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A comparative study of pull ups between different level boxing players

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Abstract

The present study has been designed to investigate the level of muscle strength and endurance among the state, national and university level boxing players. For accomplish the study total 120 boxing players (40 state level players, 40 national level players and 40 university level players) were selected through random sampling as subjects of this study. All the samples were selected from north zone who participate at state, national and university level. The age of the sample were ranged from 16 to 26. SPSS version 20 was used to apply all statistical terms and ANOVA was applied to compare the results. The level of significance was set at 0.05. A significant difference was observed between state, national and university level players' students in their muscle strength and endurance. National level players are having more muscle strength and endurance in comparison of state and university level boxing players.

Keywords: Pull Ups, inter-university, state, national, boxing

Introduction

Boxing is an severe exercise and not simply about throwing punches: It requires the ability to combat difficult for two minutes at a time. It requires speed, agility, energy and mental focus. A pull-up is an upper-body compound pulling exercise. Although it can be carried out with any grip, in current years some have used the time period to refer extra particularly to a pull-up performed with a palms-forward position. In later decades, this utilization has inverted, with some the usage of "chin" to refer to a pull-up executed with a palms-backward position. In spite of this, "chin" is nevertheless usually used refer to overhand-grip. The most popular contemporary that means refers to a closed-chain body-weight motion where the body is suspended by means of the arms, gripping something, and pulls up. As this happens, the wrists remain in impartial (straight, neither flexed nor extended) position, the elbows flex and the shoulder adducts and/or extends to carry the elbows to or occasionally at the back of the torso. The knees may also be bent via preference or if the bar is now not high enough. Bending the knees or maintaining your legs out in front slightly can also help to limit swinging.

Objectives of the Study

- The main objective of the study was to compare the pull ups among state, national and university level boxing players.

Hypothesis of the Study

- There would be no significant difference in pull ups among state, national and university level boxing players.

Research Process and Methodology

- The sample for the present study was 40 state levels, 40 national level and 40 university level boxing players were randomly selected as samples.
- All the samples were selected from north zone of India.
- The age of the sample were ranged from 16 to 26.

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Tools and Techniques

Pull Ups

Purpose: This test measures upper body muscle strength and endurance.

Equipment Required: Horizontal overhead bar, set at an adequate height so that the participants can hang from it with their arms fully extended and feet not touching the floor.

Procedure: Grasp the overhead bar using either an overhand grip or underhand grip, with the arms fully extended. The subject then raises the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. The pull-ups should be done in a smooth motion. Jerky motion, swinging the body, and kicking or bending the

legs is not permitted. As many full pull-ups as possible are performed.

Scoring: The total number of correctly completed pull-ups is recorded. The type of grip should also be recorded with the results.

Statistical Method

- The obtained data were analyzed by applying one way analysis of variance in order to determine the pull ups among state, national and university level boxing players.
- The level of significance was set at 0.05.
- For obtaining reliable result special statistics software (SPSS-20) was used.

Table 1: Mean Difference between State, National and University Level Boxing Players in Their Pull Ups (*N* = total numbers of students)

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
State level players	40	8.60	2.52	.40	7.79	9.40	4	14
National level players	40	10.02	2.53	.40	9.21	10.83	6	16
University level players	40	8.82	2.67	.42	7.96	9.68	5	14
Total	120	9.15	2.63	.24	8.67	9.62	4	16

The table no 1 shows the characteristic of selected sample among all discipline and it was observed that mean and standard deviation of state level Boxing players were 8.60±2.52 and mean and standard deviation of national level Boxing players were 10.02±2.53 and mean and standard

deviation of university level Boxing players were 8.82±2.67 respectively. As parametric assumptions the obtained data were found normally distributed and can be performed for further parametric treatment.

Table 2: Analysis of Variance between different Competition Levels in their Motor Fitness Component- Pull Ups

	Sum of Squares	(df)	Mean Square	F	Sig.
Between Groups	46.950	2	23.475	3.520	.033
Within Groups	780.350	117	6.670		
Total	827.300	119			

Table 2 revealed the comparative analysis in the terms of inferential statistics one way analysis of Variance ANOVA. It was observed that the calculated value of *F* was 3.520 which was statistically significant at 0.05 level of significance (*P* <

0.05). It means there is a significant difference was observed between the players of different level of competitions in their respective variable. The description of group difference was given in Post Hoc Analysis.

Table 3: Post Hoc Test for Pull Ups

Dependent Variable: Pull UPS LSD						
(I) level of Competition	(J) level of Competition	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
State	National	-1.425*	.577	.015	-2.57	-.28
	University	-.225	.577	.698	-1.37	.92
National	State	1.425*	.577	.015	.28	2.57
	University	1.200*	.577	.040	.06	2.34
University	State	.225	.577	.698	-.92	1.37
	National	-1.200*	.577	.040	-2.34	-.06

*. The mean difference is significant at the 0.05 level.

An analysis of table no.3 reveals that national level players are having more muscle strength and endurance in comparison of state and university level boxing players. There

is not significant difference in between university and state level boxing players in their muscle strength and endurance.

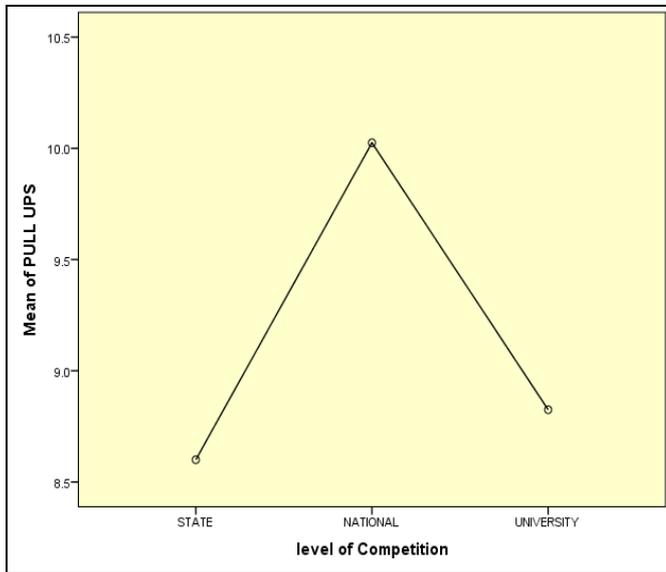


Fig 1: Mean Difference between State, National and University Level Players in Their

Result

A significant difference was observed between state level players and university level players' students in their pull ups level. That is why hypothesis-1 "There would be no significant difference in pull ups between state, national and university level boxing players." which was formulated earlier was rejected. National level players are having more muscle strength and endurance in comparison of state and university level boxing players.

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