

The Parents Perception of Martial Arts Practiced by their Children

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Abstract

Parents will always want the best for their offspring. Nowadays, safety and security are something that everyone seeks. From the point of view of Maslow pyramid of needs, safety is on the second level after satisfying the physiological needs. In this article, we conducted two researches: on one hand, a qualitative study to discover the motives why parents urge their kids to train in different martial arts styles, and the latter, a quantitative research, to reveal which type of martial arts is better perceived on different social media platforms networks. The martial arts styles that we analyzed are: Aikido, Kyokushin and Shotokan. We have chosen these three styles as they are some of the best known and practice martial arts, especially want by children. Parents want their kids to develop in harmony, to consume their energy during practice as to get more focused at school and resolve their chores, be disciplined, stronger and more importantly be independent. Not being member of a team sport, the kid will rely only on his own power and capacity to deal with in different situations and not only. Studying and practicing karate, can also be a good protection for those who are bullied as a way of combating this kind of phenomenon that can have tremendous repercussions and even furthermore, to prepare them for the future. The recent incidents that happened both in the country and abroad, both inside and outside schools, can only reinforce the need to practice some defense sports.

Keywords

Safety, Maslow pyramid of needs, martial arts, Kyokushin, Aikido, Shotokan, future.

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Introduction

The latest and bloody military conflict that started in 2022, almost managed to “split the world in half”, regarding the sides, being considered by some, the start of World War III, between two countries, can be considered as an ignition for parents in relation to what kind of skills and competences their offspring should acquire. This kind of behavior was observed also related to other threats, like the proliferation of nuclear weapons during (Burdekin and Siklos, 2022) the Cold War, and to be more precisely “Cuban Missile Crisis” from (Cyr, 2022) 1962, when many Americans started building atomic bomb shelters in their backyards. Other crises that affected the behavior of the population we might add, the Great Depression, the terrorist attacks, the Economic Crisis, the CoVid19 pandemic, earthquakes and even Climate Change Crisis that can (Ezell and Chase, 2022) influence not only a society in its whole, but as well as the human race.

1. Literature Review

In creating (Bejan, 2017) his hierarchy of needs during the middle of World War II, Abraham Maslow was (Oved, 2017) inspired by the Zeitgeist, which resulted in an overemphasis on the importance of safety

needs. As we can see in figure 1, at the base of the pyramid are the Physiological needs of which consist: water, air, food, sleep, sex, homeostasis and excretion. On the second step, the Safety needs, are (Dospinescu, et al, 2011) composed of the security of: the family, resources, employment, health and property. The third step is (Cantaragiu and Ghinea, 2020) love, or belonging where can be found friendship, family and sexual intimacy. If up to this stage, we may state that these are deficiency needs variables, from this point upward, are the growth needs variables. The first stage in the growth needs is considered to be esteem that consists of confidence, respect of others, achievement, self-esteem. The last stage is self-actualization made up from: creativity, spontaneity, problem solving, acceptance of facts, lack of prejudice and morality. In order to assure and to climb this hierarchy, people tend to take “desperate measures during desperate times” (Bradely, 2020).

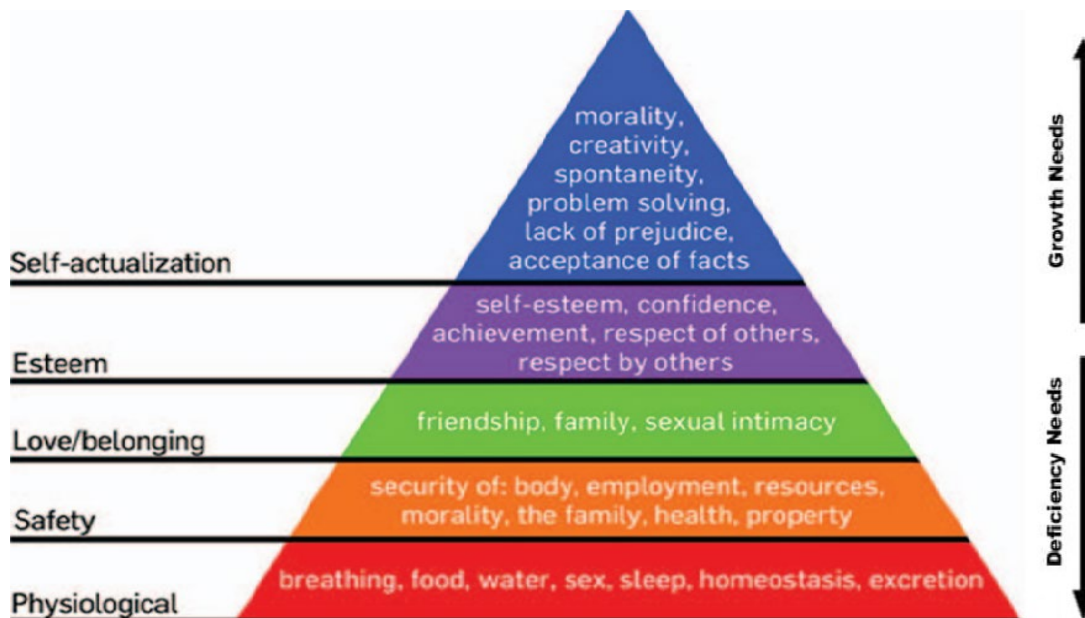


Figure no. 1 Maslow Needs Hierarchy

Source: Adapted after: Harrigan and Commons, 2015.

Even if a person does (Rojas et al, 2023) not prioritize his or her wants, or in the case of our study, the safety (Elmazi, 2006) of their kids, in the same order (Vărzaru and Jolivet, 2011) as Maslow, all needs are (Ilieska, 2005) important to an individual's overall satisfaction and drive. The drivers of needs are (Noltmeyer, et al., 2012) not always equally strong. This means (Papalcontiou - Louca et al., 2023) that needs lower in the hierarchy must be largely satisfied before higher needs become motivating factors. For hungry and thirsty people have no interest in recognition, all they want is food and drink to ease their basically human needs, and they take serious personal risk in order to get them.

2. Research methodology

The article includes two studies, a qualitative and a quantitative one. The first study wanted to reveal why parents compel their kids to practice martial arts, so we appealed to the phenomenological approach to reveal the motives and objectives. Regarding the sampling, the participants selected for data collection we used depth interviews, which were selected from various martial arts clubs. The in-depth interviews will be collected in person and the answers will be transcribed for analysis. The answers will be grouped in order to discover recurring themes related to the main motives revealed by parents. We ensured the participants with respect to GDPR and ensured confidentiality and anonymity of their answers. The goal of our qualitative study is to obtain understanding about the motivations for stimulating their offspring to joining different martial arts clubs. Similarly, can aid martial arts “senpais”, the term used for instructors in dojos, in better comprehending and accommodating the wants and demands of their club members and parents. The study may also offer helpful and incentive information to parents who have doubts whether to enroll their children in martial arts classes, or not.

The study will use a quantitative research design, specifically a cross-sectional survey approach, to reveal which type of martial arts is better perceived. Participants will be randomly sampled from the general

population within a specific geographical location, using a stratified sampling technique to ensure a diverse sample. Inclusion criteria will be individuals who are at least 18 years old. Data will be collected through the online Zelist Monitor Engine. Although there are many martial arts styles and clubs that have (Rielly, 2004) groups for kids and youngsters, we took into consideration the most popular ones: Kyokushin, Aikido and Shotokan. We used the Zelist Monitor Engine to track interactions, engagement, feelings toward them as well as the proportion and quantity of mentions on social media platforms, press, forums, aggregators, blogs, comments, and so on. The study's expected results are to determine which style of martial arts is more popular among the general public and to uncover the elements that influence those opinions.

3. Research findings

In relation to the qualitative study, why parents encourage their children, it was revealed to us by the participants in the study, some of the main reasons, are: consumption of energy, learning self-defense, to increase the social interaction, increase concentration, endurance, flexibility, character development, enrich competitiveness as it is not a team sport, shape up, as many children are obese due to the dietary preferences, but also to the life style, empowerment and even stress relief. Some of the parents mentioned that they want their kids to become independent, to protect themselves from a dangerous phenomenon that is happening in schools that is bullying, even for the eventuality of domestic violence aimed especially towards girls and women. Few of the participants mentioned and remembered some of the atrocities happened abroad in developed countries as well as within country boundaries, when helpless kids were kidnaped, raped and even killed. To make things worse, the laws and the justice seemed not to work properly as some of the felons were either convicted to do suspended prison sentence, do chores for the community, even at kinder gardens or schools, or not being convicted at all.

We appealed to Zelist Monitor Engine, offered from the Zelist.RO to monitor and examine in Big Data search of over 5 million voices from social media networks like Facebook, Tik Tok, Instagram, Youtube and more than 8 thousand newspapers and magazines that are issued online. As mentioned, we analyzed only three martial arts styles due to the restrictions and constrains, choosing the most well-known and notorious styles: Kyokushin, Aikido and Shotokan.

Aikido – is a Japanese martial technique that emphasizes (Râman, 2019) nonviolence and non-competitiveness. Morihei Ueshiba invented (Kimmel & Rogler, 2019) it in the 1920s, and it is now practised all over the world, in more than 140 countries. While maintaining an ideal of non-violence, mutuality, and respect, this "soft" martial art allows a defender to merge (Jeffrey-Dykhuisen, 2000) with and then redirect an attacker's violent energy in order to shatter his equilibrium, being considered as “the way of harmony”. This form of karate aims to take advantage of the opponent's power in order to take him down. This is accomplished by rotating in a circular arc and using articulating and dodging techniques. Aikido was mostly mentioned on Facebook having a percentage of 72,1%, followed by written press 9%, online aggregators only 7.2%, while on different Forums and Instagram. 4,5% respectively 2.7%.

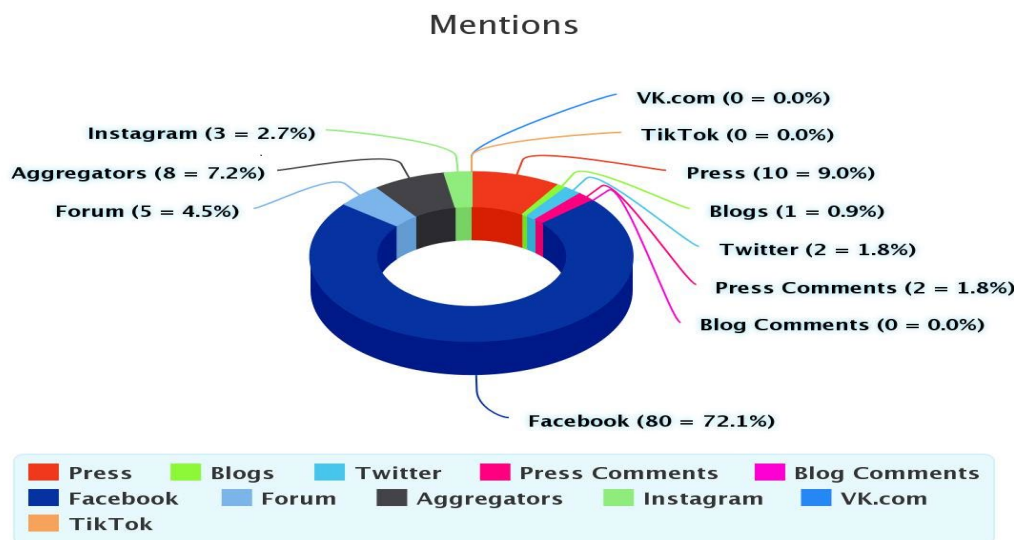


Figure no. 2. Mentions of Aikido in Social Media Networks

Kyokushin - Masutatsu Oyama developed (Gloc et al, 2012) the fully-touched Japanese martial art and combat sport known as kyokushin. Kyokushin means "supreme truth" in English. Kyokushin karate may be summarized (Saienکو, 2016) to a fight between two opponents who don't have any weapons, using contact techniques that must be executed (Navickaitė, 2022) as quickly and powerfully as possible. Kyokushin martial arts style, became popular in 1990 as a popular sport, being present in over 105 countries, becoming a mass sport. People can access mass sports to enhance (Cowie and Dyson, 2016) their motor skills and talents, to boost their health, and to lengthen their creative lifespans. The goal of sport is to display the best sporting accomplishments (Marchenko and Satdyiev, 2021) or achievements at prestigious sporting events. In figure 3 we can observe that Facebook was highly used with 69%, the second, Instagram with 20.4%, followed at long distance by Forums and Press with 4.1% both of them. With reference to the feelings towards Kyokushin martial arts style, it was mostly positive and for short periods of time, neutral.

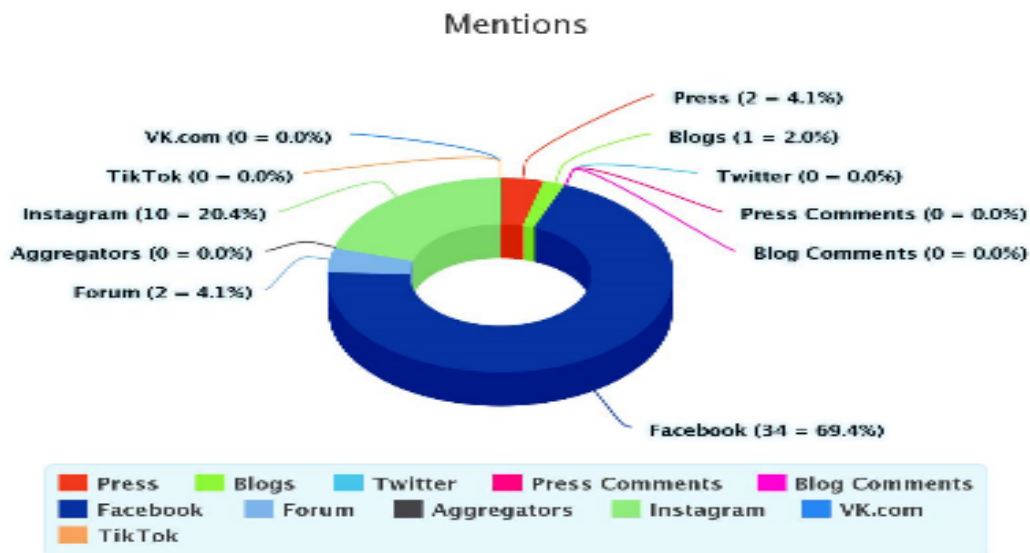


Figure no. 3. Mentions of Kyokushin in Social Media Networks

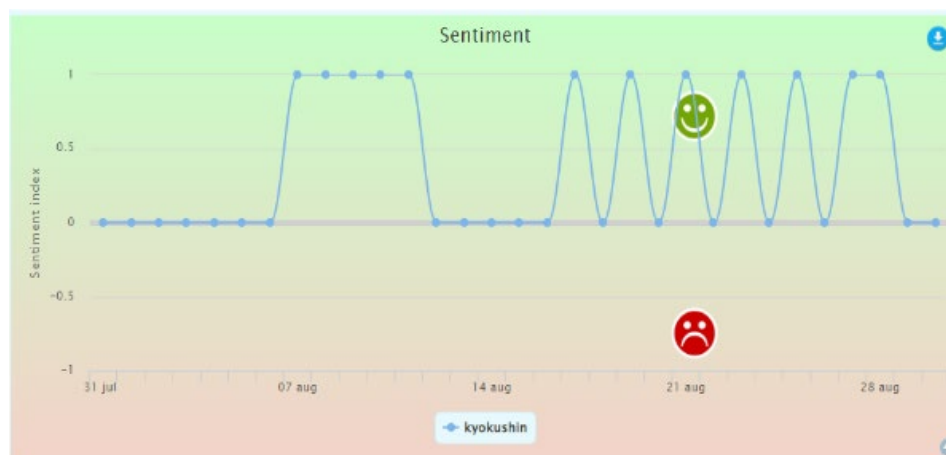


Figure no. 4. The evolution of feelings towards Kyokushin

Shotokan - is a martial arts style introduced (Martin, 2016) by the master Gichin Funakoshi, also known as Shoto. This karate style is (Szabo and Parkin, 2001) very popular around the world. Shotokan translates as "School of Shoto," but there are other interpretations such as "School of the fir tree and the wave". The ever-green fir tree symbolizes the eternal youth of conceptions and their ceaseless renewal year by year, while the wave, has the meaning of the endless work that must be done to absorb these principles. This approach stresses (Piepiora et al, 2021) deep and extended stances, excellent ranged techniques, and speed development. More than half of the mentions were on Facebook with 58,5%, while in Press 24.5% and on Instagram and Aggregators only 5,7%, as seen in figure 5.

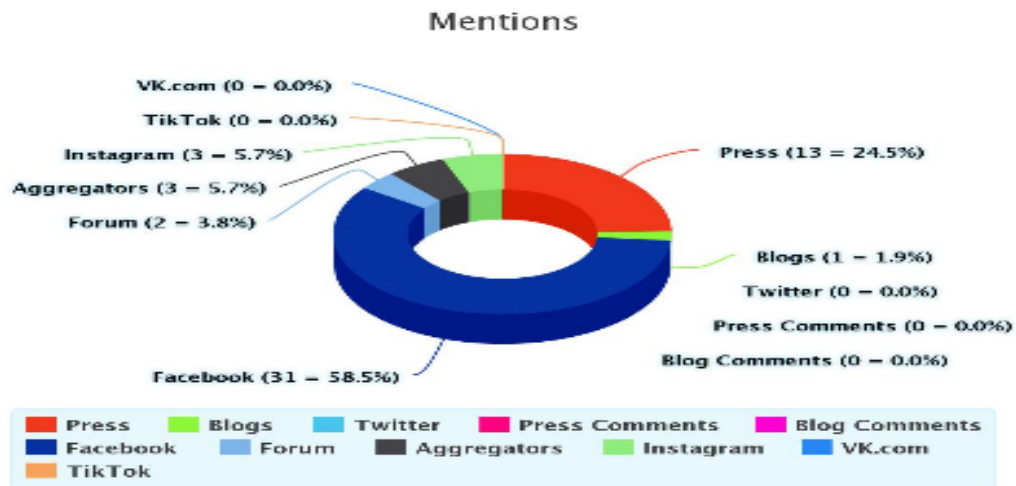


Figure no. 5. Mentions of Shotokan in Social Media Networks

Moreover, we analyzed them separately, but we wanted to compare the number of appearances, engagements, and feelings towards these styles of martial arts, as we can see in figure no 6 and 7. In the comparison between two different periods, we can see a diminish as being the middle of the summer when both pupils, students and even parents started their holidays. Only Aikido had an increase in the middle of August and Shotokan at the end, and this can be since the summer campuses were organized in that period and the photos, posts, sharing had an effect on this enhance.

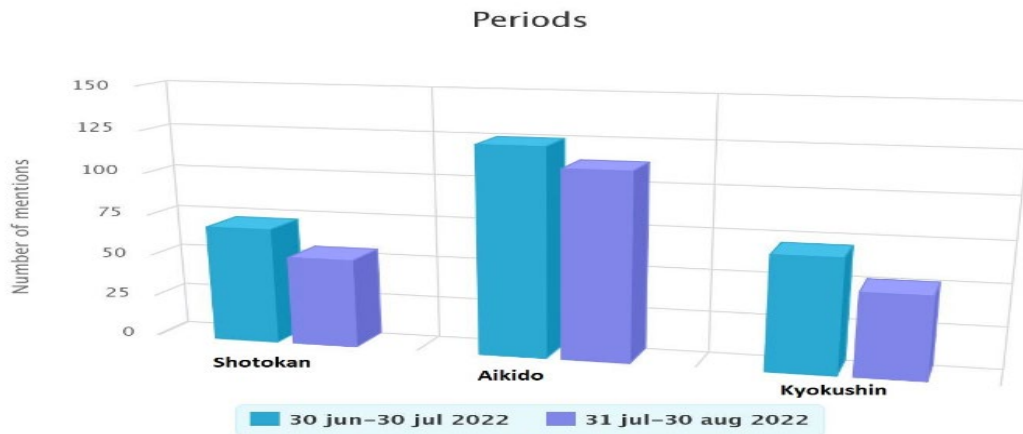


Figure no. 6. Comparison regarding each karateka style from two different periods

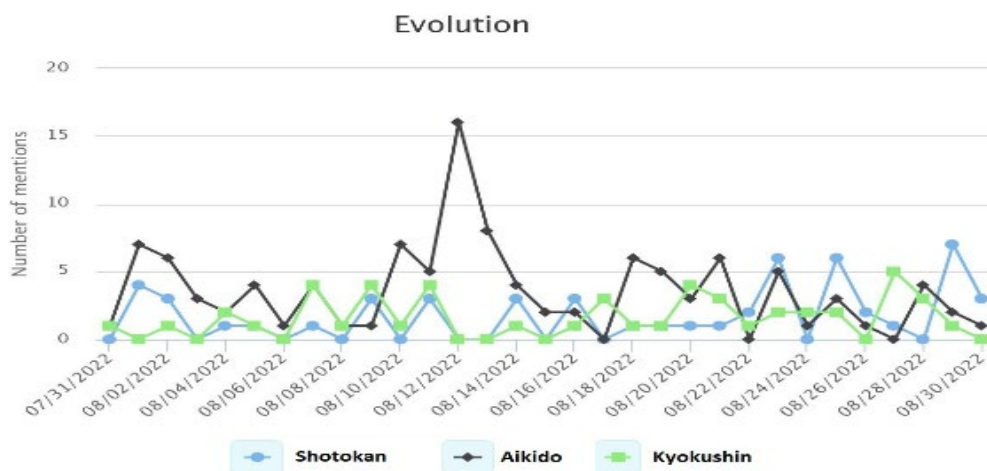


Figure no. 7. The comparative evolution of the karate styles analyzed

As to the percentage of mentions, analyzing at the same time, the three martial arts styles, Aikido has a total of 52,1%, meanwhile Shotokan and Kyokushin at a very short distance, 24,9% and 23%. The sympathy and engagement as feelings we can observe that only Aikido had for a couple of days' negative feelings as seen in figure 9.



Figure no. 8. Comparison regarding the three karate styles in Social Media Networks

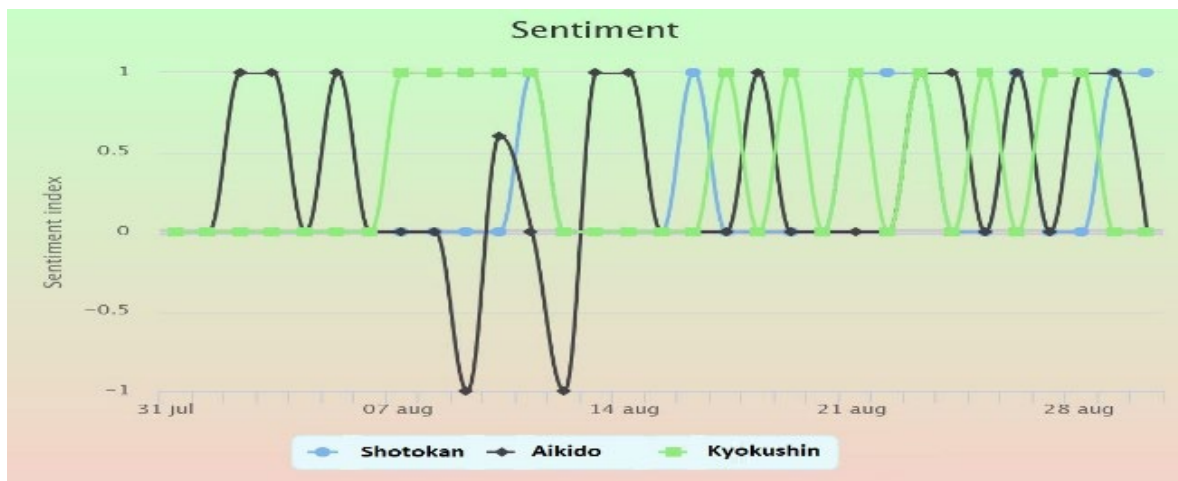


Figure no. 9. The comparative analysis of feelings of the three karateka styles

Conclusions

Bearing in mind the Maslow pyramid of needs, safety and security, both for the individual, as in the role of the parent, must be the first thing on their mind. People always want to take the necessary measures to prevent and reduce the occurrence of certain risks, especially if they can make the necessary decisions and actions in good time. Either by building better shelters, stronger and fireproof houses, or taking environmental friendly steps. Parents will want their offspring either to learn from them, or subscribing them to different clubs in order to learn (Rielly, 2004) skills that might come in handy, not only on daily basis, but just in case, as extreme social movements started to arise in many countries, no matter if they are undeveloped, developing or fully developed countries. Appealing to martial arts clubs is in the beneficiary also for the kids, family and society as a whole. In some countries it has become mandatory even for pupils to take part in military training, learn martial arts and even assembly a rifle. Practising martial arts is perceived as a must have skill, due to the crises that are about to come, and being considered as a means of protection and giving an advantage. While studying different martial styles, kids can improve (Rielly, 2004) memory and attention, acquire obedience and become more discipline, fight their own laziness and

unwanted social desires. Children will be shielded from the negative influences like consumption of alcohol, cigars and even drugs. Kids will adopt a proactive social style of living, spending less time on gadgets and be more into socializing, keeping in touch with their friends and peers. What is even more important, youngsters will be able to stand up on their own, grow stronger, more self-confident, loyal to the weak and become overprotective, and in the same way, wanting to do what is rightful and just. While practising martial arts, a higher degree of preparation is attained (Saienko, 2016) in the individual at later phases of sports perfection, enabling them to accomplish more athletic success by preparing the body to operate within the boundaries of the absolute human limitations.

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