

**IMPACT OF WELL-BEING ON MARTIAL ART
PARTICIPATION OF KARATE ATHLETES IN SRI
LANKA**

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Abstract

The main purpose of this study was to examine the impact of physical, psychological and social well-being on martial arts participation of karate athletes in Sri Lanka. The researcher carried out extensive literature review to provide conceptual background of the study and identified sports, various martial arts, benefits of participation in martial arts, various physical, psychological and social factors of well-being, and factors of affecting martial arts participation.

96 respondents were selected for this study as a sample and it was the whole population of the sample as well as National karate pool participation. There was dependent and independent variable. Questionnaire method used for collecting data. The associations between each pairs of variables are estimates using bivariate correlation analysis to test the hypothesis mentioned below.

1. There is an interrelationship between martial art participation and overall well-being of National pool athletes in Sri Lanka
2. There is an interrelationship between martial art participation and physical well-being of National pool athletes in Sri Lanka
3. There is an interrelationship between martial art participation and psychological well-being of National pool athletes in Sri Lanka
4. There is an interrelationship between martial art participation and social well-being of National pool athletes in Sri Lanka.

The study established correlation coefficient values of *participation* and *overall well-being* was 0.04 ($P < .05$), *participation* and *physical well-being* was 0.006 ($P < .05$), *participation* and *psychological well-being* was 0.452 ($P > .05$), *participation* and *social well-being* was 0.065 ($P < .05$). Consideration of study findings it can be said that, there is an interrelationship between martial art participation and physical well-being and overall well-being (H_1 and H_2 accepted). There is no interrelationship between martial art participation and psychological well-being and social well-being (H_3 and H_4 rejected).

KEY WORDS: Physical, psychological, social, well-being, martial arts, karate

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