THE STUDY OF THE RELATIONSHIP BETWEEN AIKIDO AND BODY AWARENESS AND MINDFULNESS

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Abstract: Aikido is a traditional Japanese martial art. Previous research suggests that there is a relationship between Aikido and mindfulness. Mindfulness has good effects such as providing relief to chronic pain and lessen symptoms of depression. According to previous studies, mindfulness is shown to improve with age. However, previous research that demonstrated the relationship between Aikido and mindfulness did not consider age. So, this study examined the relationship between Aikido and mindfulness while controlling the age. In addition, the prior research has suggested that Body Awareness is related to mindfulness and Body Awareness is related to Aikido according to the Aikido practitioner. However, the relationship between Aikido and Body Awareness, which the Aikido practitioner is talking about, is an experiential knowledge; not empirically proven. Therefore, in this research, we also examined the relationship between Aikido and Body Awareness. We conducted a questionnaire survey on Aikido practitioners and Aikido nonpractitioners. The result showed that there was no significant difference in the mindfulness scores of Aikido practitioners' group and Aikido nonpractitioners' group. Thus, there was no relationship between Aikido and mindfulness when age was regulated. However, there was a significant difference in Body Awareness scores between Aikido practitioners' group and Aikido nonpractitioners' group, and the Aikido practitioners' group was significantly higher in Body Awareness score than the Aikido nonpractitioners' group. From this, it was proved that Aikido experience existence and Body Awareness are related.