



## Integration Of Al-Qur'an Values In Modern Karate Coaching: A Conceptual Literature Study For Athlete Character Development

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### ABSTRACT

Modern sports coaching has experienced significant development by emphasizing not only physical and technical improvement but also athlete character formation and moral development. In karate, character values such as discipline, self-control, honesty, and responsibility are essential components supporting athlete performance and sportsmanship. Therefore, integrating spiritual values, particularly Al-Qur'anic values, into modern karate coaching is considered important in developing holistic athletes with strong moral integrity. This study aimed to analyze the integration of Al-Qur'anic values into modern karate coaching as an effort to develop athlete character. This study employed a literature review method with a conceptual approach. Data sources were collected from scientific journals, sports coaching books, sports psychology literature, and Islamic references discussing Al-Qur'anic values and character education. Literature searches were conducted through several academic databases, including Google Scholar, Scopus, ScienceDirect, and Garuda. Data analysis was performed using content analysis techniques to identify and synthesize Qur'anic values relevant to karate coaching and athlete character development. The findings revealed that several major Qur'anic values, including discipline (istiqamah), patience (sabr), honesty (sidq), responsibility (amanah), hard work (mujahadah), self-control (taqwa), and justice ('adl), have strong relevance to modern karate coaching principles. These values contribute positively to athlete discipline, emotional regulation, sportsmanship, training motivation, and moral behavior during training and competition. The study also formulated a conceptual coaching model integrating spiritual values into karate training through habituation, role modeling, spiritual motivation, and reflective evaluation. In conclusion, the integration of Al-Qur'anic values into modern karate coaching can become a holistic coaching approach capable of developing athletes who are physically competent, mentally resilient, and morally grounded.

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## INTRODUCTION

Modern sports coaching has experienced rapid transformation alongside the advancement of sports science, technology, biomechanics, sports psychology, and athlete performance management. Contemporary coaching no longer focuses exclusively on physical conditioning, technical mastery, and tactical development, but also emphasizes the cultivation of athlete character, emotional intelligence, and moral responsibility. In this context, holistic coaching has become a central paradigm in modern sports development because athletic achievement is increasingly associated with psychological resilience, discipline, ethics, and social behavior (Gould & Carson, 2018; Turnnidge et al., 2021). Within martial arts, especially karate, character formation occupies a strategic position because karate philosophy inherently combines physical movement, mental discipline, and moral education. Karate is not merely a combat sport aimed at competitive achievement, but also a medium for self-development that instills discipline, self-control, honesty, responsibility, and respect. The philosophical foundations of karate are reflected in principles such as respect for opponents, emotional regulation, perseverance, and humility during training and competition. Several studies indicate that martial arts training contributes positively to self-regulation, social behavior, emotional maturity, and moral development among athletes and adolescents (Lakes & Hoyt, 2019; Vertonghen & Theeboom, 2020). Consequently, karate coaching should integrate physical, psychological, and spiritual dimensions simultaneously to produce athletes with both high performance and noble character.

Athlete character is widely recognized as a determining factor influencing training consistency, competitive mentality, teamwork, and long-term success. Athletes who possess strong discipline, emotional stability, and moral awareness tend to demonstrate better commitment during training and more adaptive responses under competitive pressure (Boardley et al., 2020). In contrast, the absence of character education in sports environments may contribute to unethical behavior, aggression, cheating, emotional instability, and declining sportsmanship values. Therefore, the integration of moral and spiritual values into sports coaching has become increasingly important in contemporary athlete development systems.

In religious societies, spiritual values derived from sacred texts may provide a strong ethical foundation for athlete character education. Within the Islamic perspective, the Qur'an contains universal moral principles relevant to sports coaching and personal development. Values such as discipline, patience (sabr), honesty (sidq), responsibility (amanah), justice ('adl), hard work (mujahadah), and self-control (taqwa) are highly compatible with the principles of modern athlete coaching. These values encourage athletes to maintain consistency in training, uphold fairness during competition, regulate emotions, and develop integrity both inside and outside the sporting arena.

The integration of Qur'anic values into karate coaching may strengthen the moral orientation of athletes while simultaneously supporting psychological resilience and performance consistency. For example, the value of patience can help athletes endure repetitive technical drills and recover from failure, while honesty and justice reinforce sportsmanship during matches. Likewise, self-control contributes significantly to

emotional regulation during sparring and competition situations. The implementation of these values can be systematically embedded into coaching culture, training discipline, motivational reinforcement, coach-athlete interaction, and behavioral evaluation.

**Table 1.**

Illustrates several Qur'anic values relevant to karate coaching and their practical implementation in athlete training activities.

No	Qur'anic Values	Verse Reference	Meaning of Value	Implementation in Karate Training
1	Discipline (Consistency)	QS. Al-Asr: 1-3	Consistency in carrying out tasks	Attending training punctually and following the program regularly
2	Patience (Sabr)	QS. Al-Baqarah: 153	Resilience in facing adversity	Repeating techniques continuously until movement precision is achieved
3	Honesty (Sidq)	QS. At-Taubah: 119	Acting truthfully and honestly	Maintaining sportsmanship and avoiding cheating
4	Responsibility (Amanah)	QS. An-Nisa: 58	Carrying out duties responsibly	Following coach instructions and maintaining safety during training
5	Hard Work (Mujahadah)	QS. Al-Ankabut: 69	Serious and earnest effort	Performing maximum physical and technical training
6	Justice ('Adl)	QS. Al-Maidah: 8	Fairness and sportsmanship	Respecting opponents and accepting referees' decisions
7	Self-Control (Taqwa)	QS. Al-Baqarah: 197	Emotional and behavioral regulation	Controlling emotions during sparring or matches

Despite the importance of spirituality in athlete development, many contemporary coaching systems still prioritize measurable physical outcomes and competitive achievements while giving limited attention to moral and spiritual cultivation. This imbalance creates a significant challenge in modern sports coaching, particularly in martial arts that philosophically emphasize ethical and spiritual dimensions.

Recent literature in sports coaching has increasingly emphasized holistic athlete development models integrating psychological, social, and ethical dimensions into training systems. Positive Youth Development (PYD) frameworks in sports argue that athletic participation should promote competence, confidence, character, connection, and caring (Holt et al., 2017). Similarly, transformational coaching approaches highlight the role of coaches in shaping athlete morality, motivation, and personal growth beyond competitive success (Turnnidge & Côté, 2019). Research on sports psychology demonstrates that spiritual and moral values positively influence emotional regulation, mental toughness, intrinsic motivation, and athlete resilience (Watson & Nesti, 2021). Spirituality-based interventions in sports have also been associated with reduced anxiety, improved coping mechanisms, and enhanced psychological well-being among athletes (Mosalanejad et al., 2020). In martial arts settings, karate training has been shown to improve self-control, discipline, social adaptation, and emotional intelligence (Theeboom et al., 2019).

Several studies have explored the integration of religious values into educational and character-building contexts. Islamic educational frameworks emphasize that Qur'anic

values can shape ethical awareness, discipline, honesty, and social responsibility among students (Huda et al., 2020). Within physical education, value-based pedagogy has gained attention as an approach for integrating moral education into sports activities and athlete coaching processes (Naul & Binder, 2018). Empirical findings further indicate that coaches play a central role in transmitting ethical and spiritual values through training culture, communication style, and behavioral modeling. Coaches who demonstrate integrity, empathy, fairness, and spiritual awareness contribute significantly to athlete character development and long-term behavioral outcomes (Camiré, 2021). However, most studies remain focused on general moral education and psychological coaching without specifically examining the integration of Qur'anic values into karate coaching models.

Although previous studies have discussed character education, spiritual coaching, and holistic athlete development, several important gaps remain unresolved. First, existing modern coaching literature predominantly emphasizes psychological and social dimensions while the integration of Islamic spiritual values into athlete coaching remains underexplored. Most coaching models are developed from Western psychological perspectives and lack contextual adaptation for Muslim athletes and religious societies. Second, research concerning karate coaching generally focuses on physical conditioning, biomechanics, technical performance, tactical skills, and psychological preparation. Limited studies specifically examine how Qur'anic principles can be systematically integrated into karate training culture and coaching practices. Consequently, the spiritual dimension of martial arts coaching has not been conceptually formulated in a comprehensive framework. Third, studies discussing Islamic values in education mostly concentrate on formal educational institutions rather than sports environments. There remains limited conceptual literature linking Qur'anic teachings with athlete character development, sports ethics, and martial arts coaching systems. This creates a theoretical gap between spiritual education and contemporary sports coaching models. Fourth, no integrated conceptual framework has yet comprehensively mapped Qur'anic values into practical karate coaching implementation, including discipline formation, emotional regulation, sportsmanship, coach-athlete interaction, and behavioral evaluation. Therefore, the development of a spiritually integrated karate coaching model represents an important academic and practical necessity.

Based on these problems and research gaps, this study aims to examine Qur'anic values relevant to modern karate coaching and formulate a conceptual framework for integrating these values into athlete character development. This study specifically seeks to identify the moral and spiritual principles contained in the Qur'an that can support holistic athlete coaching and strengthen ethical behavior in karate training and competition contexts. The novelty of this study lies in its attempt to integrate Islamic spiritual values with modern sports coaching principles within the context of karate athlete development. Unlike previous studies that separately discuss sports coaching, spirituality, or moral education, this study offers a conceptual synthesis between Qur'anic teachings and contemporary karate coaching systems. Furthermore, this study proposes a value-based coaching perspective that positions spirituality not merely as complementary motivation but as a foundational element in athlete character formation.

This conceptual literature study is expected to contribute theoretically to the development of spiritual-based sports coaching frameworks and enrich the discourse of holistic athlete development in sports science literature. Practically, the findings may provide guidance for karate coaches, sports educators, and athlete development institutions in implementing coaching programs that balance physical excellence, mental resilience, and moral integrity. In conclusion, the integration of Qur'anic values into modern karate coaching represents an important strategy for developing athletes with strong character, emotional maturity, and ethical awareness. Holistic coaching that combines physical, psychological, and spiritual dimensions is increasingly relevant in addressing the moral challenges of contemporary sports. Therefore, the conceptual development of Qur'an-based karate coaching models may become a meaningful contribution toward the advancement of value-oriented sports coaching systems in modern society.

## METHODS

This study employed a literature review method with a conceptual approach to examine the integration of Al-Qur'an values in modern karate coaching as a foundation for athlete character development. A conceptual literature review was selected because it enables researchers to critically analyze, interpret, and synthesize theories, concepts, and empirical findings from multidisciplinary perspectives related to sports coaching, character education, spirituality, and Islamic values (Snyder, 2019). In the context of sports science, conceptual literature studies are widely used to formulate theoretical frameworks and develop innovative coaching models that integrate psychological, moral, and sociocultural dimensions into athlete development systems (Turnnidge et al., 2021). The primary objective of this study was to explore how Qur'anic principles such as discipline, patience (sabr), honesty (sidq), responsibility (amanah), justice ('adl), hard work (mujahadah), and self-control (taqwa) can be conceptually integrated into modern karate coaching practices. The study also aimed to construct a holistic coaching framework that combines physical, mental, and spiritual dimensions in athlete development. Literature review methods are considered appropriate for investigating abstract and value-oriented concepts because they facilitate comprehensive theoretical exploration and critical interpretation of previous scholarly works (Xiao & Watson, 2019).

The data sources used in this study consisted of both primary and secondary literature, including peer-reviewed journal articles, books on sports coaching and sports psychology, athlete character education literature, and Islamic references discussing Qur'anic values relevant to human behavior and morality. The literature search process was conducted systematically through several reputable scientific databases, including Google Scholar, Scopus, ScienceDirect, and Garuda (Garba Rujukan Digital). These databases were selected because they provide access to reputable national and international publications in sports science, education, psychology, and Islamic studies.

Several keywords were utilized during the literature search process, including "Qur'anic values," "sports coaching," "athlete character," "karate coaching," "sport character," "spiritual coaching in sports," "Islamic values in education," and "holistic athlete

development.” The literature included in this study was limited to publications from the last 10–15 years to ensure the relevance and contemporaneity of the findings, although several classical Islamic references were also incorporated due to their strong conceptual relevance to the study topic. Previous studies indicate that integrating spiritual and ethical values into sports coaching contributes positively to athlete discipline, emotional regulation, and moral behavior (Watson & Nesti, 2021; Camiré, 2021).

The literature selection process employed inclusion and exclusion criteria to maintain the quality and relevance of the analyzed sources. The inclusion criteria consisted of: (1) literature discussing sports coaching, athlete character, or spiritual values in sports; (2) literature examining Qur'anic values and character development; and (3) studies related to athlete coaching or moral education within sports contexts. Meanwhile, the exclusion criteria included literature lacking direct relevance to the research focus, publications without clear academic sources, and articles that had not undergone peer-review processes. This filtering process was important to ensure the credibility and scientific rigor of the reviewed literature (Booth et al., 2021).

Data analysis in this study was conducted using content analysis techniques. Content analysis enables researchers to systematically identify patterns, meanings, themes, and conceptual relationships within selected literature sources (Krippendorff, 2019). The analysis process was carried out through several stages: (1) identifying literature relevant to the research problem; (2) categorizing key concepts associated with Qur'anic values and karate coaching; (3) interpreting the meaning and application of these values within athlete development contexts; and (4) synthesizing findings into a conceptual framework for integrating Qur'anic values into modern karate coaching. The results of the analysis were then presented descriptively in the form of scientific narratives and conceptual tables to facilitate theoretical interpretation and practical understanding.

To enhance the validity and reliability of the study, source triangulation techniques were employed by comparing literature from multiple academic disciplines, including sports coaching, sports psychology, character education, Islamic studies, and educational philosophy. Triangulation is considered an important strategy in qualitative and conceptual studies because it increases analytical depth and minimizes interpretative bias (Creswell & Poth, 2018). Through this approach, the study is expected to provide a comprehensive understanding of how Qur'anic values can be systematically integrated into karate coaching as a holistic strategy for athlete character development in modern sports environments.

## **RESULTS AND DISCUSSION**

### **Result**

#### **Modern Karate Coaching Concept**

The results of this conceptual literature study indicate that modern karate coaching has evolved into a holistic coaching system integrating physical, technical, tactical, psychological, and character development components simultaneously.

Literature analysis shows that modern sports coaching is no longer exclusively oriented toward competitive achievement, but also emphasizes moral and psychological development as an integral part of athlete performance enhancement. Several reviewed studies revealed that karate possesses a unique philosophical foundation compared to many other sports because it combines physical combat techniques with ethical and self-control principles. Modern karate coaching therefore requires the integration of systematic training periodization, emotional management, mental resilience, and moral values within the athlete development process. The analysis further demonstrates that coaches play a dual role as technical instructors and moral educators. Coaches are expected not only to improve athlete performance but also to shape athlete behavior through discipline, responsibility, and respect-based training culture. Psychological aspects such as concentration, confidence, emotional control, and intrinsic motivation were consistently identified as critical factors influencing athlete performance in both training and competition contexts.

**Table 1.**  
 Main Components of Modern Karate Coaching

Coaching Component	Main Focus	Expected Athlete Development
Physical Training	Strength, endurance, agility, flexibility	Improved biomotor abilities
Technical Training	Kihon, kata, kumite mastery	Technical precision and coordination
Tactical Training	Match strategy and decision making	Adaptive competitive performance
Mental Training	Confidence, focus, emotional control	Psychological resilience
Character Development	Discipline, honesty, self-control	Ethical and responsible athletes

The findings indicate that the integration of character education into karate coaching is increasingly recognized as an essential strategy for producing athletes with long-term competitive sustainability and moral integrity.

### **Al-Qur'anic Values in Athlete Character Development**

The literature analysis identified several Qur'anic values strongly associated with athlete character development in modern karate coaching. These values include discipline (istiqamah), patience (sabr), honesty (sidq), responsibility (amanah), hard work (mujahadah), justice ('adl), and self-control (taqwa).

The findings demonstrate that these values align closely with the philosophical foundations of karate and contemporary sports coaching principles. Patience was identified as a key factor supporting athletes' endurance during repetitive training processes and recovery from competitive failure. Discipline contributes to training consistency and adherence to coaching programs, while honesty strengthens sportsmanship and ethical behavior during competitions.

Responsibility and hard work were also found to influence athletes' commitment toward training obligations and performance improvement. Meanwhile, self-control emerged as one of the most significant values in karate coaching because emotional regulation is essential during sparring and competitive situations.

**Table 2.**  
 Qur'anic Values and Their Contribution to Athlete Character Development

Qur'anic Value	Psychological Impact	Application in Karate Coaching
Discipline (Istiqamah)	Training consistency	Following schedules and rules
Patience (Sabr)	Mental resilience	Enduring repetitive drills
Honesty (Sidq)	Ethical awareness	Maintaining sportsmanship
Responsibility (Amanah)	Commitment and accountability	Following coach instructions
Hard Work (Mujahadah)	Achievement motivation	Intensive training participation
Justice ('Adl)	Fairness and respect	Respecting opponents and referees
Self-Control (Taqwa)	Emotional regulation	Controlling aggression during matches

The literature synthesis suggests that athletes possessing strong spiritual and moral foundations tend to demonstrate higher intrinsic motivation, stronger emotional stability, and more adaptive coping mechanisms during high-pressure competition situations.

### Integration of Al-Qur'anic Values in Modern Karate Coaching

The results further reveal that the integration of Qur'anic values into karate coaching can be implemented through several systematic coaching strategies. These strategies include habituation, role modeling, spiritual motivation, value reflection, and character-oriented training culture. The habituation approach was identified as one of the most effective strategies because repeated behavioral reinforcement gradually internalizes moral values into athlete behavior. Examples include punctuality, respect toward coaches and opponents, responsibility for training equipment, and maintaining discipline during training sessions. The role-modeling approach also emerged as a critical component. Coaches who consistently demonstrate honesty, discipline, emotional control, and fairness positively influence athlete behavior through observational learning processes. In addition, spiritual motivation was found to strengthen athletes' intrinsic commitment by helping them perceive training as a meaningful process of self-development and worship.



**Figure 1.**  
 Strategies for Integrating Qur'anic Values into Karate Coaching

The findings indicate that spiritual values can be integrated into modern karate coaching without reducing the effectiveness of physical and technical training. Instead, spiritual integration strengthens athlete discipline, psychological stability, and ethical awareness.

### Conceptual Model of Karate Coaching Based on Al-Qur'anic Values

Based on the literature synthesis, this study formulated a conceptual model integrating Qur'anic values into modern karate coaching through four interconnected components: input, process, output, and outcome. The input component consists of Qur'anic values, modern coaching principles, and athlete characteristics. The process component involves the systematic integration of spiritual values into training activities through habituation, reflection, motivational reinforcement, and coaching culture. The output component includes improved athlete discipline, responsibility, emotional control, and sportsmanship. Finally, the outcome component emphasizes long-term athlete development characterized by balanced physical performance and moral integrity.

**Table 3.**

Conceptual Model of Al-Qur'an-Based Karate Coaching

Component	Description
Input	Qur'anic values, athlete characteristics, coaching principles
Process	Habituation, role modeling, reflection, spiritual motivation
Output	Discipline, honesty, responsibility, self-control
Outcome	Holistic athlete development and sustainable performance

The conceptual findings indicate that integrating Qur'anic values into karate coaching provides a comprehensive framework for athlete development that balances competitive achievement with ethical and spiritual growth. This model also demonstrates strong relevance for implementation within modern sports coaching environments, particularly in religious and culturally value-oriented societies.

### Discussion

The findings of this conceptual literature study demonstrate that the integration of Al-Qur'anic values into modern karate coaching provides a holistic framework for athlete character development that combines physical, psychological, moral, and spiritual dimensions. Modern sports coaching has increasingly shifted from a performance-centered paradigm toward a holistic athlete development approach emphasizing not only technical and tactical mastery but also ethical behavior, emotional intelligence, and personal integrity. This transformation aligns with contemporary sports science perspectives that athlete success is influenced not only by biomotor abilities but also by psychological resilience, moral values, and social behavior (Turnnidge et al., 2021; Camiré, 2021). In karate, this holistic orientation is particularly relevant because karate philosophy inherently emphasizes discipline, self-control, humility, and respect.

The results indicate that modern karate coaching integrates physical training, technical mastery, tactical adaptation, mental preparation, and character education into

a unified athlete development system. This finding supports previous studies explaining that martial arts training contributes positively to emotional regulation, moral behavior, and self-discipline among athletes (Vertonghen & Theeboom, 2020). Karate is not solely designed to develop fighting ability, but also to cultivate positive values and ethical conduct in everyday life. Therefore, integrating Qur'anic values into karate coaching strengthens the philosophical foundations already embedded in martial arts traditions.

One of the central findings of this study is the strong relevance between Qur'anic values and athlete character formation. Values such as patience (*sabr*), discipline (*istiqamah*), honesty (*sidq*), responsibility (*amanah*), justice (*'adl*), hard work (*mujahadah*), and self-control (*taqwa*) were found to align directly with the psychological and behavioral demands of modern karate coaching. This result supports the argument that spiritual values can function as an internal motivational system that shapes athlete behavior consistently and sustainably (Watson & Nesti, 2021). Athletes with strong spiritual awareness tend to demonstrate higher emotional stability, stronger intrinsic motivation, and greater resilience under competitive pressure.

The value of discipline emerged as one of the most dominant aspects in the coaching process. Discipline in sports is strongly associated with consistency, punctuality, adherence to training programs, and commitment toward long-term goals (Gould et al., 2017). In the Qur'anic perspective, *istiqamah* reflects consistency in maintaining righteous behavior despite challenges and difficulties. The findings indicate that integrating discipline values into karate coaching can strengthen athlete commitment to structured training routines. This result is consistent with previous studies showing that disciplined athletes tend to achieve higher performance outcomes because they maintain better training regularity and psychological focus (Weinberg & Gould, 2019).

Patience (*sabr*) was also identified as a critical value supporting athlete resilience. Karate training requires repetitive technical drills and long-term adaptation processes that demand mental endurance. Athletes often experience fatigue, injury risk, performance stagnation, and competitive failure during their development process. In this context, patience functions as a psychological coping mechanism that helps athletes remain persistent and emotionally stable (Nicholls et al., 2016). Several studies in sports psychology explain that resilience and emotional endurance significantly influence athlete adaptation under stressful conditions (Fletcher & Sarkar, 2016). Therefore, integrating *sabr* into karate coaching contributes not only to spiritual maturity but also to psychological resilience.

Furthermore, the findings highlight the importance of honesty (*sidq*) and justice (*'adl*) in strengthening sportsmanship and ethical conduct during competition. Modern sports environments increasingly face issues related to cheating, aggression, emotional misconduct, and unethical behavior. Integrating Qur'anic ethical principles into coaching may help address these moral challenges by fostering integrity and fairness among athletes. Previous studies emphasize that sportsmanship and ethical coaching environments positively influence athlete moral development and social behavior

(Boardley et al., 2020). In karate, honesty and fairness are reflected in respecting opponents, accepting referee decisions, and competing honorably without manipulation or unsportsmanlike actions.

Responsibility (*amanah*) was also identified as an important component in athlete character formation. Responsibility in sports includes commitment toward training obligations, maintaining discipline, respecting team rules, and fulfilling roles within the coaching system. The findings suggest that athletes who internalize *amanah* values tend to show higher accountability and stronger engagement in training activities. This supports character education theories emphasizing that responsibility contributes significantly to behavioral consistency and moral maturity (Lickona, 2013). In karate coaching, responsibility also relates to maintaining training safety, respecting coaching instructions, and contributing positively to the training environment.

Another important finding concerns self-control (*taqwa*) as a major determinant of emotional regulation during sparring and competition situations. Karate competitions often involve high emotional intensity, physical confrontation, and psychological pressure. Athletes who fail to regulate emotions may demonstrate aggression, frustration, or impulsive decision-making that negatively affects performance. The findings indicate that *taqwa*-based self-control can support emotional stability, concentration, and psychological composure during matches. This finding aligns with sports psychology literature explaining that emotional regulation is one of the strongest predictors of competitive performance and psychological well-being (Lane et al., 2017). Athletes with better emotional control generally demonstrate more adaptive responses during stressful competitive situations.

The study also found that the integration of Qur'anic values can be effectively implemented through habituation, role modeling, spiritual motivation, and value reflection. Habituation was identified as an effective strategy because repeated behavioral reinforcement facilitates long-term internalization of moral values. This supports social learning theory, which explains that consistent repetition of positive behaviors contributes to sustainable character formation (Bandura, 1997). In karate coaching, habituation can include punctual attendance, respectful interaction, maintaining training discipline, and practicing ethical conduct repeatedly until these behaviors become embedded in athlete identity.

The role of coaches as moral role models also emerged as highly significant. Coaches who demonstrate integrity, discipline, fairness, and emotional maturity positively influence athlete behavior through observational learning processes. This finding supports previous studies indicating that coach behavior strongly affects athlete motivation, moral development, and psychosocial outcomes (Turnnidge & Côté, 2019). In value-based coaching systems, coaches are not only technical instructors but also educators who shape athlete identity and ethical orientation.

Spiritual motivation was another important component identified in this study. Athletes who perceive training as a meaningful process connected to worship, self-development, and moral growth tend to demonstrate stronger intrinsic motivation and

longer-term commitment. Previous research confirms that intrinsic motivation positively influences training consistency, psychological well-being, and performance sustainability (Ryan & Deci, 2020). Integrating spiritual meaning into karate coaching therefore provides athletes with a deeper sense of purpose beyond competitive achievement alone.

The conceptual model developed in this study further demonstrates that integrating Qur'anic values into karate coaching creates a balanced athlete development framework consisting of input, process, output, and outcome components. This systems-based approach strengthens the sustainability of character development because spiritual values are embedded systematically within training culture rather than implemented superficially. Similar findings in holistic coaching literature indicate that sustainable athlete development requires integration between psychological, moral, and technical dimensions (Holt et al., 2017).

From a practical perspective, the findings of this study provide important implications for coaches, sports institutions, and athlete development programs. Coaches are encouraged to incorporate moral reflection, ethical discussions, and spiritual reinforcement into regular training activities. Sports institutions may also develop value-oriented coaching curricula emphasizing character education alongside physical performance. In religious societies, integrating spiritual values into coaching systems may increase cultural relevance and strengthen athlete identity formation.

Nevertheless, this study has several limitations. As a conceptual literature study, the findings are primarily theoretical and have not yet been empirically tested in real coaching environments. Future studies are therefore recommended to conduct experimental or qualitative investigations examining the effectiveness of Qur'an-based karate coaching models on athlete discipline, emotional regulation, sportsmanship, and performance outcomes. Longitudinal studies may also provide deeper insights into the long-term impact of spiritual coaching integration on athlete character development.

Overall, the findings confirm that integrating Al-Qur'anic values into modern karate coaching represents a promising approach for developing athletes who excel not only in performance but also in moral integrity, emotional maturity, and social responsibility. This holistic coaching framework contributes significantly to the development of ethical, disciplined, and psychologically resilient athletes capable of sustaining both competitive excellence and positive character in modern sports environments.

## CONCLUSION

This study aimed to examine the integration of Al-Qur'anic values into modern karate coaching as a foundation for athlete character development through a conceptual literature review approach. Based on the results of the literature analysis, it can be concluded that modern karate coaching has evolved beyond a performance-oriented approach that focuses solely on physical conditioning, technical mastery, and tactical preparation. Contemporary karate coaching increasingly emphasizes holistic athlete

development, including psychological maturity, emotional stability, moral awareness, and spiritual character. The findings demonstrate that the philosophical principles of karate strongly align with the moral teachings contained in the Qur'an, making the integration of spiritual values highly relevant in modern coaching systems.

The results of the study revealed that several key Qur'anic values, including discipline (*istiqamah*), patience (*sabr*), honesty (*sidq*), responsibility (*amanah*), hard work (*mujahadah*), self-control (*taqwa*), and justice (*'adl*), have substantial relevance to athlete character formation in karate. These values contribute positively to training consistency, emotional regulation, sportsmanship, intrinsic motivation, and ethical behavior during training and competition. The study further identified several practical strategies for integrating these values into karate coaching, such as habituation of positive behavior during training activities, coach role modeling, strengthening spiritual motivation, and value reflection after training sessions and competitions.

Furthermore, this study successfully formulated a conceptual model of karate coaching based on Qur'anic values consisting of input, process, output, and outcome components. The model demonstrates that systematic integration of spiritual values into coaching practices can positively influence athlete character development, increase motivation and commitment to training, and support sustainable athletic achievement. Therefore, the implementation of Al-Qur'an-based karate coaching can serve as an alternative holistic coaching approach capable of producing athletes who are not only physically and technically competent, but also possess strong moral integrity, emotional maturity, and spiritual awareness in both sports and everyday life.

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the literature review process. The availability of these scientific resources greatly supported the depth and comprehensiveness of the analysis conducted in this study.

Furthermore, the authors would like to acknowledge the importance of Al-Qur'an values as a universal moral foundation that inspired the development of this conceptual coaching model. The integration of spiritual values into modern karate coaching is expected to contribute positively to the advancement of holistic athlete development, particularly in creating athletes who excel not only in physical performance and technical ability but also in moral integrity, discipline, and spiritual awareness.

Finally, the authors hope that this study will provide meaningful theoretical and practical contributions to the development of character-based sports coaching and inspire future research regarding the integration of spiritual values into modern sports environments.

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