

# The Social and Psychological impact of Taekwondo

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**Abstract:** *The Social And Psychological Studies It should be noted that interests in Taekwondo social and psychological impact date back to the 1960s. However, it was not until the mid-nineties that its focus was turned to the youth practitioners. While researchers used to examine the normal traits that Taekwondo focused on, like boosting self-esteem, independence, and even decreasing anxiety and stress, all changed. Instead, they began focusing on the hostility and anger found in the Taekwondo practitioners. However, the bias towards their findings reduced when these researchers started weighing the teaching methods, that is, the traditional versus the non-traditional techniques. The outcomes became more positive when the training laid focus on the long-established approach to Taekwondo*

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