

Students' Disinterest in Taekwondo: A Phenomenological Study

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Abstract

Taekwondo is a subject offered for secondary students in Eastern Visayas State University taking PATHFIT 222 in consonance of the New General Education (CMO 20 s. 2013) curriculum in providing holistic development of students and life long active lifestyle. However, it was observed that there are students who are not interested in taking Taekwondo as a Physical Education specialized sport. In this paper aims to explore the reasons why some students enrolled in Physical Education, specifically in Taekwondo who are not interested with the said sports even though it offers great benefits. This study utilized the Phenomenology - Qualitative research method through conducting an interview. There were Ten (10) selected respondents disinterested taekwondo. This paper concludes that students are unmotivated to learn because they do not see themselves as Taekwondo practitioners and want more fun in team sports. Students, on the other hand, purposefully refused to learn Taekwondo because they found it tiring and expensive as well. Furthermore, they have experienced or witnessed the high risk of injury caused by full contact sparring and are afraid to do so again. Moreover, students understand that participating in taekwondo makes them physically fit. They also believed that these benefits included enhance physical fitness and the development of stronger bones and muscles. Finally, based on the findings from student responses, it was discovered that participating in Taekwondo helps not only the physical aspect but also holistically such as self-discipline, self-confidence, and self-defence.

Keywords: Disinterest; Taekwondo; Physical Education; Phenomenological; Martial Arts

1. Introduction

Physical activity, as well as participation in Physical Education and Sports, is the most effective strategy to achieve a healthy body and mind. "A sound body is a sound mind," stated both the Greek philosopher Thales and the Roman poet Juvenal, elaborating that a sound body is a healthy, physically fit body, and a sound mind is a mind capable of wonderful, happy thoughts. It is stated that achieving a sound body by successfully engaging in physical activities and assigning tasks to each muscle in the body leads to a sound mind, and that preserving bodily and mental harmony is the only way to live a healthy existence.

People engage in sports for a variety of reasons and in a variety of ways. It's a task that demands both skill and procedure (Steinberg, 2020). Some people participate in sports to meet their requirements, maintain a healthy lifestyle, socialize, and earn money. Sports are secondary to oxygen in keeping a happy and healthy lifestyle, according to Khan et al. (2014). Sports are growing in popularity around the world because they provide a venue for competing, avoiding stress, and making new friends. Taekwondo provides a number of advantages and benefits. It's a type of self-defense that aims to develop the body, mind, and spirit (Petrovic, 2017).

Taekwondo requires physical or body mobility because it is a martial art that uses hands and feet. Taekwondo has been shown to be good to the body and fitness in some research. It improves and builds good body structure, according to Weiss and Miller (2019). Muscle improvement will occur through physical mobility and exercise before and after practices. Another study backs up the assertion that it enhances kids' balance and reaction time (Dijk et al., 2014).

Despite the numerous advantages that practicing Taekwondo can provide, many pupils remain uninterested in the discipline. Contusions, fractures (from falling), hyperextension of the joints, nosebleeds, sprains, and strains, like any other physical exercise, represent a danger of injury, which is a prevalent fear among students. Some children with health conditions, such as asthma, are also hesitant to participate in these games because they may harm them physically. Other pupils believe they are old and that their muscles are too stiff to stretch and do high kicks. These are some of the reasons why students are uninterested in the sports mentioned, and with this in mind, the researcher was motivated to conduct the study in order to learn more about the specific reasons why some students enrolled in physical education, specifically Taekwondo, are uninterested in participating in the sport. This objective guides the researcher's goal, which is to promote the benefits and advantages of Taekwondo. It will help students understand and appreciate Taekwondo.

2.Theoretical Framework

This study was anchored to these theories: Individual Differences Learning Theory of Karl Pooper, Behaviorism Learning Theory of Ivan Pavlov and Social Learning Theory of Albert Bandura.

Individualism is the foundation of this research. It was used to explore the study's various themes and show the students' reasons for not being interested in taekwondo. Solo variances were discovered, and it was discovered that some students prefer team sports like basketball to individual sports like Taekwondo. Some people were put off by the prospect of being hurt and were discouraged from fighting. As a result, students' preferences for second-year Physical Education disciplines, such as dance or sports, are stressed.

The main theory was further supported with the Behaviorism learning theory, which was used to apply particular stimuli together. Students noticed negative aspects of taekwondo, such as the high danger of injury, the fact that it is tiring and expensive, and that they dislike sparring sessions and are uninterested in the sport. The reason for this is because students have a negative reaction to what they see, which has a substantial impact on their ability to learn. When a learner learns to accept new things in his surroundings, learning and adaptability become much easier. As a result, a campaign or commercial showcasing the benefits and advantages of Taekwondo should be produced in Physical Education taekwondo programs where students have demonstrated apathy due to misconceptions. Students who are inspired by sports and driven to pursue taekwondo might benefit greatly from social media marketing such as Facebook and YouTube vlogs.

Finally, the Social Learning Theory proposes that people learn through watching others (models). The influence of those behaviors is then assessed by learners by seeing the good and negative outcomes. Even if they dislike the sport they have chosen, being in a group, being challenged by some advanced learners, and being motivated by their classmates and instructor pushes them to appreciate and continue doing the activity gladly and enthusiastically. External variables such as peer pressure and social media trends have an impact on learning a new sport.

These theories are intertwined to create a positive and successful study. It supports each other giving

it a stronger impact and a viable result.

3. Methodology

Qualitative research, in general, is a sort of study that collects non-numerical data in order to analyze meanings. It aids with the comprehension of social life by examining certain populations or locations. Observation, immersion, interviews, open-ended surveys, focus groups, content analysis of visual and textual sources, and oral history are some of the methods used (Crossman, 2019). An interview was used in the study as a qualitative research method. The study's main goal is to figure out why students in physical education aren't interested in Taekwondo, as well as the benefits and advantages of the sport.

Moreover, since there is no previous data or only a few studies to refer to, exploratory research is used. It is a tool for preliminary study that delivers hypothetical research data. It necessitates the researcher to look into a variety of sources, including observations of research items and opinions on a company, product, or service (SMstudy, 2016). Exploratory research is performed in this study to determine why kids lose interest in Taekwondo and switch to other sports.

Furthermore, phenomenology is a qualitative research approach that focuses on the shared experience of a group of people. The approach's main purpose is to come up with a description of the phenomenon's nature (Creswell, 2013). The data in this study is presented using phenomenology research, which identifies themes from the students' replies on the reasons for their disinterest and the advantages and benefits of Taekwondo. To construct meaning clusters and arrive at a deeper understanding phenomenon.

4. Results and Discussions

The findings demonstrate that the students are uninterested in taekwondo. Less popular sport, health concern, high danger of injury, exhausting sport, less fun sport, expensive sport, less favored sport, and confrontational sport (sparring session is feared - kyorugi) are some of the reasons that come up. Despite this, students recognize the advantages and benefits of taekwondo, which include self-defense, the development of self-discipline and other positive traits, the development of self-confidence, the promotion of improved health, and the enhancement of physical fitness.

It also highlighted the significance of student motivation. Students are aware of the benefits and advantages of Taekwondo, yet many refuse to participate owing to a lack of motivation. Other pupils, however, are interested in learning more about the advantages and benefits of taekwondo.

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