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Assessment of psychological traits in medalists and non-medalists junior Indian boxers

Prachi Malik**Abstract**

The purpose of the present study was to assess the psychological traits in medalists and non-medalist junior Indian boxers. A total of (N=60); 16 medalists and 44 non-medalists Junior Indian Boxers with age ranging between 15 – 20 years were selected as subjects for a comparative study. Psychological variables selected for the present study were aggression, motivation and trait and state anxiety. Motivation was measured by questionnaire constructed by Dr. M.L. Kamlesh (1992), anxiety i.e. trait and state anxiety were measured by the questionnaire constructed by Dr. Spielberger, (1966). To measure the aggression questionnaire developed by Buss & Perry (1992) was used. Independent T-Test was employed for the analysis of data and the level of significance was set at 0.05. The results indicated that Concentration (P=0.05) and Self Confidence (P= 0.00) have a significant difference between the Medalist and non-medalists boxers. All other variables found insignificant.

Keywords: Psychological traits, medalists and non-medalists, boxers

Introduction

Boxing a combat sports played an important part since ancient Greece; both in the four great Pan-Hellenic festivals – the Olympian, Pythain, Nemean and Isthmian. The most Prestigious Games, the Olympic, began in 776 BC, and Boxing was introduced in 688BC. Boxing was introduced in modern Olympic in 1904.

Psychological health and sport performance improvement has been considered as two main factors. Psychological health is a phenomenon that examines the body impact on mind. Sport performance improvement depends on psychological factors and includes the issues of anxiety, focusing, self-confidence and motivation. This area isn't limited just for skilled athletes but include an extensive spectrum from athletes like members of club teams but also include old people that exercise for fun (Parya, 2015)^[17].

Structure of athletes' personality was often subject of sport psychologists' researches. Understanding personality structure, basically, is to determine prominent individuals' disposition: specific, which control behavior of one type situation, and general, which are in the base of behavior in broad class situations (Havelka & Lazarević, 1981)^[11]. There is a mutual dependence in relationship between sports and personality structure: some personality traits determine success of the sport, and sport influences as formation and development of specific characteristics, that further behavior become inseparable components of personality athletes (Havelka and Lazarević, 1981)^[11]. Boss Sham pointed out that 90% of the athletes' experiences indicate that when they compete in large field with athletes compete on par in terms of physical fitness, this is psychological fitness ultimately determines winner (Martens, 1993)^[15]. (Arlick & Partington 1988)^[2] presented evidence indicating the importance of psychological skills in sports. They found that among variables involved in sport, such as physical and technical variables, only the psychological variables helped to predict the championship with 235 participants in the Canadian Olympic Games. Many modern sport psychology researchers are convinced that the psychological skills are associated with excellence and superiority in sport and these skills are essential for the development of sport and should be refined to achieve high levels of performance (Ali Aghae, 2005)^[1]. Elite athletes in many sports that have special mental strategies are associated with specific levels of performance (Elizabeth, 2005)^[8].

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Murphy *et al.* (1989) found that world class, young elite athletes, squad endowed with better judgment in choosing their mental skills (Shahzad, 2013) [20]. Many research described and compared the psychological characteristics as the distinguishing factor between sports groups with different competitive levels of performance noted that the characteristics of achievement motivation (McNamara *et al.*, 2010) [14], self-esteem, love, flexibility and realism, tactical and technical capabilities of personality (Brown 2003; Arshlm & Radnyla, 2004) [7], mental skills (Pashabadi *et al.*, 2011) [18] and competitive anxiety (Ziv & Lidor, 2013) serve as psychological characteristics affecting performance. Modern sports psychologists are more concerned with specific conditions, mental functions or dispositions, and coping skills that athletes are manifested in various sports and situations that significantly determine quality of their competition performances. The reason for this is, probably, complexity of personality's make-up as general individual characteristics. Inside sport is a large number of different sports branches and disciplines, which themselves expose athletes to different situations and specific requirements (Lansky, 1999) [13]. Thus, the purpose of the present study was to assess the Psychological traits in medalists and non-medalists' junior Indian boxers

Research methodology

Procedure

A comparative study was designed where simple random sampling was conducted on participants (boxers) of U-17 and U-21 group in Khelo India Youth Games 2019, held from Jan13, to Jan19, 2019 at Pune, Maharashtra. A total of 60 participants; 16 medalists and 44 non-medalists were selected for the study. Each participant was informed about the importance of this study and the information in the questionnaire was filled by the participants after their boxing competition. Psychological variables selected for the present study were aggression, motivation and trait and state anxiety. Motivation was measured by questionnaire constructed by Dr.M.L.Kamlesh (1992), anxiety i.e. trait and state anxiety were measured by the questionnaire constructed by Dr. Spielberger, (1966). To measure the aggression questionnaire developed by Buss & Perry (1992) was used.

Statistical Techniques

The data of the Psychological traits were collected through the established and reliable questionnaires after the competition. Independent t-test was employed as the statistical tool for analyzing the data for the study.

Results

Table 1: Descriptive Statistics of the study

Variables	Level	N	Mean	Std. Deviation	Std. Error Mean
Self-Confidence	Medalist	16	2.40	0.46	0.12
	Non Medalist	44	2.47	0.57	0.09
Negative Energy Control	Medalist	16	3.22	0.64	0.16
	Non Medalist	44	3.05	0.60	0.09
Attention Control	Medalist	16	2.98	0.79	0.20
	Non Medalist	44	2.80	0.55	0.08
Visual/Imagery Control	Medalist	16	1.86	0.65	0.16
	Non Medalist	44	2.01	0.69	0.10
Motivational Level	Medalist	16	2.05	0.54	0.14
	Non Medalist	44	2.09	0.67	0.10
Positive Energy	Medalist	16	1.73	0.48	0.12
	Non Medalist	44	1.84	0.56	0.08
Attitude Control	Medalist	16	2.09	0.63	0.16
	Non Medalist	44	2.14	0.58	0.09
Task	Medalist	16	3.68	1.30	0.32
	Non Medalist	44	3.62	1.04	0.16
Ego	Medalist	16	3.44	1.13	0.28
	Non Medalist	44	3.27	0.73	0.11
Coping with Adversity	Medalist	16	2.09	0.64	0.16
	Non Medalist	44	2.13	0.55	0.08
Coachability	Medalist	16	2.29	0.56	0.14
	Non Medalist	44	2.16	0.66	0.10
Concentration	Medalist	16	2.36	0.69	0.17
	Non Medalist	44	1.98	0.61	0.09
Confidence and Achievement Motivation	Medalist	16	1.99	0.74	0.19
	Non Medalist	44	1.87	0.67	0.10
Goal Setting and Mental Preparation	Medalist	16	1.80	0.62	0.15
	Non Medalist	44	1.77	0.69	0.10
Peaking Under Pressure	Medalist	16	1.68	0.47	0.12
	Non Medalist	44	1.53	0.49	0.07
Freedom from Worry	Medalist	16	2.29	0.42	0.10
	Non Medalist	44	2.11	0.58	0.09
Cognitive State Anxiety	Medalist	16	2.39	0.45	0.11
	Non Medalist	44	2.32	0.55	0.08
Somatic State Anxiety	Medalist	16	2.14	0.48	0.12
	Non Medalist	44	2.13	0.48	0.07
Self - Confidence	Medalist	16	3.29	0.54	0.14
	Non Medalist	44	2.86	0.46	0.07

The mean and standard deviation of Self-Confidence was 2.40 and 0.46 for medalists and for the non-medalists it was 2.47 and 0.57 respectively. The junior Indian boxers exhibited a mean and standard deviation of 3.22 and 0.64 for medalists and the non-medalist shows mean of 3.05 and standard deviation of 0.60 respectively for Negative Energy Control. The mean and standard deviation of Attention Control was 2.98 and 0.79 for medalists and for the non-medalists it was 2.80 and 0.55 respectively. The junior Indian boxers exhibited a mean and standard deviation of 1.86 and 0.65 for medalists and the non-medalist shows mean of 2.01 and standard deviation of 0.69 respectively for Visual/Imagery Control. The mean and standard deviation of Motivational Level was 2.05 and 0.54 for medalists and for the non-medalists it was 2.09 and 0.67 respectively. The junior Indian boxers exhibited a mean and standard deviation of 1.73 and 0.48 for medalists and the non-medalist shows mean of 1.84 and standard deviation of 0.56 respectively for Positive Energy. The mean and standard deviation of Attitude Control was 2.09 and 0.63 for medalists and for the non-medalists it was 2.14 and 0.58 respectively. The junior Indian boxers exhibited a mean and standard deviation of 3.68 and 1.30 for medalists and the non-medalist shows mean of 3.62 and standard deviation of 1.04 respectively for Task.

The mean and standard deviation of Ego was 3.44 and 1.13 for medalists and for the non-medalists it was 3.27 and 0.73 respectively. The junior Indian boxers exhibited a mean and standard deviation of 2.09 and 0.64 for medalists and the non-medalist shows mean of 2.16 and standard deviation of 0.66

respectively for Coping with Adversity. The mean and standard deviation of Coachability was 2.29 and 0.56 for medalists and for the non-medalists it was 2.16 and 0.66 respectively. The junior Indian boxers exhibited a mean and standard deviation of 2.36 and 0.69 for medalists and the non-medalist shows mean of 1.98 and standard deviation of 0.61 respectively for Concentration. The mean and standard deviation of Confidence and Achievement Motivation was 1.99 and 0.74 for medalists and for the non-medalists it was 1.87 and 0.67 respectively. The junior Indian boxers exhibited a mean and standard deviation of 1.80 and 0.62 for medalists and the non-medalist shows mean of 1.77 and standard deviation of 0.69 respectively for Goal Setting and Mental Preparation.

The mean and standard deviation of Peaking under Pressure was 1.68 and 0.47 for medalists and for the non-medalists it was 1.53 and 0.49 respectively. The junior Indian boxers exhibited a mean and standard deviation of 2.29 and 0.42 for medalists and the non-medalist shows mean of 2.11 and standard deviation of 0.58 respectively for Freedom from Worry. The mean and standard deviation of Cognitive State Anxiety was 2.39 and 0.45 for medalists and for the non-medalists it was 2.32 and 0.55 respectively. The junior Indian boxers exhibited a mean and standard deviation of 2.14 and 0.48 for medalists and the non-medalist shows mean of 2.13 and standard deviation of 0.48 respectively for Somatic State Anxiety. The mean and standard deviation of Self - Confidence was 3.29 and 0.54 for medalists and for the non-medalists it was 2.86 and 0.46 respectively.

Table 2: Independent T Test

Variables		t-test for equality of means		
		t	df	Sig. (2-tailed)
Self-Confidence	Equal variances assumed	-0.418	58	0.68
	Equal variances not assumed	-0.458	32.328	0.65
Negative Energy Control	Equal variances assumed	0.943	58	0.35
	Equal variances not assumed	0.914	25.18	0.37
Attention Control	Equal variances assumed	1.013	58	0.32
	Equal variances not assumed	0.856	20.501	0.40
Visual/Imagery Control	Equal variances assumed	-0.797	58	0.43
	Equal variances not assumed	-0.816	27.948	0.42
Motivational Level	Equal variances assumed	-0.195	58	0.85
	Equal variances not assumed	-0.216	32.847	0.83
Positive Energy	Equal variances assumed	-0.683	58	0.50
	Equal variances not assumed	-0.732	30.663	0.47
Attitude Control	Equal variances assumed	-0.297	58	0.77
	Equal variances not assumed	-0.284	24.606	0.78
Task	Equal variances assumed	0.18	58	0.86
	Equal variances not assumed	0.162	22.438	0.87
Ego	Equal variances assumed	0.697	58	0.49
	Equal variances not assumed	0.572	19.77	0.57
Coping with Adversity	Equal variances assumed	-0.187	58	0.85
	Equal variances not assumed	-0.174	23.565	0.86
Coachability	Equal variances assumed	0.741	58	0.46
	Equal variances not assumed	0.798	30.913	0.43
Concentration	Equal variances assumed	2.04	58	0.05
	Equal variances not assumed	1.915	23.863	0.07
Confidence and	Equal variances assumed	0.624	58	0.54
Achievement Motivation	Equal variances not assumed	0.594	24.447	0.56
Goal Setting and	Equal variances assumed	0.151	58	0.88
Mental Preparation	Equal variances not assumed	0.159	29.621	0.88
Peaking Under Pressure	Equal variances assumed	1.036	58	0.31
	Equal variances not assumed	1.066	28.185	0.30
Freedom from Worry	Equal variances assumed	1.134	58	0.26
	Equal variances not assumed	1.319	37.052	0.20
Cognitive State Anxiety	Equal variances assumed	0.42	58	0.68
	Equal variances not assumed	0.464	32.693	0.65

Somatic State Anxiety	Equal variances assumed	0.057	58	0.96
	Equal variances not assumed	0.057	26.587	0.96
Self - Confidence	Equal variances assumed	3.057	58	0.00
	Equal variances not assumed	2.817	23.174	0.01

The table No.2, Independent T-Test revealed that the variables Concentration and Self Confidence have a significant difference in Medalists and Non-medalist Junior Indian Boxers. All others Variables like Negative Energy Control, Attention Control, Visual/Imagery Control, Motivational Level, Positive Energy, Attitude Control, Task, Ego, Coping with Adversity, Coachability, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peaking Under Pressure, Freedom from Worry, Cognitive State Anxiety and Somatic State Anxiety found to be insignificant.

Discussion of Findings

The purpose of the present study was to assess the psychological traits in medalists and non-medalist junior Indian boxers. And the result clearly indicates that concentration level of medalist players found significantly higher (0.05) than non-medalist. The results are in consonance Pashabadi, A., *et al.*, (2011) [18]. Neha, R. & Bhukar, J.P. (2019) [6] stated that athletes are more focused and determined to cover the target distances as per the training schedule i.e., high intensity pace or time duration or the distance to be covered in kilometers, lot of patience and will power is required which revealed that achievers are more focused for their task in hand. Present study further indicates that medalist players had better self-confidence as the *f*-value (0.00) which is smaller than .05 found to be significant. Self-confidence is key to success had been reported by Verma J. P. (2011) [21]. Self-confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives (Bandura, 1986) [4]. A growing body of evidence suggests that one's perception of ability or self-confidence is the central mediating construct of achievement strivings (e.g., Bandura, 1977; Ericsson *et al.*, 1993; Harter, 1978; Nicholls, 1984) [3, 9, 10, 16]. Self-regulation, in turn, consists of three related sets of activities: self-monitoring, self-evaluation, and self-reactions. Self-monitoring provides information about current performance, which is then evaluated by comparing that performance with one's goal. The comparison between performance and goal results in two distinct types of self-reactions: self-satisfaction or -dissatisfaction and self-confidence expectations. Satisfaction or dissatisfaction is an affective response to past actions; self-confidence expectations are judgments about one's future capabilities to attain one's goal

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