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A COMPARATIVE STUDY OF PSYCHO-PHYSIOLOGICAL STRESS BETWEEN MEDALIST AND NON-MEDALIST OF NATIONAL LEVEL BOXER

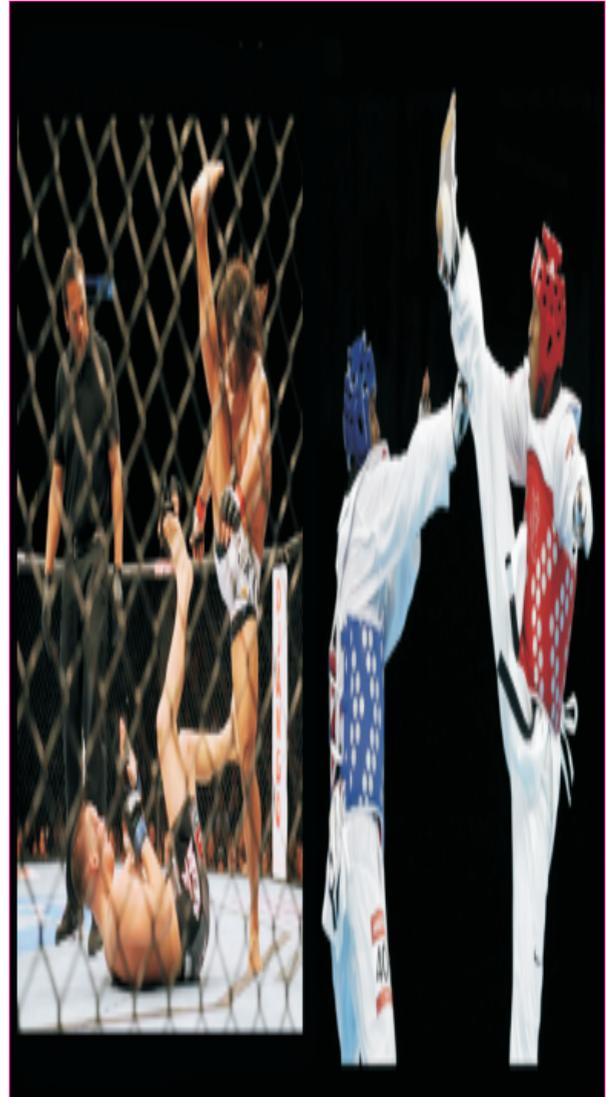
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ABSTRACT

The purpose of the study is "A Comparative Study of Psycho-Physiological Stress Between Medalist and Non-medalist of National Level Boxer".

In order to achieve this purpose Ninety Six Boxers were selected as subject at random from 56th Senior National Boxing Championship which was held at Bhatinda, Punjab on September 2-8, 2008. Forty Eight medalist and Forty Eight Non-medalist boxers were selected as subject. Four medalists and four non-medalists were selected from each twelve weight categories. The age of subjects were ranging from 19 to 32 years.

Out of this 10 boxers was randomly selected for the purpose of trail run. The purpose of trail run was to discover whether meaning of all questionnaires was administered to the sample of 10 subjects the answers was tabulated and evaluated; the questionnaire was given to the group of experts in the field of sports psychology to evaluate it further.



KEYWORDS: National Level Boxer, Psycho-Physiological Stress, Medalist and Non-medalist.

INTRODUCTION :

On the basis of the trail administration of the questionnaire to the boxers and the experts opinion, the necessary changes was made in it and then final form of questionnaire which was in both English and Hindi was administered to the subjects.

To assess the level of Trait and state sports confidence, Robin S. Vealey's confidence Inventories were used and data were collected from the subjects.

To assess the level of aggression, A.V. Carron's Aggressiveness Questionnaire was used and data were obtained from boxers.

All the filled in questionnaires were collected from the subjects personality and scored according to the scoring keys. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusions.

The Tester's competency was assessed together with the reliability of the tests. To determine the reliability of the test, the performance of 10 subjects selected at random on all chosen variables were recorded, twice under similar condition by the investigator. The questionnaire then given to the group of experts in the field of boxing sports psychology to evaluate.

Perior to the administration of the tests, to obtain full cooperation from the subjects they were oriented to the purpose of the study. The investigator explained each psychological factors and the questionnaire in detail to the subjects.

The data on the chosen psychological and physiological variables were collected by administrating standard questionnaire and tests. The administration of the tests and the method of collecting data were explained below.

The subjects were explained about the meaning and use of particular questionnaire and know what has to be done exactly.

On the basis of trail run and experts opinion, the tester tests the subject accordingly. This was treated as tester's reliability and competency.

Data were collected for this study directly at the time of 56th Senior National boxing Championship which was held at Bhatinda, Punjab on September 2-8, 2008.

Sports confidence, Anxiety and Aggression were measured by using questionnaires. These questionnaires were specifically for administration before the boxing competition.

Blood Pressure (Systolic & Daistolic) was recodedin mm. hg. with help of Sphygmomanometer. Pulse Rate was recoded in numbers as total number of palpation in radial artery per minutes

To find out the significant mean difference among various groups and categories, two way analysis of variance (2 x 12 factorial design) was used. The Scheffe's post hoc test was used to find out the paired mean difference, and simple effect method was used to find out over all cells mean difference.

FINDINGS

It was found that there was no significant different in the level of trait confidence between medalist and non-medalist. There was significant different in the level of state confidence among interaction. There was also significant difference in anxiety level between medalist and non-medalist boxers. There was no significant difference in the level of aggression between medalist and non-medalist boxers and all the weight categories. There was no significant difference in the level of Systolic Blood Pressure, Daistolic Blood Pressure and Pulse Rate between medalist and non-medalist boxers and all the weight categories.

CONCLUSOSN

Within the limitations of the study the following conclusions were drawn :

- 1.The twelve weight categories of national level boxers were not significantly differ in trait confidence, state confidence, anxiety and aggression.
- 2.The medalist and non-medalist national level boxers were not significantly differ in trait confidence, state confidence and aggression. However they were significantly differ in anxiety.
- 3.The medalist and non-medalist in all weight categories were not significantly differ in trait confidence, anxiety and aggression. However they were significantly differ in state confidence.
- 4.The twelve weight categories of national level boxers were not significantly differ in Systolic Blood Pressure, Daistolic Blood Pressure and Pulse Rate.
- 5.The medalist and non-medalist national level boxers were not significantly differ in Systolic Blood Pressure, Daistolic Blood Pressure and Pulse Rate.
- 6.The medalist and non-medalist in all weight categories were not significantly differ in Systolic Blood Pressure, Daistolic Blood Pressure and Pulse Rate

RECOMMENDATIONS

While conducting this study, the investigator felt certain lacuna in the present understanding of

confidence, anxiety, aggression, Systolic Blood Pressure, Diastolic Blood Pressure and Pulse Rate in the field of boxing. Hence recommendations are made in the hope that these findings will be of value in future research problems on confidence, anxiety, aggression, Systolic Blood Pressure, Diastolic Blood Pressure and Pulse Rate in competitive sports like boxing.

1. The present study needs to be strengthened by more extended studies on the influence of trait and state sports confidence, anxiety and aggression level, over the performance of boxers.
 2. This study may be taken for sub-junior and junior boxers at state, and national levels.
 3. This study may be conducted in a comparative way between individual and team games.
 4. The study can be conducted at Intersiversity and university levels.
 5. The study may be conducted on other sports and games.
 6. The study may be conducted on all the participants at National Boxing championship.
 7. Similar study may be undertaken using other psychological variable on National level boxers.
- Similar study may be undertaken using other physiological variable on National level boxers.

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