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**Amit**  
Research Scholar Dept of  
Physical Education, K.U  
Kurukshetra, Haryana, India

## A comparative study of body mass index among judo and boxing players

**Amit**

### Abstract

The present study has been designed to investigate the A comparative study of body mass index among judo and boxing players. For accomplish the study total 12 judo and 12 boxing players were randomly selected as sample. Total 24 inter university level players were selected as samples. All samples were selected from the Kurukshetra University, Kurukshetra. The data was analyzed by applying 't' test in the order to determine the difference of body mass index between the male judo and boxing players, the level of significance was set at 0.05. We find out that there would be no significant difference between judo and Boxing players in their body mass index.

**Keywords:** judo, boxing, body mass index

### Introduction

A combat sport, or fighting sport, is a competitive contact sport with one-on-one combat. Determining the winner depends on the particular contest's rules. In many fighting sports, a contestant wins by scoring more points than the opponent or by disabling the opponent. Boxing, kickboxing, amateur wrestling, judo, Brazilian Jujitsu, mixed martial arts, and Muay Thai are examples of combat sports. Today athletes usually fight one-on-one, but may still use various skill sets such as strikes in boxing that only allows punching, taekwondo where punches and kicks are the focus or muay thai and burmese boxing that also allow the use of elbows and knees. There are also grappling based sports that j may concentrate on obtaining a superior position as in freestyle or Collegiate wrestling using throws such as in judo and Greco-Roman wrestling the use of submissions as in Brazilian jiu-jitsu. Modern mixed martial arts competitions are similar to the historic Greek Olympic sport of pankration and allow a wide range of both striking and grappling techniques. Combat sports may also be armed and the athletes compete using weapons, such as types of sword in western fencing (the foil, epee and saber) and kendo (shinai). Modern combat sports may also wear complex armor, like SCA Heavy Combat and kendo. In Gatka and Modern Amos sticks are used, sometimes representing knives and swords.

### Judo

Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponents down to the ground, control them, and apply various chokeholds or joint locks until submission. Judo is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Judo is a rigorous and demanding physical activity. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practice of judo. But beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. They learn about values of perseverance, respect, loyalty, and discipline.

**Correspondence**  
**Amit**  
Research Scholar Dept of  
Physical Education, K.U  
Kurukshetra, Haryana, India

Judo students develop an outstanding work ethic, as well as important social manners and etiquette. They learn to overcome their fears, and to show courage under pressure. Through competition and the rigors of daily practice, they learn about justice and fairness. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become active and contributing members of their communities, nations, and the world. In this way, judo students play an important role in developing societies, and creating new and better communities for the future.

**Boxing**

Boxing is a combat sport in which two people throw punches at each other, usually with gloved hands. Historically, the goals have been to weaken and knock down the opponent. Boxing techniques, boxing advice, and boxing instructions to help all boxers train and perfect their boxing skills to become a stronger, more powerful, and faster boxer. Great technique should improve effectiveness and efficiency. Great fighting techniques are focused on improving performance as opposed to be limited by rules and forms. Every fighter and fighting situation is different requiring mastery of many techniques. There are no such things as the “best fighting techniques”, there are only good applications. Technique in itself is not so much what you do, but how you use it. BMI is also played a major role for boxers.

**BMI**

The body mass index is a value derived from the mass and

height of an individual. The BMI is defined as the body mass divided by the square of the body height, and is universally expressed in units of kg/m<sup>2</sup>, resulting from weight in kilograms and height in meters. BMI is used as a screening tool to indicate whether a person is underweight, overweight, and obese or a healthy weight for their height. BMI values are age-independent and the same for both sexes. However, BMI may not correspond to the same degree of fatness in different populations due to different body proportions. The health risks associated with an increasing BMI are continuous, and the interpretation of BMI grading in relation to risk may differ for different populations.

**Objectives of the study**

To compare the body mass index between judo and boxing inter university players.

**Hypothesis of the study**

There would be a significant difference among judo and boxing inter university players in their body mass index.

**1. Research process and methodology**

The sample for the present study was 12-12 students of judo and boxing inter university players will be selected as subject in Kurukshetra University, Kurukshetra.

**2. Tool and techniques**

For measure the body mass index

**3. Statistical Method**

The obtained data were analyzed by applying ‘t’ test in order to determine the body mass index among judo and boxing players. The level of significance was set at 0.05.

**Table 1:** Mean difference among judo and boxing inter university players in their body mass index

S. No	Variables	Group	N	Mean Score	SD	df	t-value
1.	Judo	Male	12	23.57	1.65	22	1.78(NS)
2.	Boxing	Male	12	22.93	2.30		

Table value at 0.05 level 2.00 with df 22.

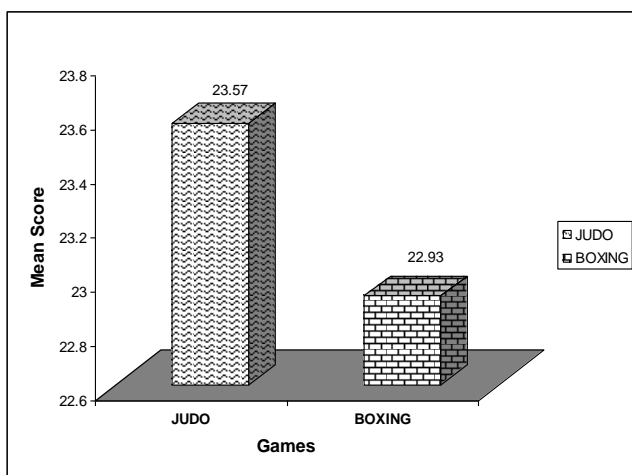
Table 1 show that ‘t’ value (1.78) for the mean score of BMI between Judo and Boxing players is lower than the table value 0.05. The mean score of Judo players is (23.57) and mean score of Boxing players is (22.93). It means that there is no significance difference in their body mass index.

**Results**

No significant difference was observed between Judo and Boxing players in their body mass index. That is why hypothesis-1 “There would be a significant difference between Judo and Boxing players in their BMI” which was formulated earlier was rejected.

**References**

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**Fig 1:** Mean difference among judo and boxing inter university players in their body mass index