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COMBAT SPORTS MOST WILLINGLY PRACTISED BY CADETS AND PRISON OFFICERS

The study was performed as a part of the research project at The J. Piłsudski Academy of Physical Education Warsaw, granted by the Research Committee in 1999-2001.
main goal

The main goal of the study was to answer the following questions:

- to what extent are cadets and prison officers interested in combat sports?

what combat sports are preferred by cadets and prison officers?
Methods

the authors used their own questionnaire for the survey (two questionnaires were worked out, one for men practising combat sports, the other one for the remaining population).

each questionnaire is made up of 18 questions

for statistical analysis of the data a significance test of independent proportions was used
Material

266 cadets
  aged 19-26
  (including average age of those practising combat sports 20.77, and others 20.75)

253 prison officers
  aged 21-35
  (including average age of those practising combat sports 28.74 and others 28.8)

controls group

Polish youth (n=962)
  (aged 13-21 from different parts of Poland (including average age of those practising combat sports 15.7 and others 15.29)
Conclusions

- A high percentage of cadets and prison officers population as well as Polish youth are interested in combat sports.

- Karate is the most popular sport among cadets and prison officers. Interest in other combat sports differentiates significantly the social groups under study.