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**Dr. Vijay Singh**

H.O.D., Department of Physical Education, University of Kota Rajasthan, India

## Assessment study on the sports competition anxiety among male and female Indian sub-junior boxers

**Dr. Vijay Singh**

### Abstract

Anxiety is one the many psychology aspects that influence players during competition. It is proved in previous researches that anxiety clearly affects the performance and the individual reaction to its outcome. The purpose of the present study was to assess the Sports Competition Anxiety among national level Boxers and to examine differences in Sports Competition Anxiety among male and female Sub-Junior Boxers. The sample for this research were 24 (12 males and 12 females) National level Boxers from the States of Rajasthan, Delhi, Uttar Pradesh, Punjab, Haryana, Madhya Pradesh, Jharkhand, Maharashtra, Manipur, and West Bengal. Martens' Sports Competition Anxiety Test (1977) was used to measures the Sports Competition Anxiety of all the subjects of this study. The data collected from the subjects were statistically analyzed for difference if any, by applying 't' test. The result reveals that the Boxers of both categories showed normal range of Sports Competition Anxiety. This study also indicated that male Boxers have low Sports Competition Anxiety than female Boxers the 't' value of Sports Competition Anxiety 3.45 is found significant at 0.01 level.

**Keywords:** Competitive anxiety, hand-eye coordination, male and female boxers etc.

### Introduction

Boxing (also known as "western boxing" or "pugilism") is a combat sport and a martial art in which two people, usually wearing protective gloves and other protective equipment such as hand wraps and mouth guards, throw punches at each other for a predetermined amount of time in a boxing ring.

Although the term boxing is commonly attributed to Western boxing, in which only fists are involved, it has developed in different ways in different geographical areas and cultures of the World. In global terms, "boxing" today is also a set of combat sports focused on striking, in which two opponents face each other in a fight using at least their fists, and possibly involving other actions such as kicks, elbow strikes, knee strikes, and head butts, depending on the rules. Some of these variants are the bare knuckle boxing, kickboxing, Muay-Thai, Lethwei, Savate, and Sanda. Boxing techniques have been incorporated into many martial arts, military systems, and other combat sports.

Though humans have fought in hand-to-hand combat since the dawn of human history and the origin of the sport of boxing is unknown, according to some sources boxing has prehistoric origins in present-day Ethiopia where it appeared in the sixth millennium BC and when the Egyptians invaded Nubia they learned the art of boxing from the local population and they took the sport to Egypt where it became popular and from Egypt boxing spread to other countries including Greece, and eastward to Mesopotamia and northward to Rome.

The earliest visual evidence of any type of boxing is from Egypt and Sumer both from the third millennia and can be seen in Sumerian carvings from the third and second millennia BC. The earliest evidence of boxing rules dates back to Ancient Greece, where boxing was established as an Olympic game in 688 BC. Boxing evolved from 16<sup>th</sup>- and 18<sup>th</sup>-century prizefights, largely in Great Britain, to the forerunner of modern boxing in the mid-19<sup>th</sup> century with the 1867 introduction of the Marquess of Queensberry Rules.

Amateur boxing is both an Olympic and Commonwealth Games sport and is a standard fixture in most international games - it also has its world championships. Boxing is overseen by a referee over a series of one-to-three-minute intervals called "rounds".

**Corresponding Author:****Dr. Vijay Singh**

H.O.D., Department of Physical Education, University of Kota Rajasthan, India

A winner can be resolved before the completion of the rounds when a referee deems an opponent incapable of continuing, disqualifies an opponent, or the opponent resigns. When the fight reaches the end of its final round with both opponents still standing, the judges' scorecards determine the victor. In case both fighters gain equal scores from the judges, a professional bout is considered a draw. In Olympic boxing, because a winner must be declared, judges award the contest to one fighter on technical criteria.

Boxing as a classical two-person sport is probably the oldest sport in the world. It can be traced back to the early history of mankind. In ancient times, humans were dependent on the strength of their own bodies, in confronting both natural forces and other humans. There were only primitive weapons, as far as any existed. Boxing was thus of primary importance in survival.

### History

Hitting with different extremities of the body, such as kicks and punches, as an act of human aggression, has existed across the world throughout human history, being a combat system as old as wrestling. However, in terms of sports competition, due to the lack of writing in the prehistoric times and the lack of references, it is not possible to determine rules of any kind of boxing in prehistory, and in ancient times only can be inferred from the few intact sources and references to the sport.

The origin of the sport of boxing is unknown, however according to some sources boxing has prehistoric origins in present-day Ethiopia, where it appeared in the sixth millennium BC. When the Egyptians invaded Nubia they learned the art of boxing from the local population, and they took the sport to Egypt where it became popular. From Egypt, boxing spread to other countries including Greece, eastward to Mesopotamia, and northward to Rome.

The earliest visual evidence of boxing comes from Egypt and Sumer both from the third millennium BC. A relief sculpture from Egyptian Thebes (c. 1350 BC) shows both boxers and spectators. These early Middle-Eastern and Egyptian depictions showed contests where fighters were either bare-fisted or had a band supporting the wrist. The earliest evidence of use of gloves can be found in Minoan Crete (c. 1500–1400 BC).

Various types of boxing existed in ancient India. The earliest references to *musti-yuddha* come from classical Vedic epics such as the *Rig Veda* (c. 1500–1000 BCE) and *Ramayana* (c. 700–400 BCE). The *Mahabharata* describes two combatants boxing with clenched fists and fighting with kicks, finger strikes, knee strikes and headbutts during the time of King Virata. Duels (*niyuddham*) were often fought to the death. During the period of the Western Satraps, the ruler Rudradaman - in addition to being well-versed in "the great sciences" which included Indian classical music, Sanskrit grammar, and logic - was said to be an excellent horseman, charioteer, elephant rider, swordsman and boxer. The *Gurbilas Shemi*, an 18th-century Sikh text, gives numerous references to *musti-yuddha*. The martial art is related to other forms of martial arts found in other parts of the Indian cultural sphere including Muay Thai in Thailand, Muay Lao in Laos, Pradal Serey in Cambodia and Lethwei in Myanmar.

Boxing is an individual sport and at the same time, a part of the larger "team" concept. Some sports are tougher than

others; some require physical strength and the ability to run fast. Others require the ability to jump long and high while possessing acute hand-eye coordination. The athleticism derived from Boxing will be beneficial in almost any sport. Participation in Boxing provides: greater coordination, more endurance, increased strength, better flexibility, improved balance, increased speed & quickness and better reaction time. As far as the ultimate physical, mental and emotional challenge goes, no sport on earth rivals amateur Boxing. Sport competition creates some anxiety in nearly all participants, and for some individuals the anxiety is so intense that successful performance and enjoyment of the activity is impossible (Gill, 1986) <sup>[3]</sup>. To an extent, all human behavior is influenced by anxiety. Anxiety is a fundamental human emotion that evolved over countless generations as an adaptive mechanism for coping with change (Spielberger, 1989) <sup>[9]</sup>. Due to the uncertain nature of sports, each player must learn to cope with anxiety associated with competition. An individual's performance is directly affected by the perception of his/her capabilities to meet the situational demands (Spielberger, 1976). In case of Boxing; there are many sources of anxiety in Boxers: parents, coaches, fans, peers, opponents and oneself. Anxiety clearly affects performance and the individual's reaction to its outcome.

The sports scientist viz. Bell, K F (1979) <sup>[2]</sup>, Arno F. Witting (1984) <sup>[1]</sup> and Martin, J.P *et al.* (2002) <sup>[7]</sup> compare the anxiety level among male and female players but the research in the field of Boxing is very few. Keeping this in mind the present study was carried out to find out the gender differences in sports competition among Boxers.

### Methodology

Total twenty-four Boxers (n = 24) took part in the present study. All participants were national level Boxers from the States Rajasthan, Delhi, Uttar Pradesh, Punjab, Haryana, Madhya Pradesh, Jharkhand, Maharashtra, Manipur, and West Bengal. The sample included twelve male (n=12 male) and (n=12 female) female Boxers. The sample was selected by random sampling technique. Sample was taken from the venue of the National Sub Junior Championship at Bellary, Karnataka. The data was collected one day prior to the championship with the help of Sports Competitive Anxiety Scale.

### Tools

Martens' Sports Competition Anxiety Test (1977) was used to measure the sports competition anxiety of all the subject of this study. Martens' Sports Competition Anxiety Test Scale was originally developed to measure how anxious individuals generally feel before competitive situations. It includes 15 items that are usually scored using a three -point response ranging from hardly ever, sometimes and often. The items are face valid, and the scale is short and easy and fast to administer.

### Statistical procedure

The data obtained were analyzed with the help of statistical software (SPSS 11.5 version). The mean, standard deviation along with 't' test has been applied to check the significance differences of anxiety between sample mean of two groups viz. male and female Boxers. The criterion for statistical significance was set at 0.01 level of confidence.

## Result and Discussion

**Table 1:** Mean and S.D. of Sports Competition Anxiety of Male Boxers Male Boxers (N = 12)

Mean	SD
20.25	1.24

**Table 2:** Mean and S.D. of Sports Competition Anxiety of Female Boxers Female Boxers (N = 12)

Mean	SD
22.08	1.35

**Table 3:** Comparisons of Sports Competition Anxiety between Male and Female Boxers

Male Boxers		Female Boxers		Mean Diff.	SEM	't' Value	Level of Sign.
Mean	SD	Mean	SD				
20.25	1.35	22.08	1.24	1.83	.39	3.45	0.01

To summarize, the results of descriptive statistics Table 1 indicated the mean score of Male Boxers Score in Sports Competition Anxiety were 20.25 ( $\pm$  1.35). In case of Female Boxers the mean score of Sports Competition Anxiety were 22.08 ( $\pm$ 1.25) see Table 2.

Table 3 reveals that male Boxers have Low Sports Competition Anxiety than female Boxers and the 't' value of self-esteem 3.45 is found significant at 0.01 level.

### Conclusion

The aim of this study was to assess the Sports Competition Anxiety among national level Boxers and to examine differences in Sports Competition Anxiety among male and female Sub-junior Boxers. The result reveals that the Boxers of both categories showed normal range of Sports Competition Anxiety.

This study also indicated that male Boxers have less anxious than Female Boxers. The finding of this study is supported by Martins, J.P. *et al.* who also concluded that female athletes have different anxiety level compared to that of male. The present study has great significance in the field of sports and physical education (especially in the field of Boxing). Understanding the pre competition anxiety level of the Boxers may help the coaches that work with them to enhance the sports performance of their trainee.

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