

A STUDY OF ANXIETY OF BOXERS WITH REFERENCE TO THEIR LEVEL OF PARTICIPATION

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ABSTRACT

The main thrust of the modern sports is on winning, not just to participate or to engage in recreation. Physical Health, fitness, joy and fun are no longer the rationale or even the intention. The sensational performance of Indian pugilist in international events has been largely attributed to the aggression, anxiety and the lack of will to win. These are the factors that make great competitors. The study consists of 300 male boxers were selected as subject. The levels of participation of the boxers were District (100), State (100) and National (100). The age groups of the boxers were 17 to 25 years who participated at different levels district, state and national level in 2012. Anxiety Questionnaire by Martin were use to asses psychological variables. Two tail student t' test was used for analysis of results.. The result of the study shows that National level boxers have shown less anxiety than state and district level which are significant at 0.01 level of significance.

KEYWORDS: Anxiety, Boxers, Level of Participation.

INTRODUCTION

Psychology plays an important role in boxing as well because a player has to understand the behaviour of the opponent and has to change strategy accordingly. To put the psychological pressure on the opponent, a boxer should be psychologically fit. The psychological factors which effect a boxer directly are, anxiety, aggression and will to win. Boxing is a game of skill, concentration, good co-ordination, and anticipation. Basslor (1977), it is the mental toughness, as heart bears exertion, to sustain hard punches. It is the activities that change the state of one's mind and further exerts pressure and to further influence behaviour.

Rajesh (2007) conducted a study on aggression level of boxer and wrestlers and he concluded that there is no significant difference in level of aggression of the boxers and the wrestlers.

Anxiety effects your sporting performance, because it diverts your focus onto losing, tripping, injuring etc. If you are not anxious and relax, you will find your sports much more fun and will get involved more .Anxiety in considered as a block to activity. A person who suffers from anxiety is not able to devote his full energy in the performance. It is, therefore considered by many that anxiety interferences. This motion is however, based on the wrong understanding of the role of anxiety. In fact anxiety helps in learning or performance or also stimulates it.

Boxing depends not only on physical fitness, but top level of psychological adjustment also, which is the present need of the boxers. Psychological factors help coaches to understand the reality of fitness along with behaviour of boxer's before and during competition. Personality of the boxer affects performance by many factors like anxiety will to win, aggressiveness, fear and attitude.

In the game of boxing anxiety plays a major role in best performance for the best performance the level of anxiety must be optimum. Boxing being a combative game, it involves dangers of physical injury. So state situation anxiety has higher level when a boxer enters the ring, the level of state anxiety should be reduced with passing time for the best performance. Rathore, Bhadana and Singh (2001) carried out an investigation of sports special ability in relation to anxiety, aggression and adjustment of Rajasthan state junior boxers. There are two major loci of control in the career of sports competitors i.e. the internal and external control. Internal factors include ability, superiority in skill, practices, suitable body build, etc, while the external factors include chance, luck, influence of high-ups, financial backing, official's role and judgment etc. Success or failure in sports to a great degree is dependent on these factors, It, therefore, seems worthwhile to locate the factors that influence sports careers and their relation to anxiety, aggression and self-efficacy. The objectives of the study were to explore the extent of special sports related ability of the Junior Boxers, to understand the personality factors of boxers, and to measure the level of anxiety, aggression and adjustment of the Junior State boxers. The ample consisted of a group of 60 Rajasthan State Junior boxers from the age group 17-19 years, who had to participate at the State level.

METHODOLOGY

SAMPLE

The present study, total 300 male boxers were selected as subject as different levels of participation. The levels of participation of the boxers were District (100), State (100) and National (100). The age group of the boxers was 17 to 25 years different districts of Haryana.

TOOLS USED

Anxiety Questionnaire constructed by Martin.

STATISTICAL TECHNIQUES USED

The present study data obtained by the anxiety questionnaire from the boxers were analyzed. To compare psychological measurements of Boxer 't' test was used as devised by Garrett (1981).

RESULTS

TABLE-1: Comparison of Anxiety between National,

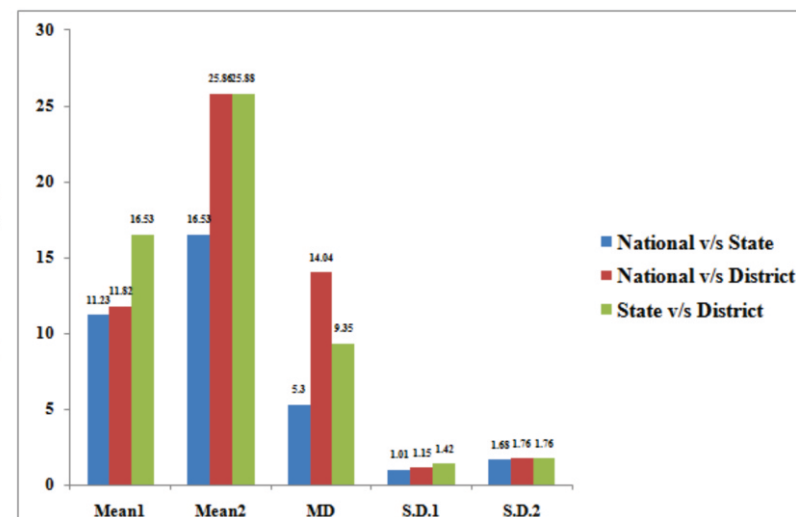
Level of Participation	N1	N2	Mean1	Mean2	MD	S.D.1	S.D.2	S.Ed.	t-ratio
National v/s State	100	100	11.23	16.53	5.3	1.01	1.68	0.20	26.5*
National v/s District	100	100	11.82	25.86	14.04	1.15	1.76	0.21	66.86*
State v/s District	100	100	16.53	25.88	9.35	1.42	1.76	0.23	40.65*

*Significant at 0.01 level.

Table 1 shows that the mean scores of anxiety of national level boxers is 11.23, while the mean of anxiety of state level boxers is 16.53 with S.D. 1.01 and 1.68 respectively. The t-ratio of anxiety of both the group of boxers (national and state) is 26.5 which is significant at 0.01 level.

Further table 1 shows that the mean scores of anxiety of national level boxers is 11.82, while that of district level boxers is 25.86 with S.D. 1.15 and 1.76 respectively. The t-ratio of anxiety of both the group of boxers (national and district) is 66.86 which is significant at 0.01 level of significance. It emerges from table 1 that the mean scores of anxiety of state level boxers is 16.53, while that of district level boxers is 25.88 with S.D. 1.42 and 1.76 respectively. The t-ratio of anxiety of both the group of boxers (state and district) is 40.65 which is significant at 0.01 level of significance. Comparison between mean, mean deviation and S.D. values of anxiety between national, state and district level boxers is shown below in figure 2:

FIGURE-2: Showing Comparison of Mean, Mean Deviation and S.D. Values of Anxiety between National, State and District Level Boxers



DISCUSSION

From the table 2, it is clear that there is a significant difference in anxiety of boxers at National and state level. Table 2 shows that National level boxers show less anxiety than state level boxers. National level boxers are practicing more and with this they are having more training and experience than those of state level that is why they give better performance than state level boxers.

Table 2 shows that National level boxers show less anxiety than District level boxers. National level boxers are practicing more and with this they are having more training and experience than those of District level, that is why they give better performance than District level boxers, but District level boxers are beginners and they have hesitation and lack in fighting experience. So they suffer from more anxiety.

Table 2 shows that state level boxers show less anxiety than district level boxers. State level boxers are practicing more than district level boxers and with this they are having more training and experience than those of district level, that is why they give better performance than district level boxers, but District level boxers are beginners and they have hesitation and lack in fighting experience. So they suffer from more anxiety.

CONCLUSIONS

- National level boxers have shown less anxiety than state level.
- National level boxers are better in anxiety than district level boxers.
- State level boxers are better in anxiety than district level.

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