

# *Research on the Influence of Taekwondo on Teenagers' Psychological Quality*

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**Abstract:** as a traditional sport, Taekwondo is a fighting skill, and it has the important effects of self-cultivation and physical fitness. Especially for young people, learning Taekwondo has a significant effect on improving physical fitness and promoting mental health. This paper briefly introduces the origin and characteristics of Taekwondo, explores and analyzes the positive influence of Taekwondo on the psychological quality of teenagers, hoping to promote teenagers to have a deeper understanding of the psychological function of Taekwondo, and constantly improve their psychological quality in the learning process of Taekwondo.

## **1. Introduction**

Taekwondo originated in the Korean Peninsula. It evolved from Hwarangdo and Taekwondo in the Three Kingdoms era of North Korea. It is popular among Koreans and is one of the official events of the modern Olympic Games. After continuous development, Taekwondo is now widely popular all over the world. Taekwondo is based on the martial arts spirit of "beginning with rituals and ending with rituals". There are 24 routines in total, 70% of which are footwork. Taekwondo takes self-cultivation as the core and fighting competition as the basis. Its training goal is to enable practitioners to develop good etiquette and morals, to temper the practitioners' will, and to invigorate the practitioner's inner spiritual temperament.<sup>[1]</sup> It can be seen that Taekwondo sports includes both physical and psychological functions. Learning Taekwondo can not only improve the physical fitness of young people, but also effectively promote the mental health of young people and exercise their will quality.

## **2. The Influence of Taekwondo on teenagers' Psychological Quality**

### **2.1 Promote the Development of teenagers' Self-Consciousness**

Self-awareness means that a person has a correct understanding and evaluation of oneself. Only when a person has the correct self-awareness can he regulate and control his own behavior and thoughts, and form his own complete personality. The correct self-awareness is also reflected in a person's ability to recognize his own strengths and weaknesses, and constantly improve himself and supervise himself through his own subjective efforts, so that he can overcome his shortcomings and make progress. Taekwondo exercises emphasis on etiquette.

Students also learn etiquette and norms when they play Taekwondo. They respect their teachers, accept guidance and instruction in a modest manner, and have a correct positioning of themselves. Furthermore, Taekwondo sports has strict technical grade standards. Only by constantly improving themselves and working towards higher goals can students achieve higher grades. This process is also a process in which students recognize their own shortcomings, constantly improve themselves, and surpass themselves. Therefore, Taekwondo has an important role in the development of teenager's self-awareness.

## **2.2 Cultivate the Strong Will of Teenagers**

Will is an important factor for a person's success, and it is also a valuable quality that a person is not afraid of and avoids in the face of difficulties. Taekwondo requires practitioners to work hard, brave and good at fighting. When developing Taekwondo, the coaches also emphasized loudly speaking, so as to enhance the self-confidence of the practitioners, stimulate the fighting spirit of the practitioners, and make the practitioners participate in the Taekwondo movement more passionately. Taekwondo also requires teenagers not to be afraid of hardships and pains, and always maintain an optimistic and upward spirit when facing opponents. This process plays an important role in the cultivation of teenager's strong will.<sup>[2]</sup> It can be seen that Taekwondo helps teenager develop the valuable qualities of perseverance, hard work, and positive.

## **2.3 Enhance teenager's Self-Confidence**

Self-confidence is an important psychological factor for a person to believe that he can succeed and actively exert his own initiative to realize personal value. Taekwondo has an important role in cultivating the self-confidence of teenagers. The Taekwondo movement emphasizes vocalization. The voice should be loud, high-pitched and full of momentum. Vocalization is also a process for teenagers to eliminate their own negative emotions. Through strong vocalization, the excitement of adolescents' motor nervous system is increased, bad psychological emotions are released, and self-confidence is also enhanced.<sup>[3]</sup> Furthermore, through long-term Taekwondo practice, the flexibility, endurance, and strength of adolescents have been improved, their physical fitness level has been significantly improved, and their overall evaluation of themselves will also be improved, thereby enhancing their self-confidence. It can be seen that Taekwondo has an important role in enhancing the self-confidence of teenagers.

## **2.4 Improve the Social Communication Ability of Teenagers**

Taekwondo also plays an important role in improving the social communication skills of young people. The improvement of social communication ability helps teenagers to better adapt to social pressures and realize personal value after entering the society. Unity and mutual assistance are the spirits of Taekwondo. When teenagers practice Taekwondo, they usually have two people in one group, and they assume different roles and responsibilities according to the requirements of teaching. This process is also a process of promoting the socialization of teenagers. During the Taekwondo practice, the teenagers help each other, encourage each other, learn from each other's strengths, and improve together. During the Taekwondo practice, communication and exchanges between teenagers have been strengthened, harmonious interpersonal relationships have been built, and the level of social communication skills has also been improved, so that teenagers can better adapt to the society, and it is also conducive to the continuous improvement of the teaching quality of Taekwondo courses.

## 2.5 Enhance the Psychological Ability of Teenagers to Resist Frustration

Taekwondo has an important role in improving the mental resistance of teenagers. Taekwondo Pinshi part are composed of multiple actions. To master the training route of Taekwondo Pinshi, teenagers need to practice repeatedly for a long time. This process is boring and difficult, which can improve the psychological resistance of teenagers. Taekwondo has strict grade standards. To achieve a higher grade, teenagers need to work hard. Only by constantly trying and working hard can they achieve ideal results. This plays an important role in improving the psychological resistance of teenagers.<sup>[4]</sup> In addition, during Taekwondo training, strains and joint sprains are often encountered. The process of overcoming the injury has honed the teenager's will, improved the teenager's psychological resistance to frustration, and enabled the teenager to actively cope with the difficulties in life and study.

## 2.6 Meet the Psychological Needs of Teenagers in Pursuit of Beauty

Taekwondo is a highly antagonistic sport that requires a lot of physical strength. It can improve the physical fitness level of teenagers while also playing the role of bodybuilding. Long-term Taekwondo practice can make teenagers lose weight, achieve the goal of fitness, make teenagers maintain a good figure, have confidence in themselves, and meet the psychological needs of teenagers in pursuit of beauty.<sup>[5]</sup> It can be seen that Taekwondo can meet the psychological needs of teenagers in pursuit of beauty, is conducive to promoting the formation of teenager's healthy psychology, and promote their own all-round development.

## 2.7 Help Teenagers Develop Good Etiquette and Noble Virtues

Taekwondo always emphasizes the moral spirit of tolerance and humility. "Beginning with rituals and ending with rituals" is the mode of etiquette education in taekwondo. Before the Taekwondo course starts, teachers and students should bow and shout slogans. When exchanging practice tools between students, teachers and students, both hands should be taken. In Taekwondo, practitioners are required to stand up naturally when standing, with both hands clenched and placed at both sides of the body. Taekwondo is the most civilized and etiquette of all sports. In the teaching process of Taekwondo, the coaches always put "rituals" throughout the teaching process, and subtly edify students with "rituals", which helps teenagers to form the noble virtues of modesty and courtesy, tenacious struggle, endurance and self-denial.

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