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Efficacy of martial arts and physical activity of transwomen

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Abstract

This study explores the effects of Silambam and physical activity on stress and aggression in transwomen. After three months of training, significant reductions in both stress and aggression were observed, indicating that martial arts can enhance psychological well-being and support inclusive sports participation for transwomen.

Keywords: Transgender women, Silambam, martial arts, stress reduction

Introduction

Sport refers to all forms of physical activity, through casual or organized participation, aimed at developing or improving physical fitness and mental well-being, forming social relationships or obtaining competitive results at all levels.

Martial Arts At present traditional Martial Arts are very popular over the world. Martial Arts have proven positive effects on mental and physical health. Martial arts are defined as “systems that blend the physical components of combat with strategy, philosophy, tradition, or other features, thereby distinguishing them from pure physical reaction”. Martial arts are becoming a mainstream sport for energetic youth and their popularity extends globally.

Silambam

The Indian traditional art form, traces its roots back to more than 400 BCE. Oral folklore goes even further back, claiming a history dating back several thousand years. Archeological discoveries at Bhimbetka (also known as Bhima's resting place, whose name is related to the Mahabharata) demonstrate Silambam's (art of battle and survival) creation may have existed as the earliest recorded civilization about 10,000 years old (c. 8,000 BCE), corresponding to the Indian.

Psychology

The basic study of psychology refers to the study of intuition, cognition, attention, emotional or emotional speed, temperament, brain functions, personality, behavior and interpersonal relationships. In particular depth psychology is considered the unconscious mind. Psychologists use empirical methods to determine cause and effect relationships between psychosocial differences.

Sports Psychology

Sports psychology is the study of the psychological factors that influence athletic performance and how participation in sports and exercise can affect the psychological and physical well-being of athletes. Researchers in this field examine how psychology can be used to improve athletic performance.

Stress: Exercise can be used to improve mood and reduce stress. Our body and mind will be effected due to health, too much of stress will be the basic cause for all the health problems,

Small level of stress is good stimulator which helps to perform our regular activity, but sports and physical activity will help them to relieve from stress and will boost their mind for further activity

Aggression

Is a behavior that aims to physically or psychologically hurt another individual. When studying human aggression, Maxwell (2004) proposes to focus on its antecedents. According Novaco (1994), one of these antecedents is the emotion of anger, although this cannot be understood as a necessary and/or sufficient condition for aggression. On the contrary, a positive environment in sports can teach positive values and help Transwomen to grow in a developed and emotionally safe way, which would reduce the level of violence. According to this, practices that teach positive values should be promoted in order to reduce these levels of violence.

Means an Methods

The purpose of the study is to reduce the stress and aggression level of transwomen by training in physical activity and silambam, An evaluation of their choices found progressive variations in their stress and aggression. This has given them hope that a better future can be created for them through Martial arts (Silambam) and Physical activity. The first objective of this systematic review was to explore transwomen people's experiences of Martial art sport participation (elite and recreational) and sport-related physical activity. For this, 40 transgenders from Kauntanpalayam and Pallapalayam areas of Coimbatore were selected and included in it. Before training 40 transsexuals we got to know their psychological thoughts through models and questionnaire as pre test, After training for a period of three months, we found out the psychological thoughts of 40 transgender people through samples for Silambam and Physical activity as post test and applied suitable statistical technique to find out 't' ratio.

Table 1: Pre-training psychological situation

S. No	particulars	Strongly Disagree	Disagree	Agree	Neither agree or disagree	Strongly Agree
1	Aggression	8	4	8	3	7
2	Stress	8	4	8	3	7

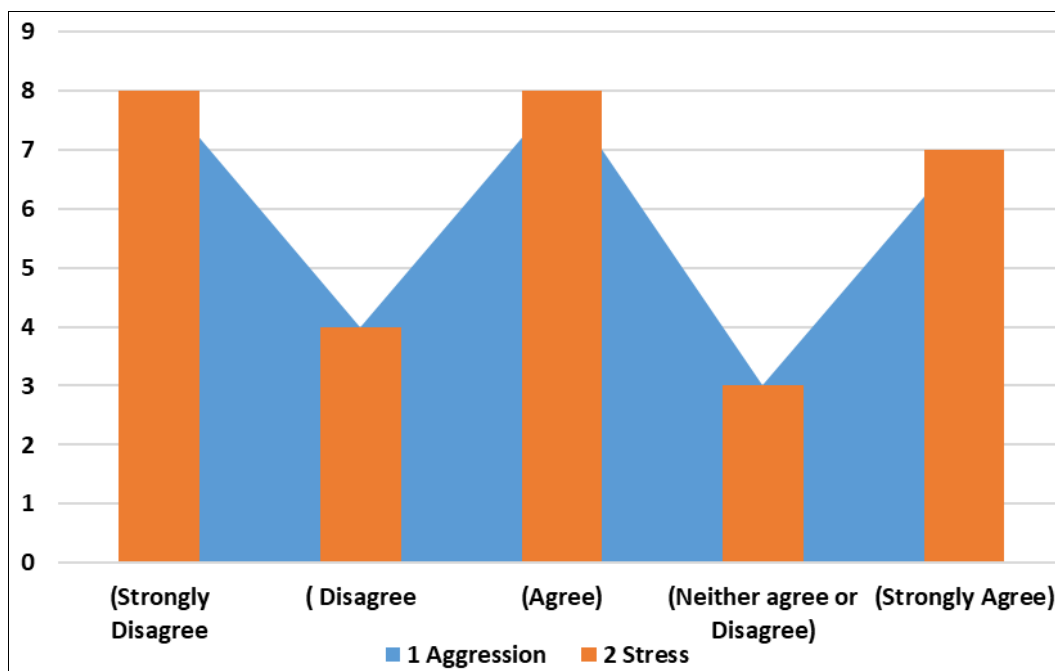


Fig 1: Pre Test

Table 2: Psychological state after training

S. No.	particulars	Strongly Disagree	Disagree	Agree	Neither agree or Disagree	Strongly Agree
1	Aggression	9	6	6	5	4
2	Stress	4	3	10	6	7

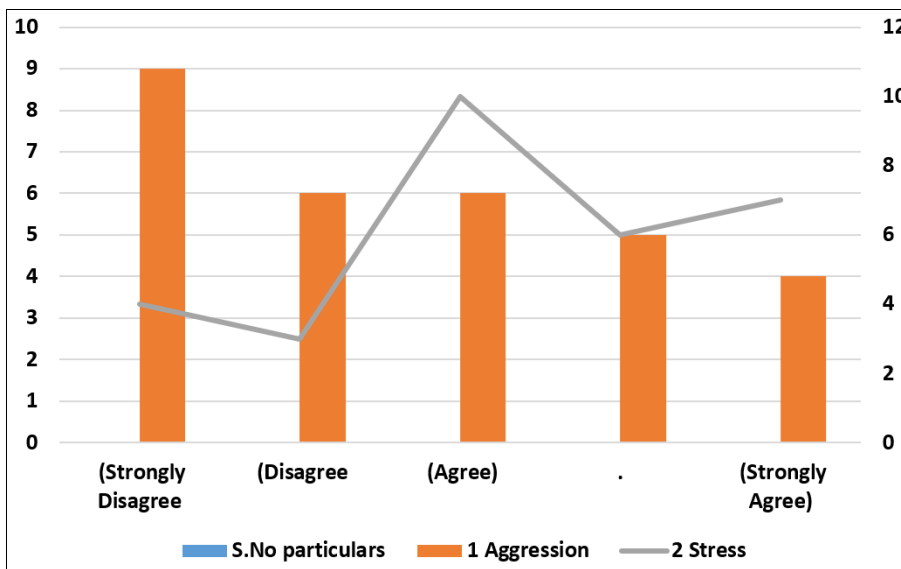


Fig 2: Post Test

The collected data were to find out that the 't' ratio was calculated to find out the significance of the difference between the mean of the beginning and the end test of this study.

Table 3: t-Test: Two-Sample Assuming Equal Variances

	Variable 1	Variable 2
Mean	6	6
Variance	5.5	5.5
Observations	5	5
Pooled Variance	5.5	
Hypothesized Mean Difference	0	
df	8	
t Stat	0	
P(T<=t) one-tail	0.5	
t Critical one-tail	1.859548038	
P(T<=t) two-tail	1	
t Critical two-tail	2.306004135	

Results and Discussion

The Analysis of the data policies that are inclusive of sports participation and the barriers and challenges transgender people experience when engaging in Martial arts sports and sport-related physical activity will undoubtedly make the visibility and prevalence of transgender people more significant. As a result health professionals working in sports may experience a transgender person while participating in sports. Be familiar with issues and challenges. By doing this these sports professionals can ensure that transgender people start or stay involved in sports in a safe and inclusive way. A common question for those working in the field of sports at the present time. This is a difficult problem due to the lack of direct and consistent physiological performance data with transsexuals, which prevents a consensus on transsexuals (especially transsexuals). The aim of the present review was to analyze the evidence of the effects of Martial arts and silambam participation in stress and aggression, and the quality of this evidence. The results do not support the idea that MA&PA will reduce or increase stress and aggression, and make it evident a reasonable need to present more and more solid scientific evidence. The studies used in this review differ greatly from each other in relation to quality and variety at the time of the interventions

Conclusion

Overall, it appears that most transgender women have mixed experiences with Martial arts sports and sports-related physical activity. Access to physical activity related to sports should be improved. The athletic prowess of transgender people within competitive sports seems to be exaggerated by many sports organizations around the world.

This had a negative effect on the experiences of this population. Separated from the circumstantial and equivocal physiological evidence, only transgender individuals seem likely to derive a benefit as a result of androgenic hormones. Whether androgenic hormones are the sole predictor of athletic and sporting characteristics within the literature or indeed whether they should be a useful marker of athleticism and sportsmanship has been questioned. Barriers experienced by transgender people based on the established marital and physical health benefits of physical activity and sports participation are a significant limitation in promoting healthy behaviors among transgender people. Significantly our knowledge of transgender experiences in sport several areas of future research are needed to improve and inform the development of more inclusive sport policies, and most importantly, to improve the lives of transgender people physically and psychologically.

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