

A study on Attention Span of Taekwondo Players

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Abstract: -

This study investigated the effect of taekwondo training on attention of 15 to 25 of age group students. Sample of the study was 80 students who were taking taekwondo training. Six Letter Cancellation Test was used to collect and analyze the data for attention. One group data design was adopted in designing of the study. The study aims to understand whether regular Taekwondo training can help to improve attention among young students. The results shows slight improvement in attention of Taekwondo players so it is concluded that regular Taekwondo practice may help players improve their ability to focus on a particular task and maintain attention even during physically demanding activities.

Keywords: - Taekwondo, Training, Attention.

Introduction: -

Taekwondo training requires players to stay focused and attentive throughout the training session. While practicing, players have to carefully listen to the coach's instructions, understand different techniques, observe their opponents, and perform movements at the right time. These activities continuously involve the mind along with the body and require concentration and alertness. Regular Taekwondo practice may help players improve their ability to focus on a particular task and maintain attention even during physically demanding activities.

The development of attention is important for Taekwondo players because successful performance depends on quick responses, accurate movements, and proper timing. During training and competition, players need to concentrate on their own techniques as well as the movements of their opponents. With regular practice, they may become more capable of maintaining focus, responding quickly, and making appropriate decisions during performance. Therefore, Taekwondo training may have a meaningful role in developing the attention level of players along with their physical and technical abilities.

Taekwondo is a Korean martial art that has gained worldwide popularity and is also included in the Olympic Games. It is practiced by millions of people in more than 200 countries. Taekwondo mainly involves different types of kicking techniques, including high kicks, jumping kicks, spinning kicks, and fast movements. Although physical fitness and technical skills are important for good sports performance, mental abilities such as attention and concentration are also very important. During Taekwondo

training, players need to stay focused, follow instructions, observe their opponents, and respond quickly to different situations. Regular practice may therefore help develop better attention and concentration. For this reason, Taekwondo training may play an important role in improving the attentional abilities of young students.

Taekwondo: -

Taekwondo sports required focused attention throughout the training session. In Taekwondo all the activities require attention and concentration. With regular training, players get used to staying focused on the task they are performing, even when they are physically tired. This regular practice may gradually help them improve their ability to concentrate and maintain their attention for a longer period.

Attention: -

Attention is very important for Taekwondo players because their performance depends on quick reactions, correct timing, and accurate movements. During training and competition, players have to focus not only on their own movements but also on what their opponent is doing. They need to notice the opponent's actions and respond quickly and appropriately. Regular Taekwondo training may help players develop better concentration, alertness, and focus. Therefore, Taekwondo can support not only physical and technical development but also the mental ability to stay attentive during performance.

Objective of the study: - To analyze the attention level of Taekwondo Players.

Hypothesis: - There is no significant difference between the pre-test and post-test attention scores of Taekwondo players.

Sample of the study: - The sample was eighty players of Taekwondo from Madhya Pradesh.

Design of the Study: - Pre and post data design was obtained for the study

Pre test	Sports	Post test
80	Taekwondo	80

Delimitation of the study :- The students were attending Taekwondo training only. The players were only from Madhya Pradesh.

Methodology of the Study :- The study was conducted on eighty Taekwondo players from the district Bhopal, Raisen, Vidisha of Madhya Pradesh. The data were obtained with the help of six letter cancellation test with the permission of coaches prior to the training and after completion of training intervention of three months. This study is comparing pre and post scores within the group.

Paired Sample Statistics of Pre-test and Post-test Attention Scores of Taekwondo Players.

Table 1.1 Paired Samples Statistics

Variable		Mean	N	Std. Deviation	Std. Error
Pair 1	Attention_Pre	21.0000	80	6.65611	.74418
	Attention_Post	21.4750	80	6.83249	.76390

The above table reveal that the Taekwondo Group consisted of 80 Taekwondo players. The mean pre-test attention score was 21.000, with a standard deviation of 6.6561, whereas the mean post-test attention score was 21.475, with a standard deviation of 6.8324. The findings reveal a slight increase in the mean attention score from the pre-test to the post-test assessment. The statistical significance of this observed difference is determined through the paired samples *t*-test presented in the subsequent table.

Paired Sample Correlation between Pre-test and Post-test Attention Scores of the Taekwondo Players

Table 1.2 Paired Samples Correlations

Variable		N	Correlation	Sig.
Pair 1	Attention_Pre & Attention_Post	80	0.998	.000

The above table reveal the paired sample correlation between the pre-test and post-test attention scores of Taekwondo players. The analysis revealed a high positive correlation ($r = 0.998$, $p = 0.000$) between the pre-test and post-test attention scores. The statistically significant correlation indicates an extremely strong relationship between the two measurements, suggesting that participants who obtained higher attention scores during the pre-test also tended to obtain relatively higher attention scores during the post-test. The very high correlation demonstrates excellent consistency and reliability of the repeated attention measurements among the group.

Paired Samples *t*-test Showing the difference between Pre-test and Post-test
Attention Scores of Taekwondo Players

Table 1.2 Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Attention_Pre - Attention_Post	-0.475	0.50253	0.05618	-0.58683	-0.36317	-8.454	79	.000

The above table reveal that the mean difference between the pre-test and post-test attention scores was -0.475 , with a standard deviation of 0.5025 and a standard error of the mean of 0.0561 . The calculated *t*-value was -8.454 with 79 degrees of freedom, which was found to be statistically significant ($p = 0.000$) at the 0.05 level of significance. The 95% confidence interval for the mean difference ranged from -0.5868 to -0.3631 . Since the post-test attention score was slightly higher than the pre-test score, the negative mean difference indicates a modest improvement in attention during the study period.

Since the obtained *p*-value (0.000) is less than the 0.05 level of significance, the null hypothesis stating that there is no significant difference between the pre-test and post-test attention scores of Taekwondo players is rejected.

Conclusion

The outcomes of the research revealed that students who had engage in taekwondo training have significant increase in their ability of attention. Regular taekwondo training can help players to develop better their concentration and attention therefore taekwondo training can helpful not only for physical and technical development but it also helpful for the development of mental ability to stay focus and attentive throw out the performance in every work. As the findings of the study indicate that after taekwondo training there is increase in attention. The training can be utilize as a complementary approach with further advancement in the study.