

# ASSERTIVENESS AND SELF EFFICACY AMONG KARATE PLAYERS

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## Abstract

**Background:** Psychological wellbeing is a important in athletes it will boost productivity and performance. Karate is a martial art as well as a sport individual who practice karate will have assertiveness and Self efficacy. **Methods:** The study is a quantitative research that uses quantitative method to measure assertiveness and self efficacy using questionnaire. Assertiveness was measured by Rathus Assertiveness scale and self efficacy was measured by General Self-Efficacy Scale. Relationship of assertiveness and self efficacy was studied. **Result:** The result shows that there is significant relationship between assertiveness and self efficacy among karate players, the study is conducted in 60 karate players. A 't' value of 0.070 was found in assertiveness and 0.48 for self efficacy 'r' value of Assertiveness and self efficacy among karate players is 0.38. **Conclusion:** It is found to be that there is significant relationship between assertiveness and self efficacy among karate players and psychological wellbeing of karate players is in good level which can produce good performance.

**Keywords:** Assertiveness, Self efficacy, Karate , psychological wellbeing

## INTRODUCTION

Assertiveness is the capability to express yourself and your rights without offending the rights of others. An assertive person should be emotionally honest, direct, self enhancing, suggestive, confident and self esteeming. Assertive behavior generally centers on making requests of others and refusing requests made by others that have been judged to be unreasonable. Assertive behavior also captures the communication of strong opinions and feelings( 1). Glandding defines assertiveness as the capability to openly express sentiments, state intentions, and develop meaningful connections. The fierceness of people who rehearse karate study results indicate that women practicing karate exhibit significantly advanced assertiveness compared to those in other sports disciplines( 2). Assertive people can communicate positive and negative feelings without fear or violence. Assertiveness boosts self- esteem through emphasising direct expressing of thoughts, feelings, and desires. Psychotherapeutic aspects of the martial arts martial Arts Produce feelings and reveal problems, which are brought into the psychotherapy arena and analyzed( 3). Assertive people know who they are, are open to feedback, have realistic connections, and share their feelings. Cattle said assertiveness had three dimensions assertive, passive, and aggressive. Positive, on-aggressive, and aggressiveness exist. Positively aggressive people express themselves, achieve goals, and are happy. Non-aggressive people worry about social relations, regard others less, and struggle to complete tasks. Negative, aggressive persons violate others ' rights, desires, and feelings. Self- efficacy refers to an existent's belief in his/ her competency/ capability to perform a task, achieve the thing and overcome the obstacles. Self- efficacy is defined as a person's conviction/ belief that he she can successfully achieve/ attain the desired situations and thing in some academic script. Self- efficacy is the perceived capability to carry out a desired action. The higher a person's passions of self- efficacy, the better that person tends to be at a wider range of tasks. And similar success, of course, can ultimately lead to further generalized positive feelings about one. Self- efficacy is the individualities ' prospects concerning their capability to perform various tasks. The important part of self- efficacy is the individualities ' beliefs about their capability to perform at given levels. However, they lack the capacity to reach a certain thing, then effort and performance will drop, If people conclude that no matter what they do. In discrepancy, if they conclude that they can reach the thing, motivation and performance will be strongly enhanced. Comparative of the rate of self- confidence and self- efficacy in martial arts Athletics and no martial arts of Bbshehr city showed a significant relationship between self- efficacy and confidence in martial artists. That is, the higher the self- confidence in marital artists, the higher self- efficacy( 4). Karate isn't just an martial art it's also an Olympic sport. Karate promotes and develop greater emotional stability, assertiveness, self- confidence, and a good personality. Karate is one of the world wide established art and has made lot of World champions and Olympians. As a martial art, karate can give multiple benefits in health and promotes psychological wellbeing(

5). The Study states that there's significant relationship between assertiveness and self efficacy in karate players.

## HYPOTHESES

1. There is significant relationship between assertiveness and self efficacy among karate players
2. There is no significant relationship between assertiveness and self efficacy among karate players

Table 1. Mean, SD, T Value of Assertiveness and self efficacy among karate players

Variables	N	Mean	SD	T
Assertiveness	60	5.82	1.64	0.070
Self efficacy	60	5.41	1.69	0.48

Table 2. 'r' value of Assertiveness and self efficacy among karate players

Variables	r value
Assertiveness & Self efficacy	0.38**

Significant at 0.01

## RESULT

The study aim to assess the relationship of assertiveness and self efficacy among karate players. The result shows that there is significant relationship between assertiveness and self efficacy among karate players so the null hypothesis is accepted. Assertiveness and self efficacy is more stable in karate players as the martial arts training a way for wellbeing. Table 1 shows the mean, SD, T value of assertiveness and self efficacy among karate players. Table 2 shows the r value of Assertiveness and self efficacy is 0.38 which is significant at 0.01 level.

## DISCUSSION

The study Assertiveness and Self efficacy among karate players shows that there is significant relationship between assertiveness and self efficacy among karate players. The assertiveness of people who practice karate by Szark-Eckardt M et.al study result shows the assertiveness of karate players are more than others. A Comparison Study of Self Concept and Self Efficacy in Martial Arts and non Martial Arts Athletics in Iran by Reishehrei AP et.al result shows the self efficacy is more in martial art athletes than non martial athletics. The training of martial arts has effects on psychologically and physically at the same time. This training method can improve and stable the hormonal production and mood states.

## CONCLUSION

The study shows that there is significant relationship between assertiveness and self efficacy among karate players. The Study is focused on the psychological wellbeing of individual who practices karate as a sport also. This sporting event can improve the wellbeing and health and can improve the quality of life.

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