Abstract

We face numerous incidents/accidents through the mass media on a daily basis. In fact, those incidents/accidents often hurt the body and the soul and sometimes it even takes one’s life away. Such “crisis” has become one of the unavoidable elements of our daily lives. Moreover, individuals and/or organizations must make choices which bear crisis to a certain extent to achieve their goal. However, in order for organizations and/or individuals to effectively stand with crisis, crisis management techniques must be well-defined.

The crisis management of an individual is a technique to protect the body and the mind such as self-defense which does not only manage the external crisis and physical forces but also manage the internal self to lead a healthy and wholesome life. Nonetheless, self-defense often is limited to dealing with physical violence only. It represents not only protecting and preventing oneself from physical forces including verbal, psychological, sexual and economic violence but also from the various crisis exposed to the self as the life conditions and natural conditions are changing.

Especially, using self-defense, as a means for individual crisis management, can worsen the situation depending on the circumstances. Therefore, based on the stream of time, at present time, it is necessary for universities to establish a curriculum for individual crisis management to offer systematic education to enhance self-management skill and to help cope with various natural and living environmental crisis and many types of violence by understanding and learning crisis management techniques for individuals.

This study is based on the results from analyzing the courses offered till the 2013 curriculum reform as the 3 credits from theory and the ‘understanding of the principles of self-defense’ as the 2004 liberal art course.

By the three steps of self-defense. 1. By dividing the surrounding vigilance into vigilances for people, object and natural environment, escaping ability which varies depending on the surrounding can be understood and one can act in a calm and collected manner even in the worst situations.

2. As there are five senses of sight, hearing, touch, smell and taste as well as spiritual and psychological intuitions in a human body, a situation can be carefully judged based on the information gained from the surrounding vigilance.

3. Taking actions is a step to take measures based on the decision made after judging the situation and its goal should be set to safety-first.

In particular, as the only course for individual crisis management, it has increased the students’ ability to manage crisis of each individual. As there cannot be more than 36 credits per semester in universities and students can only take up to 18 to 21 credits, systematic education for individual crisis management is virtually nonexistent.

Consequently, as the result from this study, university curriculums must offer courses for proper understanding of crisis management and learning about suitable actions to take. It is hoped that the individual crisis management skill attained through this study to help protect oneself by controlling one’s emotion when dealing with crisis from people, object and/or the natural environment and also by familiarizing the laws and techniques to mentally and physically cope with such crisis.
1. Introduction

We face numerous incidents/accidents through the mass media on a daily basis. In fact, those incidents/accidents often hurt the body and the soul and sometimes it even takes one’s life away. Such “crisis” has become one of the unavoidable elements of our daily lives. Moreover, individuals and/or organizations must make choices which bear crisis of a certain extent to achieve their goal. However, in order for organizations and/or individuals to effectively stand with crisis, crisis management techniques are needed.

The crisis management of an individual is a technique to protect the body and the mind such as self-defense which does not only manage the external crisis and physical forces but also manage the internal self to lead a healthy and wholesome life. Nonetheless, self-defense often is limited to dealing with physical violence only. It represents not only protecting and preventing oneself form physical forces including verbal, psychological, sexual and economic violence but also from the various crisis exposed to the self as the life conditions and natural conditions are changing. Therefore, based on the stream of time, at present time, it is deemed necessary for universities to establish a curriculum for individual crisis management to offer systematic education to enhance self-management skill and to help cope with various natural and living environmental crisis and many types of violence by understanding and learning crisis management techniques for individuals.

Especially, using self-defense, as a means for individual crisis management, can worsen the situation depending on the circumstances. Therefore, based on the stream of time, at present time, it is deemed necessary for universities to establish a curriculum for individual crisis management to offer systematic education to enhance self-management skill and to help cope with various natural and living environmental crisis and many types of violence by understanding and learning crisis management techniques for individuals.

Therefore, this study analyzes how the Liberal Arts course ‘understanding of the principles of self-defense’ opened in Keimyung University has affected the students’ understanding of crisis management and coping with crisis in the hope of helping crisis management of individuals by opening college courses.

2. Theoretical Background(Crisis Theory)

1. Psychological crisis theory was developed by Lindemann, Caplan and Lazarus. Lindemann classified crisis overcoming processes in “Symptomatology and Management of Acute Grief” into 4 steps of 1) Collapse of ideal life balance and maintenance 2) Dealing with grief through short-term treatments 3) Client’s resuming activities while still in sorrow or having problems and 4) restoration of the balance.

Through his study on crisis of the children held in Israeli camp after the World War II, Caplan suggested that 1) crisis is a difficulty to maintain a daily life that cannot be overcome by typical measures. 2) divided crisis into developmental crisis and situational crisis and identified crisis intervention as a means to recognize, correct or remove the cognitive, emotional and behavioral distortion that caused the initial trauma.

2. Crisis, in psychiatric viewpoint, should be accompanied by mental-health-based crisis intervention which is recognized as one of the main approaches of the social psychiatry in the community. Its maximum impact can be achieved with a minimum amount of intervention by sensitively responding to and focusing on the transitional and circumstantial needs of the mentally challenged individuals who need to adapt to the local community. It includes psychological shock from trauma, violence, physical or psychological injury due to unforeseen circumstances. Symptoms of mental and physical shock due to a psychological reason can be frigidity, weakness, depression, anxiety and fear.

3. In terms of ecological crisis, crisis is usually studied by analyzing its interpersonal, interactive and social structural aspects. Look-
ing at the 3 approaching methods of ecological crisis, crisis and traumatic events broadcasted through the electronic media can make not only the victims but also the general public to feel the urgency that such crisis can happen to themselves and systematic interdependency as an ecological property of human life caused the spread of crisis elements. In addition, macro-systematic approach reveals that since unsolved crisis can destroy not only the personal, social, financial and environmental resources but also the entire ecological system, crisis must be handled by a public system with a macroscopic approach to cover the ecological system as a whole[7].

3. Course Analysis

Keimyung University had opened 'understanding of the principles of self-defense' course in Liberal Arts in 2004 for students to take for a 3-credit theory class. This course can be analyzed as the only class available for individual crisis management which was closed during the 2013 curriculum reform. In fact, it brought so much media attention as a unique college course and aired on TV.

Self-defense technique is composed of the three steps of being vigilant of the surrounding, judging the situation and taking actions[8].

1. Vigilance is divided into people, object and natural environment vigilances.

Each individual has a unique characteristic in his/her age, height, weight, physique, personality, voice or the like. Depending on the condition a person is raised by, escaping instinct is different from one another. By knowing oneself and understanding his/her most appropriate value, he/she can act in a calm and collected manner even in the worst situations.

2. Judging the situation is a step to evaluate a situation based on the information gained from surrounding vigilance.

As there are five senses of sight, hearing, touch, smell and taste as well as spiritual and psychological intuitions in a human body, a situation can be carefully judged based on the

3. Taking actions is a step to take measures based on the decision made after judging the situation and its goal should be set to safety-first. If actions are taken based on the judgement made in accordance with the common dichotomy of good and evil by persuading oneself of the fact that justice and safety are two totally different things, the logic can be understood but nothing can be solved solely by the actions. If actions are not promptly taken, neglecting the opponent, there is a risk of a secondary or tertiary violence to take place. Blindly pursuing justice can increase the risk level.

4. Self-defense technique against the natural environment can be safety in mountains[9], water[10], objects, traffics[11] and natural disasters[12]. Natural crisis and artificial crisis were differentiated for overcoming dangerous situations.

Consequently, this course has increased individuals’ ability to manage crisis.

4. Conclusion

Even though we are not aware of the risks, we live everyday facing dangers residing at home, work, school and our daily lives. Regardless of our will, we can unexpectedly get into accidents, becomes the victim of a crime, damage our health by unhealthy food, suffer from work stress and be placed in danger in relation to people, object and/or natural environment. However, since most of crisis happen when we are unaware, we cannot generally manage such crisis. Therefore, this study analyzed ‘understanding of the principles of self-defense’ and it was found that the course, which is the only course for individual crisis management, has increased the students’ ability to manage crisis. As there cannot be more than 36 credits per semester in universities and students can only take up to 18 to 21 credits, systematic education for individual crisis management is virtually nonexistent.

Consequently, the results from this study suggest that universities should open similar courses so students can understand proper
crisis management and learn coping skills through university curriculums. It is hoped that the individual crisis management skill attained through this study to help protect oneself by controlling one's emotion when dealing with crisis from people, object and/or the natural environment and also by familiarizing the laws and techniques to mentally and physically cope with such crisis.

5. References

5.1. Books

5.2. Additional references