

# Psychological profile of national level girl's boxers

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## ■ ABSTRACT

The purpose of this study was to survey the psychological profile of national level girl boxers. For the purpose of this study, one hundred national level girl boxers with the age ranged from 15-17 years participated at 58<sup>th</sup> national boxing under 17 tournament held at Karaikkudi in Tamil Nadu from December 5 to 10,2012 were selected as the subjects. The selected psychological variables were motivation, anxiety *i.e.* trait and state anxiety and aggression. To measure all the selected psychological variables, standard questionnaire was used. Motivation was measured by questionnaire constructed by M.L. Kamlesh (1992). anxiety *i.e.* trait and state anxiety were measured by the questionnaire constructed Spielberger (1966). To measure the aggression method of Buss and Perry (1992) was used. Descriptive statistical consisted of mean, median, standard deviation which were used as a statistical tool for construction of profile of national level girl boxers. The level of significance was set at 0.05 level of confidence, which was considered appropriate for this study.

■ **Key Words** : Aggression, Motivation, Trait, State anxiety, Normative scales

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In ancient time people were more dedicated toward such a games and sports which are not only recreational but the game should have physically more dominated in nature. At that time sports and games were part and parcel of their life. In this way boxing is also one of the oldest games played since origin of physical activities. Historical evidences throws the light regarding the importance of boxing in their life. Boxing is considered to be male dominated sports because it required lots of physical strength (Boddy, 2009). Whereas for female this sports was very far from their participation due to misconception of losing their feminine characteristics. Boxing was first introduced in modern Olympic in 1904 for both the sexes but it is accepted only for the male. As the popularity increased for boxing amateur international boxing association lifts the ban on women boxing for encouraging the female participation in boxing. Later on numbers of countries promoted boxing in their country for female by lifting ban from female boxing like England, USA and other European countries. The USA organised first national boxing championship for girl in 1997.

Since then amateur international boxing association approved the first European cup for women. In 2001 world amateur boxing championship was conducted in Scranton, even 2009 the international Olympic committee lift the ban on girl boxing due to mass participation and demand of this sport. In 2012 London Olympic, a woman boxing was introduced first time which was gratitude with huge participation and appreciation from the boxing lover's spectators (Women boxing, Wikipedia, 2012).

Indian boxing federation is also governing body for promotion and development of girl boxing in India. Indian girl boxers are having very successful records of participation in boxing. For activity involvement of girl and encouragement of boxing every year national women boxing championship is successfully organised by the Indian boxing federation. Recently one of the Indian boxers, Mary Kom brought the glory for the country wining her fifty world championship title in a row and got the eligibility to participate in Olympic 2012 and won bronze medal.

Boxing is a game which required lots of physical

strength to play. In recent year introduction and employment of sports psychology in the field of sports has put it demand in high level. People are using various psychological methods for enhancing the performance of sportsman. It is well known facts that psychological variables have great impact while performing in sports, therefore it is well required to find out to what extents these variable interact with the performance and on the basis of this psychological variable can be developed in sportsman.

The conceptualising of this topic is in endeavour from the research scholar to find out the significance of selected psychological variables in the games of boxing. And help the coaches to provide the importance of psychological variables while selecting the good boxer and reinforce a psychological training as part of their training programme.

## METHODOLOGY

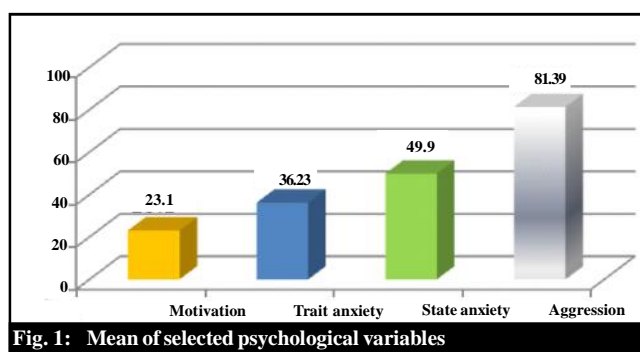
The sample was the 100 national level girls players, with the age ranged from 15+/-1.24 years, who participated at 58<sup>th</sup> national boxing under 17 tournament held at Karaikkudi in Tamil Nadu from December 5 to 10, 2012. This study was taken to pin point those psychological variables for investigation, which were not only applicable but also closely related to the purpose of this study. Therefore, based on literary support, correspondence with the experts and scholar's own understanding, the variables were selected for the purpose of this study was aggression, motivation and trait and state anxiety. To measure all the selected psychological variables standard inventory was used. Motivation was measured by questionnaire constructed by M.L.Kamlesh (1992), anxiety *i.e.* trait and state anxiety were measured by the questionnaire constructed by Spielberger (1966). To measure the aggression method of Buss and Perry (1992) was used. Descriptive statistical consists of mean, median, standard deviation which were used as a statistical tool for construction of profile of national level girl boxers. The level of significance was set at 0.05 level of confidence, which was considered appropriate for this study.

## OBSERVATIONS AND DISCUSSION

Descriptive statistical findings of the research study related to selected psychological variables. *i.e.* motivation, anxiety and aggression have been presented in Table 1.

Table 1 shows that, the mean and standard deviation of one hundred national level girl boxers on motivation was  $23.10 \pm 7.10$  with the range of 42.00 and variance 50.475 where as the minimum and maximum score were 12.00 and 54.00, respectively. The result of trait anxiety showed that the mean and standard deviation of one hundred national level girl boxers was  $36.23 \pm 10.15$  with the range of 49.00 and variance 103.048 where as the minimum and maximum score were 21.00 and 70.00, respectively. The range of state anxiety was 65.00 with the mean and standard deviation of  $49.00 \pm 13.711$  and variance was 188.010, where the minimum and maximum score were 23.00 and 88.00. The mean and standard deviation of one hundred national level girl boxers on aggression was  $81.39 \pm 17.52$  with the range of 98.00 and variance 307.048 where as the minimum and maximum score were 29.00 and 127.00, respectively.

The graphical representation of mean of selected psychological variables are presented in Fig. 1.



Boxing is an individual combat sports in which some degree of violence is permitted. Boxing required a tremendous amount of physical strength with high level of psychological determination to perform in the boxing ring. In recent years, study conducted in the field of sports psychology showed the importance and implementation of sports psychology in the field of sports. It is well known facts now that to perform in any level of sports an individual not only consist the physical ability of that games but also equipped himself with the psychological aspect too.

The motive behind the construction of psychological profile for girl boxer was to find out the significance of selected psychological variables needed to be a successful

**Table 1: Descriptive statistical profile of national level boxer on selected psychological variables**

	N	Range	Minimum	Maximum	Mean	Std. deviation	Variance
Motivation	100	42.00	12.00	54.00	23.1000	7.10456	50.475
Trait anxiety	100	49.00	21.00	70.00	36.2300	10.15124	103.048
State anxiety	100	65.00	23.00	88.00	49.9000	13.71168	188.010
Aggression	100	98.00	29.00	127.00	81.3900	17.52280	307.048

boxer.

For this purpose of the study, 100 national boxer girls were selected as subjects and the selected psychological variables for this study were motivation, anxiety and aggression. Khan *et al.* (2011) conducted study on 237 senior amateur boxers taking similar psychological variables to find out the importance of these variables to perform boxing.

The result of the data revealed in term of motivation that 100 national level girl boxers were low in motivation scale. Motivation is very vital factor to perform well in any individual sports (Kerr, 1999). But here the subjects showed that they were low in scale the reasons for this, selected subjects were school going girls which are more oriented toward the academic part than the sports field. And they participated in boxing just for recreation purpose and were not very much determined to take boxing as career.

A large part of being successful depends on the ability to perform well under stress which is very much common in the game of boxing. Boxing is considered as unpredictable game. A little bit of anxiety can in fact enhance the performance. This is due to adrenaline being released into our blood stream. The statistical data analysis revealed that the school national girl boxer were average in disposing the anxiety in ring. There were neither high nor low in the anxiety scale. This indicates that they were well experience boxers and maintain their mental status in a steady form in the competition.

Aggression is defined as the infliction of an adverse stimulus, physical, verbal, or gestural, upon one person by another. Aggression is not an attitude, but behaviour and, most critically, it is committed with the intent to injure. The school national girl boxer showed very high in aggression. On the ground of psychological, it has been found in various study (Writer, 2011) (Connor, 2004) conducted in this selected age group which is considered as adolescent age stumble on more aggressive in nature and very short temper nature wise. Individual having dominated character in the age which is directly and indirectly related with the enhancement of aggression.

In nutshell it is been said that boxing is not just about getting into shape and mastering the tools of the sweet science. An equally important aspect of the fight game is having the mental fortitude to succeed. Boxing is unique from other sports, as a fighter must stand alone inside the ring (Enamait, 2003).

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