

THE INFLUENCE OF TAEKWONDO SPORTS ON THE FORMATION OF ATHLETES' CHARACTER AND PERSONALITY IN THE BOGOR REGENCY TAEKWONDO CLUB

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INTRODUCION



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INTRODUCTION – KEY POINTS

The Influence of Taekwondo Sport on the Formation of Character and Personality of Athletes

1 SPORT AND CHARACTER FORMATION



- Sport is not only for health and achievement, but also plays an important role in shaping a person's character.
- Sport builds sportiveness, strengthens national unity, and supports the quality of human resources.
- Values formed through sport: **self-confidence, hard work, responsibility, discipline, and accountability.**

2 CHARACTER VALUES IN SPORT



- Sport instills values through obedience to rules and the spirit of fairness.
- Character values developed in sport include: **honesty, trust, cooperation, communication, discipline, leadership, respect, tolerance, problem solving, fairness, self-esteem, toughness, confidence, and many others.**
- Sport is not only about achieving victory, but also about building good character.

3 FUNCTIONS OF SPORT IN LIFE



Based on Wilkerson & Dodder (1979:50), sport has seven main functions:

1. Emotional outlet
2. Expression of identity
3. Socialization
4. Social control
5. Agent of change
6. Achievement
7. Collective spirit



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4

DIFFERENCES BETWEEN INDIVIDUAL AND TEAM ATHLETES



- Studies show differences in mental toughness between individual and team athletes, although not significant.
- Type of sport (individual vs. team) can influence the formation of character and personality.
- This study focuses on Taekwondo to develop previous research.

5

TAEKWONDO AND CHARACTER DEVELOPMENT



- Taekwondo is a martial art that uses hands and feet, with high values of discipline.
- It teaches ethics such as etiquette for entering/leaving the room and proper ways of speaking.
- Taekwondo is a traditional educational system that develops the body and mind in a balanced way.

6

CHARACTER AND PERSONALITY IN TAEKWONDO



- Taekwondo prioritizes not only physical ability but also ethical and moral values.
- It builds strong character through discipline, respect, responsibility, and self-control.
- These values are important for daily life, competition, and social interaction.



METHODS



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RESEARCH METHOD – KEY POINTS

Quantitative Descriptive Survey Using YSVQ-2 Instrument



1

RESEARCH METHOD



- This study uses a **quantitative descriptive method**.
- Quantitative research with a descriptive format aims to explain conditions, situations, or variables based on what happens (**Jebb et al., 2021**).
- Case study research and survey generally use a descriptive format.
- This study applies a **survey-based research** design.

2

INSTRUMENT: YOUTH SPORT VALUES QUESTIONNAIRE-2 (YSVQ-2)



- Data were collected using the **Youth Sport Values Questionnaire-2 (YSVQ-2)**.
- YSVQ-2 measures three value scales in youth sports:



MORAL
VALUE



COMPETENCY
VALUE



STATUS
VALUE

- The instrument consists of 13 items and is an improvement of the Youth Sport Questionnaire (YSVQ) to measure the level of character in youth sports (**Whitehead et al., 2013**).

3

POPULATION AND SAMPLE



- The questionnaire was distributed to Taekwondo athletes in clubs in Bogor Regency with the criteria that their schools have Taekwondo extracurricular activities.
- **Population:** 58 Taekwondo athletes who have been participating in this sport for less than 1 year on average.
- **Sample:** 56 athletes (average age 14.2 years) consisting of 18 women and 38 men who met the criteria for youth sports instruments.

4 YSVQ-2 RATING SCALE

DESCRIPTION	SCORE
This idea is opposite to what I believe	-1
This idea is not important to me	0
This idea is slightly important to me	1
This idea is moderately important to me	2
This idea is important to me	3
This idea is very important to me	4
This idea is extremely important to me	5

* Modified from the original YSVQ-2 scale.

5 DATA ANALYSIS AND DEMOGRAPHIC VARIABLES



- Data analysis uses a **Likert scale** to examine levels of morality, character, and personality.
- The Likert scale was chosen because it is widely used in value and character research.
- **Albouza et al., (2021)** used the Likert scale to measure individual cooperative attitudes by assessing variables such as life outlook, perspective, individual training, and training of others.
- Data were processed using **Microsoft Excel version 2304**.

DEMOGRAPHIC VARIABLES OF SAMPLE (n = 56)

GENDER	NUMBER (PARTICIPANTS)	AGE (YEARS)	HEIGHT (cm)	WEIGHT (kg)
♂ Male	18	13.8	160.6	46.0
♀ Female	38	14.3	155.8	47.1

RESULT & DISCUSSION



RESULT



1. OVERALL DESCRIPTIVE STATISTICS (YSVQ-2)

	Sample	: 56 Taekwondo athletes
	Overall YSVQ-2 Score	: 52.9% (Moderate Category)
	Mean	: 52.9
	Minimum	: 18.5
	Maximum	: 87.7
	Standard Deviation	: 16.8
	Median	: 52.3
	Mode	: 60.0

2. OVERALL PERFORMANCE CATEGORY (Percentage)

0 – 19.99%		Very Poor
20 – 39.99%		Poor
40 – 59.99%		Moderate
60 – 79.99%		Good
80 – 100%		Excellent

← 52.9%

3. KEY FINDINGS



The overall YSVQ-2 score is **52.9%**, which is in the **Moderate Category**.



The values range from **18.5** to **87.7** with a standard deviation of **16.8**.

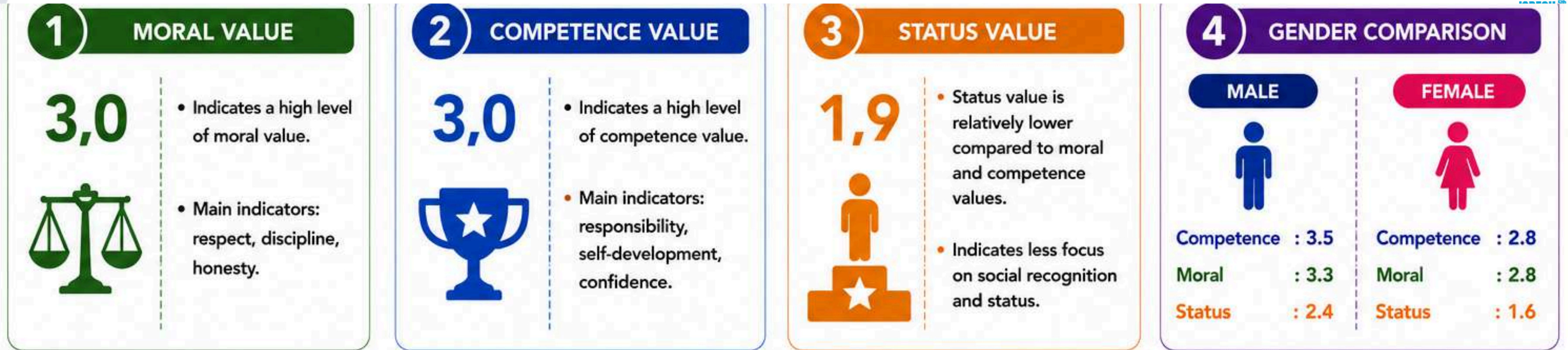


The most frequent score (mode) is **60.0**, and the median is **52.3**.



Taekwondo shows a **moderate positive influence** on character and personality development.

DISCUSSION



MAIN DISCUSSION



- ✓ Taekwondo has a stronger influence on developing **moral** and **competence** values compared to **status** values.
- ✓ Character values such as discipline, ethics, respect, hard work, and responsibility are naturally formed through taekwondo training and competition.
- ✓ These results support the role of sport, especially taekwondo, as an effective medium for character education and positive personality development in adolescents.
- ✓ Male athletes show higher scores in competence, moral, and status compared to female athletes.

CONCLUSION & IMPLICATION

Key Finding

Taekwondo positively influences character formation at a **52.9%** sufficient level, with moral and competency values outperforming status values – confirming its educational value beyond physical training.

For Coaches & Educators

Integrate explicit character education – fair play, leadership, and ethical reflection – into regular training to maximize taekwondo's developmental impact on youth.

Future Research

Longitudinal designs, larger diverse samples, and investigation of coaching style, parental involvement, and training intensity are recommended to strengthen generalizability.



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