

Jiu Jitsu & Anxiety Control

Study conducted by Daniel Zia Joseph

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Please visit our website for the full study paper including applied methodologies for testing statistical significance using Mann-Whitney U test. This is a quasi-experimental correlational study involving ordinal, non-parametric data established by self-reporting using a 1-10 Likert scale.

Purpose:

Examining Jiu-Jitsu as a means of treating psychological and emotional disorders will provide a unique toolset with which to address anxiety, trauma, and PTSD.

Hypothesis:

Black belt level Jiu-Jitsu practitioners possess higher control over their anxiety than individuals who do not participate in the sport.
*Self-reporting measures used.

Figure 1. Line Graph

Anxiety: Before, During & After High Stress Events

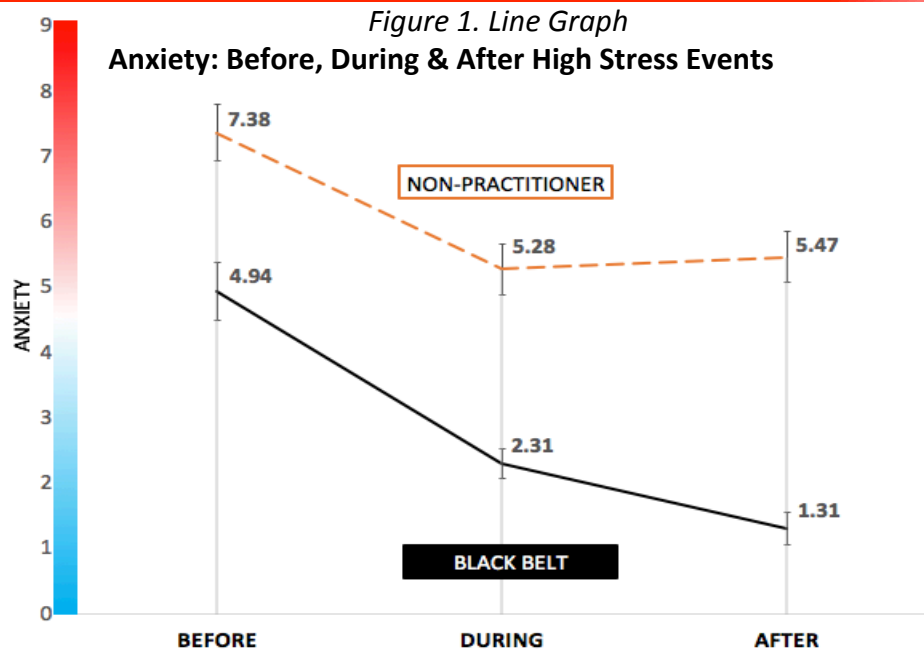
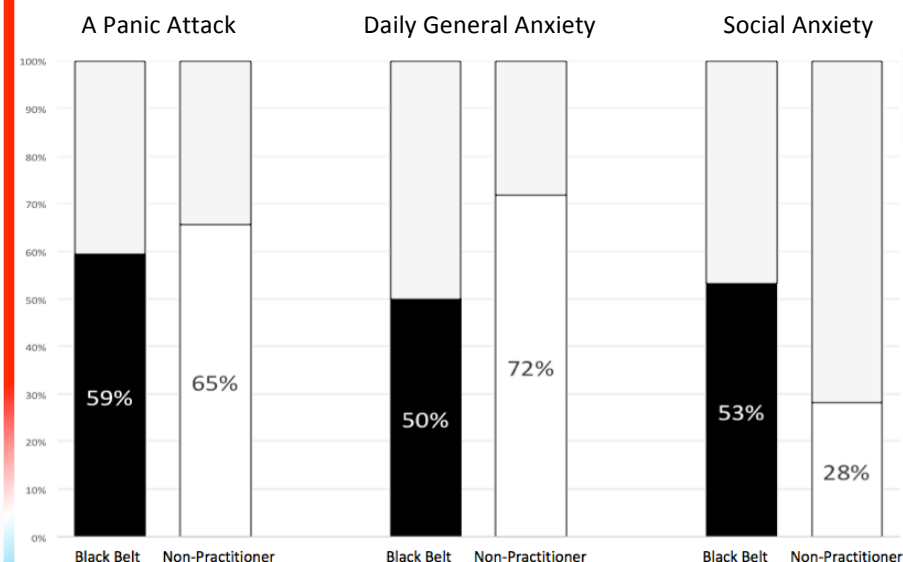


Figure 2. Cluster Bar Graph

Percentage of Participants Who Experienced:



Method:

64 people were interviewed. 32 Black Belts in Jiu-Jitsu and 32 non-practitioners of the sport were asked about their anxiety levels before, during, and after high-stress events.

Results & Conclusion:

Jiu-Jitsu participation correlates with significantly lower levels of anxiety. Teaching the principles of the sport may help those who struggle with emotional and psychological disorders related to trauma.

Benefits most frequently mentioned:

- Breathing techniques
- Threat assessment
- Close community

REFERENCES:

• Bird, N. et al. "Exploring the Effectiveness of an Integrated Mixed Martial Arts and Psychotherapy Intervention for Young Men's Mental Health" Am J Mens Health, 2019 • Marusak, H. et al. "Martial Arts-Based Therapy Reduces Pain and Distress Among Children with Chronic Health Conditions and Their Siblings" J Pain Res, 2020 • Vertonghen, J. & Theeboom, M. "The Social-Psychological Outcomes of Martial Arts Practice Among Youth: A Review" J Sports Sci Med, 2010 • Willing, A. et al. "Brazilian Jiu Jitsu Training for US Service Members and Veterans with Symptoms of PTSD" Military Medicine, 2019