

# Designing Key Success Factors in Taekwondo Sports with an Emphasis on Psychology

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**Abstract---** *The purpose of this article is to provide a comprehensive model for Designing key success factors in taekwondo sports with an emphasis on psychology. It is considered as a applied research. Methodology: The research method was qualitative method which according to qualitative method, Data collection was done in the first stage. Statistical Society of Research: In the process of performing Taekwondo, after 21 interviews, the interview process was almost theoretically saturated. The sampling method in the qualitative section was initially purposeful and judgmental. In order to collect information, snowball sampling method was used. Data collection tools were interviews and documents, and after coding and identifying themes, it was used to design and validate the model. Data analysis was performed using related theme analysis methods and structural models were prepared. then the data from the twenty - one interviews were analyzed using theme analysis and theme analysis and analysis. The validity of the interviews was measured by the professors by examining the form and content of the questions. Results: The results of content analysis showed that grouping codes is twenty-seven components. Spiritual upbringing is a key factor and has Media Capacity Building Steps, Psychological assistance in sports and concern for spirituality and morality. Conclusion. According to the research results, the proposed model can be used as an analytical tool Taekwondo sports with an emphasis on psychological dimensions for competitions, Be the basis of action to solve the problems of this field of sports in a logical and principled way. Thus, the key factors of success in taekwondo sports were extracted and confirmed with emphasis on psychological dimensions, and the research model was drawn and its suitability was confirmed. To succeed in taekwondo competitions, sports managers are advised to pay attention to the key factors of success in taekwondo sports with an emphasis on psychological dimensions pay attention.*

**Keywords---** *Model, Taekwondo, Key Success Factors, psychology*

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## I. INTRODUCTION

Sports psychology is a science that studies athletes' minds, feelings, and behaviors and the impact of these factors on their athletic performance and physical activity Overall Participate in heavy sports competitions, it requires a lot of mental preparation, that this issue, Sports psychology has been given an important place in the athletes' training program. Among the various factors, socio-psychological factors play a more important role in the performance and mental health of athletes. (Weinberg and Gould, 2003)

Sports success is an active learning process that is achieved through purposeful practice and the improvement of skills necessary to achieve a high level of athletic performance. In fact, the optimal performance in sports is the

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result of a combination of technical and tactical technical abilities, (Physical)Power, speed and psychological, Focus. Confidence and restraint is anxiety. (Shagivaleeva, et al. 2017)

Mental imaging is as effective as practical taekwondo practice and is performed internally and externally. Muscle neural coordination is enhanced by mental imaging (Goodarzi., 2016)



**Figure 1:** Gholam Reza Goodarzi first-class refereeing and coaching degree of the federation, possessing the black belt of Dan 8 and years of leading sports teams.

### **Role of motivation in taekwondo**

The achievement motivation and achievement motivation of professional players is significantly higher than that of amateur athletes .undoubtedly , there are various factors in the field of psychology that each of them overshadow the behavior of the trainer or mentor .according to the literature , attention to psychological needs in the field of sports seems necessary to achieve success and as it is known ,one of these psychological factors is motivational level .The incentive to compete among skilled athletes is more than a beginner, the reason that it may be too high to be high in competition and compression. In order to overcome these difficulties, the athlete needs additional incentive to achieve success. (Yazdi et al. 2016)

### **Effects of mental readiness and confidence**

Optimal psychological preparedness has a broad meaning that requires several important skills and strategies; These skills are psychological tools that are effective in increasing the performance of athletes. People with mental skills. They are better able to concentrate and have more confidence; In addition, their mental efficiency increases and they are less excited in the general division, Psychological skills are divided into three categories: basic mental skills, physical mental skills, and cognitive skills. His basic psychological skills include self-confidence, goal setting and commitment, which is considered as the most important indicator of self-perception in sports psychology. These three are called basic because these characteristics are not established in an athlete, Other mental skills will not evolve. (Mohammadi et al. 2016)

## **Review of General Factors Successful**

The most important element for success. If you know the key to success and move forward to achieve it, your organization is more likely to succeed. One of the most important components and elements in the process of achieving success (key success factors) It is the sensitive and important things that make an organization successful. Key to success are important areas that, if you want to achieve your ultimate goal or business or project, you need to know them well by identifying key success factors, you can create a reference and scale to monitor and measure business success. Or the project will help you. (Kimasi et al, 2 a. 2014)

## **Key success factors in sport**

Each system requires resources to continue its life. although different organizations and institutions are recognized with human resources, but the role of other sources is very important in its formation. the resources of an organization can include human, financial, physical, facilities, management and information resources. meanwhile, the role of financial, physical and human resources in sports system is more important than other sources Mozaffari et al. 2007)(

In Iran, despite the existence of various organizations and departments. Taekwondo Federation, Deputy Minister of Public Sports, Ministry of Sports and Youth, Municipalities, Ministry of Education, Ministry of Science, Research and Technology, etc.), each of which considers itself responsible in some way for sports. Unfortunately, we are witnessing that due to the tendency of physical education managers and sports media to play football, less attention has been paid to taekwondo so far; A review of the literature in this field shows that little has been done in the field of modeling in the field of key factors of success in Taekwondo sports and the researches have been widely distributed. Despite the various opinions expressed in this regard, there is no shortage of models that describe the framework for Iranian taekwondo. Therefore, the need to address this issue and provide a comprehensive model for taekwondo in the developing country is becoming more apparent. To this end, we must look for a comprehensive model for taekwondo (with an emphasis on psychological dimensions) in Iran; Because only if the success of Taekwondo sports can we see constructive changes in the development process of the country. The challenge of non-use The key factors for success in taekwondo are the emphasis on the psychological dimension and the use of intellectual and human capital to win the Olympics and the World Championships. Is important and needs research. The main motivation for work is actually the experience of forty-four years of continuous activity, winning fifty-six championships in various taekwondo competitions, having a refereeing degree and first-class coaching of the federation, a black belt of eight Dan and years of leading sports teams. The important advantage of the Islamic Republic's brilliance in taekwondo among other countries of the world and the acquisition of honor and pride of Iran encourages the researcher to research in Case design key model success in taekwondo with an emphasis on psychology dimensions Showed. Therefore, identifying and determining the most important factors for winning the Asian, International and Olympic Championship medals is very effective, vital and necessary. And it prevents the waste of human and financial resources and capital of the country.

## **II. METHODOLOGY**

Given that the purpose of this study is to design a model of key success factors in taekwondo sports with an emphasis on thoughtful preparation, it requires the use of qualitative research methods. The statistical population in the qualitative part of this study is experts Taekwondo on the one hand, and their scientific and academic expertise on Taekwondo on the other formed. But the first step for the interviewees is to identify the people who had complete

and comprehensive information in the development of Taekwondo sports, so based on the information obtained in this field and in consultation with respected professors, the number of people who are also in the executive field in the field of sports Taekwondo There were also active university professors specializing in this field using judicial sampling to identify and conduct interviews. Snow was used. In fact, the interviews continue until the theoretical saturation of the phenomenon is reached. In this study, the theoretical saturation was achieved with 21 interviews. The process of content analysis begins when the analyst considers the semantic patterns and topics that have potential appeal. This analysis involves a continuous flow between the data set and the set of codes and the analysis of the data that is generated. Writing the analysis starts from the first step.

The six stages of theme analysis are performed with the approach presented by Clark and Brunn (2006), which include: 1- Familiarity with data, 2- The second stage of creating initial codes, 3- Searching for themes, 4- Forming Themes Sub-, 5- Defining and naming the main themes, 6- Preparing the report

The validity and reliability of research tools

Credibility refers to the similarity of the results of the interview and the reliability of the interviewer's ability to measure the desired goals.

In the present study, for the validity of the interviews by carefully determining the subject of the interviews, designing the overall planning of the interviews, conducting the interview with personal introduction, stating the purpose of the research, expressing confidentiality about the data and explaining why the interviewer chose to be interviewed. During the interviews, the recording and recording of the interviewee's voice, the analysis of the interviews through open, central and selective coding, and the reporting of the results of the interviews were used. In addition, in the present study, the techniques of comparing evidence with existing literature, ensuring that concepts are systematically related and internally cohesive, using multiple sources of evidence, rich description of the data set during its collection, Defining the boundaries of the research and having a key draft as well as studying the company's documents has been used to increase the validity of the data obtained. Also in the interview method, validity must be given for each step Seven studies should be considered to ensure reliable and reliable results. The validity of all seven stages in the selection of the subject is design, interview, copying, analysis and approval, which were considered in this research.

### **III. RESULTS**

In the research conducted, the general results indicate that the following are key factors in the success of Taekwondo psychology.

- ❖ motivation means stimulation of athletes
- ❖ Creating a sense of humor
- ❖ Athletes' mental readiness
- ❖ Imagination (mental imagery)
- ❖ Ideation training.
- ❖ Meditation methods
- ❖ Mesmerist
- ❖ Computer methods (entering information into athletes' subconscious minds and brains, using electronic tools)
- ❖ Meditation methods

Athletes' Meditation and Psychological Training Methods Using Meditation Methods Compared to Other Methods, a new approach is considered for athletes. Hypnosis is one of the special methods of psychological preparation and is for athletes for special competitions. The use of these methods in sports is limited. (Sedno et al. 2013)

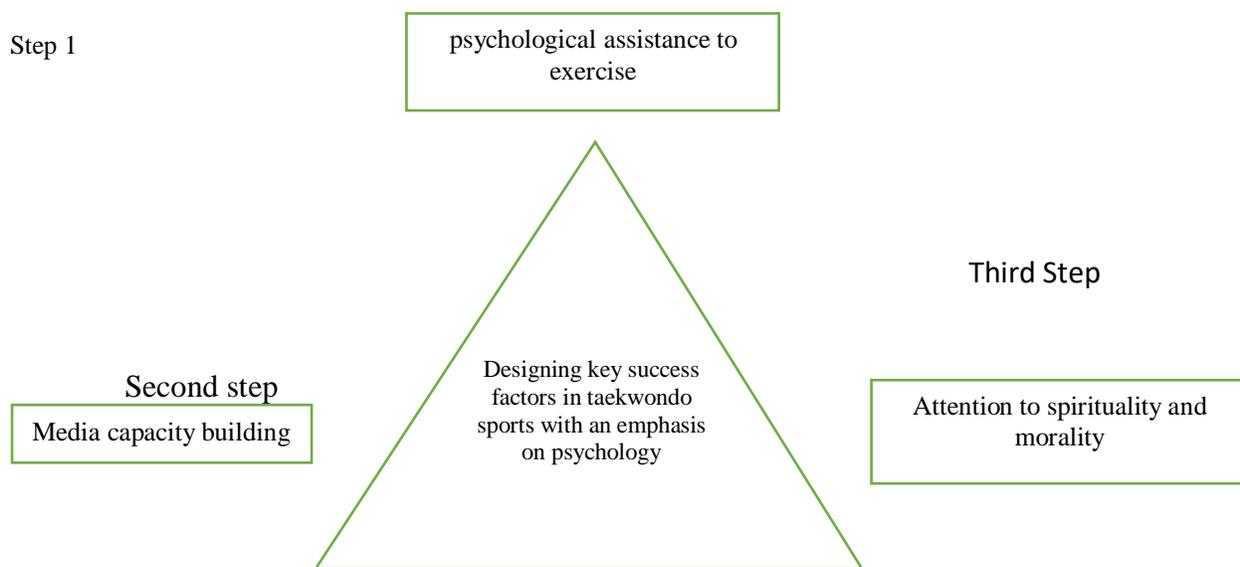
**Table 1:** key success factors in Taekwondo sport with emphasis on psychological dimensions.

Row	Code	Category (main factor)
1	Using a sports psychologist	Psychological assistance in sports
2	Creating a systematic system in the discussion of psychology	
3	Imagination	
4	Athletes' mental and intellectual readiness	
5	The mindset of taekwondo practitioners	
6	Using a psychiatrist and performing regular meditation	
7	Using yoga	
8	Creating a sense of competitiveness	
9	Raising the level of motivation of the taekwondo player based on the bar chart	
10	Training and psychological inculcation by the instructor	
11	Familiarity with English words to avoid stress in foreign competitions	
12	Psychological checks of coaches and even the president of the federation	
13	Consistent efforts to increase motivation in taekwondo practitioners	
14	Familiarity of the community with the sport of taekwondo through the media	
15	Trading with the media	
16	More presence of taekwondo athletes in the live broadcast of IRIB	
17	Establishing relationship between the provincial taekwondo delegations and the championship base of the Sports and Youth Administration	
18	Making efforts to enter Taekwondo in the Student Sports Federation	
19	Strengthening Consulting (Sports Diplomacy)	
20	Expanding and creating championship sports bases	
21	Encouraging private sector cooperation	Attention to spirituality and morality
22	Strengthening spiritual capital	
23	Appreciating and truly valuing heroes and professors	
24	Trusting and seeking help from God Almighty	
25	Traveling to religious and sacred sites before competitions	
26	Coach ethics assessment	
27	Continuously following the promises made by the authorities	

Cultivation of the soul and psyche is one of the key factors and has steps of psychological help to sports, Media capacity building and it is concerned with spirituality and morality. The results of the research emphasize that the role of sociological and psychological factors in achieving success or failure of national teams in foreign countries is very important and even decisive. A person's self-confidence depends on how he feels about himself, a kind of attitude that allows a person to have a real and positive view of themselves, to trust their abilities, and to feel in control of life. In fact, self-confidence is a person's expected ability to overcome challenges and overcome obstacles and problems. Self-confident people are those who are confident and can control events according to their desires. Self-confidence is not the hope of doing something, but the realistic expectation of doing something, not what athletes always tell others they will do. But it's the athletes' inner thoughts about being able to do it. Self-confidence is a tendency that successful athletes bring to the sports environment, in addition to the desire to expect good quality performance in sporting events. Optimal self-esteem is the most important psychological skill that affects performance quality, but other psychological skills such as motivation, anxiety, and goal setting, etc., are also

effective. And the creation of clear and controlled images is also varied, which is reflected in the success of the athlete in the competition.

### Model Taekwondo sports with an emphasis on psychological dimensions(Goodarzi,2020)



### Model Taekwondo sports

Taekwondo is one of the disciplines in which the athlete must be very careful during the competition with the greatest focus on the opponent's smallest move, so that he can perform attacking techniques and score points at the right time. Use it to prevent him from getting points; Therefore, in addition to the psychological skills of self-confidence, high concentration, as well as performing imaging exercises to increase predictive power and increase the speed of action and reaction during competition, performance The good of taekwondo practitioners is effective, but this mismatch can improve the effectiveness of athletes.

## IV. CONCLUSION

In the first stage, thirty-eight sports experts, champions, veterans, coaches and officials of the country's Taekwondo delegations, taking into account components such as previous research in this field, the executive field in Taekwondo sports, active presence and critique in this field and writing Taekwondo sports books and resources were identified. Following the researchers, it was coordinated with twenty-eight people. In the process of performing Taekwondo, after twenty-one interviews, the interview process was almost theoretically saturated. Steps at these levels include: The first step is psychological help in sports Which includes Use a sports psychologist ,Creating a systematic system in the discussion of psychology , imagination , Athletes' mental and intellectual readiness , The mindset of taekwondo practitioners , Use a psychiatrist and perform regular meditation , Use yoga and create a sense of humor , Raise the level of motivation of the taekwondo fighter based on the bar chart , Training and psychological instruction by the instructor , Familiarity with English words to avoid stress in foreign competitions , Psychologists and even the president of the federation , And , There is a constant effort to motivate taekwondo

practitioners. The second step , Capacity building is media and includes : getting to know, Society with the sport of taekwondo through the media , Trade with the media , The presence of more taekwondo athletes in the live broadcast of IRIB , Establish communication between the provincial taekwondo delegations and the championship base of the Sports and Youth Administration , Efforts to accept Taekwondo in the Student Sports Federation , Strengthening Consulting (Sports Diplomacy) , Expanding and creating championship sports bases and encouraging cooperation in the private sector . In the third step Attention to spirituality and morality Is. And strengthening spiritual capital, Appreciate and truly value heroes and professors Trusting and seeking help from God Almighty, Travel to religious and sacred sites before competitions. The assessment of the coach's ethics and the uninterrupted pursuit of the promises made by the authorities are considered. In fact, the first step Psychological assistance in sports in the model of key factors, success in taekwondo sports with emphasis on psychology has a special place. The most important feature of this step, Achieve the goals of Taekwondo through Creating a systematic system in the discussion of psychology Is. Due to the amazing evolution of bodybuilding techniques and skills training methods and reducing the distance between world and Olympic champions to a few thousandths of a second or a few millimeters, it seems. The difference in the performance of the heroes is more than ever related to their mental readiness. By reviewing their memory, all sports coaches can recall moments in sports competitions when the athlete failed to perform at his or her best due to poor physical and technical condition due to poor mental and technical readiness. Model Success in the psychological dimensions of taekwondo in fact, it includes actions Psychology Taekwondo is the sport of the Islamic Republic of Iran.

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