seeds of wisdom. Children learn to respect their elders and peers. Regular breathing exercises and meditative practices help a karateka understand their deeper Self and incorporate this art into their lifestyle.

Traditional karate can be considered an effective tool for improving behaviour and social skills and fostering self-regulation among children of all genders. This research is of immense significance in today's world, where concerns about children's physical and psychological development are paramount.

This research intends to provide practical insights for parents, educators, and martial arts practitioners, highlighting the enduring value of these ancient practices in modern society and their contribution to the mental health and well-being of future generations.

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### ***Acknowledgment***

I would like to thank all those you supported and guided me in the process of completing this research, including my good friend and mentor Ms Shaheen. My deep gratitude to all the parents of karate and non-karate students and above all the founder of Indian Martial Arts Academy Shihan Mahendra Gahlaot and other Sensei for allowing me to conduct my survey and providing me with their valuable inputs on this subject.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Verma, S. (2024). Behavioral Improvement and Benefits of Traditional Martial Arts for Children Aged 7 to 12 Years. *International Journal of Indian Psychology*, 12(2), 2476-2487. DIP:18.01.214.20241202, DOI:10.25215/1202.214