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A comparative study of level of aspiration in boxing players of Himachal Pradesh and Delhi State

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Abstract

The boxing is most popular combative sports in India as well as world. In India this game has been very excellent performance at International level. The last two Olympic, the Indian boxing team are doing very good achievements that why the all boxers are inspire to this game. When the boxers have been high performed at different level then he thinks about his career, what he do. According to this the researcher was selected this study "The Level of Aspiration in Boxing Players of Himachal Pradesh and Delhi State". A total number of 40 male boxers (20 Himachal Pradesh, 20 Delhi) are observed for the study by having a questionnaire schedule including closed-ended questions. And when we talk about players, they all are state level boxers. Their age group is in the stage of between 18 to 25 years. To evaluate the career aspiration Scale which contains 30 items formulated by (Dr. Sarita Anand.) was applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of stress among Himachal Pradesh and Delhi boxers. The level of significance set at 0.05 levels.

Keywords: aspiration, boxing, male, state

Introduction

The origin of boxing game was found to be in the ancient Greek period and then later by ancient Romans. It was found that during that period they had sports called pugilism which is also referred as boxing. This type of sports event was said to be more popular and most of the people shows their interest in developing the skill and knowledge in the field. Energetic, professional trainers were exercised to provide training and due to the interest of people, it was widely spread throughout the world. People who engaged in the sports play through by fighting each other with their fists and hands. Adequate training is required to the participants to play the successfully and technically. (www.streetdirectory.com)

Amateur boxing may be found at the collegiate level, at the Olympic Games and Commonwealth Games, and in many other venues sanctioned by amateur boxing associations. Amateur boxing has a point scoring system that measures the number of clean blows landed rather than physical damage. Bouts consist of three rounds of three minutes in the Olympic and Commonwealth Games, and three rounds of three minutes in a national ABA (Amateur Boxing Association) bout, each with a one-minute interval between rounds. (<http://en.wikibooks.org>)

The boxing ring

A boxing ring must be no greater than 6.1m (66ft) squared and it has four corner posts. Two are white with the others red and blue, which are diagonally across from each other. These are the individual fighters 'corners' to which they retreat in between rounds to be patched up and given tactical advice from their trainers. (www.realbuzz.com)

Introduction of Sport Psychology

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments.

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Sport psychologists have two objectives in mind: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. (Singer, 1986)

Aspiration

In every day we use 'ambition' or aspiration, they are synonymous and are used inter changeably. The definition of ambition is given by a standard dictionary as an 'eagerness' for honor, superiority, power or attainment. It suggests a personal uplifting. Aspiration means the goal of individual that he sets for himself in a task. Aspiration has three important aspects. First, what performance or aspect of it the individual considers desirable or important. Second, how will he expect to perform especially in the important aspect? Third, how important the performance is to him, either as a whole or in its different aspects. According to Webster dictionary which defines aspiration a "strong desire for realization of ambition", ideas or accomplishment Eynersch (1972) considered aspiration as level of possible goal (score) an individual sets for himself, Crites (1972) also expressed similar views and reports that in vocational selection the first stage is aspiration which is not in touch with apparent reality, though it may have visionary reality. The use of term aspiration has made in a number of field such as sociology, psychology, religion, ethics vocational and educational guidance immediate aspiration are the goals that the individual sets for himself for immediate future such as goals for passing exams, the goals for future and called as remote

aspirations Level of aspiration The term level of aspiration was used by Demoo in 1930 in connection with a study of the dynamics of anger. An individual's aspiration level represents him not as he is at that particular moment but also as he would like to be. It is a "measure of his intentional dispositions, an important element of his long range behavior. It is an index of the person as an individual helps to determent by the amount of self-esteem he needs to maintain." An individual aspire for things out of immediate reach for two reasons. As a social self he is impelled by the standards of society to compare himself with other's in the realism of achievement and it is the nature of every healthy human organism to reach out beyond the limits of his current attainment. (Dr. Kumar Sanjay 2013) [2]

Aim of the study

To evaluate & comparison of level of aspiration in male boxers of Himachal Pradesh& Delhi & to determine the psychological characteristics of different boxers.

Method and Technique

The survey type study was designed to find out the significance difference in male boxing players of Himachal Pradesh & Delhi. The 40 male boxers (20Himachal Pradesh, 20 Delhi) were selected for this study with the age group of 18 to 25 years. The quota sampling method was used for selection of boxers. Only level of aspiration was calculated through the career aspiration Scale which include 30 items designed by (Dr. Sarita Anand.) was applied. The t ratio was used for significance of this study. After that the difference in level of aspiration was presented in following table & graph.

Table 1: Showing the 't' ratio in level of aspiration between state level Boxing Players

S. No	State	Mean	S.D	Mean difference	S.E	't' ratio
1	Himachal Pradesh	110.5	15.31	5.25	4.27	1.22
2	Delhi	105.2	11.42			

Level of Significance 0.05 Tabulated value at (38df) =3.56

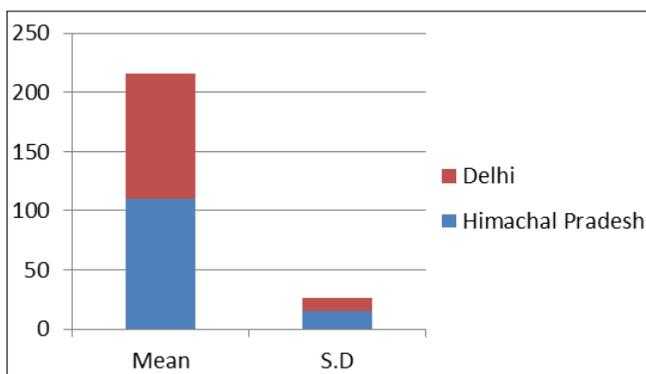
According to Table 1 statistically represent that the Mean and Standard Deviation with regard to boxing players of Himachal Pradesh is 110.5 and 15.31 where as in case of boxing players of Delhi is 105.2 and 11.42 respectively. The calculated t-value (1.22) which is less than the tabulated' value (3.56) at 0.05 levels. In this table it can be concluded that boxing players of Himachal Pradesh how high level as compare the boxing players of Delhi. So, it indicates that there is no significant difference between boxing players of Himachal Pradesh & Delhi state for their aspiration level.

Conclusion

After the used of suitable statistical analysis (t ratio) it can be concluded that the level of aspiration is high in boxing players of Himachal Pradesh compare to boxing players of Delhi state.

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Graph 1: Graphical representation of Descriptive statistics of level of Aspiration