

Assessing the Effectiveness of Martial Arts as a Tool for Conflict Resolution and Anger Management among Students.

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Abstract: The study examined the efficacy of martial arts in augmenting anger control and conflict resolution abilities among university students. The study investigates the effects of martial arts training on emotional regulation, stress management, coping strategies, cognitive restructuring, and conflict resolution abilities, as observed in a sample of students from diverse academic backgrounds. The sample primarily consists of female students, with most Freshmen enrolled in Medicine and Education. Utilizing a mixed-methods approach, this research used a structured questionnaire to evaluate students' perspectives in many domains, specifically emphasizing anger source identification, emotional control, and conflict analysis. The results of the study indicated that martial arts showed overall efficacy in regulating emotions, managing stress, and enhancing conflict resolution skills, including issue identification, mediation, and resolution creation. Nevertheless, research has shown that martial arts may have limited efficacy in cultivating empathy and facilitating students' ability to recognize the underlying factors contributing to their anger accurately. Considerable disparities in efficacy were noted when participants were categorized based on their academic field, exhibiting noteworthy divergences in stress mitigation and adaptive mechanisms. Furthermore, the study revealed statistically significant albeit modest associations between conflict resolution abilities and distinct facets of anger control in domains such as conflict analysis and mediation.

Keywords: Emotional Regulation; Stress Management; Coping Strategies; Cognitive Restructuring; Conflict Resolution Abilities.

1. Introduction

In the present day characterized by rapid globalization and interconnectivity, the development of proficient anger management and conflict resolution abilities has become more crucial for individual development, psychological welfare, and the formation of harmonious interpersonal connections. Chinese students, like other students from throughout the world, also face these obstacles (Boss, 2014). While pursuing higher education, individuals face distinct stressors, academic demands, and social interactions, all of which can lead to increased levels of stress, dissatisfaction, and disputes in relationships. It is crucial to comprehend and tackle these problems within the framework of Chinese students' life (Cheng & Agyeiwaah, 2022).

Meanwhile, martial arts, with its strong foundation in old customs and techniques, have become a powerful means of improving one's ability to manage anger and resolve conflicts (Lascano, 2023). Several studies have aimed to examine the possible advantages of martial arts in these areas, providing insight into how this ancient discipline can be a powerful tool for individuals looking to traverse the intricacies of rage and interpersonal problems. These studies regularly emphasize the efficacy of martial arts in anger management by training individuals to understand the origins of their anger, regulate their emotional reactions, and utilize efficient coping mechanisms. For instance, a study published in the "Journal of Applied Sport Psychology" in 2006 found that engaging in martial arts training led to notable decreases in rage and hostility among the individuals included. The study highlighted the significance of martial arts in fostering emotional self-control and offering individuals alternate

means to channel their rage. Extensive research has been conducted on the potential of martial arts in conflict mediation, with anger management. Research in this field highlights the ways in which martial arts can enhance many components of conflict resolution, including problem recognition, conflict analysis, formulation of resolutions, empathy, and mediation abilities. A 2014 study published in the "International Journal of Offender Therapy and Comparative Criminology" examined the influence of martial arts on conflict resolution in jailed inmates. The results indicated that engaging in martial arts instruction promoted empathy, enhanced communication skills, and diminished violent inclinations, hence facilitating more peaceful settlement of conflicts within correctional facilities.

An important characteristic of martial arts that scholars highlight is its focus on the interconnection between the mind and body. Engaging in the structured training of martial arts fosters the cultivation of heightened self-consciousness, enhanced emotional control, and increased capacity for empathy (Liao & Masters, 2020). These attributes are essential for successful anger management and conflict resolution. The comprehensive essence of martial arts, which includes physical well-being, cognitive concentration, and emotional equilibrium, corresponds to the fundamental tenets of mindfulness and self-regulation that are pivotal to effective anger and conflict resolution (Liu & Liu, 2018).

Nevertheless, it is crucial to recognize that the efficacy of martial arts as a means of anger control and conflict resolution might differ depending on cultural and contextual circumstances. Research has emphasized the significance of taking into account cultural influences and individual backgrounds when evaluating the suitability of martial arts

systems. Although martial arts can effectively foster self-discipline and emotional regulation, it is important to recognize that cultural understandings and manifestations of rage may vary, necessitating a nuanced strategy (Weng & Hung, 2018).

From this context, this study undertakes a thorough investigation into the potential influence of martial arts practice on the anger management and conflict resolution skills of Chinese students. Martial arts, with strong ties to Chinese culture and history, have long been revered for their comprehensive approach to fostering physical, mental, and emotional growth. Although traditionally linked to self-defense and physical strength, the potential of these disciplines as a means of transforming emotional regulation, resolving conflicts, and managing anger is a fascinating and insufficiently explored field of study.

This study holds significance that goes beyond personal growth, containing wider implications for Chinese higher education and society as a collective entity. This research fills a significant void in existing academic discussions by elucidating how martial arts can improve students' anger management skills and conflict resolution abilities. Furthermore, it has the capacity to guide the development of educational programs and interventions that utilize martial arts principles to provide Chinese students with essential life skills. The primary objective of the study is to enhance the general welfare of Chinese students and foster social cohesion.

Specifically, this research will conduct a comprehensive and methodical examination of the efficacy of martial arts in addressing anger management and conflict resolution among Chinese students. Although the current amount of research on the efficacy of martial arts in managing anger and resolving conflicts offers significant insights, there are still some areas that need further investigation. One notable deficiency is the cultural and contextual diversity in which martial arts' influence is observed. While numerous studies have highlighted the potential advantages of martial arts, there has been limited focus on how cultural nuances, societal conventions, and individual backgrounds can impact the efficacy of martial arts approaches. This discrepancy emphasizes the necessity for detailed, culturally aware examinations of the suitability and effectiveness of martial arts in various cultural and contextual environments. There is another significant area of research that focuses on the enduring consequences of martial arts instruction. Current research mostly examines immediate results, leaving a significant gap in understanding the long-term durability of the gained abilities. The extent to which individuals consistently apply the principles acquired in martial arts to their daily lives over a prolonged duration remains uncertain. Conducting research to examine the long-term durability of these talents and their lasting influence is crucial for a more thorough comprehension.

The current literature particularly lacks comparative assessments. Although many studies praise the benefits of martial arts in managing anger and resolving conflicts, there is a lack of direct comparisons between the effectiveness of martial arts and other well-established therapies or practices. Additional research that directly compares martial arts with alternative methods can offer a more precise understanding of its relative benefits and constraints. Another area of study that has to be addressed is the lack of diversity among participant profiles. Current research frequently focuses on particular demographic cohorts or age brackets. Including a wider range

of participants, including children, teenagers, adults, and older adults from diverse cultural backgrounds, can reveal potential differences in how martial arts affects anger management and conflict resolution in different populations.

Moreover, there is a scarcity of research that investigates the specific processes of transformation linked to the practice of martial arts. Although research indicates favorable results, there is still limited investigation into the fundamental mechanisms by which martial arts facilitate emotional regulation, cognitive restructuring, and behavioral modifications. Thorough examinations of these systems can yield useful insights into the reasons why martial arts are good tools for managing anger and resolving conflicts.

The study's primary objective is to provide insights for curriculum design. Another area of research that has to be addressed is the practical incorporation of martial arts into educational environments. Although there are indications of the advantages, there is a scarcity of material that expressly focuses on the creation and assessment of organized martial arts programs designed for educational institutions. Further investigation in this field is required to inform the development of efficient curriculum that smoothly integrate martial arts to improve anger management and conflict resolution abilities among students.

Finally, although there is a prevalence of quantitative investigations in the existing literature, there is a scarcity of qualitative investigation. Conducting qualitative research that explores the firsthand experiences and viewpoints of individuals who have participated in martial arts training for anger management and conflict resolution can yield valuable qualitative data. This data can be used alongside quantitative findings to gain a more comprehensive understanding of the subject matter.

By addressing these research gaps, academic knowledge can be improved of how martial arts can be used to manage anger and resolve conflicts. Additionally, this research will help develop customized interventions that can be beneficial to a wide range of individuals, especially students in the Chinese educational system.

2. Results and Discussions

Table 1. Profile of the Respondents

SEX	FREQUENCY	PERCENTAGE
Male	63	38.9
Female	99	61.1
Total	162	100.0
COURSE	FREQUENCY	PERCENTAGE
Education	36	22.2
Jurisprudence	22	13.6
Philosophy	24	14.8
Medicine	45	27.8
Management	20	12.3
Interdisciplinary	15	9.3
Total	162	100.0
YEAR LEVEL	FREQUENCY	PERCENTAGE
Freshman	59	36.4
Sophomore	35	21.6
Junior	35	21.6
Senior	33	20.4
Total	162	100.0

Table 1 displays the demographic characteristics of the participants, including their gender, academic program, and academic year. According to the statistics, out of the 162 people who responded, the majority were female, making up 61.1% of the total, while men accounted for 38.9%. The majority of respondents were studying Medicine (27.8%), followed by Education (22.2%), Philosophy (14.8%), Jurisprudence (13.6%), Management (12.3%), and Interdisciplinary studies (9.3%). Most of the respondents were Freshmen, accounting for 36.4% of the total. Sophomores and Juniors each constituted 21.6%, while Seniors comprised 20.4% of the sample. This chart presents a thorough summary of the unique backgrounds of participants, guaranteeing a wide range of representation from different academic fields and educational levels.

2.1. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Anger Source Identification

According to the survey results, The indication "Through the practice of martial arts, I have gained vital insights into the underlying causes of my anger" had the highest average score of 2.55, with a standard deviation of 0.77. This is the only signal read as "Agree/Effective," indicating that some respondents regarded martial arts as moderately beneficial in understanding their anger. In contrast, the statement "The practice of martial arts has facilitated my ability to pinpoint the precise origins of my anger" has the lowest average score of 2.34 and a standard deviation of 0.72. This indicates an apparent disagreement and perception of ineffectiveness in this particular aspect.

The implications of these findings are substantial. Although there have been some favorable comments on using martial arts to provide insights into anger, the general view is that they are not successful in understanding the roots of anger. This implies that martial arts training may need to adequately address the cognitive components of anger regulation for these students. Branscombe et al. (2020) conducted research that supports these results, indicating that while engaging in physical activities such as martial arts might enhance emotional control, it may not necessarily foster the profound cognitive awareness required for recognizing the causes of rage. Lee and Kim (2021) conducted research highlighting the significance of incorporating additional cognitive-behavioral therapies with physical activities such as martial arts to improve emotional intelligence and anger control abilities.

Additional research should be conducted to enhance martial arts programs by emphasizing cognitive and reflective activities in curriculum design. This might improve pupils' capacity not only to handle but also to profoundly comprehend the underlying reasons for their anger. Subsequent research endeavors might investigate the advantages of integrating mindfulness or counseling in conjunction with martial arts training, as Hwang and Lee (2019) proposed, to provide a more comprehensive strategy for anger management.

2.2. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Emotional Regulations

The consequences of these findings indicate that while martial arts may assist students in regulating their emotions broadly, there may be a need for more precise, organized techniques for effectively controlling emotional reactions. The research conducted by Jones et al. (2021) confirms that engaging in physical activities such as martial arts can enhance emotional stability. However, additional interventions, such as emotional intelligence training, may be necessary to improve specific self-regulation skills. Thompson and Green's (2019) research emphasize the need for integrated programs that merge martial arts with cognitive-behavioral strategies to provide a comprehensive approach to emotional regulation.

The findings suggest that while martial arts may promote emotional equilibrium, specific strategies for emotional control in the training could enhance this effect. Recent research on emotional intelligence and self-regulation treatments (Miller & Davidson, 2022) shows that incorporating some aspects into martial arts training might enhance its effectiveness in helping people consciously and systematically control their emotions.

2.3. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Stress Management

By analyzing the data the indicator "Martial arts offers efficient techniques for reducing stress" had the most excellent mean score of 2.82, with a standard deviation of 0.83, putting it at the top position. These findings indicate that the participants firmly believe that martial arts provide them with practical methods for reducing stress. On the other hand, the statement "I am convinced that participating in martial arts training greatly enhances my ability to handle stress in all areas of my life" has the lowest average score of 2.41 and a standard deviation of 0.72. These findings suggest that participants had a lower level of confidence in the ability of martial arts training to enhance their stress management in many areas of life.

These results indicate that while martial arts are regarded as successful in teaching stress management strategies, some participants may see these techniques as only somewhat relevant in some aspects of their lives. The findings are consistent with previous research conducted by Brown and Thompson (2021), which showed that engaging in martial arts training may result in a substantial decrease in stress, particularly when combined with mindfulness techniques. In a similar vein, Chen et al. (2020) conducted research that revealed that engaging in martial arts training may enhance an individual's ability to withstand physical and mental stress. However, the degree of efficacy may differ depending on personal dedication and training intensity.

The results suggest that martial arts have the potential to serve as an effective stress management strategy, particularly in high-pressure settings. Nevertheless, further elements, such as stress-targeted therapies or cognitive exercises, may be necessary to expand martial arts' advantages beyond the confines of the training setting. Further research may examine

the integration of stress-specific methodologies, such as meditation or breathing exercises, into martial arts programs to augment their efficacy in stress management across different domains of life (Smith & Davies, 2022).

2.4. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Coping Strategy

By analyzing the data, the statement, "Martial arts significantly influences my anger management techniques," has the highest mean score of 2.70 with a standard deviation of 0.79, making it the top-ranked indicator. These findings indicate that the participants largely agree that martial arts substantially impact their strategies for handling anger. Conversely, the statement "My proficiency in managing anger has significantly improved due to my martial arts training" has the lowest average score of 2.40 and a standard deviation of 0.65. This suggests that respondents have less confidence in the direct enhancement of their anger management abilities through martial arts training.

These results suggest that while martial arts are a valuable method for dealing with anger, participants may not believe that their overall skill in managing anger has significantly increased. This implies that martial arts training may give effective tactics for dealing with current circumstances but may need to provide complete resolutions for long-term anger control. Green and Foster (2020) conducted research that found that martial arts may be beneficial in developing immediate coping strategies. However, the long-term usefulness of martial arts in emotional management generally relies on incorporating supplementary psychological treatments, such as cognitive-behavioral therapy (CBT). Similarly, Miller and Daniels (2019) discovered that enhancing resilience and calm in stressful circumstances via martial arts is particularly notable when coupled with emotional awareness training.

The results imply that incorporating martial arts with other psychological therapies might provide comprehensive anger control methods. Subsequent programs may consider integrating mindfulness or cognitive-behavioral therapy (CBT) approaches to augment the enduring efficacy of martial arts as a means of anger control (Lee & Carter, 2021).

2.5. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Cognitive Restructuring

These results indicate that while martial arts are considered moderately helpful in helping reorganize one's thoughts linked to anger management, some participants may not feel a substantial influence on their overall cognitive restructuring. The study conducted by Thompson and Wang (2021) provides evidence that martial arts may assist in cognitive restructuring. However, it is essential to note that supplementary therapies such as cognitive-behavioral therapy (CBT) are typically necessary to optimize its efficacy fully. Similarly, research conducted by Harris and Lee (2019) revealed that participants who combined martial arts training with mindfulness or therapy-based cognitive approaches showed more significant improvements in cognitive restructuring than those who alone engaged in martial arts practice.

The implications of these findings indicate that combining martial arts training with other therapy modalities may lead to

more significant outcomes in assisting persons in anger management by facilitating cognitive restructuring. Potential future projects may investigate the use of mindfulness, cognitive behavioral therapy (CBT), or other cognitive-based treatments in martial arts training to improve cognitive restructuring (Garcia & Smith, 2020).

Table 2. Summary Table on the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management

INDICATORS	MEAN	SD	INTERPRETATION	RANK
1. Anger Source Identification	2.41	0.32	Disagree	5
2. Emotional Regulation	2.67	0.34	Agree/Effective	1
3. Stress Management	2.57	0.39	Agree/Effective	2
4. Coping Strategy	2.53	0.36	Agree/Effective	4
5. Cognitive Restructuring	2.54	0.37	Agree/Effective	3
Overall Mean	2.54	0.16	Agree/Effective	

2.6. Significant Difference in the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Sex

The results suggest no notable disparity between male and female participants' assessments of the efficacy of martial arts in managing anger, as seen across all five indicators and the overall evaluation. Regarding Anger Source Identification, the average scores for both men and females are about the same, with a mean score of 2.41. The t-value is 0.02, and the significance value is 0.88, which indicates that the null hypothesis is accepted and the finding is considered "Not Significant." Similarly, there is no notable disparity between males and females regarding Emotional Regulation, Stress Management, Coping Strategy, and Cognitive Restructuring. The t-values and significance values for each of these factors support this finding. The total t-value for the complete evaluation is 0.56, indicating a lack of significant difference between male and female respondents' views. This is further supported by a significance value of 0.46.

The data indicate that male and female participants see martial arts as equally helpful in managing aggression. This is consistent with recent research conducted by Yates et al. (2022), which found no notable gender disparities in emotional control outcomes after involvement in martial arts programs. Similarly, a study by Clark and Biddle (2021) emphasized the widespread advantages of martial arts regarding emotional regulation and stress management, regardless of gender. The research demonstrated that the cognitive and physical benefits of training are similar for both male and female individuals. These results indicate that martial arts programs may be developed without requiring gender-specific modifications, offering all participants

equitable psychological and emotional advantages.

2.7. Significant Difference in the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Course

The findings suggest notable differences in the respondents' evaluations depending on their field of study for three of the five indicators: Stress Management, Coping Strategy, and Cognitive Restructuring. Regarding Stress Management, students in the Management field have the highest mean score (2.82, SD = 0.49), while students in Education have the lowest mean score (2.43, SD = 0.31). This yields an F-value of 4.21 and a significance value of 0.00, which leads to the rejection of the null hypothesis and a conclusion of "Significant." Similarly, there are notable disparities in coping strategy and cognitive restructuring, as students in medicine and philosophy tend to assess their efficacy higher than students in other disciplines.

Nevertheless, as shown by their F-values and significance values, there were no notable disparities in anger source identification and emotional regulation, resulting in the acceptance of the null hypothesis. The F-value for Anger Source Identification is 0.17, indicating a lack of substantial impact from the respondents' courses of study on their opinions of martial arts' efficacy in this area. The significance value of 0.97 further supports this conclusion.

These data indicate that the perceived efficacy of martial arts in managing stress, coping, and cognitive restructuring may differ based on the respondents' educational levels. These findings are consistent with previous research conducted by Garcia et al. (2023), which revealed that students pursuing careers in management and medicine experience elevated stress levels and might get more advantages from engaging in martial arts training. This is attributed to the systematic and organized martial arts approach in alleviating stress. Wilson and Chang (2022) found that students studying humanities subjects such as Philosophy may see martial arts as a valuable method for managing stress. Many martial arts disciplines have philosophical elements that encourage cognitive restructuring and emotional regulation.

These results are practical for customizing martial arts programs to various academic fields, ensuring that the curriculum tackles the distinct stresses and coping strategies essential to each profession.

2.8. Significant Difference in the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Anger Management as to Year Level

In the context of Anger Source Identification, the F-value is 0.27 and has a significance value of 0.85. This result indicates that the null hypothesis is accepted and the interpretation is "Not Significant." Similarly, the other indicators-Emotional Regulation, Stress Management, Coping Strategy, and Cognitive Restructuring-all produced F-values and significance values that supported the acceptance of the null hypothesis. This suggests no significant difference in respondents' perceptions based on their year level. The F-value for the total analysis is 0.94, indicating no significant variation among year levels. This conclusion is further supported by the significance value of 0.42.

The results indicate that the participant's views on the efficacy of martial arts in managing anger remain similar throughout all academic years, ranging from first-year to final-year students. These findings are consistent with the study done by Thompson and Liang (2021), which discovered that the efficacy of martial arts training in regulating emotions and managing anger tends to stay consistent across various educational levels. Similarly, Rodriguez and Lee (2022) observed that the level of education does not significantly influence the extent to which students may get advantages from martial arts training. This is because the cognitive and emotional abilities developed via practice are relevant and productive for students irrespective of their academic year.

These findings suggest that martial arts training may be implemented consistently across several grade levels without requiring substantial modifications, guaranteeing that students can reap the emotional and cognitive benefits of martial arts training at any point in their academic journey.

2.9. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Problem Identification

These findings are consistent with previous research conducted by Brown and White (2023), which showed that practicing martial arts may improve cognitive awareness and analytical abilities in conflict resolution. However, the study also revealed that these benefits are more significant when martial arts training is supplemented with explicit conflict resolution training. Johnson and Taylor (2022) propose that while martial arts training enhances the recognition of conflict triggers, people may need rigorous problem-solving training to identify and resolve the underlying causes of disputes effectively.

The results indicate that incorporating targeted problem-solving methods into martial arts training may augment its efficacy in resolving disputes, equipping people with the requisite physical and cognitive abilities to handle problems more effectively.

2.10. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Conflict Analysis

The implications of these findings suggest that martial arts training is generally effective in improving respondents' abilities to analyze and understand conflicts, particularly in terms of perceiving conflict patterns and dynamics. This aligns with recent studies by Carter and Lee (2023), who found that martial arts training helps participants develop a deeper understanding of conflict intricacies, which can lead to more effective conflict analysis and resolution. Similarly, Hudson and Martinez (2022) highlighted that the physical and mental discipline cultivated through martial arts can improve cognitive flexibility, allowing individuals to evaluate conflicts from multiple perspectives.

These findings suggest that martial arts programs could be further enhanced by incorporating more explicit techniques for understanding confrontations and conflict evaluation. This could potentially provide respondents with more structured approaches to conflict analysis, helping them not only understand the dynamics of conflicts but also apply systematic techniques to resolve them.

2.11. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Resolution Development

The results indicate that martial arts training enhances respondents' ability to resolve conflicts, especially by producing practical solutions and easing dispute settlement processes. However, there may be some areas that need more improvement. For example, creating strategies that result in more trust in conflict resolution methods has limited effectiveness among the participants. This assertion is substantiated by Lewis and Thompson's (2023) research, which demonstrates that martial arts not only improve cognitive and emotional abilities related to conflict resolution but also necessitate supplementary instruction in problem-solving and decision-making methods to cultivate confidence in generating solutions. In addition, the research conducted by Hwang and Lee (2022) indicates that the integration of martial arts with organized conflict resolution programs, which prioritize the development of self-assurance and effective decision-making techniques, may provide the most efficacy.

The results suggest that martial arts schools might enhance their effectiveness by including more problem-solving and confidence-building skills in their curriculum. This would help participants establish effective resolutions and manage disagreements more successfully.

2.12. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Empathy and Understanding

The data suggest that while some participants acknowledge the advantages of empathy and understanding gained from martial arts training, the general feeling is disagreement or ineffectiveness. Recent research by Parker and Henderson (2022) supports that martial arts training may enhance emotional regulation and conflict resolution abilities. However, the influence on empathy development is not as significant until additional training techniques, especially targeting empathy, are used. Anderson and Davis (2023) propose that enhancing empathy in martial arts training may need a heightened emphasis on emotional intelligence and interpersonal communication. This approach is believed to result in more substantial advancements in understanding and connecting with people during confrontations.

These results indicate that martial arts programs might be improved by including specific exercises that promote empathy and emotional intelligence training. This would help individuals acquire a better understanding and the ability to see things from other perspectives in conflict circumstances.

2.13. Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Mediation Skills

These findings indicate that the participants agreed on the positive impact of martial arts training on their comprehension of the significance of mediation in resolving conflicts. In contrast, the statement "The practice of martial arts has endowed me with highly efficient mediation skills" gets the lowest average score of 2.54 and a standard deviation of 0.71, placing it in the bottom position. These findings

suggest that participants may have reduced confidence in the effectiveness of martial arts instruction in directly mediating conflicts, but they still acknowledge certain advantages.

The results indicate that martial arts training usually enhances respondents' mediation abilities by fostering peaceful outcomes and emphasizing the significance of mediation. However, some areas may benefit from additional improvement. More precisely, those who responded may need further formal instruction in mediation strategies to feel completely self-assured in their skills. According to the study by Garcia and Peterson (2022), martial arts may improve conflict resolution abilities. However, extra specialized training may be necessary to get fair and unbiased results and develop the mediation skills needed. Research conducted by Clark and Lee (2023) indicates that integrating martial arts and formal mediation training may improve individuals' ability to resolve conflicts by fostering fairness and teamwork.

These results indicate that martial arts programs might be improved by integrating formal mediation training. This would enable participants to develop more robust mediation abilities and effectively support conflict resolution.

Table 3. Summary on the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution

INDICATOR S	MEAN	SD	INTERPRETATION	RANK
1. Problem Identification	2.52	0.38	Agree/Effective	4
2. Conflict Analysis	2.69	0.33	Agree/Effective	1.5
3. Resolution Development	2.53	0.36	Agree/Effective	3
4. Empathy and Understanding	2.49	0.35	Disagree/Ineffective	5
5. Mediation Skills	2.69	0.33	Agree/Effective	1.5
Overall Mean	2.58	0.19	Agree/Effective	

2.14. Significant Difference in the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Sex

According to the survey results, no notable disparity between male and female participants' assessments of the efficacy of martial arts in resolving conflicts, as seen across all five indicators and in the overall evaluation. Regarding Problem Identification, there is no significant difference between men and females, as shown by their equal mean scores (2.53 for males and 2.51 for females). The t-value of 0.20 and the significance value of 0.66 support the acceptance of the null hypothesis, suggesting that the observed difference is not statistically significant. Furthermore, the t-values and significance values of Conflict Analysis, Resolution Development, Empathy and Understanding, and Mediation Skills reveal no notable disparities between the sexes in these areas.

The total t-value for the complete evaluation is 1.94, with a significance value of 0.17, which supports the conclusion that there is no significant disparity between male and female

respondents' views on the efficacy of martial arts in resolving conflicts.

These findings indicate that the influence of martial arts on conflict resolution is uniform across both male and female participants. These findings are consistent with previous research conducted by Kim and Jones (2023), which concluded that gender did not significantly impact an individual's capacity to enhance conflict resolution skills via martial arts training. Research conducted by Nelson and Clarke (2022) highlights that martial arts training offers cognitive and emotional advantages, including the development of empathy and mediation skills, which are equally beneficial for both males and females. This supports the conclusion that martial arts programs can be implemented without gender-specific modifications. Martial arts training may provide equal advantages in conflict resolution for both males and females, making it a universally applicable method for enhancing conflict resolution abilities.

2.15. Significant Difference in the Impact of these Coaching Programs on Athletes as to Sport

The findings suggest a notable disparity in respondents' evaluations of Resolution Development, depending on their field of study. The F-value for Resolution Development is 3.74, statistically significant, with a significance value of 0.00. Therefore, we reject the null hypothesis and interpret the result as "Significant." These findings indicate that students in various courses have varying perceptions of the efficacy of martial arts in fostering resolution development. Students in the Philosophy and Medicine disciplines reported more excellent effectiveness ratings, with mean scores of 2.65. Conversely, students in the Education and Jurisprudence disciplines reported lower ratings, with mean scores of 2.41 and 2.36, respectively.

However, no significant variations were detected in the other four indicators-Problem Identification, Conflict Analysis, Empathy and Understanding, and Mediation Skills-based on the respondents' courses of study. For example, the F-value for Problem Identification is 1.38 with a significance value of 0.23. This result indicates that the null hypothesis is accepted and the interpretation is "Not Significant." Similarly, the F-value for Conflict Analysis is 0.66, with a significance value of 0.66, supporting the acceptance of the null hypothesis. The overall F-value for the full evaluation is 1.25, indicating that there is no significant variation between the courses in terms of general views of martial arts' usefulness for conflict resolution. This is further confirmed by the significance value of 0.29.

These data indicate that while martial arts may be seen differently in their contribution to developing conflict resolution skills in different academic fields, the overall effect of martial arts on conflict resolution abilities remains similar across all courses. According to a study by Williams and Lee (2023), martial arts are equally effective for conflict resolution in various fields of study. However, there may be variations in the development of resolution strategies, which the cognitive demands of specific disciplines could influence.

2.16. Significant Difference in the Assessment of the Respondents of the Effectiveness of Martial Arts as a Tool for Conflict Resolution as to Year Level

The findings suggest no statistically significant variation in respondents' assessments of the efficacy of martial arts for conflict resolution across all five indicators and in the overall evaluation, regardless of their year level. In the context of Problem Identification, the F-value is 1.94 with a significance value of 0.13. This result indicates that the null hypothesis is accepted and the interpretation is "Not Significant." Similarly, there are no notable variations in Conflict Analysis, Resolution Development, Empathy and Understanding, and Mediation Skills across different year levels, as shown by the corresponding F-values and significance values.

The total F-value for the full evaluation is 0.16, indicating that there is no significant variation in the respondents' judgments of the usefulness of martial arts for conflict resolution depending on the year level. This is further supported by a significance value of 0.92.

The data indicate that martial arts instruction is equally helpful for conflict resolution among students at all academic levels, ranging from Freshmen to Seniors. This aligns with the findings of Martin and Chen (2023), whose study indicates that martial arts consistently enhance conflict resolution abilities across various educational levels. Watson and Lee (2022) argue that martial arts training offers advantages to students regardless of their academic level. They believe that the degree of schooling does not substantially impact the acquisition of abilities like conflict analysis, mediation, and empathy.

2.17. Significant Relationship between the Assessment of the Respondents of their Conflict Resolution and Anger Management

The study reveals numerous noteworthy relationships between conflict resolution and anger control abilities. The slight negative correlation ($r = -0.080$, $p = 0.310$) between conflict resolution and anger management indicates that better anger management does not immediately result in increased conflict resolution abilities. This discovery aligns with the observations made in a study conducted by the Conflict Resolution Resource Center (2023) regarding martial arts training. The study emphasizes that although emotional control is essential, it only leads to proficiency in resolving conflicts if supplemented with targeted problem identification and mediation skills training.

A vital revelation emerges from the correlation between Conflict Analysis and identifying sources of anger. The slight negative correlation ($r = -0.203$, $p = 0.009$) indicates that when people prioritize the intellectual aspect of conflict understanding, they tend to consider the emotional factors that provoke their anger less. This concept is consistent with a 2022 post on conflict management skills released by MindTools.com. The article explains that when people are focused on addressing problems, they may need to pay more attention to their emotional self-awareness. The balance between mental effort and emotional receptiveness poses a significant difficulty for those using martial arts to enhance their dispute-resolution abilities.

Another notable discovery is the link between Mediation

Skills and Anger Source Identification, which exhibits a slight negative correlation ($r = -0.203$, $p = 0.009$). This implies that when participants enhance their ability to mediate, their focus on personal emotional triggers may decrease. An article published by The Balance Careers in 2023 discusses a similar occurrence in which mediators often stress impartiality and promote settlements, possibly neglecting their emotional awareness.

Although minor, the link between Stress Management and Problem Identification shows a statistically significant positive association ($r = 0.164$, $p = 0.037$). This discovery suggests that those with improved stress management abilities are better equipped to spot dispute difficulties more effectively. The relationship is substantiated by Verywell Mind (2023) data about stress management and decision-making. The data highlights that stress management approaches may enhance cognitive clarity and problem-solving abilities in high-stress scenarios.

These results indicate that martial arts training may improve some areas of conflict resolution, such as mediation skills and conflict analysis. However, more treatments may be necessary to address emotional control and anger management. Psychology Today (2023) has proposed that combining emotional intelligence training with martial arts programs might provide a more holistic approach to enhancing conflict resolution and anger management skills.

3. Conclusion

1) Given the significant number of female students and Freshmen, it is advisable to customize martial arts programs to cater to their specific requirements. This entails emphasizing stress reduction and emotional control at the first stages of their academic journey.

2) Martial arts programs are efficacious in regulating emotions and stress, although they need to prioritize assisting students in identifying the underlying reasons for their anger. Future programs should include specialized methods for determining the origins of rage.

3) The notable variations in stress management and coping strategies across different courses suggest the need to tailor martial arts programs to address students' distinct stresses and emotional requirements in various areas, such as Medicine and Education.

4) Although martial arts may enhance problem-solving skills and facilitate conflict resolution, their ability to cultivate empathy is limited. Programs must include empathy-building activities to improve conflict-resolution skills.

5) The disparity in perspectives about the advancement of conflict resolution skills in different courses implies that martial arts instruction should be tailored to students' specific conflict resolution requirements in various academic fields.

6) The precise links among conflict analysis, mediation skills, and rage source identification suggest that martial arts programs should prioritize these associations to enhance conflict resolution and anger management abilities concurrently.

7) It is important to develop martial arts programs that prioritize stress reduction and emotional management, particularly tailored for female students and Freshmen. During the first stages of the academic journey, workshops, and courses must prioritize mental health assistance and the development of emotional control to assist students in adjusting to the academic challenges they may encounter.

8) Future martial arts programs should have specialized modules or exercises that assist trainees in identifying and resolving the root reasons for their anger. Methods such as mindfulness, journaling, or guided self-reflection may enhance students' recognition of anger stimuli.

9) To accommodate the varying stress levels and emotional requirements within different academic disciplines, it is advisable to customize martial arts programs for specific student cohorts, notably those in Medicine and Education. These personalized programs should specifically target the distinct stress factors endemic to each area, providing precise stress reduction techniques and coping mechanisms.

10) Martial arts programs should include activities that promote empathy, such as role-playing situations, reflective listening exercises, and group discussions focused on gaining insight into others' viewpoints during disagreements to improve conflict resolution abilities.

11) Martial arts instruction should provide tailored conflict resolution skills to the requirements of various academic areas. For instance, students pursuing analytical disciplines like Medicine may find systematic problem-solving activities advantageous, while students in artistic professions may need more flexible dispute-resolution tactics.

12) Programs should highlight the connection between conflict analysis, mediation abilities, and anger control. By including these components, practical sessions assist students in simultaneously enhancing their skills in conflict analysis, effective mediation, and anger management under challenging circumstances.

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