

**Kevin Daniels and Everard . Thornton (1990) ‘An analysis of the relationship between hostility and training in the martial arts.’ Journal of Sports Sciences Vol 8**

**Aim:** To test how martial artists compared with participants in other sports in their levels of hostility and to establish whether length of martial arts training appeared to increase or decrease hostility.

**Method:** Questionnaire

**Participants:** 90 students from Liverpool University, comprising 5 groups of 18 participants:

**Group 1:** members of the karate club.

**Group 2:** members of the jiu-jitsu club

**Group 3:** members of the rugby club.

**Group 4:** members of the badminton club.

**Group 5:** non-athletes.

**Procedure:** The hostility of each group was measured using a modernized version of the Buss-Durkee Hostility Inventory (1957) The questionnaire comprised 32 questions which measured 3 types of hostility:

- Assaultive (violent)
- Indirect (tantrums and destructive behaviour)
- Verbal

Groups 1-4 completed the questionnaire at training sessions, group 5 completed it in their rooms.

**Results:**

- No significant differences were found between the hostility of the 5 groups.
- Beginners in martial arts showed higher levels of hostility than other athletes.
- Experienced martial artists showed lower levels of hostility than other athletes.
- Analysis of the sub-scales showed that assaultive hostility declined significantly with length of martial arts training, whereas indirect hostility increased slightly.