

Martial Arts and Quality of Life of Trainers: Basis for The Design of Reconstruction Program

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Abstract: The purpose of this paper is to reconstruct the career planning of martial arts coaches. Based on the comprehensive quality of life theory, this paper attempts to reconstruct the career planning of coaches by studying the impact of martial arts on practitioners' physical quality, psychology quality, emotional quality and social quality. The thesis reviews the literature through qualitative research methods, and through the study of relevant literature, on the basis of synthesis and analysis, it is found that martial arts have both positive and negative effects on practitioners. The positive impact is mainly manifested in the benefit aspects of martial arts to practitioners, and the negative impact is mainly manifested in the harm of martial arts. Research result: The paper suggests that in the process of career reconstruction of martial arts practitioners, the positive effects of martial arts on practitioners should be actively brought into play, that is, the impact of martial arts on practitioners should be further optimized. Favorable factors, reduce and avoid the unfavorable factors of martial arts for practitioners, and effectively optimize career plans by improving practitioners' physical, psychological, emotional, and social qualities.

Keywords: Martial Arts, Reconstruction, Design, Quality of Life.

1. Introduction

With the emergence and spread of the COVID-19 virus, health issues have become an important issue of global concern. Governments around the world are grappling with the crisis, and the World Health Organization (WHO) is working to limit the spread of the deadly virus. In addition to the antiviral drugs being developed by universities, national and private research centers, other approaches to health are being actively considered.

As a special form of exercise, whether martial arts and combat sports are beneficial to people's health is a question worth exploring. However, martial arts are generally believed to be good for health. Thus, in 2020, in the wake of the COVID-19 virus outbreak, certain Tai Chi Chuan and historic European Martial Arts (HEMA) schools in the UK have implemented online classes, movie nights and fitness programs (Jennings, 2020), in order to help people improve their health. On the other hand, Spain It also promotes specific responses to maintain physical fitness and muscle mass using different combat sports such as wrestling and judo (Herrera-Valenzuela et al., 2020). As new empirical research on martial arts, health and society continues to develop, as seen in special issue of *Frontiers in Sociology*, a notable contribution to the empirical data is the monograph by Fuller and Lloyd (2019), which shares opinion through large-scale surveys and in-depth interviews, obtained from the continuation s practice of various martial arts especially tai chi and karate in several countries. For a wide range of participants, Fuller and Lloyd (2019) identified many benefits of martial arts training, such as dealing with back pain and postural issues, among others.

Chinese scholars have found through research that the value of martial arts is to improve people's physical health, mental health, and social health (Liu Xuepeng and Li Qiuyan, 2020). They also found that martial arts have unique health-preserving functions, especially the slow-moving Chinese martial arts Tai Chi, After the emergence of the COVID-19 virus, it has become more popular among the elderly (Chen

Meng and Wang Mei, 2021). Chinese people's understanding of kindness embodies the harmony and unity of emotion, psychology and social values, and when physical, psychological, emotional, when the four social values are unified, martial arts become the representative. In the process of civilization, Chinese people widely use kindness to modify violence. Today, when good will plays a huge role, people fully realize that kindness is the foundation of civilization. Research on the value of kindness in martial arts found that martial arts practitioners take the initiative to embody kindness, and they transform their physical weapons into physical strength, and finally into social value (Chen Qing et al., 2022).

“Martial arts and combat sports” (MACS) are a myriad of systems of embodied movements and underlying philosophy and pedagogies. Due to the intrinsic complexity of MACS, they have the potential to both reshape practitioners' selves and improve their wellbeing, as well as to hammer the pursuit of sustainable, healthy lifestyles (Lorenzo Pedrini and George Jennings, 2021). The World Health Organization (2016) describes Quality of Life (QOL) as a person's physical, mental, emotional, and social-well-being.

Health is linked to people's quality of life, and in terms of health, people with poor quality of life have a higher risk of depression, drug and alcohol abuse, and lower self-esteem (Pia Jensen et al., 2021). But research on Martial arts and quality of life aside from examining how martial arts affect health, little research has been done on how martial arts affect the quality of life of adults, especially those who have received extensive martial arts training as teachers and practitioners. This study suggests that martial arts programs can be investigated as a possible mechanism that higher education institutions can use to improve the teachers and those practitioners of martial arts QOL. Therefore, the overarching research question asks, how does martial arts the quality of those teachers and practitioners involved in martial arts?

2. Background of the Study

Martial arts practitioners such as martial arts coaches and martial arts teachers are a special non-mainstream in the entire social stratification system. Groups, they participate in social activities with their own unique way of survival, and continue to inherit, develop and innovate human martial arts sports. We can see them not only in various martial arts sports competitions, but also in TV and movies. The figure, for example, Bruce Lee was once a martial arts coach, later and now he is known all over the world.

Martial arts practitioners in the world survive and develop in their respective living areas. With the changes of the times, groups such as martial arts coaches and martial arts teachers are also constantly changing, and their career plans are also constantly changing. By martial arts Practitioners, we can not only see the traces of social changes, but also the trajectory of the development and evolution of martial arts. Of course, it is also conducive to objectively examining the difficulties and challenges in the development of contemporary martial arts, and providing scientific reference for the development of contemporary martial arts and martial arts practitioners.

3. Statement of the Problem

The current study aims to analyze the relationship between the level of effects of martial arts to the quality of life of the practitioners.

4. Significance of the Study

As a result of this study, higher Educational institutions can develop more ways to support the mental, physical, and emotional well-being of teachers and martial arts practitioners throughout the martial arts experience, thereby improving immediate and long-term quality of life. Being able to maintain a high QOL is especially important due to the many factors associated with it and the health risks associated with a low QOL.

5. Research Scope and Definition

This study will analyze the relationship between the influence level of martial arts style and the quality of life of a martial arts coach or teacher, with the aim of making recommendations for a reconstruction action plan. This study takes Wushu coaches or Wushu teachers as the research object, mainly including four kinds of Wushu: Taekwondo, Arnis, Kung Fu and Karate.

6. Relevant Literature and Research Review

Combat sports (CS) and martial arts (MA) have a special educational potential in the area of shaping positive behavior patterns and transmitting moral values which could help reduce aggression in society(Katarzyna Kotarska,et al.,2019). Tai chi qigong and /or self-defense Kung-fu training provides a promising prevention strategy against age-related physical and mental deterioration in aging men (Waltherab, et al., 2018). Arnis positive implications on reducing stress levels are strongly endorsed, It should be integrated in our lives as much as possible(Joeseph M Velasquez,2020). Regular practice and participation in the Taekwondo(TKD) program help the participant to develop all four aspects of World Health Organization Quality of Life(WHOQOL)—

BREF,Among the four domains(physical health, psychological, social relationship, and environment), the participants scored significantly better in the social relation domain in both gender groups(Mr.Chandan Shaw&Mr.Ashoke Mukherjee,2022). Karate training can therefore play an important role in shaping volitional and personality characteristics, both of which contribute to increasing the well-being of trainees(Wiktor Potoczny,2022).

The biggest health impact of martial arts is that compared with most drugs, it is a relatively cheap and simple treatment that can improve physical and mental abilities at the same time. Since martial arts have always played an important role in the field of health, research on it is ongoing (Jiang Yaming, 2016). During martial arts training and competitions, martial arts coaches or teachers are often under tremendous physical and psychological pressure, which often leads to their emotional irritability and their bodies may be in a sub-healthy state But at the same time, martial arts training may be a particularly effective exercise-based mental health intervention that can provide an inexpensive alternative to psychotherapy (HaoWenting, et al., 2019).

The World Health Organization (WHO) defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns (World Health Organization, 2022). In order to better understand certain health behaviors and quality of life of people engaged in martial arts, Katarzyna Kotarska et al. (2019) have conducted related research, The aim of the work was to determine the relationship between health behaviors and the quality of life of people who practice combat sports and martial arts (CS and MA) recreationally, in addition to practicing other sports, and as competitors at the master level. Results: The highest quality of life (in the physical, psychological and environmental domains) was characteristic of the competitors, who practiced only combat sports and martial arts. They also displayed the most health-oriented behaviors. The surprising results were: lower quality of life in the assessment of nondrinkers and nonsmokers, and higher among people who were overweight. Conclusions. We have found positive correlations between practicing CS and MA, health behaviors and higher scores in quality of life self-evaluation, particular practitioners Exclusively focused on CS and MA and practice these at a competitive level. Our findings thus support the growing evidence that competitive level CS and MA are an effective means of improving people's quality of life(Katarzyna Kotarska et al.,2019).

In addition to the above studies, we also reviewed some other studies involving the quality of life of individuals, including studies on individual self-esteem. Poverty perception was significantly negatively correlated with life satisfaction, self-esteem was significantly positively correlated with life satisfaction, and poverty perception was significantly correlated with life satisfaction. Self-esteem was significantly negatively correlated. Structural equation modeling shows that self-esteem partially mediates the relationship between perceived poverty and life satisfaction (Liu Bin et al., 2022). In other quality- of-life studies of sports, serious leisure levels in cycling tourism were found to have a positive impact on satisfaction and quality of life (Rui Guo et al., 2021). In health studies, decreased quality of life (QOL) is associated with shorter survival and is more pronounced in patients with end-stage renal disease (ESRD). Health predictors, including decision-making, social factors, health

services, personal behaviour, biology and genetics, have an impact on the quality of life of patients with ESRD (Pretty N Mbeje et al., 2021).

In a study on the impact of martial arts on the comprehensive quality of life of college students, Benjamin Harris (2021) identified physical, mental, emotional, and social health as being key components of good health. Themes were identified and analyzed base Integrative Quality by using qualitative research methods of Life (IQOL) theory which recognizes subjective and objective well-being as the two critical aspects of health and wellness (Ventegodt et al., 2003). Within that theory is the idea that satisfaction with life, happiness, life's meaning, social norms, fulfillment of needs, and realization of life's potential are the significant factors that influence students' QOL during college. The book "Martial Arts and Well-Being" offers an interesting view about karate practitioners' health and well-being perception. It demonstrates how martial arts influence athletes' behavior and, in turn, their lifestyle and social activities (Fuller & Lloyd, 2019).

7. Types and Styles of Martial Arts Covered in This Study

Kung fu . Kung Fu is another name for Chinese martial arts, English name: Kung fu. It mainly refers to personal application and attainments in martial arts. It is philosophical and technically oriented to "stop invasion", emphasizing the coordination and unity of martial arts, arts and the body, martial arts and nature, and martial arts and society. Kung Fu is the crystallization of Chinese wisdom and the embodiment of Chinese traditional culture. Pay attention to the balance of rigidity and softness, and cultivate both inside and outside. It has both a resolute and beautiful appearance, and an elegant and profound connotation. It contains the Chinese people's understanding of life and the universe, and is a precious cultural heritage accumulated by the Chinese for a long time. Chinese Kung Fu has a wide range of Influences in the world, represented by Bruce Lee, not only a large number of Chinese Kung Fu movies, but also Shaolin, Tai Chi, Wing Chun and other Chinese Kung Fu are also widely spread around the world. At present, kung fu mainly appears in the form of martial arts in China, and the competition content and competition form are very rich. In 1990, Wushu was included in the Asian Games for the first time and became a fixed official competition event. In the 2008 Beijing Olympics, martial arts was listed as a performance event.

Arnis . Arnis is the official national sport and martial art of the Philippines. It is also known as "Kali" or "Eskrima". These two terms are used in the Philippines for a traditional martial art ("Filipino Martial Arts" or "FMA ") that focuses on weapons-based combat using knives, clubs, blade weapons, and some improvised weapons. Arnis is a combat sport that uses hand-to-hand combat, grappling, and weapon disarming in weapon-based combat to defend oneself from attack. Arnis was declared the national sport and martial art of the Philippines on December 11, 2009. The first national organization of Arnis was the National Arnis Association of the Philippines (NARAPHIL), founded in 1975 by General Fabian C. Ver. However, its existence disappeared after the 1986 Philippine Revolution. The two main types of Arnis as a sport practice is the system followed by WEKAF (World Eskrima Kali Arnis Federation), which was formed in 1989 and is recognized internationally; the other system is Arnis

Philippines (ARPI), which In 1986, it was widely used during the 2005 Southeast Asian Games.

TaeKwondo. Taekwondo originated in East Asia and evolved from Tangshou in China, Taekwondo in the Korean Peninsula, Hwarangdo, and Karate in Japan. Korean: 태권도, English: Taekwondo. It is one of the official events of the modern, Olympic Games is a sport that mainly uses the feet for fighting or confrontation. Taekwondo was listed as an Olympic performance event in 1988; it was listed as a test event in the 1992 Barcelona Olympics, and it became an official event in the 2000 Sydney Olympics. organization of World Taekwondo is mainly divided into two systems, namely: International Taekwondo Federation (ITF) and World Taekwondo Federation (WTF). The Olympic Games adopts the WTF system .

Karate . Karate is a combination of ancient martial arts from 500 years ago and boxing techniques introduced to Japan from China. Karate was originally called "Tang Shou". "Karate" is mainly fighting with bare hands and bare feet. The rationale is to exercise your body into an effective weapon, taking the opportunity to effectively defend against your enemies. The Japan Karate Federation was established in 1964, and the first World Karate Championships were held in Tokyo, Japan in 1970. At the same time, the World Karate Federation was established. In 1994, karate became an official event of the 12th Asian Games. In 2016, after voting by the International Olympic Committee, karate became an official event of the 2020 Tokyo Olympic Games.

8. Benefits of Martial Arts

Martial Arts has the effect of strengthening the body (Gu Ning, 2020). To sum up, it can be divided into the following advantages.

Fitness and health value . Wushu is a sport with high fitness value, which needs to move the muscles and joints of the whole body and coordinate all parts of the body. Various kicks, up defense, down defense, arm stretching and other movements in martial arts can enhance the explosive power and endurance of muscles, and exercise the coordination of hands, eyes, feet and even the whole body. The technical movements of martial arts are coordinated with the whole body. People practicing martial arts can well promote the development of overall physical fitness such as strength, speed, agility, endurance, and coordination. Practicing martial arts can enhance the functions of the internal organs of the human body, increase the long-term oxygen demand of the practitioner's heart and lungs, and reduce the blood pressure of the heart dilator. It can also enhance the function of the nervous system of the brain and improve the flexibility of the brain. Martial arts can give the brain a lot of great stimulation. The practice process is not just the contraction of skeletal muscles, but a comprehensive display of right brain functions such as space perception, experience, and type recognition. Therefore, it is very beneficial to the development of right brain space conversion, body perception and other functions, and improves image thinking and creativity. After continuous practice, the physical reserve of the practitioner can be enhanced, so that the practitioner can devote himself to study, work and life more happily and healthily.

Heart care value . Martial arts exercise can not only play a role in fitness, but also help people constantly correct their mentality and adjust their emotions. In the process of practicing martial arts, you can continuously release the

pressure in work and life. When practicing martial arts, practitioners must not only fully move all parts of the body, but also constantly adjust their mood and enter the state of practice. Because in martial arts practice, the practitioner must maintain a peaceful mood for training, and during the practice, the practitioner is required to make a sound when completing each movement or hitting the foot target, during which the negative emotions of the practitioner are released. Keep releasing and releasing. Stimulate the original vitality of the human body, so as to better help practitioners overcome psychological problems such as timidity and poor expression, and make them more confident.

self-defense value. In contemporary society, people not only need to have a healthy body and a good attitude, but also need a certain amount of self-defense and self-defense ability. In a complex social environment, self-defense and self-defense ability are particularly important for people, which can help people resist aggression and protect themselves when they are seriously aggressed. Martial arts include combat sports. Through practice, people can not only master various kicking and boxing techniques, improve the flexibility and response ability of the body, but also develop certain skills and have the ability of self-defense.

Self-cultivation value . A healthy personality has far-reaching significance for human development. Whether in the current study and life, or in the future work and life, people must have a healthy personality. Only in this way can it be more conducive to its own development and at the same time affect the society. Through martial arts training, you can cultivate perseverance, bravery, and tenacious willpower, especially emphasizing "before learning art, learn etiquette, and before learning martial arts, learn morality", so that practitioners can develop humility, tolerance, and persistence from the beginning. The noble character of comity and the sentiment of respecting teachers, respecting teachers, being humble and trustworthy, and being brave. Martial arts practice can also make the practitioners contact and communicate with each other in the movement, make the interpersonal relationship more extensive, cultivate the team consciousness and competition consciousness of the practitioners, and correctly handle the relationship between the collective and the individual.

Entertainment viewing value . The movements of martial arts are smart and graceful, which not only brings people the enjoyment of beauty, but also stimulates people's passion and fighting spirit, which is inspiring. Therefore, martial arts is a sport with high ornamental value. Martial arts can be used as a recreational sport. The main purpose of practitioners is to keep fit and enjoy the body and mind, not purely for competition and competition. The diversity of martial arts content can just meet the needs of practitioners. In practice, people can feel the power and rhythm of martial arts technical movements through offense and defense. In the skill test, the practitioners easily smashed boards, bricks, and tiles, which is also amazing. The integration of martial arts and aerobics has gradually developed, and with the rhythm of background music, practitioners can also experience more unique charms (Deng Yuening et al., 2018).

9. Martial Arts Injuries

Injuries by Styles:

Kung Fu Injuries. Kung Fu is a sport that requires high physical fitness and physical fitness. With the continuous development of martial arts in the direction of "difficult,

beautiful, high and new", some designated movements and innovative high-difficulty movements have been added, and the probability of sports injuries for athletes is gradually increasing. Knee Injury, Ankle Injury, Waist Injury, Muscle Strain, Patella Strain (Xin yacheng, 2018).

Arnis Injuries. Training in the Filipino martial arts (Arnis) employs bladed and impact weapons and with it comes the possibility of injuries. Arnis weapons generally produced three types of injuries namely wounds, bruises and contusions The general term for skin and flesh wounds in Filipino is "sugat," for bruises "pasa" and for contusions "bukol." The first is caused by contact with a sharp object while the last two results from a hit of a blunt instrument(Modern Arnis,2018).

TaeKwonDo Injuries. Taekwondo is characterized by its heavy use of kicks and competitions that range from light to full contact. Demorest and Koutures (2016) reported that taekwon do practitioners were three times more likely to sustain injury than karate, aikido, ku and tai chi practitioners. Participants revealed a high number of head and lower extremity injuries from kicks (attacking or defending) and falls. The most common injuries reported were sprains, strains, fractures, contusions, and abrasions. Concussions were also found to be a significant result of taekwon do training and competition(Wang Jiale & Chen Xiaoying,2022).

Karate Injuries. Karate has many different styles and can be practiced traditionally or as a sport. However, it is mostly practiced as a non-contact sport in the United States. With that in consideration, the most common injuries among karate practitioners are sprains, strains, abrasions, contusions, and fractures (Demorest & Koutures, 2016).

10. Research Conclusions and Implications

In this study, under the theoretical framework of comprehensive quality of life, through the analysis of the benefits and harms of the four types of martial arts, combined with the specific conditions of comprehensive quality of life including physical quality, psychological quality, emotional quality and social quality, the study believes that based on improving comprehensive life Under the premise of quality, the career reconstruction plan of martial arts practitioners must consider the benefits and injuries of martial arts. In the case of reducing injuries, efforts should be made to maximize the benefits of martial arts and improve the quality of life of coaches through the benefits of martial arts , so that the professional expectations and professional pride of martial arts coaches are further satisfied.

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