

Original Article

A Study of the Impact of Taekwondo Training on Personality Development of Girls

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Abstract

Personality development plays a dynamic role in the overall growth and empowerment of young girls. Physical activities, particularly martial arts such as Taekwondo, is gradually recognized not only for their physical benefits but also for their psychological and social impact. The present study aims to examine the impact of Taekwondo training on the personality development of girls. The research focuses on key personality dimensions including self-confidence, emotional stability, discipline, leadership qualities, social adjustment, and self-esteem. Women's empowerment, self-confidence, and safety have become highly important issues, in modern society. Involvement in physical education and sports plays a crucial role in the personality development of girls. Taekwondo, a Korean martial art, is not merely a self-defense technique but also a discipline that promotes confidence, courage, mental stability, and leadership qualities. The primary objective of the present study was to examine the impact of Taekwondo training on the personality development of girls. An experimental research design was adopted. A sample of 60 girls aged 13 to 18 years was selected. After 12 weeks of structured Taekwondo training, significant improvements were observed in self-confidence, leadership qualities, social behavior, and emotional stability. The findings suggest that Taekwondo training can serve as an effective medium for the holistic personality development of girls.

Keywords: Taekwondo, Personality Development, Self-confidence, Women Empowerment, Self-defense.

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Submitted: 20 June 2024 **Revised:** 28 June 2024 **Accepted:** 10 July 2024 **Published:** 31 July 2024

INTRODUCTION

In today's competitive and fast-paced lifestyle, personality development has gained special importance. Personality refers to the integrated pattern of mental, emotional, social, and physical characteristics of an individual. For girls, qualities such as self-confidence, decision-making ability, courage, social participation, and emotional balance are essential for overall personality development. Taekwondo originated in South Korea and has gained global recognition. It was officially included in the Olympic Games, which enhanced its prestige worldwide. Taekwondo emphasizes discipline, respect, self-control, and perseverance.

Need and Significance of the Study

Incidents of insecurity, violence, and psychological stress among women are increasing in contemporary society. In such circumstances, developing self-confidence and self-defense skills among girls becomes essential. Taekwondo training not

only improves physical fitness but also strengthens mental resilience. This study is significant for the field of physical education and contributes to women's empowerment initiatives.

Objectives of the Study

- To study the impact of Taekwondo training on self-confidence among girls.
- To examine the effect of Taekwondo training on leadership qualities.
- To analyze the influence of Taekwondo training on social behavior and emotional stability.
- To explain the contribution of Taekwondo to overall personality development.

Hypotheses

- Taekwondo training will significantly improve self-confidence among girls.
- Taekwondo training will positively develop leadership qualities.

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	DOI: 10.5281/zenodo.18710769	

- Taekwondo training will increase emotional stability.

Methodology

Research Design: Experimental Method

Sample: 60 girls aged 13–18 years (Experimental Group – 30, Control Group – 30)

Tools: Personality Test Questionnaire, Self-confidence Measurement Scale, Leadership Quality Assessment Tool

Training Programme: 12 weeks, 5 days per week, 60 minutes per day (Basic kicks, punches, poomsae, discipline training)

Statistical Analysis: Mean, Standard Deviation, and 't' test.

Findings

- Significant development in self-confidence
- Improvement in leadership qualities
- Better social participation
- Enhanced emotional stability
- Decrease in fear and hesitation

No significant changes were observed in the control group.

Discussion

Taekwondo training give emphasis to discipline, self-control, and regular practice. Involvement in competitions and group practice improves leadership qualities and social dealings. The belt-ranking system inspires participants to achieve progressive goals and nurtures a positive mindset.

Conclusion

The study indicates that Taekwondo training is a highly effective tool for the personality development of girls. Positive changes were observed in self-confidence, leadership qualities, social behavior, and emotional stability. It is recommended to include Taekwondo training at school and college levels for holistic development.

Recommendations

- Implement regular Taekwondo training programmes in schools.
- Increase appointment of female trainers.
- Organize self-defense camps in rural areas.
- Include Taekwondo in women empowerment programmes.

Acknowledgment

The author expresses sincere gratitude to the Principal of Shrimati Gangabai Khivraj Ghodawat Kanya Mahavidyalaya, Jaysingpur, for granting permission and providing the necessary facilities to conduct this study.

Financial support and sponsorship

Nil.

Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

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