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Motivations and Determinants Underlying the Practice of Martial Arts and Combat Sports

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Abstract:

Objectives and approach. An attempt has been undertaken to explain the motivations and determinants underlying the practice of martial arts and combat sports in Poland in the perspective of the humanistic theory of martial arts [Cynarski 2004]. The research was narrowed down to the region of Podkarpacie (a province in the south-eastern part of Poland) and Dolny Śląsk (in the south-western part of Poland). The problem under study here concerned the question of how the place of residence, the type of martial arts or combat sports practised as well as the gender of practitioners influenced motivations underlying the practice as well as the issue of social and personal determinants of such practice.

Material and methods. The study materials were survey responses from persons practising *aikido* (37), *judo* – women (30) and men (34), and *non-contact karate* (126) (in total N1 = 227) as well as a control group – secondary school pupils practising *kyokushin karate* (N2 = 85). A diagnostic survey with two questionnaires was used. The survey had been developed by Wojciech J. Cynarski [2006] and addressed to, respectively, practitioners of martial arts or combat sports and secondary school pupils.

The results were processed using the χ^2 test for independence and the Spearman's rank correlation coefficient – r_s . An aspiration scale with established ranks – from 1 to 7 – was adopted.

Results. The place of residence does not diversify the choice of motivations underlying the practice of martial arts or combat sports. Nevertheless, it was found that:

1. There were similar aspirations and motivations as regards judokas – both women and men.
2. There was a high correlation of aspiration hierarchy (choice of motivations) in the groups of: *aikido* – *non-contact karate*.
3. The highest differences as regards the aspiration significance hierarchy were noted between the groups of women's judo and *aikido* as well as judo (women and men) and *non-contact karate*.
4. There were considerable differences in the hierarchy of aspirations (motivations) between *judokas* and other martial arts practitioners.

Conclusion. The place of residence does not diversify motivations. There were differences in the choice of motivations when it came to particular types of martial arts or combat sports. This resulted from various objectives pursued during the practice of combat sports and martial arts.

Introduction

Both the popular belief and the scientific judgements share the conviction that most human behaviours are governed not by coincidence but by reasons, referred to as the *motives* (*lat. emovere* = to move). In psychology, the term motivation is used to describe a complex of psychical and physiological processes determining the base of human behaviours and changes therein. These processes orientate the

behaviour of an individual to the achievement of certain determined goals that are important for them and govern the performance of certain activities so that they lead to the desired results" [Przetacznik-Gierkowska 2002: 76]. According to Janusz Reykowski [1976: 19], *motivation* is a process of psychological regulation which determines the direction of human activities and the quantity of energy that an individual is ready to devote to pursue and achieve the given direction.

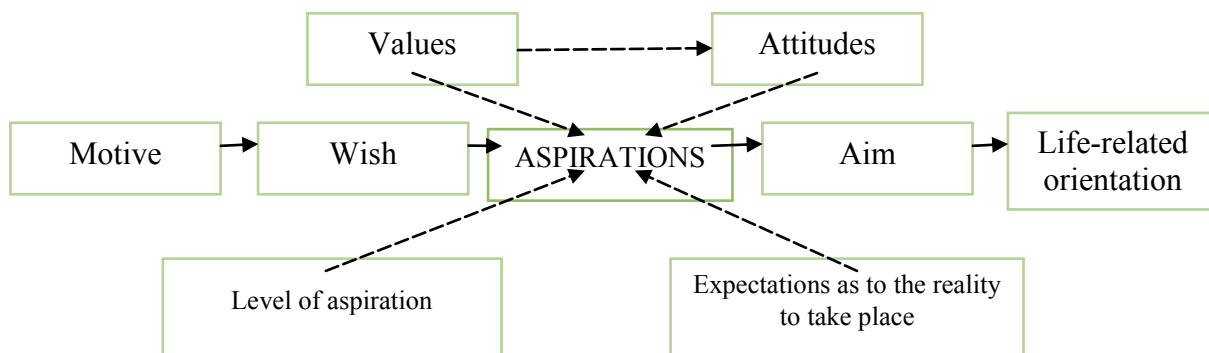


Fig. 1. Aspiration Scheme
[source: Jankowski 1987: 33]

According to contemporary opinions, at the sources of human activeness there are needs that people have. The more needs there are the more involved a person becomes in culture and the more he/she develops physically, psychically or spiritually. The wealth of needs experienced by contemporary people results in a multitude of measures undertaken to satisfy them. The classification of needs constitutes at the same time the classification of potential motives underlying actions taken. It may be difficult to clearly link a given action to a given motive because different motives may lead to the same behaviour.

In case of complex actions, actions unfolding over time or carried out regularly, in accordance with some schedule, actions absorbing one's attention or requiring a certain amount of sacrifice, effort and time, psychologists use the term *aspirations*. In accordance with A. Jankowski [1987], there are educational, professional and living-related, personal, social, moral and ideological aspirations as well as aspirations concerning the social reception of the behaviour of an individual. Social and professional aspirations display a determined attitude which a given person has towards the profession selected and which is related to the pursuit of their own goals and intentions (fig. 1).

Many theoreticians of physical education and many sports pedagogues point to exceptional values of martial arts and combat sports [Kiyota, Kinoshita 1990; Brown, Johnson 2000; Harasymowicz 2000; Jaskólski 2000; Kalina 2000; Winkle, Ozmun 2003; Wolters 2005; Kitamura *et al.* 2011]. Shaun Galloway [2004] explains the motives underlying competitive karate practice from the perspective of Bandura's self-efficacy theory. However, the practice of combat sports for reasons other than sport-related requires a much wider spectrum of humanistic reflection. The humanistic theory of martial arts [Cynarski 2004] provides a theoretical perspective for the

problem studied. It takes into account the deepened motivation – the practice for self-fulfilment and spiritual development within the understanding as adopted in humanistic psychology and humanistic pedagogy [Szyszko-Bohusz 2003]. The motives behind these actions result from a willingness to pursue higher level and lower level needs (A. Maslow's hierarchy of needs) or from the needs compliant with E. Fromm's radical humanism.

The issue of how these values of martial arts and combat sports are perceived by their practitioners was discussed on the basis of the indications of training motives and goals. Focus was put on the determinants and motivations (as declared by respondents) and, indirectly, on the hierarchies of values. Does the type of martial arts or combat sports practised influence the choice (indication) of motives and values-goals?

In the first phase of the study, a series of dependence-related research questions was made: 1) 'Does the place of residence of women under the survey diversify the autotelic, instrumental and indirect training motivations?'; 2) 'Does the place of residence of men under the survey diversify the autotelic, instrumental and indirect training motivations?'; 3) 'Does the place of residence of persons under the survey diversify the autotelic, instrumental and indirect training motivations?' Attempts were undertaken to determine how the type of martial arts or combat sports practised and the gender of practitioners influence the choice of specific motivations.

Material and method

The research was narrowed down to the region of Podkarpatie (a province in the south-eastern part of Poland) and Dolny Śląsk (a south-western province). The study materials were based on answers from respondents practising *aikido* (37), *judo* – women

(30) and men (34) – and *non-contact karate*¹ (126) (in total N1 = 227) as well as from a control group – secondary school pupils practising *kyokushin karate* – the contact type (N2 = 85). A diagnostic survey with two questionnaires was used. It had been developed by Wojciech J. Cynarski [2006] and addressed to, respectively, persons practising martial arts or combat sports and secondary school pupils.

The results were processed using the χ^2 test for independence and the Spearman's rank correlation coefficient – r_s . Additionally, in a situation where we have qualitative variables (non-measurable) – in this case: importance, significance, popularity of defined aspirations (common occurrence) in groups of people preferring different martial arts – which may be hierarchized and presented in a rank scale, the Spearman's coefficient was used to determine the correlation:

$$r_s = 1 - 6\sum d^2 / N(N^2 - 1)$$

The following scale of aspirations within a defined group selected on the basis of declared preferences was adopted:

- decisive – 1
- very important – 2
- important – 3
- moderately important – 4
- less important – 5
- barely important – 6
- insignificant – 7.

On the basis of aspirations indicated by persons from various groups of interest, ranks from 1 to 7 were assigned – from the most important (decisive) to insignificant for the practitioners of the given martial art or combat sport – within each group.

Results

In order to obtain responses to the problem under study here (dependence-related), which can be expressed in the form of the following question: 'Does the place of residence of women under study here diversify the autotelic, instrumental and indirect training motives?' (tab. 1), the χ^2 test for independence was used. In result of empirical analysis of the data, the χ^2 test for independence value obtained was = 13.972. On the basis of the test function value determined, it was found that the place of residence of the women under study here (Dolny Śląsk, Podkarpacie) did not diversify the autotelic, instrumental and indirect motives underlying trainings.

¹ *Shotokan karate* with *non-contact* sports competition and *idokan karate* (otherwise referred to as *zendo-karate tai-te-tao*) rejecting the sports competition.

A zero hypothesis was adopted because: $\chi_e^2 = 13.97 < \chi_t^2 = 48.278$ for $d_f = 28$ and $\alpha = 0.01$

The place of residence does not diversify choices made. The Spearman's rank correlation coefficient $r_s = 0.81$. There was a high correlation between the importance of motives in both groups of women under study here, which additionally confirmed the zero hypothesis.

Generally, the indications (selection) of the values – goals of 'philosophy, self-perfection' and 'martial art and way' – were rather rare, which meant that the self-fulfilment (good training) and instrumental motivations prevailed.

In order to obtain responses to the problem under study here (dependence-related), which can be expressed in the form of the following question: 'Does the place of residence of men under study here diversify autotelic, instrumental and indirect training motives?' the χ^2 test for independence was used. In result of empirical analysis of data, the χ^2 test for independence value obtained was = 44.957. On the basis of the test function value determined, it was found that also the place of residence of the men under study here (Dolny Śląsk, Podkarpacie) did not diversify the motives underlying trainings. A zero hypothesis was adopted because: $\chi_e^2 = 44.957 < \chi_t^2 = 48.278$ for $d_f = 28$ and $\alpha = 0.01$. The Spearman's rank correlation coefficient $r_s = 0.69$ shows a considerable correlation between the importance of motivations in both groups, which is an additional confirmation of the zero hypothesis.

On a similar basis, it was found that the place of residence as a rule did not diversify autotelic, instrumental and indirect training motivations ($\chi_e^2 = 23.591 < \chi_t^2 = 48.278$ for $d_f = 28$ and $\alpha = 0.01$; $r_s = 0.74$).

The choices of motivations by women (non-contact style) and by contact sports style karatekas (*kyokushin*) (tab. 2) were compared. The χ^2 test for independence was used. In result of empirical analysis of data, the χ^2 test for independence value obtained was = 98.843. On the basis of the test function value determined, it was concluded that the type of martial arts or combat sports practised diversified the autotelic, instrumental and indirect training motivations.

Women in Dolny Śląsk – the *kyokushin karate* school

$\chi_e^2 = 98.843 > \chi_t^2 = 48.278$ for $d_f = 28$ and $\alpha = 0.01$

The alternative hypothesis was adopted (type of martial arts diversified the choices made). We reject the zero hypothesis which states that it does not. The Spearman's rank correlation coefficient $r_s = 0,17$ – no correlation between the rank (importance) of motivations in both groups.

Tab. 1. Women from Dolny Śląsk and Podkarpacie, practising martial arts and combat sports, N = 30

No.	Number of indications Motive or value	Total		Place of residence of women			
		N	%	Podkarpacie		Śląsk	
				N	%	N	%
1	Good physical training	26	87	13	81	13	93
2	Physical fitness improvement	25	83	15	94	10	71
3	Stress management	16	53	11	69	5	36
4	Feeling of self-confidence	11	37	6	37	5	36
5	Self-defence	20	67	11	69	9	64
6	Psychical reinforcement	11	37	5	31	6	43
7	Courage development	12	40	8	50	4	29
8	Feeling of safety	9		5	31	4	29
9	Exercise for recreation and entertainment	12	40	10	62	2	14
10	Master's model figure	7	23	3	19	4	29
11	Testing oneself	15	50	7	44	8	57
12	Way of life	10	33	6	37	4	29
13	Body posture improvement	19	63	13	81	6	43
14	Acquisition of perseverance and consistency	16	53	9	56	7	50
15	Philosophy, self-perfection	8	27	6	37	2	14
16	Martial art and way	5		2		3	21
17	Acquisition of professional skills	10	33	7	44	3	21
18	Health-related values	6	20	3	19	3	21
19	Prestige within a group	1	3	0	0	1	7
20	Beauty of martial arts	8	27	4	25	4	29
21	Possibility to win prizes	12	40	7	44	5	36
22	Formation of self-discipline	15	50	9	56	6	43
23	Willingness to experience competition, fight	23	77	12	75	11	79
24	Atmosphere at the <i>dojo</i>	0	0	0	0	0	0
25	Possibility to make new contacts	21	70	11	69	10	71
26	Willingness to 'blow off the steam'	4	13	3	19	1	7
27	Development of the attitudes of humility, respect and responsibility	12	40	7	44	5	36
28	Willingness to show-off before one's peers	1	3	1	6	0	0
29	Other	0	0	0	0	0	0

[Source: own research]

Women in Podkarpacie – the *kyokushin karate* school

$\chi^2_e = 98.843 > \chi^2_t = 48.278$ for $d_f = 28$ and $\alpha = 0.01$

The alternative hypothesis was adopted (type of martial arts diversified the choices made). The Spearman's rank correlation coefficient $r_s = 0.38$ – there was a low correlation between the importance of motivations in both groups.

Similar results were obtained with regard to the choices of men training aikido, judo, non-contact karate and *kyokushin karate*.

In result of empirical analysis of data, the Chi χ^2 test for independence value obtained was = 223. On the basis of the test function value determined, it was concluded that the type of martial arts practised (non-competitive, competitive – non-contact and contact) determined the autotelic, instrumental and indirect motivations behind trainings.

Men in Dolny Śląsk – the *kyokushin karate* school

$\chi^2_e = 223.0 > \chi^2_t = 48.278$ for $d_f = 28$ and $\alpha = 0.01$

The alternative hypothesis was adopted (type of martial arts diversified the choices made). We reject the zero hypothesis which states that it does not. The Spearman's rank correlation coefficient $r_s = 0,29$ – poor correlation between the importance of motivations in both groups.

Men in Podkarpacie – the *kyokushin karate* school

$\chi^2_e = 223.0 > \chi^2_t = 48.278$ for $d_f = 28$ and $\alpha = 0.01$

The alternative hypothesis was adopted (type of martial arts diversified the choices made). The Spearman's rank correlation coefficient $r_s = 0,33$ – poor correlation between the importance of motivations in both groups.

Owing to the Spearman's rank correlation coefficient it possible to observe which pairs of practitioners were most compliant with each other in terms of the sports motivation importance hierarchy (aspiration's materiality, importance, significance).

Data necessary for calculations are provided in tab. 3. The following has been determined:

Tab. 2. Women: Dolny Śląsk – Podkarpacie – The Kyokushin Karate School Autotelic, instrumental and indirect training motivations

Value	Dolny Śląsk Women	Podkarpacie Women	School of Kyokushin Karate
<i>Discipline practised</i>			
good physical training	13	13	42
physical fitness improvement	10	15	41
stress management	5	11	15
feeling of self-confidence	5	6	30
self-defence study	9	11	31
psychical reinforcement	6	5	28
courage development	4	8	33
feeling of safety	4	5	34
exercise for recreation and entertainment	2	10	37
master model figure	4	3	11
testing oneself	8	7	11
way of life	4	6	25
body posture improvement	6	13	0
acquisition of perseverance and consistency	7	9	8
philosophy, self-perfection	2	6	7
martial art and way	3	2	12
acquisition of professional skills	3	7	23
health-related values	3	3	33
prestige within a group	1	0	18
beauty of martial arts	4	4	17
possibility to win prizes	5	7	13
formation of self-discipline	6	9	10
willingness to experience competition, fight	11	12	15
atmosphere at the 'dojo'	0	0	8
possibility to make new contacts	10	11	13
willingness to 'blow off the steam'	1	3	20
development of the attitudes of humility, respect and responsibility	5	7	20
willingness to show-off before one's peers	0	1	16
other	0	0	0
N - number of surveyed persons	14	16	85

r_s – for groups: *aikido* – women's judo $r_s = 0.33$

r_s – for groups: *aikido* – men's judo $r_s = 0.35$

r_s – for groups: *aikido* – non-contact karate $r_s = 0.98$

r_s – for groups: women's judo – men's judo

$r_s = 1.0$

r_s – for groups: women's judo – non-contact karate $r_s = 0.31$

r_s – for groups: men's judo – non-contact karate $r_s = 0.24$

It was found that: 1) the aspirations and motivations were identical in case of judokas – for both women and men. 2) There was a high correlation of aspiration hierarchy (choice of motivations) in the groups of: *aikido* – non-contact

karate. 3) The highest differences as regards the aspiration significance hierarchy were noted between the groups of women's judo and *aikido* as well as judo (women and men) and non-contact *karate*. 4) There were considerable differences in the hierarchy of aspirations (motivations) between judokas and other martial arts practitioners.

These results confirm the theses of the humanistic theory of martial arts, which state that the values and goals underlying the practice of martial arts are different than in the case of combat sports. Judo is strictly a sport and is relatively rarely practised for purposes other than to achieve a sports result. *Aikido* is the only a martial art, without any

Tab. 3. Motivations and determinants in the practice of martial arts - breakdown by type (discipline)

Type of martial arts	Aikido	Judo/F	Judo/M	Non-contact karate	R _A	R _{JF}	R _{JM}	R _{KN}
Sports aspirations								
Obtain a higher level	28	14	19	98	1	3.5	3	1
Learn a new form	14	3	4	40	3.5	6	6	4
Become an instructor	7	5	7	26	5	5	5	6
Win a prestigious competition	2	25	27	58	6	1	1	3
Improve a given fitness characteristic or perform an technique	26	20	24	80	2	2	2	2
Go to a foreign training practice	14	14	9	32	3.5	3.5	4	5
Other	1	1	0	6	7	7	7	7

Tab. 3 uses the following designations:

R_A - rank of motivations among *aikido* practitioners

R_{JF} - rank of motivations among female judokas

R_{JM} - rank of motivations among male judokas

R_{KN} - rank of motivations among non-contact karate practitioners.

[Source: own research]

Tab. 4. Motivations underlying the commencement of the practice of martial arts and combat sports (for N = 60)

Distinction	Sports and martial arts					
	<i>taekwon-do</i>		karate <i>kyokushinkai</i>		<i>aikido</i>	
	N	%	N	%	N	%
Health condition improvement	1	5	2	10	-	-
Physical fitness	19	95	20	100	20	100
Harmonious body build	10	50	18	90	12	60
Pleasure of physical effort	14	70	12	60	17	85
Company of friends	2	10	4	20	3	15
Comprehensive improvement willingness	10	50	15	75	19	95
Willingness to test oneself	6	30	14	70	3	15
Learn of how to defend oneself against attackers	16	80	20	100	17	85
Willingness to impress others with one's physical fitness and skills	11	55	16	80	12	60
Curiosity	2	10	3	15	1	5
Willingness to learn how to fight	17	75	20	100	20	100
Formation of personal traits (e.g. perseverance, courage)	8	40	14	70	12	60
Prize winning	7	35	-	-	-	-
Climbing the sports-related or initiation levels	15	75	16	80	19	95
Meeting new friends	2	10	5	25	1	5
Pleasant pastime	8	40	6	30	2	10
Visiting the country and abroad	6	30	-	-	-	-
Fascination with the Oriental martial arts	17	35	14	70	20	100

[source: Litwiniuk, Cynarski 2001]

sports competition. In the case of karate, on the other hand, the goals of the martial arts ad way and those of sport seem to overlap. The indications made by contact-type karate practitioners (*kyokushin/kyokushinkai*) and non-contact karate practitioners (karate *shotokan*, with *non-contact* sport-type competition and karate *idokan*, without sports competition) were different. This results from the fact that in non-contact disciplines considerable emphasis is put on self-control and self-fulfilment, and not only on combat efficiency alone.

In *aikido* the prevailing motivation was that to perfect one's skills and obtain another technical level. Judokas most frequently selected victory in prestigious competitions (tab. 3). Generally, instrumental motivations and goals dominated.

Discussion

It must be noted that the above-presented results agree with the results of studies by other authors

Tab. 5. Distribution of answers to the question: 'Why do you practise martial arts/combat sports?'

Motive	Percentage share of answer
Self-defence (ability to defend oneself in case of danger)	25 %
Sport (competition, sports successes)	13 %
Physical recreation (physical form, health)	35 %
Self-improvement	20 %
Stress management, relaxation	39 %

[source: *Lickiewicz 2006*]

dealing with the issue of motivation underlying the willingness to practise Oriental martial arts [Kiyota, Kinoshita 1990; Kalina, Śliwak 2000; Cynarski 2001; Bogdał, Syska 2002; Dąbrowski, Majcher, Cynarski 2002; Cynarski 2006].

According to Królikowska [2003]: 'In the opinion of karatekas from the youngest group (aged 10-15), what motivates them to practise karate is the willingness to acquire new motor skills and the ensuing possibility to bolster their prestige among peers, as well as to achieve a sports success. This was indicated by 20.9% of respondents, while slightly fewer respondents – 14.2% indicated physical fitness improvement, and (12.8% of respondents) the improvement of techniques and the philosophy of the art of karate. The feeling of a higher level of safety was the motivation indicated by 9.4% of the youngest karatekas. In the older age group (16-19 years), 20% of respondents indicated that their main motivation to practise karate was to improve physical fitness and get an insight into the techniques and philosophy of the art of karate, 15% indicated also the achievement of sports successes, and 12.5% personality development, listing such character traits as: perseverance, sense of responsibility, discipline, reliability and respect to others. In the case of the oldest age group of 20+, most respondents (as many as 19.1%) indicated that their motivation to participate in karate training was to fathom out the knowledge of this martial art, 16.2% each indicated also the personality development, health reinforcement and physical fitness improvement.' Additionally, 'among the oldest karatekas, behind the category of physical health improvement, which ranked first in the hierarchy, there were: health reinforcement – 16.2% relaxation and stress management – 13.3%, and development of one's personality – 13%. Further answers in terms of popularity were: in the group of respondents aged 10-15 – fathoming out the techniques and philosophy of the art of karate – 16%, in the group aged 16-19 – personality development – 8%, in the group aged 20+ – maintaining social contacts – 8,8% and active pastime – 4.4%.' [Królikowska 2003].

On the basis of his research into the Polish representatives in *kyokushin* karate, Sterkowicz pointed out to the significance of the strength of

motivation to achieve success, which was correlated with the results in combat sports [Sterkowicz 1992: 66-69]. On the other hand, however, results of cross-sectional studies among the practitioners of various Asian martial arts and combat sports indicated that the motivation – willingness to achieve a sports result – was rarely given as a reason to practise these combat sports [Jones, Mackay, Peters 2006]. Naturally, these observations do not exclude each other, being rather complementary to each other. Strong internal motivation will contribute to better training effects – whether they are sport results or the path towards achieving greater mastery in a martial art.

The willingness to learn fighting skills is a characteristic distinguishing persons undertaking the practice of a contact *kyokushin* karate (100 %), while the non-aggressive art of *aikidō* is selected by persons particularly fascinated with the 'martial arts' – as presented in tab. 4 [Litwiniuk, Cynarski 2001].

Lickiewicz [2006] states that 'along with the growing popularity of combat sports and martial arts, they become revalued. The motivations underlying the inception of the practice of martial arts given so far – self-perfection and achievement of sports successes in the case of combat sports, were replaced by the aspects of skills related to self-defence, physical fitness and stress management.' (tab. 5). Generally, the practice of martial arts entails instrumental values, when: it comes to learning the skills of self-defence and fight, it is beneficial to one's health or to 'higher' values, or it gives pleasure and satisfaction, which may be a motivation to continue the exercises. The autotelic value is the training itself and daily practice itself, which both constitute the sense of the process of perfecting oneself by means of martial arts. It is, though, self-fulfilment understood differently than in the humanistic psychology – in a very individualised manner.

The self-defence skills are also the main motivation behind the introduction of martial arts into school curricula [Socha 2001]. Besides the utilitarian approach, more and more visible becomes a phenomenon that may be referred to as the 'romantic motivation', which encourages the practice of martial arts devoid of the value of practical application in self-defence, e.g. *iaidō*.

Other martial art practice orientations most often combine health-related motivation with the spiritual perfection, perfectionism in a wide sense and the willingness to overcome the boundaries of natural human weaknesses.

Sōke Kanyemon Aikira Okazaki, *shihan* of the 'tenshin shin'yo-ryū' school, *hanshi* of the sword arts of *kenjutsu* and *iaijutsu*, leader of the All-Japan Seibukan Martial Arts and Ways Association (Dai-Nippon Seibukan Budō/Bugei-kai) distinguishes three possible orientations (or motivations) behind the contemporary practice of fencing: 1) spiritual, 2) 'fighter's, 3) tournament-related [Okazaki 1985]. Whole the tournament orientation may be easily associated with sport competitions, the 'fighter's orientation should probably be interpreted as a mental shortcut related to the maintenance of the knightly tradition or the willingness to find one's inner warrior.

Motivations and goals change with age. For example, the victory in competitions is more often mentioned by younger martial art practitioners. The exemplification of the need for a sports success, in turn, is found in the declarations of persons with lower education (most frequently also younger) that they want to 'win a prestigious tournament'. Unmarried martial arts practitioners are more willing to be active in the field of the physical culture they practise. They are more willing to declare readiness to go to tournaments or to practices abroad, and they are more ambitious when it comes to pursuing the path towards higher levels (as students or masters). Persons with criminal record most often want to improve their physical fitness and command of techniques. No-one from among them intends to become an instructor (because no-one can). The economic situation of one's family influences the choices of immediate or long-term goals of martial arts practice. Practitioners from poorer families are more ambitious when it comes to getting to know further technical secrets of the martial art they train. Practitioners from smaller towns and localities are more desirous of winning important competitions, they dream about practices abroad and about obtaining instructor's licences. Persons from more affluent families, who are also more involved in competitive sports, would like to win competitions (50%), or (every fourth respondent representing this group) become an instructor. The 'acquisition of fighting skills' seems to be the most attractive aspect in martial arts, as demonstrated by 54.5% of choices. Then, there are choices displaying the aspirations towards perfection: 'you can always learn something else', 'the way towards perfection, pursuit of mastery', 'shaping positive character traits'. The 'possibility to compete' is attractive to

one fourth of the respondents (26.4%), while the aspects of a show – only for 13.8% of practitioners. Women are more prone to choose 'shaping positive character traits', 'a break from everyday problems', as well as 'the possibility to meet interesting people' (especially of the opposite sex). Men more often mention the possibility of competing and the aspects of a show present in martial arts [Cynarski 2006, tab. 5.189]. Beginners most often want to practise for self-defence. Additionally, they also mention motivations concerning the physical and emotional spheres as well as – to some extent - self-fulfilment (to test oneself, find self-confirmation, bolster one's confidence) [Cynarski 2006].

British studies, in turn, indicate that – 'The four most important participation motivations evident were 'Affiliation', 'Fitness', 'Skill Development' and 'Friendship' supporting the contention that broad participant motives for martial arts engagement are similar to those evident for other sports. The three least influential motives, indicating their limited importance as motivations for participation in the martial arts, were 'Rewards/status; 'Situational' and 'Competition'. There were no significant gender or experience differences for any of these emergent motivational factors.' [Jones, Mackay, Peters 2006]. The distinction between hard and soft styles of martial arts - contact and non-contact - is undoubtedly important for the results [cf. Theeboom, De Knop, Wylleman 2008; Theeboom, De Knop, Vertonghen 2009].

Conclusion

The place of residence does not diversify motivations. It was found that: 1) The aspirations and motivations were identical in case of judokas – for both women and men. 2) There was a high correlation of aspiration hierarchy (choice of motivations) in the groups of: *aikido – non-contact karate*. 3) The highest differences as regards the aspiration significance hierarchy were noted between the groups of women's judo and aikido and judo (women and men) and *non-contact karate*. 4) There were considerable differences in the hierarchy of aspirations (motivations) between judokas and other martial arts practitioners. This results from different training goals in sport (judo is first and foremost a combat sport) and in martial arts (*aikido* is a martial art without sports competition).

The indications made by contact-type karate practitioners (*kyokushin*) and non-contact karate practitioners (*karate shotokan*, with non-contact sport-type competition, and *karate idokan*, without sports competition) were different. This results from

the fact that in non-contact disciplines considerable emphasis is put on self-control and self-fulfilment, and not only on combat efficiency alone. Generally, however, especially among women, the instrumental motivations prevailed.

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Motywy i uwarunkowania trenowania sztuk walki i sportów walki

Słowa kluczowe: sztuki walki, sporty walki, trening, motywy

Streszczenie

W perspektywie humanistycznej teorii sztuk walki podjęto próbę eksplikacji motywów i celów trenowania sztuk walki i sportów walki w Polsce. Badania ograniczono do terenów Podkarpacia (województwo w południowo-wschodniej części kraju) i Dolnego Śląska (region południowo-zachodni).

Materiał badań stanowili respondenci trenujący *aikido* (37), *judo* kobiety (30) i mężczyźni (34) oraz *karate bezkontaktowe* (126) (łącznie N1 = 227) oraz grupa porównawcza – uczniowie szkół ponadgimnazjalnych trenujący *kyokushin karate* (N2 = 85). Zastosowano sondaż diagnostyczny z użyciem dwóch kwestionariuszy opracowanych przez Wojciecha J. Cynarskiego [2006], kierowanych odpowiednio do osób trenujących sztuki i sporty walki lub młodzieży ponadgimnazjalnej.

Wyniki opracowano z zastosowaniem testu niezależności χ^2 oraz współczynnika korelacji rangowej Spermmana - r_s . Przyjęto skalę aspiracji z ustalonymi rangami – od 1 do 7.

Stwierdzono, że środowisko zamieszkania nie różnicuje wyboru motywów trenowania sztuk walki i sportów walki. Wystąpiły natomiast różnice w wyborach motywów w zależności od rodzaju sztuki walki lub sportu walki. W szczególności:

1. Jednakowe motywacje i aspiracje występują u judoków – kobiet i mężczyzn.
2. Wysoka korelacja hierarchii aspiracji (wyborów motywów) wystąpiła w grupach: aikido – karate bezkontaktowe.
3. Największe różnice w hierarchii ważności aspiracji występują pomiędzy grupami judo kobiet a aikido oraz judo (kobiet i mężczyzn) a karate bezkontaktowe.
4. Duże różnice w hierarchii aspiracji (motywów) występują pomiędzy judokami a innymi sztukami walki. Wynika to z faktu odmiennych celów treningu w sporcie i w sztuce walki.