

The Impact of Wushu Sport on Student's Self-discipline and Self-motivation Toward Achieving Life-long Skills

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Abstract: This study assessed the impact of wushu sport on students' self-discipline based on their emotional regulation, time management, healthy habits, and academic performance and students' self-motivation based on their personal drive. The researcher used a descriptive-correlational design that was participated by 1276 respondents. The tests of significant difference in the assessment of students of their self-motivation, respondents' demographics specifically age didn't influence their assessment, while sex did. Finally, the test of the significant relationship between self-discipline and self-motivation registered a result of weak positive correlation.

Keywords: Self-discipline; Personal drive; Commitment; Initiative self-motivation

1. Introduce

The degree of self-discipline determines the height of life (Xiao Yezi, 2020). It is particularly important to cultivate the self-discipline quality of students, and Chinese Wushu is an effective means to cultivate the self-discipline ability of college students. Wushu pays more attention to ethics and morality. It has always taken the self-improvement of morality as its life goal in the way of self-examination (Ran Simin, 2022). There are many studies on martial arts education and personality improvement in academic circles. For example, Qiu Pixiang, a famous martial arts educator, pointed out that "we should develop the educational resources of martial arts' etiquette", and make martial arts behavior become a window reflecting students' personality and character" (Qiu Pixiang, 2005). However, there is very little research on the influence of martial arts on students' self-discipline ability, which can only be seen in Zhang Bank's discussion on the influence of martial arts on moral self-discipline. He believes that Wushu sports cultivate Wushu morality and can promote moral self-discipline (Zhang Yinhang, 2022). Here the author emphasizes the moral self-discipline of martial arts. Therefore, this study draws on self-control theory, and looking into the impact of Wushu Sports on students' self-discipline in terms of Emotional Regulation, Time Management, Healthy Habits, and Academic Performance.

2. Methodology

This study assessed the impact of wushu sport on students' self-discipline based on their emotional regulation, time management, healthy habits, and academic performance and students' self-motivation based on their personal drive. The researcher used a descriptive-correlational design that was participated by 1276 respondents. In this study, the research approach employed is the descriptive method. This study uses stratified sampling method to select 1276 college students from 20 Chinese universities as the respondents. The study gathered data from the sample population through the distribution of a self-made survey questionnaire to the identified respondents. The said questionnaire was validated by the three experts and pilot-tested using Cronbach Alpha. Using Statistical Package for Social Sciences (SPSS), the null hypothesis is accepted if the significant value of the test results is higher than the 0.05 significant level. The null hypothesis is rejected if the significance value of the test results is lower than 0.05.

3. Results and Discussion

3.1 Impact of Wushu Sports Health on PE Students' Self-Discipline

Table 1 Summary on the Impact of Wushu Sports Health

INDICATORS	MEAN	SD	INTERPRETATION	RANK
1. Emotional Regulation	1.74	.61	Disagree/Low Impact	2
2. Time Management	1.73	.60	Disagree/Low Impact	3.5
3. Healthy Habits	1.75	.62	Disagree/Low Impact	1
4. Academic Performance	1.73	.60	Disagree/Low Impact	3.5

on PE Students' Self-Discipline

Legend: Strongly Agree/High Impact (4) =3.51-4.0); Agree/ Has Impact (3) =2.51-3.50); Disagree/Low Impact (2) =1.51-2.50); Strongly Disagree/No Impact (1) =1.0-1.50)

Table 1 summarizes the impact of Wushu Sports Health on PE Students' Self-Discipline.all indicators were rated "low impact" by the respondents, signifying that their self-discipline is influenced more by other factors than wushu. Most women are engaged in Wushu as a sport because of their desire to keep themselves safe and to have proper skills to defend themselves. Student-respondents regard Wushu sport to make their body strong and healthy, develop great strength, speed, power, flexibility, coordination, and balance, and not really a vehicle to develop self-discipline.

3.2 Significant Differences in the Impact of Wushu Sport on Students' Self-Discipline According to their Profile

Table 2 Significant Differences in the Impact of Wushu Sport on Students' Self-Discipline as to Sex

INDICATORS	SEX	MEAN	SD	T-VALUE	SIG VALUE	DECISION ON HO	INTERPRETATION
Emotional Regulation	Male	1.76	.59	5.67	.02	Reject	Significant
	Female	1.72	.51				
Time Management	Male	1.75	.57	6.36	.01	Reject	Significant
	Female	1.72	.51				
Healthy Habits	Male	1.76	.59	2.48	.12	Accept	Not Significant
	Female	1.75	.54				
Academic Performance	Male	1.73	.59	6.95	.01	Reject	Significant
	Female	1.73	.52				
OVERALL	Male	1.75	.57	6.36	.01	Reject	Significant
	Female	1.73	.50				

@.05 Level of significance

Table 2 Significant Differences in the Impact of Wushu Sport on Students' Self-Discipline as to Sex. Based on the results, all indicators except "Healthy Habits" got a sig value less than .05, which means that the null hypotheses were accepted, signifying that there was significant difference in the assessment of the respondents when they were grouped according to Sex. Indeed, men and women have different perceptions, judgement, and even assessment in terms of their self-discipline. They might have different perceptions of self-discipline but one thing for sure both believe on the importance of self-discipline. Everyone who is unable to achieve their goals in life is undisciplined and unable to exert behavioural and appetite control over themselves. When one establishes the same high levels of personal discipline in society, he or she is the most goal-oriented and successful.

According to UNS EduTech (2023), being disciplined is choosing the difficult path rather than the easy one. Self-discipline, the ability to govern oneself, is crucial in all aspects of life but is especially crucial for successful academic performance. aims of self-control, personal development, and professional success. Self-discipline is the key to achieving all of these goals. Practicing self-discipline does not include hurting oneself mentally or emotionally for failing to meet deadlines or doing something you clearly did not accomplish. Just make sure you've got the maturity and insight to prevent making the same errors again. The key to academic success is self-discipline, and a disciplined student can tell you when and how to get things done. Establishes priority in areas such as physical and mental health, education, and employment.

Table 3 Significant Differences in the Impact of Wushu Sport on Students' Self-Discipline as to Age

INDICATORS	AGE	M	SD	F-VALUE	SIG VALUE	DECISION ON HO	INTERPRETATION
Emotional Regulation	16-18	1.66	.48	1.49	.16	Accepted	Not Significant
	19-21	1.75	.52				
	22-24	1.63	.49				
	Total	1.74	.50				
Time Management	16-18	1.65	.51	1.72	.09	Accepted	Not Significant
	19-21	1.75	.52				
	22-24	1.71	.50				
	Total	1.73	.51				
Healthy Habits	16-18	1.67	.48	1.36	.21	Accepted	Not Significant
	19-21	1.76	.52				
	22-24	1.78	.52				
	Total	1.75	.51				
Academic Performance	16-18	1.66	.51	1.61	.12	Accepted	Not Significant
	19-21	1.74	.54				
	22-24	1.73	.50				
	Total	1.73	.52				
OVERALL	16-19	1.60	.49	1.58	.13	Accepted	Not Significant
	19-21	1.75	.51				
	22-24	1.78	.49				
	Total	1.74	.50				

@.05 Level of significance

Table 3 significant differences in the impact of wushu sport on students' self-discipline as to age. It can be seen that all indicators got a sig value that is higher than .05, which means that the null hypothesis is accepted, positing that there is no significant difference in the assessment of the respondents when they were grouped according to age. In terms of self-discipline developed from wushu, they all agreed in their assessment and judgment. They all agreed that the impact of wushu on their self-discipline is low.

They may have different perception or assessment in terms of the role of wushu on developing self-discipline, still, all of them agree on the importance of this behavior among students regardless of age. Learning and practicing self-discipline is one of the most important things a student can do for future success in school and in life. As a student, it is crucial to cultivate self-discipline in order to persevere through moments of less motivation, such as when studying a topic or experiencing a period of distraction. University of the People (2023) said that not everyone is born with the innate ability of self-discipline, but it is a talent that can be learnt and honed to help one succeed academically. A confident demeanor, an awareness of one's capabilities and limitations, and the will to see things through are much needed. According to Pera Wushu (2021), wushu helps students develop self-discipline which is the capacity to regulate one's emotions, impulses, wants, and conduct. It is the capacity to control one's urges for short-term enjoyment in favor of the longer-term satisfaction and fulfilment that come from the accomplishment of larger and more significant objectives. It helps increase self-confidence, retain a greater tolerance for irritation, problems, and bad emotions, acquire better health, better finances, and a solid work ethic, and it makes it possible to attain even the most challenging objectives in a more time and effort effective manner (Pera Wushu, 2021).

3.3 Significant Relationship Between Self-Discipline and Self-Motivation

Table4 Significant Relationship Between Self-Discipline and Self-Motivation

Variable Tested	R-Value	Degree of Correlation	SigValue (2 tailed)	Decision on HO	Interpretation
Self-Discipline Self-Motivation	.048	Weak Positive Correlation	.090	Accept/Ho Supported	Not Significant

Table4 finalizes the result of the test of Significant Relationship Between Self-Discipline and Self-Motivation. As shown, the registered result is .048 r-value posing a Weak Positive Correlation. Correlation coefficients measure the strength of a linear connection between two variables, x and y. A positive association is shown by a linear correlation coefficient larger than zero. A number less than zero indicates a negative association. Lastly, a value of 0 shows that there is no link between x and y. A weak positive correlation shows that the association between the two variables is not particularly strong, despite the fact that both variables tend to move up in reaction to one another. In this study, the test affirmed that self-discipline and self-motivation have weak positive correlation, which means that

the two variables have not so strong correlation or association. Self-discipline must be accompanied by self-motivation so the result is holistic. This is the reason why Michael Jordan is Michael Jordan. He put in the work every day in practice and training. his self-discipline is commendable that's why he became so famous and successful. However, alongside his self-discipline is a motivation to succeed. If he don't have self-motivation, it's quite difficult for them to maintain their strenuous and tedious training. In the process, he've considered skipping practice in favor of something more enjoyable and less taxing. This might explain the conclusion of Patil (2020) that the vast majority of individuals mistakenly believe that being energetic and concentrated are necessary components of motivation and self-discipline, but this is not the case. In other words, they are just momentary and will not last for very long. Every action people do is motivated by a fundamental belief or principle, and although people have a diverse set of beliefs and principles, they shift throughout the course of our lives. To maintain motivation and discipline, one must first become conscious of the values that are most important in the hierarchy of values, and then they must adjust their resistances and adjust their actions so that they are consistent with the fulfilment of those values. Once congruence between actions and the values is established, to feel driven and content continue.

Conclusions

Based on the results of the survey done and the summary of findings, the researcher came up with the following conclusions:

Student-respondents regard Wushu sport to make their body strong and healthy, develop great strength, speed, power, flexibility, coordination, and balance, and not really a vehicle to develop self-discipline.

The student-respondents' sex influences their assessment of their self-motivation, while their age and course do not.

Self-discipline and self-motivation are weakly connected and associated with one another, which means that alongside developing self-discipline, self-motivation is there to assist.

Recommendations

More men and women should engage in Wushu because it does not only develop a healthy mind and body, but also self-discipline and self-motivation.

Wushu culture and activities must be promoted for students to be aware and realize the importance of this sport in strengthening their physical body, promoting culture and heritage, and developing their self-discipline and motivation.

Academic seminars must be conducted to have a venue to discuss together and carry out more scientific and systematic research on physical fitness and regimen of wushu.

Professional skills of the coach must be improved so they can regularly teach about fitness and regimen and can give better and more detailed teaching and more scientific guidance to students.

Schools must improve the facilities of wushu as to attract more students and in the process appreciate the various benefits of this distinct sport.

Future researchers are expected to delve into the benefits of wushu on a deeper and wider perspective and include other skills that wushu develops among those who practice it.

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