

DIFFERENCES IN ATTITUDE TOWARDS MARTIAL SPORTS IN MEN AND WOMEN OF DIFFERENT EDUCATIONAL STATUS

¹Faculty of Sport and Physical Education, University of Sarajevo

Original research:

Abstract

The aim of this paper was to determine the differences in attitudes towards martial arts between men and women of different educational status. The research was conducted on 456 respondents aged 15 - 58 years from the territory of Bosnia and Herzegovina. Attitude towards martial arts was measured by the "Martial Arts Attitude Scale" (SBS, Bosnar, Sertić and Prot, 1996). The scale contains 34 questions related to the attitudes of BiH citizens towards martial arts and their practice. Of the total number of respondents, 48 respondents stated that they would not engage in martial arts even if it was the last thing in the world, while 355 respondents said they would engage in martial arts. Other respondents were hesitant. Based on the conducted survey, we can conclude that martial arts are positively accepted in BiH, and educational status has a great influence on an attitude towards martial arts. People with higher education are more aware of the value and the need of being informed of martial arts. This is evidenced by statistics that show that people who had a positive response to martial arts are predominantly people with higher education, followed by people with a secondary education.

Keywords: sport; gender; bet scale; degree of education; Bosnia and Herzegovina.

Introduction

Martial art literally means the art of war, but it is commonly referred to as the "art of combat" is a system of codified practice and tradition of combat. All martial arts have similar goals: to physically defeat another person or to defend oneself or others from physical threat.

Martial arts are one of the basic skills needed today. They develop moral qualities in athletes, teach them a sense of fairness, honesty, perseverance, courage, and, in addition, martial arts help them to focus their energy on positive activities, develop healthy living habits and regular exercise that is essential for maintaining good health. This is greatly facilitated by the number of martial arts clubs in BiH. The modern way of life does not attach enough importance to regular exercise, at least not as much as necessary. A wide range of martial arts gives children the opportunity to choose a martial art of their choice. Taking into account the sociological status and average salary of the citizens of Bosnia and Herzegovina, it is clear that for many citizens the prices of membership in martial arts clubs are an obstacle. This type of research is needed to establish the popularity of martial arts and to make a scientific contribution to research on the importance of martial arts. Research has been conducted on various sports, including martial arts: "Attitudes towards martial arts of primary school teachers" (Busch et al. 1999); "Attitudes of students of the Police High

School towards martial arts" (Pleša-Bosnar, Sertić, Ribičić 2002).

If we look at martial arts and people's attitudes towards the same, we will realize that there are big differences and divided opinions. While some have a very affirmative attitude towards martial arts, others believe that they should not be treated as sports at all.

Methods

Sample of respondents

Measurements were performed on appropriate samples from the adult population from all parts of Bosnia and Herzegovina. 456 respondents participated in the research. The youngest respondent was 15, and the oldest was 58. The average age was 36 years.

Table 1. Gender structure of the participants

Answers	Amount	%
Men	212	46,5
Women	244	53,5
Total	456	100

Data collection methods

An initial version of the scale with 35 questions was constructed, with answers on the Likert scale (from 1- I strongly disagree to 5- I completely agree), which relate to positive or negative evaluation, emotions or behavioral intentions related to a person's attitude.

The survey was conducted in January 2022 via Google Forms forms, where individuals were able to respond to the survey anonymously, resulting in more accurate responses.

Variables

The research used the Martial Arts Attitude Scale (SBS, Bosnar, Sertić, Prot, 1996), along with data on gender, age, marital status, number of children and level of education; degree of education was defined by the question:

Professional qualifications

- 1) lower
- 2) medium
- 3) higher

The survey was conducted through an online survey via Google Forms. A link with the survey was shared via social networks, which the respondents could fill in in a few minutes and share with their acquaintances.

Respondents had 29 statements and 6 general questions. The questions were based on gender, age, level of education, marital status, number of children and employment.

The claims were based on martial arts, on human opinion about martial arts, equality between women and men in martial arts.

Results

A total of 456 respondents participated in the study, of whom 212 were men and 244 women. Regarding education, 299 of them answered that they have a college or university degree, 151 of them have a high school diploma. and only 6 of them have lower education.

Table 2. Education structure of the participants

Answers	Amount	%
Higher edu.	299	65,57
High school	151	33,11
Lower edu.	6	1,32
Total	456	100

To the first statement saying that I would never train martial arts, even if would be the last thing in the world, most respondents disagreed. 404 out of 456 respondents agreed with the statement that boxing skills would benefit everyone, including women, which shows us that most respondents are aware of the importance of martial arts skills. Of the 456

respondents, only 38 say they would never allow their children to train martial arts. 310 respondents agree with the statement that character is built through martial arts trainings, while 48 respondents do not think that is true, the rest are not sure.

355 respondents consider the claim to be completely or mostly incorrect; as many as 48 of them consider this statement completely or mostly true, while 53 respondents stated that they are not sure whether they agree or disagree. 354 respondents say that boxing raises self-confidence and develops independence in both genders.

Table 3. Attitudes towards martial arts and its relation to building character

Answers	Amount	%
Completely agree	26	5,70
Partially agree	22	4,82
Not sure	53	11,62
Partially disagree	39	8,55
Completely disagree	316	69,29
Total	456	100

Discussion

Inspecting the results, we can conclude that the level of education does not give much importance to the attitude towards martial arts because most respondents to our survey have a college or university degree, another research should be conducted in rural areas where there is a greater representation of lower educated population.

After such research, we could receive a definitive answer to the question of the differences in attitudes towards martial arts with regard to the level of education.

A similar survey was conducted in 1987 and yielded results that as many as 84% of respondents at the time had no experience with martial arts. The study involved 60 men and 52 women, and the average age was 37.5 years. The only difference was the sources of information about martial arts, which for women was first from male friends, while for men it was from movies and television. All respondents considered martial a form of self-defense and preservation of health.

A survey was also conducted with students of the Faculty of Kinesiology and Philosophy, University of Mostar, in which 208 students participated, and the average age was 21 years. The main difference was that students of the Faculty of Kinesiology are acquiring knowledge of martial arts, and students of the Faculty of Philosophy are not acquiring knowledge of the martial arts at the faculty. The attitudes of the male students were better compared to the female students of both faculties. There was also a big difference between the attitudes of students who acquire knowledge of the martial arts at the faculty and students who do not

acquire knowledge at the university. Kinesiology students, on average, had a more positive attitude, while philosophy students had, on average, a more negative attitude.

Tomislav B., Ksenija B., Hrvoje S., and Franjo P. researched the attitude of people with a high level of education, they conducted research on attitudes towards martial arts with primary school teachers. To assess the attitude towards martial arts, the SBS1 scale was constructed (Bosnar, Sertić and Prot, 1996), which has proven satisfactory metric characteristics. This scale was applied to a sample of 39 teachers from one and 31 teachers from two Zagreb primary schools. The survey was conducted so that all available teachers of the first school, regardless of gender, were included in the sample, and then in the second school all available male teachers were tested in order to at least get closer to the number of women. The SBS1 scale consists of 20 statements with five-point answers: "I totally agree", "I mostly agree", "I'm not sure", "I mostly disagree", and "I don't agree at all". The answers are scored from 1 to 5, so a higher score indicates a positive attitude. The total summary score ranges from 20 to 100 points. The survey was conducted in such a way as to ensure the anonymity of the respondents. The data were analyzed by the SPSS statistical package programs. We can compare this research with the previously mentioned research conducted on students in Mostar and based on that we can conclude that people with a higher level of education have a more positive attitude towards martial arts.

The same authors (Franjo P., Ksenija B., Hrvoje S.) conducted this study with 194 the boys in the higher grades of primary school, from fifth to eighth grade. No difference in attitudes was observed between boys younger (fifth) and boys' older grades of primary school (eighth), so the results were analyzed together. The authors concluded that students have a neutral or positive attitude towards martial arts. And that there should be more focus on educating people in childhood and adolescence, because the attitudes of adults are much harder to change. Younger age groups should be given more attention when it comes to attitudes towards certain sports or exercise in general, and then pay special attention to developing awareness of martial arts.

Conclusion

An objective of this paper is to determine the differences in attitudes towards martial arts among men and women of different educational status. The research was conducted on 456 respondents of both sexes aged 58 to 15 from BiH.

Attitudes towards martial arts were measured by the "Martial Arts Attitude Scale" (SBS, Bosnar, Sertić and Prot, 1996), which collected data on gender and level of education.

Based on the results of the survey and questions such as: "Nothing can justify the savagery expressed in martial arts"

with which 157 respondents fully, partially agree or are unsure, one can get the impression that BiH citizens are not sufficiently made aware of the importance of martial arts for the purpose of self-defense or defense of another person, as well as the beneficial effect of martial arts on the development of psycho-physio-sociological status of each individual.

Educating students and parents in primary and secondary schools is proposed, and periodically organizing quick self-defense courses in order to have martial arts gain popularity. It would be useful to do an analysis of the morphological status of athletes before the start of martial arts trainings and after a few months in order to focus on the multiple benefits of regular martial arts training. Statistics that provide information on the frequency of injuries in martial arts training and ball training could be compared and presented with the aim of providing comprehensive data on the safety of martial arts training. It is a common prejudice that martial arts athletes have outbursts of anger and a tendency to provoke conflict, which is far from the truth and should also be shown to the general public the other side of the truth.

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Corresponding author:

Merima Merdan

Faculty of Sport and Physical Education

University of Sarajevo

E-mail: merima.merdan@fasto.unsa.ba

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