COMBATIVE SPORTS AS AN ANODYNE FOR WEIGHT CONTROL, FITNESS AND WELLBEING OF INDIVIDUALS IN THE SOUTH-SOUTH ZONE OF NIGERIA

EKURI, P*; EDIM, M. E**

*Department of Human Kinetics and Health Education
Faculty of Education, University of Calabar
**Department of Human Kinetics and Health Education
Faculty of Education, University of Calabar

Abstract
The main purpose of this study is to determine whether combative sports can serve as anodyne for weight control, fitness, and wellbeing of individuals in south-south zone of Nigeria. The population included male and female between the training ranks of kyus/keups, black belters and their coaches in judo and taakwando registered in the zone. The stratified random sampling technique was used in selecting the participants. A total of 270 were selected which consist of 160 kyus/keups and 110 black belters. Out of the 160 kyus/keups, 121 (75.6%) joined combative sports for weight control and are regular, however 39 of them said that was not their motivating factor. The calculated chi square of 42.0 for kyus/keups and 70.4 black belters showed a very high significance which indicated that participation combative sports increases the rate of weight loss by burning fat and improves physical fitness. It was concluded that most people participate in combative sport for weight control and for human fitness and wellbeing. All combative sports improve weight control thereby guaranteeing the fitness and well-being of human kind. This has become a compulsory activity which everybody should participate in order to be physically, mentally and emotionally fit all time.

Keywords: combative-sports, weight-control, fitness, well-being