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A comparative study of psychological skills of different level Indian boxers

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Abstract

This study is aimed at to know the significance role of psychological skills on the performance of boxing players. Through this study we try to know the various psychological skills like concentration, confidence and goal setting affect the performance of the player of boxing who have participated at state, national, and inter university championship. This study has been done on 60 boxers who are practicing at Indira Gandhi stadium New Delhi and the other boxing centers of India, and participated at state, national, and inter university level. Their performance was assessed and points were given by three experts who are the qualified coaches working in sports authority of India. And the marks of certificates were given. Questionnaire was filled by the boxers of different weight categories. The statistical analysis was done by applying the mean, standard deviation, and ANOVA. After statistical analysis of the collected data's from the players of boxing at Indira Gandhi Stadium New Delhi and other boxing centers of India.

Keywords: Concentration, Confidence, Goal setting, Psychological skill.

Introduction

Sports Psychology, the youngest of sports science, is concerned with the psychological effect derived from participation. Today many outlets and Coaches look to sport psychology for a competitive edge by seeking psychological training programme in order to learn among other thing. The Sport of Boxing, to some, the great sport where young people compete in a safe, tightly controlled environment which promotes qualities such as self-defense, self-discipline and respect. No matter how skillful or fit a boxer might be physically, this will count for nothing if the boxer is not psychologically skilled. To know the psychological skills this study is being done-

The concentration, confidence and goal setting are the three variables which are the part of athletic coping skill inventory questionnaire which is constructed by R.E. Smith in 1994. It consist 28 statements which play an important role in the performance of game boxing. To effectively utilize these tools, it may be helpful to define each term.

Concentration, attention and focus interchangeably used. Where the confidence affects their performance through their thoughts, behavior, and feelings.

Performance and confidence were statistically significant and positively correlated. The world of sport recognizes the importance that confidence has on success Athletes are constantly evaluated on the level of confidence they have in their abilities to perform.

As far as the goal setting is concerned it is an important part of any athlete's training plan, whether their goal is to improve their physical skills, mental skills, or just get more enjoyment out of their sport.

Aim: The purpose of this study is to know the psychological skills of different level Indian boxers.

Methodology

Selections of subjects

For the purpose of this study sixty boxers were randomly selected from the various coaching camps. The players were selected from National, Interuniversity and state level boxing players. They are practicing at Indira Gandhi Stadium New Delhi, Twenty players were selected from each level of competition. The ages of the players were between 18 and 28.

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Variables**Dependent Variable: Performance****Independent Variable: Psychological skills.**

(Concentration, Confidence, Goal setting.)

Criterion measures/tools administration

To measure the psychological skills of different level Indian boxers athletic coping skills inventory questionnaire was used. R. E. Smith in 1994. It consist of 28 statements which has been answered in such a way-

0 = *almost never*,1 = *sometimes*,2 = *often*, and3 = *almost always*.**Research design of study -**

The design of study was a survey type of research design. The survey for this study has been done at Indira Gandhi Stadium New Delhi in the month of June 2015. And the performance of the boxers had been assessed by the panel of three experts who are qualified coaches from NIS and

working at the center of Sports Authority of India. Their points of certificates would also assess.

Collection of Data: The data had been collected on selected variables from national, inter-university and state level boxing players. They are practicing at Indira Gandhi Stadium New Delhi. A panel of three experts was formed to assess the performance of boxers. Experts are the qualified coaches from NIS and working as boxing coach at various centers of sports authority of India. The performance was judged out of 10 marks.

Statistical Analysis: To compare the psychological skills of different level Indian boxers. Mean, Std. deviation, Pearson's correlation and ANOVA and descriptive statistics were used at 0.05 level of significance.

Results: Data were compiled using SPSS 20 version package software to calculate different variables (four i.e. psychoticism, neuroticism, extraversion and social desirability) in this questionnaire.

Table 1: Descriptive statistical analysis

Variable	N	Mean	Std. Deviation	Std. Error	
Concentration	Lt.Fly	10	7.8000	3.32666	1.05198
	Fly Weight	10	10.3000	3.02030	.95510
	Light Weight	10	9.2000	2.85968	.90431
	Light Welter	10	7.7000	3.19896	1.01160
	Welter	10	9.1000	3.54181	1.12002
	Middle	10	9.2000	2.85968	.90431
	Total	60	8.8833	3.14126	.40553
Confidence	Lt.Fly	10	9.7000	1.82878	.57831
	Fly Weight	10	10.8000	1.47573	.46667
	Light Weight	10	10.1000	1.79196	.56667
	Light Welter	10	9.6000	1.71270	.54160
	Welter	10	10.5000	1.95789	.61914
	Middle	10	9.9000	1.72884	.54671
	Total	60	10.1000	1.73401	.22386
Goal setting	Lt.Fly	10	9.7000	1.49443	.47258
	Fly Weight	10	9.9000	.87560	.27689
	Light Weight	10	9.9000	1.37032	.43333
	Light Welter	10	9.5000	1.26930	.40139
	Welter	10	9.7000	1.25167	.39581
	Middle	10	10.1000	1.37032	.43333
	Total	60	9.8000	1.24601	.16086

Findings and Discussion

Table 1, Descriptive statistic result reveals that in relation to variable concentration mean value has been found higher (10.3000) in Fly weight category and lower (7.7000) in Light welter weight category. On the other hand in relation to the

variable confidence the mean value is found higher (10.8000) in fly weight category and lower (9.6000) in Light welter weight category. As far as goal setting variable is concerned the mean value is found higher (10.1000) in middle weight category and lower (9.5000) in light welter weight category.

Table 2: ANOVA

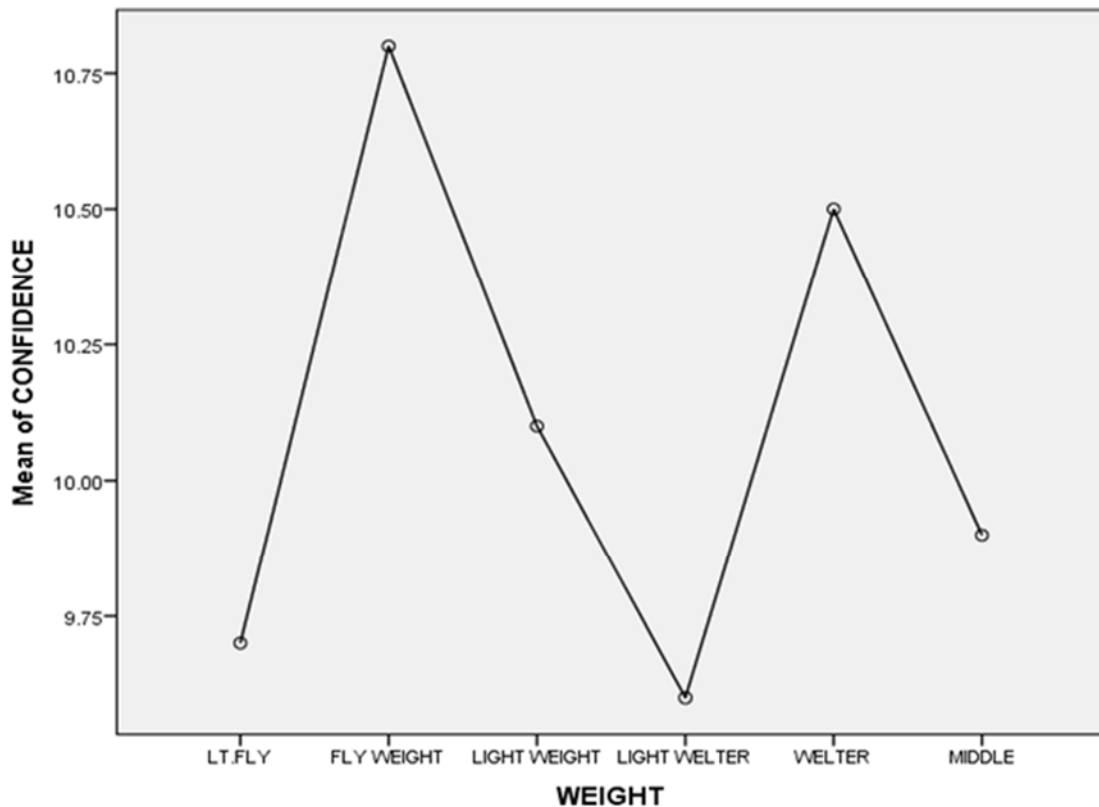
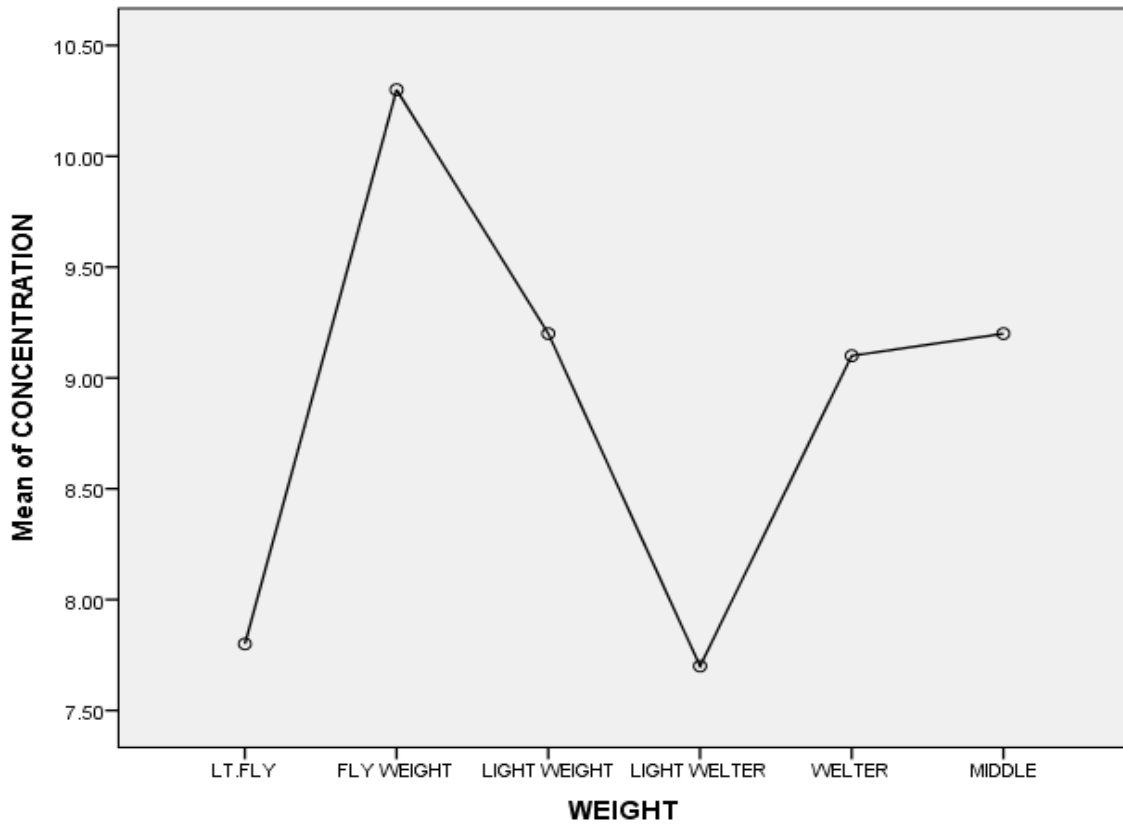
Variables	Sum of Squares	df	Mean Square	F	Sig.	
Concentration	Between Groups	48.283	5	9.657	.977	.440
	Within Groups	533.900	54	9.887		
	Total	582.183	59			
Confidence	Between Groups	11.000	5	2.200	.714	.616
	Within Groups	166.400	54	3.081		
	Total	177.400	59			
Goal Setting	Between Groups	2.200	5	.440	.266	.930
	Within Groups	89.400	54	1.656		
	Total	91.600	59			

Findings

In relation to the variable concentration, table - 2 revealed that the obtained 'F' value of .977 was found to be insignificant at 0.05 level, In relation to the variable confidence, table - 2 revealed that the obtained 'F' value of .714 was found to be insignificant at 0.05 level. In relation to the variable Goal setting, table - 2 revealed that the obtained

'F' value of .266 was found to be insignificant at 0.05 levels. Over all we found that there is no significant difference are there in relation to all three variables.

Mean pilots–The graphical or chart presentation is given below



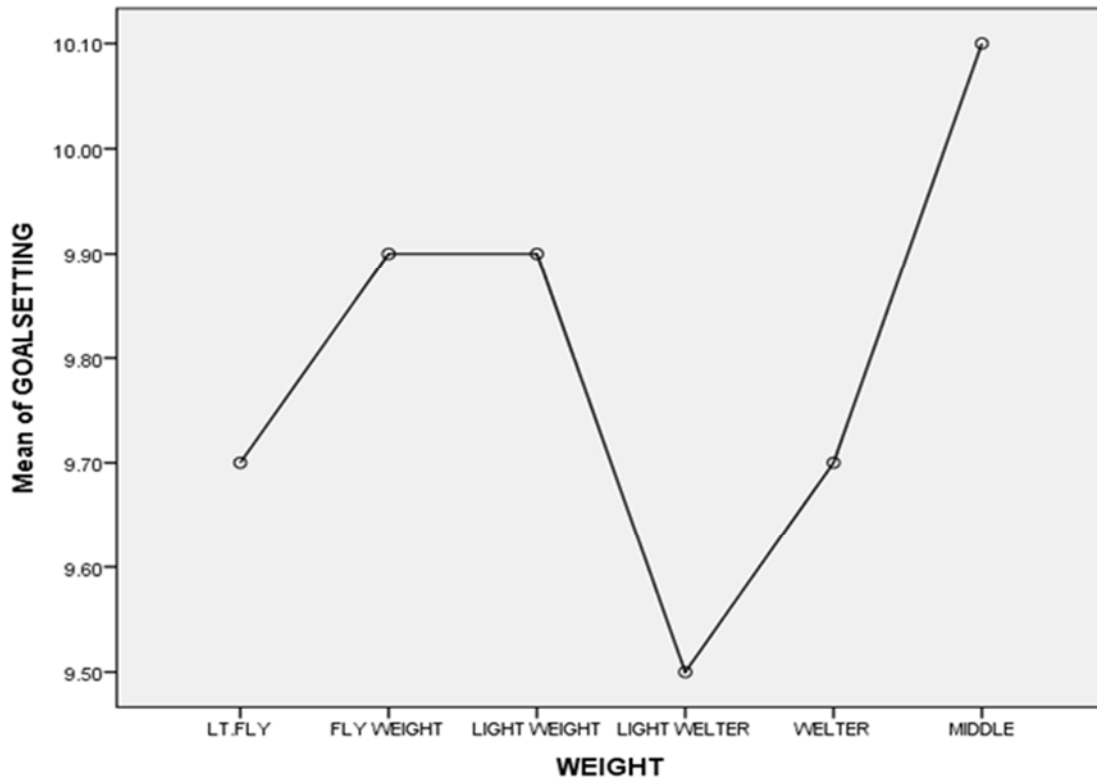


Table 3: Pearson’s correlation

		Concentration	Confidence	Goal setting	Performance
Concentration	Pearson Correlation	1	.749**	.656**	.147
	Sig. (2-tailed)		.000	.000	.262
	N	60	60	60	60
Confidence	Pearson Correlation	.749**	1	.511**	.153
	Sig. (2-tailed)	.000		.000	.244
	N	60	60	60	60
Goal setting	Pearson Correlation	.656**	.511**	1	.173
	Sig. (2-tailed)	.000	.000		.187
	N	60	60	60	60
Performance	Pearson Correlation	.147	.153	.173	1
	Sig. (2-tailed)	.262	.244	.187	
	N	60	60	60	60

*Correlation is significant at the 0.05 level (2-tailed)
 **. Correlation is significant at the 0.01 level (2-tailed).

Findings

Table 3 revealed the Pearson’s correlation that shows concentration and confidence are correlated (.749) significantly at 0.01 level. Goal setting and confidence are too correlated (.511) significantly at 0.01 level. Concentration and goal setting (.656) are significantly correlated at 0.01 level. Other variables are not significantly correlated at any level.

Conclusion

Under the condition that prevailed and within the limitation imposed by the type of subjects and the variable selected for this study, it may be concluded that there are no significance differences is found among all the variables i.e. (Concentration, Confidence, and Goal setting) used in present study. But as far as correlation is concerned, concentration and confidence are found significant correlated, goal setting and confidence are significantly correlated, and concentration correlated with goal setting significantly at 0.01 levels. Others are not found significantly correlated.

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