

The advantages of karate training in the process of motivation to regular physical activity of junior and senior school age obese children.

Abstract:

The author is in his work dealing with the problematic of the sport karate training advantages application possibility in the proces of motivation to regular physical activity of junior and senior school age overweighted children. This text is orientated on the concrete motivated factors, whose can be positively affected by the karate training. The aim of this theoretocal study is to give a more detailed view of possibilities but most of all the advantages of using the old fighting filosophy called an empty hand from Okinawa in positive motivation of obese children to thier regular physical activity and leading them to a healthier life style.

Key words: karate training, motivation, regular physical activity

Introduction:

A human body is by its evolution naturally adapted to keep the gained energy. This ability of the human organism is of a great importance for life, but at a same time can negatively affect the weight rise. The obesity was in the past a result of welth, sucess even of a good healt. Nowadays it is a great problem of civilisation. The obesity is mostly in developed countries, where overconsumation and fast food are in favour of physical activity. The overweight or obesity problem has affected especially school children. In their case it is either genetic predispositon or a bad life style caused by: missing of physical activity, PC, TV, sport absence and so. The uninterest in sport is often the main cause of overweight of children. It is proved thet even children with the geneticf obese predisposition can by regular physical activity reduce their weight. The prax on the other hand shows that the overweighted children are those who are the less interested in sports or other regular physical activity. This missing concern for sports or the lost of motivation and the inside strength can be explained by a several factors, whose affect the will on a level of psyche or nurse:

- ➔ **psychical depression and frustration** - caused by the inner living of inability to achieve the equal goals with comparison to the general population
- ➔ **a lost of selfconfidence** - disbelief in oneself witch causes any attempts to change the present state
- ➔ **a reality satisfaction** - one is beeing satisfied with the present state of obesity and accepts it as a normal natural state
- ➔ **a negative effects of the social enviroment** - are caused by the negative behaviour such as teasing, setting aside, giving names by the social enviroment one is living in (family, at school, friends)
- ➔ **an outside stimulation missing** - the outside stimulation is inadequate to motivate a child to an activity as well as a positive feedback is missing
- ➔ **the patopsychological deffects** – pathological deffects in behaviour and mental deffects such as gluttony or anorexia and so. (Karikova, 2001)

The obesityt is presented in specialised texts as a proces of somtic or mental organism changes, whose have a negative effects on a complex mental and well balanced state of a human beeing. In our opinion the obesity is equally determined by both named changes. It is important to realise that the physical activity is the only natural human weight regulator. On the other hand psyche, will and motivation are its only starter.

A wide range of martial sports and arts offers a lot of possibilities of their use in the proces of complexed human beeing development. For instance the karate training steps, which is able by its content, filosophy, principles and methodology effectively affects both physical and mental personal development (physical condition, coordination, motivation, selfrealisation and so on.) (Longa, 2003).

The martial sports among whose karate definitely belongs have been proved an efficient means for complex personality development. This development it's not understood as a physical mastering achievement, but as well as a thorough self ego training and innner realised will processes. According to researches it can be positively claimed, that even through their popularity and proved efficiency, methodology and content are the martial sports not enough used in process of children motivating to regular physical activity. Karate as a fighting art more then 2000 years old offers a widw range of physical and psychical self development along with the immediate feedback of one's own success (Aschieri, 1992; Mannini, 1998). Comparing to other sports oriented on the

physical performance only in order to fulfill the given norms, karate offers wider range of inside motivation use such as selfrealisation and self satisfaction.

Simply said the karate training enables the obese children show out thier abilities. The obese children are very sensitive towards their own success. They also have the chance to use the advantage of their weight towards their opponents. The important part of this training process are an individual master approach, immediate feedback, rewardings, encouragement, stimulations, approval. The aim of this work is not the comparison of training processes in karate and other sports. The goal is karate monitoring oriented on the real effects location on outside motivation building for the obese children. It is in the following points:

- 1) **A degree of karate influence on decision and a primal motivation** – the very first obese children impulses, motives whose lead them to their decision for karate training have been tested
- 2) **A karate training influence on keeping and raising primal motivation** – the degree of success in the process of long term obese children motivation on regular physical activity

Method:

This work was oriented on finding ouf the cause, consequences and obese children reaction on karate training. According to the number of monitored children this project can not be generalised. On the other hand its qualitative composition offers an interesting view on selected topic. The research has been realised in four karate clubs in central Slovakia. The monitored group consisted of junior and senior primary school children. There were 13 of them – 8 boys and 5 girls. As the group was not equal in weight or age the individual overweight could not be compared. Obese children are those, whose BMI index value is higher then the set norms boys (25) and girls (23,8) separately. The overweight could be proved by the figure signs too which caused lower shape, movement coordination even low range of selfconfidence.

For the study realisation following methods has been choosen. By their application we elicited answers to our questions.

- *the questionare method*
- *the direct observing method*
- *the interview method*
- *the method of basic somatic indicators mesuring*

The reserach has been realised during a year training term of basic sport karate conditioning. A basic somatic measuring was done at the beginning of training period. Using the questionare method we were finding out the primal obese children motivation to begin with the karate training. During the year children had been regularly observed in their natural enviroment and the notes were taken. At the end of year the questionare was realised again to find out children' opinion to the whole training process. At the end of training process the periodicity, remaining at karate lessons have been compared to children giving up the karate trainings. The goals of this reseach was not finding out how karate training affects the weight regulation and motional obese children development. The coordination and fitness condition abilities wasn't tested and the lost of weight per year was not compared. (The motional progress and lost of weight could be easily observed, even through we did not paid much attention to it.)

Results:

By this small quantitative research we have come up to interesting points, whose confirmed our hypothesis listed in theoretical part. The results have been formed in two parts:

1. **the range of karate influence on obese children decision on deciding for sport** – the achieved questionare results have proved the fact, that karate is popular and attractive martial art, which tempt children to decide for it. In the questionare 73,6% children stated choosing karate spontaneously. Only 26,4% children had been influenced or pushed to this decision by an outside enviroment (parents especially). This fact was proved by the discussion with children at the beginning of the training cycle. Children stated curiosity as the main reason for choosing karate. In the next part of our questionare realised at the beginnig of year these questioned were asked: Why karate? , What do you expect of it?. The answer for the first question was already mentioned curiosity caused by many films with fighting or martial art. There was also a need to be able to protect oneself . This fact is in our opinion more felt by obese children cause by thier psychical depression caused by social enviroment reactions.

2. **The karate training influence on keeping and rising the primal motivation** – by the training observing during the whole year, presence at trainings and doing questionnaire we have come up to solution, that karate training highly influenced the obese children motivation for doing regular physical activity. Only one boy of all stopped trainings completely. The rest of kids planned continue in their karate training next year too. On question what did the kids like about karate they mainly answered in the same way: everything. (They liked modified motion games, coordinating and condition exercises, hitting the pads, Kumite training and so on). Discussion and observing showed an important fact of children's great selfconfidence rise. This rise is in our opinion caused by wide range of children selfrealisation and wider trainee possibilities for individual approach towards child.

The higher selfconfidence was also positively affected by presence on training, wearing kimono suit, being bare foot and so on. These make the children feel special and important. The children themselves positively felt their own rise of physical strength, coordination level and physical state. This feeling of one's own selfrealisation along with mentioned emotions greatly influenced one's own selfreflection and inner motivation (belief in own success).

All achieved facts have proved right our presumption of positive affection of children motivation to regular physical activity as well as to healthy life style. The trainee personality, his principles, rules, methodology and training organisation is very important factor in karate training of obese children. In general the results can be claimed very important and interesting facts, whose may affect the understanding of outside and inside motivation of obese children in process of their positive influencing.

During the study realisation any secondary negative impact was not observed in karate training.

Discussion:

What does karate offers? What is its use in the process of obese children motivation?

Karate having more than 2000 years old history, has very strong roots in its core, meaning, content and the whole philosophy, which remained untouched up to now. This martial art – weaponless fight philosophy understanding results from its rich history, in which the ethics, morality, complexed personality development in all ages pay its important roles. Karate is well known by its requirement of honesty, exactness, discipline, respect, self-control and natural respect towards authorities. The karate training is oriented to general and specific physical development condition and coordination abilities. By its forms and methods pays attention on complex child personality development, its psyche and thinking. This martial art offers children a wide range of interesting and different physical activities, which may spontaneously evoke interest in exercises. As the karate training is based on the selfdevelopment offers children a great possibilities of selfrealisation. Based on our long term trainee practical experience and rich theoretical knowledge it is assumed that the karate training steps are able effectively help to obese children adaptation to: new life style, regular physical activity and physical strain. Our study results validated our hypothesis and proves the karate training as a positive obese children motivation for regular physical activity. Karate offers a wide range of its methods and content use for anybody therefore for obese children too. These children have a high sense of the primal motivation (excitement) and have a strong will keep up with training. There may occur following problems in motivating them:

- *sophistication and future disappointment fear*
- *negative feedback*
- *the whole group depends on child's own selfdevelopment*
- *negative past experience*

As karate eliminates these negative factors of obese children motivating process is able to offer a good base for inner motivation by selfrealization. Based on the present results and trainee experience can be following karate training advantages of obese children motivation listed:

- ✓ **high primal motivation**
- ✓ **wide range of selfrealisation**
- ✓ **individual feedback forms**
- ✓ **own selfreflection as the easiest form of self evaluation**
- ✓ **training steps flexibility**
- ✓ **social group position stabilisation**

- ✓ **positive emotions domination as a result of selfrealisation fullfiling, and reducing the negative effects of failure**

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