

# A STUDY ON STRESS TOLERANCE AND LOCUS OF CONTROL IN MARTIAL ART PRACTITIONERS

**Subhash Bhaskaran, Anakha P K**

Psychologist  
Padashala Centre For Special Needs  
Kakkanad, Kerala, India  
Email: subhashkarate1999@gmail.com

Anakha P K  
Psychologist  
KITE Centre For Child Development and Autism  
Manjeri, Kerala, India  
Email: anakhakumar141@gmail.com

## Abstract

The present study aims to assess the stress tolerance and locus of control and comparing stress tolerance and locus of control among martial artist and non martial artist. For the study a sample of 60 martial artists and non martial artists were collected in equal number from different martial artists from Thrissur district of Kerala. It hypothesized that there is significant relationship between stress tolerance and locus of control among martial artists and non martial artists. The purpose of the study was fulfilled by collecting data through stress tolerance questionnaire by Reshmi c.s and Sanand Raj and Levenson's scale of locus of control. The sampling method adopted was convenient sampling. Obtained result were analyzed using Carl Pearson correlation and t test techniques. The result reveals that there is significant relationship between stress tolerance and locus of control among martial artists and non martial artists.

**Keywords:** Stress tolerance, Locus of control, Martial art, Non martial artist

## INTRODUCTION

Developing confidence and surrounding yourself with good people are two key aspects of maintaining good mental health. Martial arts training is a powerful way to gain respect, improve your flexibility and boost your endurance. Ultimately practicing martial arts help you achieve a lasting sense of balance and harmony in your goals and future. Each situation we confront in our daily lives is different, so the same technique don't work for every circumstance. Inorder to achieve victories in life, we have to be flexible and flow and liquid like people of all ages can benefits from focusing on their mental health. Adults who are struggling with stress at work or anxiety from their day to day responsibilities can find peace in martial arts training. By practicing martial arts, you can master your mind and your emotions. That can help you develop greater emotional stability, assertiveness, self-confidence, and lessen aggressive feelings. Increased self-esteem. Just like exercise strengthens your body, challenges strengthen your mind. Martial arts evolved for combat training and self-defence, and a strong, calm mind is a prerequisite to face an adverse situation. Kalsi says, "Martial artists are known for the control they exercise over their mind and for training themselves to keep calm during difficult situations.

## STRESS TOLERANCE

Stress tolerance is the ability to be relaxed and composed when faced with difficulties. Having positive stress tolerance is being able to stay calm without getting carried away by strong emotions of helplessness and hopelessness. Stress tolerance mechanism are activated when a stress factor reaches the cell surface or interior and damages the cell. Stress tolerance is the threshold at which an individual can effectively and consistently deal with and manage stressful situations. Stress Tolerance is the capacity to endure pressure or uncertainty without becoming negative (e.g. hopeless, bitter or hostile) toward self or others. People strong in Stress Tolerance can withstand and may even thrive in high-pressure situations. They effectively rise to the challenge of wrestling problems to resolution and smoothly undergo sudden trouble—say, when a deadline is moved up. Often productive and assured despite ambiguity, they cope with their worries and have space for people's fluctuating emotions. Others may seek them out for their strength and look to them in times of uncertainty. Everyone experiences a wide variety of stress during life. These stresses can range from daily annoyances to

<https://www.gapgyan.org/>

major events such as a job loss, divorce, or the death of a loved one. Whether the stress is large or small, your ability to tolerate distress can play a role in how you manage the situation. Learning stress tolerance skills can make a very positive difference in your ability to handle difficult emotions.

## LOCUS OF CONTROL

Julian Rotter(1966) proposed that the locus of control or perception of personal control could be the best explained as the degree to which an individual develops the expectancy that his or her behaviour is associated with either internal or external reinforcement. There is concept in the psychological literature known as locus of control that is unfamiliar to most people, even though once defined is commonly understood. Locus of control is an individual's belief system regarding the causes of his or her experiences and the factors to which the person attributes success or failure. Locus of control is a psychological concept that refers to how strongly people believe they have control over the situations and experiences that affect their lives. In education, locus of control typically refers to how students perceive the causes of their academic success or failure in school. The concept is usually divided into two categories internal and external.

### a. Internal

People with a high internal locus of control believe in their own ability to control themselves and influence the world around them. They see their future as being in their own hands and that their own choices lead to success or failure.

### b. External

People with a high external locus of control believe that control over events and what other people do is outside them, and that they personally have little or no control over such things. They may even believe that others have control over them and that they can do nothing but obey. People with an external locus of control tend to be fatalistic seeing things as happening to them and that there is little they can do about it.

## MARTIAL ARTS

Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defence, military and law enforcement applications, competition, physical mental and spiritual development and entertainment or the preservations of a nations intangible cultural heritage. The term martial arts refers to all of the various systems of training for combat that have been arranged or systematized. Martial arts include Karate, Kungfu, Judo, kalari, kobudo, Aikido, Kendo, Arnis etc. Martial arts can be divided into the armed and unarmed arts. The former include archery, spearmanship, and swordsmanship; the latter, which originated in China, emphasize striking with the feet and hands or grappling. In Japan, traditionally a warrior's training emphasized archery, swordsmanship, unarmed combat, and swimming in armour. Members of other classes interested in combat concentrated on arts using the staff, everyday work implements (such as thrashing flails, sickles, and knives), and unarmed combat. Perhaps the most versatile practice was ninjutsu, which was developed for military spies in feudal Japan and also included training in disguise, escape, concealment, geography, meteorology, medicine, and explosives. In modern times, derivatives of some of the armed martial arts, such as kendō (fencing) and kyūdō (archery), are practiced as sports. Derivatives of the unarmed forms of combat, such as judo, sumo, karate, and tae kwon do, are practiced, as are self-defense forms, such as aikido, hapkido, and kung fu. Simplified forms of tai chi chuan (taijiquan), a Chinese form of unarmed combat, are popular as healthful exercise, quite divorced from martial origins. Derivatives of many of the armed and unarmed forms are practiced as a means of spiritual development.

## METHODS

### AIM

To assess the stress tolerance and locus of control in martial art practitioners.

### OBJECTIVES

1. To assess the stress tolerance and locus of control among martial artist and non martial artist.
2. To assess the relationship between stress tolerance and locus of control among martial artist and non martial artist.

### HYPOTHESIS

1. There is significant difference in stress tolerance of martial artist and non martial artist.
2. There is significant difference in locus of control of martial artist and non martial artist.
3. There is significant relationship between stress tolerance and locus of control among martial artist and non martial artist.

### SAMPLE

A sample of 120 (60 martial artist and 60 non martial artist) were selected for the present study. The sampling method adopted was convenient sampling.

## RESULT AND DISCUSSION

Table 1.0 shows Mean, S.D And T value Of Stress Tolerance Among Martial artist And Non Martial Artist.

Variable	Group	Mean	S.D	Value
Stress Tolerance	Martial artist	79	12.78	
	Non Martial artist	70	6.19	4.991

Significant at 0.01 level

Table 2.0 shows Mean, S.D, T Value Of Locus Of Control Among Martial artist And Non Martial Artist.

Variable	Group	Mean	S.D	T Value
Internal	Martial artist	32	8.26	2.38
	Non Martial artist	28	7.10	
Power	Martial artist	24.45	7.13	2.33
	Non martial artist	21.88	6.05	
Chance	Martial artist	25.33	7.51	1.93
	Non Martial artist	22.57	5.93	

Table 3.0 shows the Correlation Coefficient Of Locus Of Control And Stress Tolerance.

Dimension	Stress Tolerance
Internal	0.72
Power	0.50
Chance	0.34

The study examined the relationship between Stress Tolerance and Locus of Control in martial art practitioners. There is significant relationship between stress tolerance and locus of control. So the null hypothesis is accepted. The result shows t value of martial artists and non martial artists is 4.991 and it is significant at 0.01 level and the t value of locus of control in internal is 2.38, power is 2.33 and chance is 1.93 which is also significant. The correlation of stress tolerance and locus of control shows 0.72 in internal 0.50 in power and 0.34 in chance which shows the null hypothesis is accepted. The research was conducted in martial art practitioners to assess the stress tolerance and locus of control relationship. The result shows that the stress tolerance and locus of control have relationship. The present study aims to assess the stress tolerance and locus of control and comparing stress tolerance and locus of control among martial artist and non martial artist. For the study a sample of 60 martial artists and non martial artists were collected in equal number from different martial artists from Thrissur district of Kerala.

## CONCLUSION

The study aimed to assess the stress tolerance and locus of control among martial artists and non martial artists and it shows there is significant relationship between stress tolerance and locus of control. So the null hypothesis is accepted. The result shows t value of martial artists and non martial artists is 4.991 and it is significant at 0.01 level and the t value of locus of control in internal is 2.38, power is 2.33 and chance is 1.93 which is also significant. The correlation of stress tolerance and locus of control shows 0.72 in internal 0.50 in power and 0.34 in chance which shows the null hypothesis is accepted. The study was conducted in a population of 60 martial artists and 60 non martial artists from Thrissur district of Kerala. The result of the

study shows that there is significant relationship between locus of control and stress tolerance among martial artists. Practicing martial arts will attain real self it can attain self respect confidence physical strength and mental wellness. The study can be further used for the studies in this area. The study also shows the psychological well-being of martial artists is better than non martial artists.

## REFERENCE

- [1] Levenson, H. (1972). Levenson Locus of Control Scales [Dataset]. In PsycTESTS Dataset.
- [2] Zimbardo, P. G. (1985). Psychology and Life. Pearson Scott Foresman.
- [3] Taylor, S. E. (1986). An Introduction to Health Psychology. McGraw-Hill Humanities, Social Sciences & World Languages.
- [4] Fuller, J. (1988). Martial arts and psychological health. British Journal of Medical Psychology, 61(4), 317–328.
- [5] Sansone, Michael, “Tae Kwon Do achievement and locus of control” (1999). Theses and Dissertations.1880.
- [6] Reshmy C.S and Sam Sanand Raj (1999) Stress Tolerance Scale, Department of Psychology University of Kerala.
- [7] Woodward, T. W. (2009). A review of the effects of martial arts practice on health. PubMed, 108(1), 40–43. <https://pubmed.ncbi.nlm.nih.gov/19326635>
- [8] Lefcourt, H. M. (2013). Research with the Locus of Control Construct. Elsevier.
- [9] Publishing, B. E. (2015). Martial Arts and Their Greatest Fighters. Britannica Educational Publishing.
- [10] Mangal, S. K., & Mangal, S. (2015). EMOTIONAL INTELLIGENCE: Managing Emotions to Win in Life. PHI Learning Pvt. Ltd.
- [11] Reich, J. W., & Infurna, F. J. (2017). Perceived Control: Theory, Research, and Practice in the First 50 Years. Oxford University Press.
- [12] Ruiz, R. W. (2018). Mindfulness, anxiety, self-efficacy, self-esteem, and spiritual well-being: A study of the psychological effects of martial arts (Doctoral dissertation, College of Saint Elizabeth).
- [13] Shrivastav, M. (2018). STUDY ON LOCUS OF CONTROL CONTRIBUTING TO SUPERSTITIOUS BEHAVIOR. International Journal of Research -GRANTHAALAYAH, 6(5), 244–254.
- [14] Fuller, C., & Lloyd, V. (2020). Martial Arts and Well-being: Connecting communities and promoting health. Routledge.
- [15] Mistry, P. B. (2020). Sanchin Three Battles: The Anatomy and Physiology of Sanchin Kata. Notion Press.
- [16] Jesse Enkamp – The Karate NerdTM. (2021, December 1). KARATE by Jesse. <https://www.karatebyjesse.com/>
- [17] Kaufmann, J. (2022). The Impact of Martial Arts on Depression, Anxiety, Stress, Anger, Well-Being, Self-Transcendence, and Self-Enhancement (Doctoral dissertation, The Chicago School of Professional Psychology).