

## STUDY OF PSYCHOLOGY OF TAEKWONDO PLAYERS IN NAVI MUMBAI

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### Abstract:

Sports psychology research plays a significant part for competitors, particularly in affecting competitors' exhibition. So we need a test to quantify the degree of brain research in taekwondo competitors. This study expects to decide the degree of brain science in taekwondo competitors. The entire data was completed by 12 respondents. This study is survey-based descriptive study. The outcomes showed that the degree of brain science is as follows: Aftereffects of mental testing research least worth = 96; most extreme worth = 140; 115.5833333 is the average test result; middle = 111. The typical worth that is possessed is that shows that most of the brain research level of taekwondo competitors is classified well.

**Keywords:** Taekwondo, Psychology, Mental Health.

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**Introduction:** Sport has formed into a need and way of life for the individuals. Sports are played in an effort to improve one's health and fitness. In essence, sport is a miniature version of life. This statement suggests that sports encompass the fundamentals of everyday life as well. Sport teaches discipline, sportsmanship, perseverance, a high level of competitiveness, the spirit of cooperation, and the courage to make decisions for someone else. Sports have the potential to shape a nation's personality and character. In addition, sports are a symbol of Indonesian pride and a national program. As is much of the time revealed in different broad communications at present being relentless perpetually advancing games.

Because coaching a child to become an athlete is a difficult job, it needs to be done intensively and thoroughly. Because a coach is responsible for guiding and assisting in the discovery of trainees' potential, the knowledge and skills of a trainer have a significant impact in this situation. This comprehension is ingrained in every aspect, from the planning of training programs to the fundamental sports techniques. Sports activities in the country have increased as a result of the promotion of the movement to promote sports. There are many different kinds of sports that the community can use as a way to communicate. One sport that is very well known with individuals in Indonesia, particularly in the Unique Locale of Navi Mumbai, is taekwondo combative techniques. Taekwondo in the Exceptional Locale of Navi Mumbai is creating quickly, as confirmed by numerous territorial and public titles that are frequently held, for example, Territorial Understudy Sports, Public Title, Public Understudy Sports.

Self-defence sports like taekwondo are very popular with kids, teens, adults, and parents of both boys and girls. Achievement sports like taekwondo self-defence are played at the district, provincial, national, and international levels. A taekwondo competition is held to increase athletes' flying hours, motivate athletes to achieve their goals, and introduce the sport to the general public. In taekwondo hand to hand fighting competitors are expected

to have great mental capacities, in light of good brain research will be a supplement of parts like physical, specialized, and strategy. Taekwondo, like other sports, requires good psychology, which includes a psychological component that affects the athlete's component. Regular, planned, and consistent training is required to meet this.

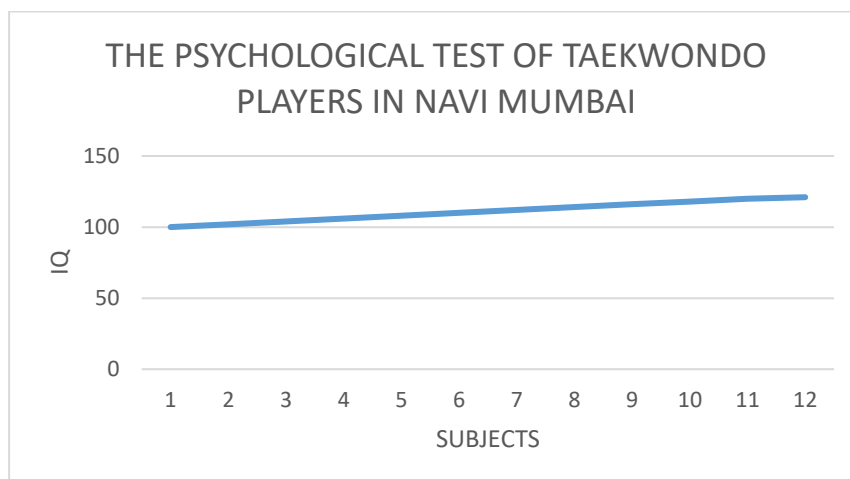
It is certain that athletes with strong psychological skills will perform better. To see if a competitor is in a decent mental condition or not needs to do a mental capacity test, so assuming there are competitors whose brain science capacities are bad there will be quick advances to work on the mental condition to improve things. To further develop competitor's accomplishment that should be thought of as in fostering a competitor is the accessibility of offices and foundation, quality mentors, gifted competitors, and normal contest and should be upheld by satisfactory science and innovation. It is possible to predict a taekwondo athlete's future ability to excel by understanding their psychological state. The predominant mental part expected by taekwondo competitors as a supplement to other parts is like speed, strength, power, adaptability, dexterity, furthermore, perseverance. As a result, it is the responsibility of a coach to develop effective training plans to support his athletes' accomplishments. In light of the consequences of perceptions made by scientists, it turns out there are no information on the brain science profile of taekwondo competitors in the Unique Area of Navi Mumbai.

**Method:** This exploration is a spellbinding report, one of which is that there is no speculation and the information gathered is introduced. Saifuddin Azwar says that descriptive research only looks at up to the description level, which is how to analyze and present facts in a systematic way so that they are easier to understand and draw conclusions from. Agreeing Syofian Siregar, expressive exploration is research led to decide the worth of an autonomous variable, it is possible that at least one factors (autonomous) without making correlations or associations with different factors.

The technique utilized in this review is an overview strategy with test furthermore, estimation strategies. Overview strategy as per Syofian Siregar overview research will be research without any progressions (no unique treatment) of the factors considered. As per Kerlinger, the attributes of study research, as follows: 1) the object of examination is enormous and little populaces, however the information considered are information from tests taken from these populaces, with the goal that relative occasions, dissemination, and connections among humanistic and mental factors can be found, 2) review research is directed to make a speculation from inside and out perceptions, and 3) this review technique doesn't need a benchmark group like the trial technique.

As indicated by Suharsimi Arikunto states that the exploration variable is the object of examination or what is the focal point of research. Sugiyono states that the exploration variable is everything as not entirely set in stone by the scientist to be concentrated on to acquire data about it, then ends are drawn. The variable in this study is the mental profile of Do-It-Yourself taekwondo competitors estimated utilizing intelligence level tests. This examination was directed in Navi Mumbai.

**Results & Discussion:** Mental test aftereffects of the base worth = 96; 140 is the maximum value; normal experimental outcomes = 115.5833333; the mean is 111. The aftereffects of the mental test research can be portrayed in the accompanying figure:



The psychological level is a state of readiness for the exercise that will be performed, and the physical condition in terms of physiology is a person's capacity to support running sports activities to what extent. Great state of being is truly required by a competitor or competitor, one of them is in karate. Like different games, karate is a sport that requires great actual strength, like strength, speed, dexterity, adaptability, perseverance, power, and coordination in preparing as well as contending. Regular, planned, and steady practice is absolutely necessary to meet all of this. For that, it is important to know the actual profile of Do-It Yourself karate competitors in request to decide future preparation.

Other mental level factors like rest, solid living propensities, ecological elements and food factors, for example, age, sex, somatotype or body shape, nourishing wellbeing condition, weight and rest will likewise influence one's physical condition. Hence, astounding state of being and great alongside standard activity can likewise be acknowledged with sufficient rest. Setting a solid way of life, keeping up with food consumption.

**Conclusion:** For competitors who actually have less states of being to further develop it via routine preparation. Athletes' physical condition should always be monitored by coaches so that those who are still lacking can be improved. For additional scientists are supposed to utilize a more extensive populace, with the goal that information about the actual competitor can be recognized much more extensive.

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