

# Impact of self defense training on self-confidence and boldness of Female Students of Senior Secondary

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## Introduction

In the kind of world we live in today, self-defense of women, especially women, has become extremely important. Women are generally seen as an underage woman in society and they are easily targeted. In a country like India, there is a steady increase in cases related to gender violence, most of which have no reports against such violence, in which case self-defense has become more necessary than ever for women.

Rape, molestation, kidnapping and murder are the most common forms of crime against women in India. Women in India also feel insecure due to acid attacks and molestation. In the present times, the mentality of the people has become such that they ignore the violence happening to a victim and leave from there without any response. Don't we realize that as a responsible citizen of a free country, we fail to fulfill our responsibility because these small incidents of harassment against women can take the form of other big crimes and then can only be stopped when women themselves understand the importance of learning self-defense techniques.

## Types of self-defense

- Jujutsu
- Taekwondo
- Krav Maga
- Aikido
- Wing Chun
- Brazilian Jiu-Jitsu
- Muay Thai

## Why learn self-defense?

There are several reasons you might want to learn self-defense. The most obvious reason is that you want to be prepared to defend yourself or your family if you're ever in immediate danger. It is very rare to run into someone who may want to cause you harm. Having no plan for how to deal with that situation leaves you exceptionally vulnerable. A study conducted by the Department of Justice and the Centers for Disease Control and Prevention revealed that 1 in 6 women had experienced a sexual assault or an attempted sexual assault. For men, the numbers were 1 in 33. No attack is ever the victim's fault and not all attacks are preventable. But we do know that learning the art of self-defense can help victims to stop or escape their attackers.

Rape is only one of the situations where someone would need self-defense training. A mugging or home invasion are both situations where self-defense training would help you to better tackle the danger, defend yourself and your family, and find ways to minimize the damage the perpetrator poses.

It is about learning how to defend yourself and think clearly in very intense situations. It is about gaining the confidence to better control situations that might otherwise be completely outside of your control.

Slowly over the years the corporation has been aware and started conducting workshops for women in the same field. In fact, today we feel that every parent must include some self defense classes in their parenting. Along with school, art classes, swimming sessions, self-defense has become a necessity for every growing child and individual today.

## Self-Defense Workshops teach the following

### 1. Commences with strength training

The workshops start with basic warm-up and flexibility exercises.

### 2. Teach basic self-defense techniques

In the workshop they teach basic punching, blocking, and kicking techniques during hostile situations. As women have different attire than men the workshop also covers up to fight in that situation keeping in mind the comfort of the dress a woman wears.

### 3. Apply those techniques to mock situations

The students are divided into batches. They use the learned techniques in mock situations. ThinkVidya is one such company which arranges such workshops for the corporate and industries for women.

## Benefits of learning Self-Defense By Demographic

### 1. Excellent for children

It teaches children discipline, offers a fun activity, and helps teach them confidence. Children who learn self-defense skills are better aware of their surroundings and are trained in how to defend themselves against attackers, both adults, and children their age. It helps them deal with common bully situations without becoming bullies themselves.

### 2. Excellent for Women

Women and young girls for several reasons can benefit from self-defense. It improves confidence. Also, it helps them to level the playing field against an attacker who may be much larger than they are. It is also advantageous for any woman who would like a physical, hands-on workout.

### 3. Excellent for men

Men can benefit from this training for all of the same reasons as women. The training regimen compliments any other athletic activity and is a great well-rounded workout.

### 4. Excellent for Older Citizens

Age, as we know, is not a factor for learning new things. Older citizens can learn new techniques, this will also help in improving their health as well.

### Advantages of learning Self Defense

#### 1. Confidence

Self-defense gives you the tools and skills you need to confidently assess a dangerous situation and navigate effectively. There is nothing more empowering than that. It helps you to gain confidence and control over your fears and confidence is like a superpower itself. Do you want know *how to stay confident in life and its benefits?*

#### 2. Improve Focus

Self-defense improves your focus and concentration. As a result, it teaches you to focus in stressful situations.

#### 3. Develop Skills

It gives you the ability to learn basic moves and more intricate skills to defend yourself during an attack. To know how to defend yourself can help you feel less anxious in public, or fearful when walking alone in the night

#### 4. Physical Health

Self-defense offers fun and powerful way to train the body, burn calories, and improve physical health. Exercise also helps to improve your mood, helping people who are struggling with depression and other issues.

#### 5. Street awareness

Self-defense will enhance your awareness of your surroundings. You never know when it might happen; No one plans to be attacked, so we must always be on the lookout of our surroundings.

#### 6. Learning something new

As it is said that **“A learning curve is essential for growth”**. We should not miss a chance to learn something new in life. In the end, it all comes down on perspective and your willingness to learn something new. By learning new things you tend to revolve around encouraging your successes and accepting your defeats as in today’s world both are important to engage in a healthy lifestyle.

#### 7. Overall fitness and Toned muscles

One must be both physically and emotionally prepared for an attack. By learning self-defense, you will maintain your muscle and endurance through practicing along with other exercise activities. Thus improving your overall fitness will improve.

### 8. Balance

Improving balance not only includes the physical balance of your core muscles but also a mental balance for improving your focus. Self-defense teaches you how to focus on your target while you control your body. Not having balance, it is almost impossible to fight. Body control and balance help in protecting ourselves mentally and physically.

### 9. Self-discipline

It is necessary to develop self-discipline and stay dedicated to the practice. You will develop these over some time.

### 10. Fighter’s reflex

Movement is the key element if you get into a fight. You just cannot stand around and wait for your attacker’s next strike; moving and instinctual reactions are very important. It will help develop your reflexes and will help you gain a fighter’s reflex, thus allowing you to move quickly and strategically in such a situation.

### 11. Social skills

Self-defense helps to develop your social skills. Self-defense is somewhat similar to martial arts. As it teaches the discipline of honoring your elders, showing respect, and the tolerance of others. Thus by developing these social skills, you would bring about a positive outlook for your point of view. Additionally, it also helps to bring peace and balance in your attitude.

In June 2019, the Ministry of Human Resource Development, Government of India has made self-defense training mandatory for girls in government schools.

- Self defense training comes under the overall education scheme.
- It is noteworthy that 'Integrated Education', an integrated scheme for school education, was launched by the Department of School Education and Literacy.
- The Composite Education Plan came into effect from the academic year 2018-19.
- Considering the increasing number of crimes against girls and women, the scheme was launched to ensure their safety.
- Under this, self-defense training will be imparted to girls from sixth to 12th standard in government schools.
- Kasturba Gandhi Girls' Schools have also been included under this scheme for self-defense training.
- Kasturba Gandhi Balika Vidyalaya is a residential school for disadvantaged groups.
- This training program will be for 3 months.
- For this, through the Nirbhaya Fund to the states, Rs 3000 for three months under the schemes of the

Ministry of Women and Child Development, Government of India or other state governments. Funding will be provided per school per month.

- Uttar Pradesh government has started a campaign to make the women of the state feel safe, called Mission Shakti Abhiyan.

**Objective-** To study the effect of self-defense training on the self-confidence and boldness of upper secondary level girl students.

Random method has been used in the study-presenting study, 30 students of higher secondary level have been selected as the judges.

A self-designed questionnaire has been used for the study.

The experimental method has been used in the presented short research.

**Variables used to study**

Independent variables - Self confidence and boldness  
 Dependent Variables - Self Defense Training Activity

Self Defense & someone's confidence in himself or herself and in his or her own abilities

**Boldness -** Boldness is the opposite of fearfulness. To be bold implies a willingness to get things done despite risks

**Hypotheses**

1. Self-defense training is not found to have a significant difference in fearlessness among high-school students.

2. Self-defense training is not found to have a significant difference in self-confidence among upper secondary level students.

**Table 1**

Group	N	M	S.D	Critical Ratio	Significant level	Accepted/Not accepted
Student before training	30	39.36	15.05	2.20	-05 level & 1.67 -01 level & 2.39	Not accepted
Student after training	30	47.13	12.12		No significant difference	Accepted

$df = N1 + N2 - 2$   
 $30 + 30 - 2 = 58$

It is clear from the above table that by calculating the meanings based on the facts related to fearlessness of upper secondary level girl students after self-defense training for three months and after compound actions, the mean is 39.36 and 47.13 respectively. The standard deviation is calculated to be 15.05 and 12.12, respectively, based on the mean obtained by the students of these two groups. Based

on the mean and standard deviations received from the students of both groups, the calculation obtained a critical ratio of 2.20. The significance value at the .05 level is 1.67 at the DF 58 degrees of freedom, so here this null hypothesis is rejected and the significance value at the .01 level is 2.39, so the determined null hypothesis is accepted at the .01 level. Hence the prescribed null hypothesis is accepted.

**Table 2**

Group	N	M	S.D	Critical Ratio	Significant level	Accepted/Not accepted
Student before training	30	34.53	13.28	4.00	-05 level & 1.67 -01 level & 2.39	Not accepted
Student after training	30	47.76	12.27		Significant difference	Not accepted

$df = N1 + N2 - 2$   
 $30 + 30 - 2 = 58$

It is clear from the above table that by calculating the meanings based on the facts related to self confidence of students of upper secondary level after self defense training for three months and after

compound actions, the mean score is 34.53 and 47.76 respectively. The standard deviation by calculation based on the obtained mean of the students of these two groups is 13.28 and 12.27 respectively. Based on

the mean and standard deviations obtained from the students of both groups, the calculation obtained a critical ratio of 4.00. DF 58 is the significance value 1.67 at the .05 level and 2.39 at the .01 level at the degree of freedom. Hence the prescribed null hypothesis is rejected.

**CONCLUSION** - Self-defense training works to increase the self-esteem of upper secondary level girl students whereas self-defense training does not have a meaningful effect on boldness.

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