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A Comparative Study Of Aggression And Anxiety Of Low And High Level Achievements Boxer Of Maharashtra

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Abstract

The primary aim of the investigation was to compare the aggression and anxiety of low and high level achievements boxer of Maharashtra. The investigator has made an attempt to classify or define the level of boxers based on the class of the games of the boxing . Accordingly two groups of boxers were targeted; low and high level of achievement boxers aged between 16 to 42 years. The low level achievement boxer were those who were regularly participating for three years in the state level boxing tournament and the high level of achievement boxer were regularly participating for three years in the national boxing tournaments. Aggression was assessed by Sports Aggression Inventory constructed and standardized by Prof. Anand Kumar Shrivastava & Prem Shankar Shukla and Anxiety measured through Sport Competition Anxiety Test. Result reveals that there was significant difference was found between low and high achievements Boxers, High achievements Boxers was found to have got more aggressive as compare to low achievement Boxers. Meanwhile significant difference was found between low and high achievement Boxers. Low achievement boxer incur significantly less anxious as compare to high achievement Boxers.

Introduction

Boxing is a male-dominated sport, sanctioning and even encouraging violence and aggression through its rules and norm. Sport has become a psycho-social activity, full of tension, anxiety, fear and stresses. In competitive sports, teams and individual players play to win and this spirit of winning the matches and individual events causes many psychological stresses. So the job of the coach is to prepare or train the individual athlete as well as teams in such a way that the players individually as well as, in their capacity, as members of the team are to bear all types of stresses and overcome the effect of over-stresses and strains which may deteriorate the sports performance. The players need to undergo such an arduous, training that they should be able to have physical load during practice schedules and can have psychic stress

during the period of competition, because it is during competition that athletes as well as teams inevitably come under psychological stress. In modern competitive sports, the role of anxiety in sports performance has attracted the attention of sports scientists. As the physical load during training of sportsmen for international competition is increasing day-by-day, the psychic stress during competition has been intensified. It has been realized that during their participation in competitive sports, the players and athletes are also anxiety-prone. Hence in these days, psychological training of the players and athletes has attracted a greater attention than in the past.

Methods

The investigator has made an attempt to classify or define the level of boxers based on the class of the games of the boxing. Accordingly two groups of boxers were targeted; low and high level of achievement boxers aged between 16 to 42 years. Total 88 boxers were selected for the present study from Vidharva Region of Maharashtra of which 44 boxers belong to low achievement and 44 boxers belong to high achievement. The low level achievement boxers were those who were regularly participating for three years in the state level boxing tournament and the high level of achievement boxers were regularly participating for three years in the national boxing tournaments.

Measure of Psychological factors

The Psychological factors were measured through two questionnaires as follows:

Aggression: Aggression was assessed by Sports Aggression Inventory constructed and standardized by Prof. Anand Kumar Shrivastava & Prem Shankar Shukla. Sports Aggression Inventory consists of 25 questions, in which 13 items are keyed 'yes' that are 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24, & 25 and the statements which are keyed "No" that are 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 & 23. Score of 12-13 is considered as average on aggression and those scores higher than 12-13 will be considered as high on aggression and those scores lower than 12-13 will be considered as low on aggression. For each item score was either "1" or zero. The maximum score may be 25 and minimum score may be "0".

Sport Competition Anxiety Test (SCAT)

The SCAT contains 15 items, 10 of which measure symptoms associated with anxiety. The five items that are not scored are included in the inventory to reduce the likelihood of an internal response-set bias. The standard instructions of the SCAT ask respondents to indicate how they "usually feel when competing in sports and games." However, to make the

instrument more contextually relevant to the athletes in this study, the phrase “sports and games” was replaced with the word “hockey.” On a 3-point scale (1 = *hardly ever*, 2 = *sometimes*, 3 = *often*) respondents indicated the frequency with which they generally experienced the 10 anxiety related symptoms. The scores for the 10 items are summed to provide an overall measure of CTA, with a high composite score (as opposed to a low composite score) reflecting a greater tendency to experience competitive anxiety. Martens et al. (1990) provided a detailed overview of the validation process pertaining to the SCAT’s development including evidence of high internal consistency (KR-20 values ranging from .95 to .97), high test-retest reliability (*M* retest reliability = .77), and a list of over 80 published studies that have employed the instrument as a measure of CTA

Results

Table – 1
Mean Scores and Standard Deviations of selected Components of the High level Achievement Boxer

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	25.67	8.87
2.	Weight (Kg)	69.23	12.34
3.	Height (cm)	168.30	25.20

Table-1, shows that the mean scores and standard deviations of the selected components of the High level Achievement Boxer.

Table – 2
Mean Scores and Standard Deviations of selected Components of Low level Achievement Boxer.

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.60	7.87
2.	Weight (Kg)	60.21	10.23
3.	Height (cm)	130.31	18.97

Table-2, shows that the mean scores and standard deviations of the selected components of the Low level Achievement Boxer.

Table -3
Means scores, standard deviation and t-ratio of aggression between low and high achievement Boxers.

Variable	Test	Number	Mean	S.D.	t-ratio
Aggression	Low Achievement Boxer players	44	19.66	4.31	Sig at .05 level*
	High Achievement Boxer players	44	22.44	4.66	

As per table-3Shows that mean scores, standard deviation and t-ratio of aggression between low and high achievement Boxers.

Table 4
Means scores, standard deviation and t-ratio of Sports Competitive Anxiety of pre and post-test of Experimental group

Variable	Test	Number	Mean	S.D.	t-ratio
Anxiety	Low Achievements Boxer players	44	21.87	4.36	5.02*
	High Achievements Boxer players	44	17.02	4.03	

Table-4 Shows that mean scores, standard deviation and t-ratio of Anxietybetween low and high achievement Boxers

Discussion

The Mean Score (S.Ds.) age of high achievement Boxerswas 25.67 (8.87) years, mean score (S.Ds.) weight was 69.23 (12.34) Kg., mean score (S.Ds.) height was 168.30 (25.20) cm. Mean Score (S.Ds.) age of *Low level Achievement Boxer* was 22.60 (7.87) years, mean score (S.Ds.) weight was 60.21 (10.23) Kg., mean score (S.Ds.) height was 130.31 (18.97) cm. With regards to aggression between low and high achievements Boxers, they have obtained the mean values of 19.66 and 22.44 respectively, which are given in the Table -3reveals that there was significant deference was found betweenlow and high achievements Boxers.High achievements Boxers was found to have got more aggressive as compare to low achievement Boxers. With regards to Anxiety between low and high achievement Boxers, they have obtained the mean values of 19.66 and 22.44 respectively, which are given in the Table -3 reveals that there was significant deference was found between low andhigh achievement Boxers. Low achievement boxer incur significantly less anxious as compare to high achievement Boxers.

Boxing, through its nature, entails and rewards violence and aggression (Parry, 1998). It legitimises, through rules and norms, explicit violence, to the point where it is possible, within the competition boundaries, for a boxer to kill his opponent (Lane, 2008). The most violent of boxers become heroic public icons, popular and celebrated for their aggression and untamed contempt for society (Delgado, 2005). This research identifies and illuminates two basic themes in boxing; including Anxiety and aggression, Further research into how high level

boxers experience and make meaning of violence and aggression in the sport as a comparison to the low level boxers would be valuable.

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