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## Efficacy of a 3-week training of Kalari Adimurai on self-confidence among working women

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### Abstract

**Background:** The main objective of this study to find out the impact of Kalari Adimurai on self-confidence among working women. This study provides us the initiation to understand basics of Kalari Adimurai and also it provides knowledge for the futuristic research on Kalari Adimurai as an exercise prescription in therapeutic exercise.

**Method:** The pilot study is a 3-week programme for working women intervention and will be evaluated by using the simple randomised sampling technique. The pre-test data will be collected before two days of the Kalari Adimurai training. The post-intervention data will be collected after the 3-week follow-up of Kalari Adimurai. Fifteen female volunteered participants were chosen for this study and their target age range of participants is 18-25 years, who will be recruited KPR mills Coimbatore in Tamil Nadu, India. The training of Kalari Adimurai will be delivered in a face-to-face group format onsite at KPR mills and consists of 3×45–60 min sessions, four times per week for 3 weeks. The quantitative data outcomes will be measured using standardised CSAT-II questionnaire.

**Results:** In the view of the results, the start of the training the self-confidence on average ( $M=21.47$ ,  $SD=1.12$ ) which is less than the after impact of Kalari Adimurai, self-confidence on average ( $M=28.87$ ,  $SD=1.51$ ). The dependent 't' test shows significant on self-confidence  $t_{(14)}$  is 18.5 ( $p < 0.05$ ). After the practice Kalari Adimurai self-confidence had increased by almost 26% from pre to post-test mean.

**Discussion:** The current study clearly shows that there is a significant improvement gain on self-confidence by working women through kalari Adimurai practice. As there are no previous researches examining the effects of Kalari Adimurai, this experimental study will provide valuable evidence concerning the effect of Kalari Adimurai to improve mental health especially self-confidence.

**Keywords:** Kalari Adimurai, Self-Confidence, mental health and CSAT-II questionnaire

### Introduction

Mental health issue causes many mental and health problem in last two decades. Globally it was estimated that 2.5 trillion USD\$ for mental health issue by the World Health Organisation. The world health organisation predicted estimation may increase up to 240% by 2030<sup>[1]</sup>. People are not taking the mental issue seriously in contrast with physical health. There are various reasons stated that poor mental health centre availability and people do not seek support for mental health issues (P) As a result of this finding some therapies to reverse back the mental health problem is essential. Martial arts practice may be a substitute as it integrates physical strenuous activities as well as it focus on self-regulation and health campaign. Economically martial arts possibly deliver a proper substitute for mental and physical health issues. (J.)

Current studies suggested that the martial arts practice mainly focused on physical aspects and injuries from martial arts. (Burke D) Few studies reports that martial arts training had positive effect on mental health reducing the signs of anxiety and depression. For instance: Taichi training had reduced anxiety and depression compared non-training group (Li F). It is found that Karate students were less prone to depression compared to other college male students (McGowan R) Correspondingly, many studies examines that martial arts practices endorses psychological well-being. By practicing eight (8) weeks for taekwondo female participant shown significant improvement on self-concept compared to other general health practices. (M) Now-a-days millions of people started practicing different form martial arts for various

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purposes such as physical fitness, mental well-being and for self-defense. The violence against the women has been increasing and saddening part in the world. In addition with physical fitness women is learning self-defense technique in Kalari Adimurai. Women can approach this scenario with self-confidence by learning Martial arts like Kalari Adimurai Kalari. The people with self-confidence always have different view on approach the hard situations. Kalari Adimurai is ancient form of war technique is used by Tamil people. Regular practices of Kalari Adimurai have good physical and mental health. Kalari Adimurai practices have been increased recent years among teens apart from Tamil Nadu it spreads throughout the world. Kalari Adimurai does not promote aggression and it promotes self-discipline and psychological well-being. This is the first experimental study on Kalari Adimurai as the researchers concern. As being the first study the researchers used only few Kalari Adimurai techniques for this study.

## Methods

### Selection of volunteers

In this study, the working women volunteers are selected from KPR Mills, Nilambur branch, Coimbatore. The volunteers were instructed about the 3 weeks of Kalari Adimurai training and their test. There are fifteen (15) female volunteered participants involved in this study. The age range of participants is range from 18-25 years, who were recruited from KPR mills Coimbatore in Tamil Nadu, India. The training of Kalari Adimurai will be delivered in a face-to-face group format onsite at KPR mills and consists of 3×45–60 min sessions, four times per week for 3 weeks. One of the researchers is expert in Kalari Adimurai, under his supervision 3 weeks of training has been carried out. The researcher instructed the group about the complete schedule

of 3 weeks of Kalari Adimurai training. The volunteers were actively participated in training without difficulties throughout the training session. Few basic techniques were selected and taught to the working women.

The techniques are as follows

Kalari Adimurai Warm up Exercise

### 1. Nilaikal

1.1 Samanilai Vanakam

1.2 ThayarNilai

1.3 Amathunilai

### 2. Adavukal

2.1 Thadai Edi

2.2 Adivettu ool pirai Adi

### 3. Guruvanaka Suvadu

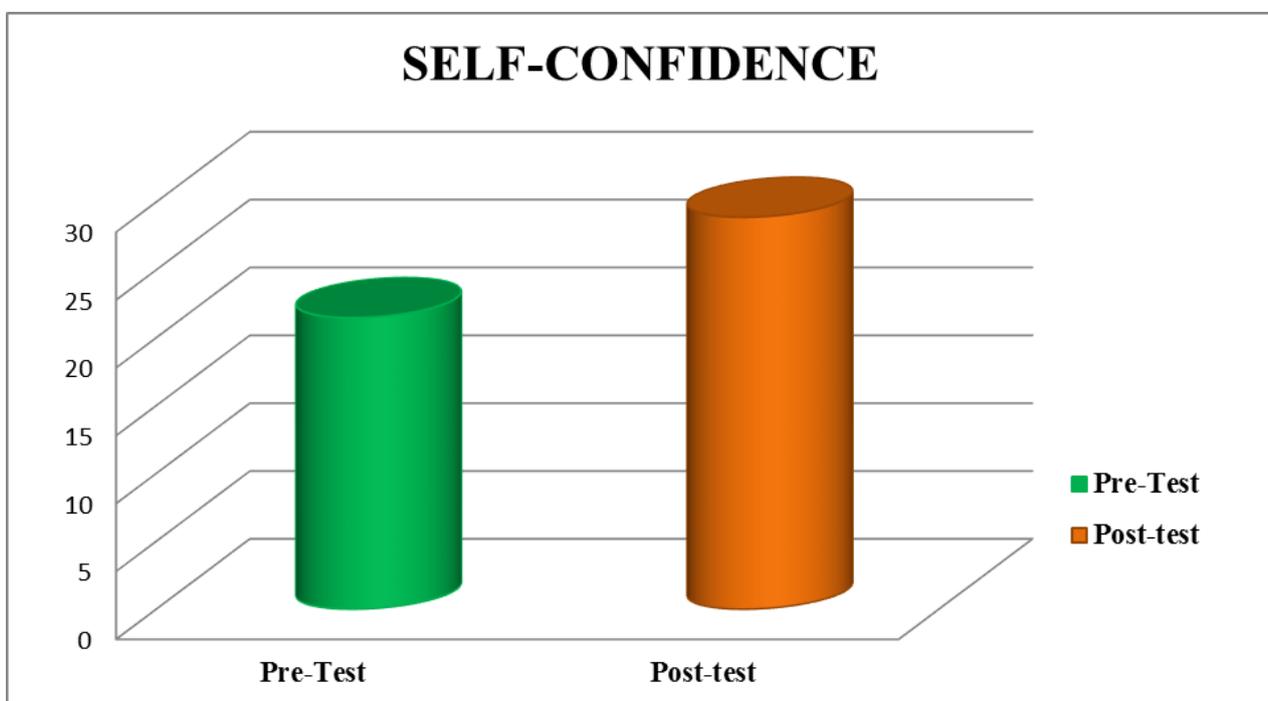
3.1 Kalari Adimurai Warm Down

**Table I:** Computation of analysis of dependent 't' Test on self-confidence

Self-Confidence				
S. No		Pre-Test	Post test	't' value
1	Mean	21.47	28.87	18.5*
2	SD	1.12	1.51	

Table value for 0.05 level of significance for DF 14 = 2.14)

Table I shows the pre-test mean of self-confidence of working women is 21.47 and the post test of self-confidence of working women is 28.87. The obtained 't' value 18.5 is greater than table value which is 2.14. It clearly shows that there is statistically significant difference on self-confidence among working women. This is the clear evident that self-confidence has been improved among working women.



**Fig I:** Bar diagram depicts the pre-test and post-test mean of working women on self-confidence

## Conclusion

In these 3 weeks experimental study proved that is significant improvement gain on self-confidence among working women. In future study the researcher can measure other physical or psychological variable.

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