Aikido Game Activities as Stimulation Factor for a Proper Behavior

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Abstract

The conflicts between different personalities offer contradictions, division of opinions and clashes between people. In a field like sport activity the trainers should be able to identify the motives for the conflicts that burst out among the sportsmen and the methods to overcome them. The goal of the study is to prove the positive influence of the physical activity demonstrated in the aikido game over the ways in which one may react in case of conflict situation. The respondent group consists, generally, of 64 youngsters aged from 18 to 24, divided in to two groups: Control group of 24 young people who do not practice sport; and Experimental group of 40 young people that are actively practicing aikido in various clubs in this country. We applied the approved Ken Thomas' Test (Thomas-Kilmann Conflict Mode Instrument) (Thomas, 1977). We used some given keys to determine the five instruments for reaction to conflict situations: 1) Competing; 2) Collaborating; 3) Compromising; 4) Avoiding; and 5) Accommodating. The analysis made is defining some generalizations: the young people practicing aikido have more harmonious structure of the tactics configuration to be used as a response to conflict situations in comparison to the group of non-involved in sport their peers. They are inclined to cooperation, adaptation and reasonable compromise in such environment. Competition and avoidance are not preferable techniques to resolve conflicts. In the same time non-involved in sport activities young people are governed by attitudes for competitiveness; sometimes their behavior and motives are commanded by the will to make compromise and the desire to avoid conflicts to which it is difficult to adapt. The youngsters with higher physical aikido activities improve their will and tenacity; they are striving to achieve the goals and to assume definite responsibilities. The research of Ignatov with long living people and centenarians shows how physiological status is important for healthy life and adaptations after conflicts again stress (Ignatov et al., 2014). For that the sport is useful for young people.

Keywords: Conflict, Sport, Aikido game

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