



SUNTOKARAN TODO BAKBAKAN: SATISFACTION AND PLEASURE

ACQUIRED IN MIXED MARTIAL ARTS

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ABSTRACT

Title of the Research: **SUNTOKARAN TODO BAKBAKAN:
SATISFACTION AND PLEASURE ACQUIRED
IN MIXED MARTIAL ARTS**

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Objective of the Study:

A. General

There had been limited studies made regarding Mixed Martial Arts Combat in the Philippines. This study was conducted in order to know the pleasure and satisfaction acquired by the fighters in Mixed Martial Arts competition.

B. Specific

This research aimed to identify its effect on the behavioral, affective and social aspects of the fighters, and how a conditioning program was needed to reduce the risk of psychological damage that may be brought about by Mixed Martial Arts.



By the end of this study, the researchers aimed to formulate a mental conditioning program that would help increase athlete preparedness and psychological well-being. The researchers employed a descriptive-case study approach to describe the phenomenon. To gather the needed data, the researchers used a checklist and interviews. Weighted means were computed to analyze the answers of the participants. Results were shown in frequency and percentages to describe the phenomenon. The results showed that the respondents gained pleasure and satisfaction in Mixed Martial Arts and that the sport brought about positive results to a fighter's mind and body. The fighters showed that they did not become more aggressive, but instead, became more disciplined and healthy both in mind and body. They were able to become better people because of their participation in this sport, and it had given them the necessary boost to their confidence through winning and appreciation from family and friends. There was also a need to formulate a mental conditioning program to systematize the coping mechanisms used by the fighters to deal with stress and nervousness. This program would be added to their regular training regimen, but this tool should still be examined further.



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