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## Motives of taking part in Malay Silat, Karate-Do and Taekwondo

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**Key words:** motives, silat, karate-do, taekwondo

### Abstract

**Background.** There are many motives for participating in sports. Three major martial art sports in Malaysia that took part in this study were Karate-Do, Silat and Taekwondo.

**Aim.** The present research evaluated the motives that encouraged different martial art to participate in sports, in order to develop sports according to each needs.

**Methods.** The sample of this study consisted of 123 athletes, which included Malay Silat (N=57), Taekwondo (N=35) and Karate-Do athletes (N=31). A 46-item questionnaire called Purpose of Sport Questionnaire designed by Duda (1989) was used.

**Results.** The result showed that the motives of Malay Silat and Taekwondo athletes were the highest in Physically Active Lifestyle. The result of this research also showed that the motive of Karate-Do athletes were the highest in Social Status or Getting Ahead.

**Conclusions.** Identifying the range of motives given by different martial art participants will help sports psychologists provide adequate and variety of sport programmes to maintain interest among those martial sport. Focusing and development on those particular motives can encourage more people to involve in those sports.

### Introduction

Martial sports like judo, silat, karate-do, taekwondo and kick boxing getting popular in recent years. Research on the most popular sports among adolescence showed that martial sports can be included as one of the 10 popular sports in France, Netherlands, Canada, Finland, Australia and Belgium [Vertonghen, Theeboom 2010]. This shows that there is a great part of population who are interested in marital art sports. However, the statistics of the population involved in this type of sports, shows that martial sports are more popular in developed countries in comparison to developing countries.

Motives can be defined as the intentions that cause a person to move, act, or to behave in a certain way [Brehm 2004]. There are many motives for participating in sports among athletes [Wann 1997]. When someone engages in an activity for its own sake and not for any other reason, we may conclude that they engage in the activity with an intrinsic motivation. On the other hand, if someone has an external reason for engaging in the activity, we would

agree that they have an external reason to engage in it. If the external motivation is a reward, then it can be assumed that the reward may be part of the reason the person is participating [Cox 2011]. Past studies, showed that the major motives athletes have for their sports participation are joy, for arousal, thrills and excitement, achievement, fitness, energy release, skill development, friendship, fun, and to become physically fit, healthy lifestyle [Devine, Lepisto 2005; White, Duda 1994; Gill, Gross, Huddleston 1983].

The motives can be differing not only according to their demography variables like gender, personality, racial and family background, but also the types of sport. For example, research of Parnabas, Mahamood and Parnabas [2013] showed that the highest motives of taking part in football among Malaysians are mastery or cooperation. Furthermore, research of Clough, Shepherd and Maughan [1989] showed that the main motive for taking part in running was challenge. Most of the research on motives focuses on sport as a whole, hence still not sure the motives of athletes taking part in martial arts like silat, karate-do and taekwondo. A number of researches have been con-

ducted on motives for sports participation in developed countries on martial arts but, there is a lack of such research in developing countries, including Malaysia. For example, Jones, Mackay and Peters [2006] had done research on martial sports like Tai Chi, Karate, Kungfu, Aikido, Jeet-Kune Do, British Free Fighting, Taekwon-Do and Jujitsu. Their result revealed that the highest ranking motive for taking part in martial sport was affiliation. It followed by friendship, fitness, reward/status, competition, situational and skill development. According to Stefanek [2004] the most prevalent motives of Taekwondo athletes were fun, physical exercise, skill development, and friendship. Jakhel and Pieter [2013] assessed participation motives based on four; physiological, mental, spiritual and fighting skills. The authors found that over time, most novice karate practitioners ascribed much less abstract, unfounded contents to karate and expect to gain more concrete sport-like benefits from training (i.e. physical conditioning and fighting skills). However, research on motives of taking part in other martial arts sport is very limited.

Therefore, the present research aims to evaluate the motives that encouraged different martial art to participate in sports, in order to develop sports according to each needs. Three major martial art sports in Malaysia that took part in this study were Karate-Do, Silat and Taekwondo. Thus, there is a need for research to be carried out on the motives of different martial arts for taking part in sports in order to develop sports centres according to their motives in order to attract more people to involve in martial art sports.

**Material and Method**

The sample consisted of 123 athletes, with Silat (N=57), Taekwondo (N=35) and Karate-Do (N=31). Based on the gender, there are 69 males and 54 females.

The sample chosen from Universiti Teknologi MARA athletes, who are taking part in martial sports. Participants identify their martial sport as ‘Silat’, ‘Taekwondo’ or ‘Karate-Do’ in the demographic questionnaire.

A 46-item questionnaire called Purpose of Sport Questionnaire designed by Duda [1989] was used. Athletes indicated their responses to Duda’s [1989] questionnaire on a Likert-typed scale ranging from strongly agree (5) and strongly disagree (1). Seven factors were derived from the questionnaire. They are Mastery or Cooperation, Physically Active lifestyle, Good Citizen, Competitiveness, High Status Career, Enhance Self-Esteem, and Social Status or Getting Ahead.

**Results**

**A. Cronbach Reliability Coefficients**

Table 1 showed Cronbach Alpha was found ranging from .77 to .89.

**Tab 1.** Cronbach Reliability Coefficients

Sport Participation Motives	Cronbach’s Alpha (n=123)
Mastery or Cooperation	.8717
Physical Active Lifestyle	.8033
Good Citizen	.7948
Competitiveness	.8641
High Status Career	.7735
Enhance Self-Esteem	.7956
Social Status or Getting Ahead	.7837

**B. Profile of Respondents**

Frequency, percentage, mean and standard deviation are presented in Table 2, which shows the overall results of the respondents’ profile. The profile of the marital art respondents described sports, gender, ethnics and age.

**Tab 2.** Profile of the Martial Art Respondents

Variables	Frequency	Percentage	Mean	SD
<b>Ethnics</b>				
Malay	73	59.35		
Chinese	27	21.95		
Indian	23	18.70		
<b>Gender</b>				
Male	69	56.10		
Female	54	43.90		
<b>Sports</b>				
Silat	57	46.34		
Taekwondo	35	28.46		
Karate-Do	31	25.20		
<b>Age</b>				
Male			23.57	1.33
Female			22.17	1.71
Overall			23.31	1.97

There are 69 male and 54 female athletes of Martial Art participated in this study.

Martial Art can be divided into three types of sports, Silat, Taekwondo and Karate-Do. There are 57 athletes taken part in Silat, 35 in Taekwondo and 31 in Karate-Do. Based on the ethnic, 78 athletes belong to Malays race. There are 27 Chinese and 19 Indian ethnic athletes. It should be noted that the majority taken part in martial art sport were Malays.

The mean age for overall respondents was 23.31 years old. The age of male varied from 21 to 26 years, where the mean age was 23.57 years old. The age of females ranged from the minimum of 20 to the maximum of 25 years old. The mean age for female respondents was 23.31 years old.

### C. Motives of Malay Silat Athletes

The results showed that the motive of Silat respondents were highest in Physically Active Lifestyle (mean= 3.89), followed by Competitiveness (mean= 3.67), Enhance Self Esteem (mean= 3.51). Motives of High Status Career and Social Status or Getting Ahead had showed the same level of mean (3.31), while Mastery or Cooperation (mean= 3.17). The Silat respondents indicated Good Citizen as the lowest motive (Table 3).

**Tab 3.** Motives of Malay Silat Athletes (n=57)

Motives	Mean	SD
Physically Active Lifestyle	3.89	0.15
Competitiveness	3.67	0.72
Enhance Self Esteem	3.51	0.79
High Status Career	3.31	0.52
Social Status or Getting Ahead	3.31	0.68
Mastery or Cooperation	3.17	0.78
Good Citizen	2.17	0.73

### D. Motives of Taekwondo Athletes

The results showed that the motive of Taekwondo athletes participating in sports were the highest in Physically Active Lifestyle (mean= 4.87), followed by Mastery or Cooperation (mean= 4.47), Competitiveness (mean= 3.51), High Status Career (mean= 3.31), Social Status or Getting Ahead (mean= 2.57) and Enhance Self Esteem (mean= 2.26). Good Citizen (mean= 2.13) indicated as the lowest motive (Table 4).

**Tab 4.** Motives of Taekwondo Athletes (n=35)

Motives	Mean	SD
Physically Active Lifestyle	4.87	0.47
Mastery or Cooperation	4.47	0.44
Competitiveness	3.51	0.51
High Status Career	3.31	0.52
Social Status or Getting Ahead	2.57	0.57
Enhance Self Esteem	2.26	0.54
Good Citizen	2.13	0.58

### E. Motives of Karate-Do Athletes

The results showed that the motive of Karate-Do athletes who participated in sports were the highest in Social Status or Getting Ahead (mean= 4.41), followed by Physically Active Lifestyle (mean= 4.27), Mastery or Cooperation (mean= 4.07), Enhance Self Esteem (mean= 3.92), Good Citizen (mean= 3.71) and High Status Career (mean= 3.13). The respondents indicated Competitiveness (mean= 2.07) as the lowest motive (Table 5).

**Tab 5.** Motives of Karate-Do Athletes (n=31)

Motives	Mean	SD
Social Status or Getting Ahead	4.41	0.35
Physically Active Lifestyle	4.27	0.34
Mastery or Cooperation	4.07	0.36
Enhance Self Esteem	3.92	0.41
Good Citizen	3.71	0.39
High Status Career Competitiveness	3.13	0.44
	2.07	0.54

### F. Comparison of Silat, Karate-Do and Taekwondo

Table 6 shows the F scores for the motives of taking part in Silat, Karate-Do and Taekwondo:

- i. Mastery or Cooperation,  $F(2, 123) = 1.312$ .
- ii. Physically Active,  $F(2, 123) = 3.311, p = .05$ .
- iii. Competitiveness,  $F(2, 123) = 3.138, p = .05$ .
- iv. High Status Career,  $F(2, 123) = 3.254, p = .05$ .
- v. Social Status/Getting Ahead,  $F(2, 123) = 3.112, p = .05$ .
- vi. Enhance Self Esteem,  $F(2, 123) = 1.561$ .
- vii. Good Citizen,  $F(2, 123) = 1.113$ .

**Tab 6.** Comparison of Motives of Taking Part in Malay Silat, Karate-Do and Taekwondo (n=123)

Motives	Martial Art	Mean	F Value
Mastery or Cooperation	Silat	3.17	1.312
	Karate-Do	3.09	
	Taekwondo	3.21	
Physically Active	Silat	3.89	3.311*
	Karate-Do	3.31	
	Taekwondo	3.56	
Competitiveness	Silat	3.67	3.138*
	Karate-Do	3.31	
	Taekwondo	2.97	
High Status Career	Silat	3.31	3.254*
	Karate-Do	3.79	
	Taekwondo	3.95	
Social Status or Getting Ahead	Silat	3.31	3.112*
	Karate-Do	2.97	
	Taekwondo	3.18	
Enhance Self Esteem	Silat	3.51	1.561
	Karate-Do	3.55	
	Taekwondo	3.48	
Good Citizen	Silat	2.17	1.113
	Karate-Do	2.21	
	Taekwondo	2.33	

\* $p < 0.05$

## Discussion

The result showed that the motive of Malay Silat and Taekwondo athletes were the highest in Physically Active Lifestyle. Physically Active Lifestyle is the motive to take part in sports for physical reasons, notably health, weight, or keeping fit [Wann 1997]. Silat and Taekwondo required body's movements, muscular strength and physical challenging activities. Activities or exercise involved in Malay Silat and Taekwondo considered important to one's overall physical appearance, health and fitness. Citing the research of Kilpatrick, Hebert and Bartholomew [2005] indicated engaging in sport, were more focused on appearance and weight as physical active lifestyle. The importance of the physical fitness motive has been found in other researches as well [Buonamano, Cei, Mussiono 1995; Ogles, Masters, Richardson 1995]. Kusnierz [2011] reported that the essential motivation for taking up training was to master the hand-to-hand fighting and self-defense rules. The training increased the self-discipline and the level of fitness and health.

Motive for physically active lifestyle for taking part in Silat and Taekwondo champion the physiological benefits since it focus on improving the health. This approach, calls the rational-scientific approach, assumes that one merely has to explain the health benefits of exercise to motivate people. Most of martial sports like Silat and Taekwondo benefit the physiological elements of the participant. Most developing countries including Malaysia, are also embracing sports participation as a means of improving the health of their citizens and reducing their healthcare costs.

The result of this research also showed that the motive of Karate-Do athletes were the highest in Social Status or Getting Ahead. For many athletes, the social aspects of sports are important reasons for their participation. Social reasons for meeting new people and being with friends can deal with loneliness and social isolation. A study conducted by Wang, Myers and Yanes [2010] and Sabiston and Crocker [2008] found that the interaction among their colleagues encourages people to participate in sports. As social beings, humans have a desire to be with others and to function as members of groups. For many people, the social aspects of sports were important reasons for their participation in sport. For the most part, one's motivation to take part in sports will derive from something relating to a social motive, like to enjoy camaraderie and to mix socially with others who enjoy the same activity.

Witkowski, Cynarski and Blazjewski [2013] found that among 227 martial artists (judo, aikido and non-contact karate) that were involved in martial arts in Poland the place of residence does not diversify motivations. There were differences in the choice of motivations when it comes to particular types of martial arts or combat sports. This resulted from various objectives pursued during the training of combat sports and martial arts.

## Conclusion

The result showed that the motive of Malay Silat and Taekwondo athletes were the highest in Physically Active Lifestyle. The result of this research also showed that the motive of Karate-Do athletes were the highest in Social Status or Getting Ahead. Coaches of Silat, Taekwondo and Karate-Do can use this research to develop appropriate environment for fulfill those motives. Knowing motives of different martial art practitioners for participating in sports will help sports psychologists to develop an appropriate sport programme for those sports. Focusing and development on those particular motives can encourage more people to get involved in those sports. Research of such nature will not only form the basis of attracting the general population to participate in sports, it is also explain why individuals participate in martial art sports. Furthermore, it should be noticed that the majority of those taking part in martial art sport were Malays. Future research should focus on the Malay culture which influences the population to take part in martial art sports.

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## Motywy uprawiania malezyjskiego silatu, karate i taekwondo

**Słowa kluczowe:** motywy, silat, karate-do, taekwondo

### Abstrakt

Tło teoretyczne. Motywy można zdefiniować jako intencje, które składniają osoby do działania lub zachowywania się w określony sposób [Brehm 2004]. Istnieje wiele motywów do uprawiania sportu wśród sportowców [Wann 1997]. Gdy ktoś angażuje się w działanie dla samego działania, a nie z innego powodu, możemy stwierdzić, że jest to zaangażowanie z powodu motywacji wewnętrznej. Z drugiej strony, jeśli ktoś posiada zewnętrzny powód uprawiania sportu, jest to motywacja zewnętrzna. Wcześniejsze badania wykazały, że główne

motywy zawodników biorących udział w sportach to: czerpanie radości, dla pobudzenia, emocji, osiągnięć, gibkości, uwolnienia energii, rozwoju umiejętności, przyjaźni, zabawy, i aby stać się sprawnym fizycznie oraz prowadzić zdrowy styl życia. Sporty walki, jak *judo*, *karate-do*, *silat*, *taekwondo* i *kick-boxing*, stały się coraz bardziej popularne w ostatnich latach. Badania dotyczące najbardziej popularnych sportów wśród młodzieży pokazały, że sporty walki, znajdują się wśród 10 popularnych sportów we Francji, Holandii, Kanadzie, Finlandii, Australii i Belgii [Vertonghen, Theeboom 2010]. Jednak badania nad motywami udziału w sztukach walki są bardzo ograniczone. Problem i cel. Trzy główne sportowe sztuki walki w Malezji, które podlegały badaniu, to karate-do, silat i taekwondo. W obecnych badaniach oceniano motywy, które zachęciły innych adeptów sztuk walki do udziału w zajęciach sportowych, w celu rozwoju sportu według indywidualnych potrzeb.

Metody. Uczestnikami badania było 123 sportowców praktykujących malajski *silat* (N = 57), *taekwondo* (N = 35) i *karate-do* (N = 31). Do przeprowadzenia badania użyto 46 punktowego kwestionariusza Dudy [1989] o nazwie Cele Sportowe. W ankiecie znajdowało się 7 czynników: Mistrzostwo, Współpraca, Aktywny Fizycznie Styl Życia, Dobry Obywatel, Konkurencyjność, Wysoki Status Kariery, Wzmocnienie Poczucia Własnej Wartości i Status Społeczny oraz Robienie Postępów.

Wyniki. Częstotliwość, zestawienie procentowe, średnia i odchylenie standardowe zostały przedstawione w tabeli 2, która pokazuje ogólne wyniki i profil respondentów (płeć i wiek, pochodzenie etniczne). W badaniu wzięło udział 69 zawodników i 54 zawodniczki, w tym 57 ćwiczyło *silat*, 35 *taekwondo*, a 31 *karate-do*. Należy zauważyć, że większość biorących udział w sztuce walki sportu stanowili Malezyjczycy. Najczęstszym motywem zawodników uprawiających malajski *silat* i *taekwondo* okazała się kategoria Aktywny Fizycznie Styl Życia. Wyniki tego badania wykazały także, że głównym motywem dla karateków była kategoria Status Społecznym lub Robienie Postępów.

Wnioski. Określenie zakresu motywów podanych przez różnych uczestników sztuk walki pomogą psychologom sportowym zapewnić odpowiednie i różnorodne programy sportowe, aby utrzymać odpowiedni poziom zainteresowania. Skoncentrowanie się i rozwój tych konkretnych motywów może zachęcić więcej osób do zaangażowania się w wymienione powyżej sporty.