



PAPER 2

COMPARISON OF ELITE MALE AND FEMALE PUGILISTS IN SELECTED PSYCHOLOGICAL VARIABLES

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ABSTRACT

The goal of the study was to compare two psychological factors, namely sports motivation and stress among elite male and female grapplers. Forty men and forty women who frequently trained at SAI-managed boxing academies served as the study's subjects. Sport Motivation Scale (SMS-28), created and standardised by Pelletier et al. in 1995, was used to assess the intrinsic and extrinsic motivation of both male and female boxers, while Stress-Perceived Stress Scale developed and standardized by Cohen et al., 1983 was used to assess stress. According to the method outlined in the questionnaire manuals, the scales were scored. Utilising the mean difference approach (t-test), the data was evaluated. In terms of sports motivation (intrinsic and extrinsic) and stress men grapplers considerably outperformed female grapplers.

Key words: Sports Motivation, Sports Competitive Anxiety, Male Pugilists, Female

INTRODUCTION

Boxing, one of the most well-liked sports in the world, has a long history of being connected to the Olympics. Boxing dates back to Egypt in 3000 BC and first emerged as a global sport at the 23rd Olympiad in 688 BC. A type of boxing known as the mushti-yuddha (war of fists) is also mentioned in early Indian literatures such as the epic Mahabharata. However, in the framework of the contemporary Olympics, amateur boxing made its Summer Games debut at the 1904 Olympics in St. Louis, USA. It wasn't a part of the Olympic schedule in 1912, but ever since then, every Summer Olympics has included it.

Over the ensuing decades, boxing in India advanced gradually. After India gained independence from British rule in 1949, the Indian Amateur Boxing Federation was created. In 1950, the nation's first boxing championships were staged at Mumbai's Brabourne Stadium. The Olympics, World Championships, Asian Games, and Commonwealth Games are the four biggest amateur boxing contests in the world, and India participates in all four of them.

The first boxer from India to win an Olympic medal was Vijender Singh, who won bronze in the men's middleweight (75 kg) event in the 2008 Beijing Olympics. Women's boxing made its Olympic debut in London in 2012, and Mary Kom, a renowned boxer, took home India's second boxing medal that year—a bronze in the flyweight (51 kg) event. India earned its third Olympic boxing medal in Tokyo 2020 when Lovlina Borgohain took up the bronze in the welterweight (69 kg) event. Lekha K. C., Jenny R. L., Laishram Sarita Devi, Nikhat Zareen, Nitu Ghanghas, Lovlina Borgohain, and Saweety Boora are other Indian women who have won women's world championships in their respective sports in addition to Mary Kom. With 14 gold, 8 silver, and 21 bronze medals in the women's tournament, India comes in third place after China and Russia.

Despite the significance of having a strong mental game, little is known about the psychological traits of boxers in the scientific literature. The bulk of people continue to think that the key issues in boxing-specific psychology are motivation or using mental tactics against an opponent. Sport psychology can help athletes with their self-esteem, attention, and confidence, anxiety under control, motivation, daily and weekly preparation, stress management, and goal planning.

Success in any sport is largely dependent on a person's aptitude for mental toughness and a range of psychological skills. One of the few sports that truly require mental toughness is boxing, as a boxer must deal with others around them wanting to smack them in the face throughout every fight and practice session.

METHODOLOGY

The subjects for the study were 40 elite male and 40 elite female pugilists who were regularly training in SAI Academies. With the help of the following scales the needed data was collected:

1. Sports Motivation-Sport Motivation Scale (SMS-28) developed and standardized by Pelletier et al., 1995 was used to assess intrinsic and extrinsic motivation.
2. Stress-Perceived Stress Scale developed and standardized by Cohen et al., 1983 was used to assess stress

Administration of Questionnaires/Scales and Collection of Data

The research researcher met the respondents in the presence of their coaches to explain the purpose of the study and solicit their help in completing the questionnaires and scales before collecting data. It was gratifying to note that the coaches and players gave positive feedback and promised complete cooperation with the project's data collection. The questionnaires and scales were distributed to the respondents a day before the actual data collection so they could read them and get comfortable with and clear on the numerous claims made within. Some respondents contacted the research scholar to ask for clarity on a few of the comments. The following day, the respondents were again assembled in a classroom where they completed the scales and questionnaires before handing them over to the research scholar. After receiving the questionnaires, they were scored in accordance with the methodologies described in the appropriate manuals.

FINDINGS

The data was analysed employing mean difference method (t-test). The findings of the study are presented in the following tables:

Table 1
Significance of Difference in the Means of Sports Motivation (Intrinsic) between Male and Female Elite Pugilists

	Mean	Mean Diff	SD	Stand. Error	t-ratio
Male	74.08		4.11		
		-1.5		1.84	-0.57
Female	75.13		10.86		

*Significant at 0.05 level

The means of male and female elite pugilists with respect to Sports Motivation (Intrinsic) are 74.08 and 71.53 respectively. The standard deviations in respect of male and female youth pugilists are 4.11 and 10.86 respectively. The difference of -1.5 in their means is found to be statistically not significant at 0.05 level of confidence. The t-ratio obtained is -0.57 and that is lesser than the table value of 1.98 with 78 degrees of freedom.

The means and standard deviations of male and female elite pugilists in respect of Sports Motivation (Intrinsic) are graphically presented in Fig.1.

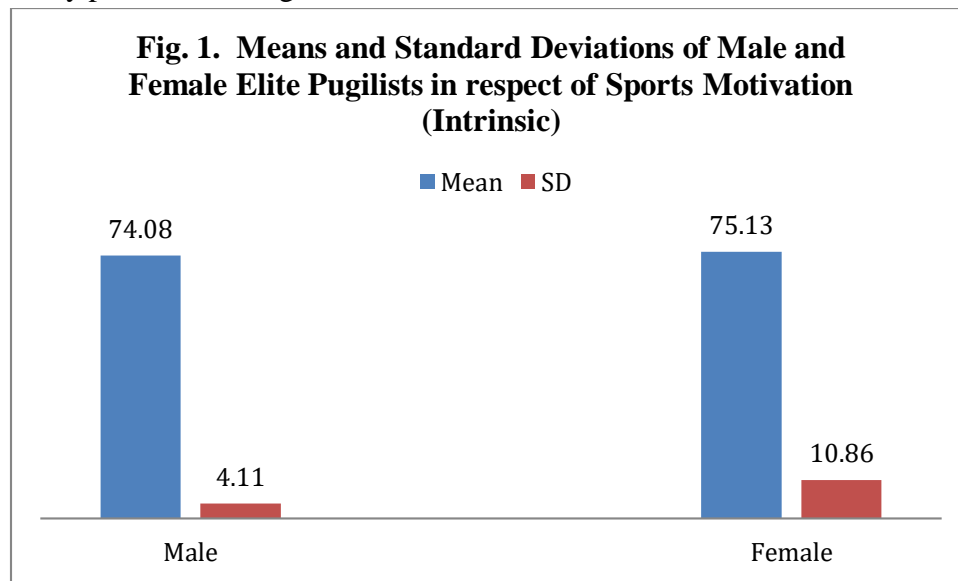


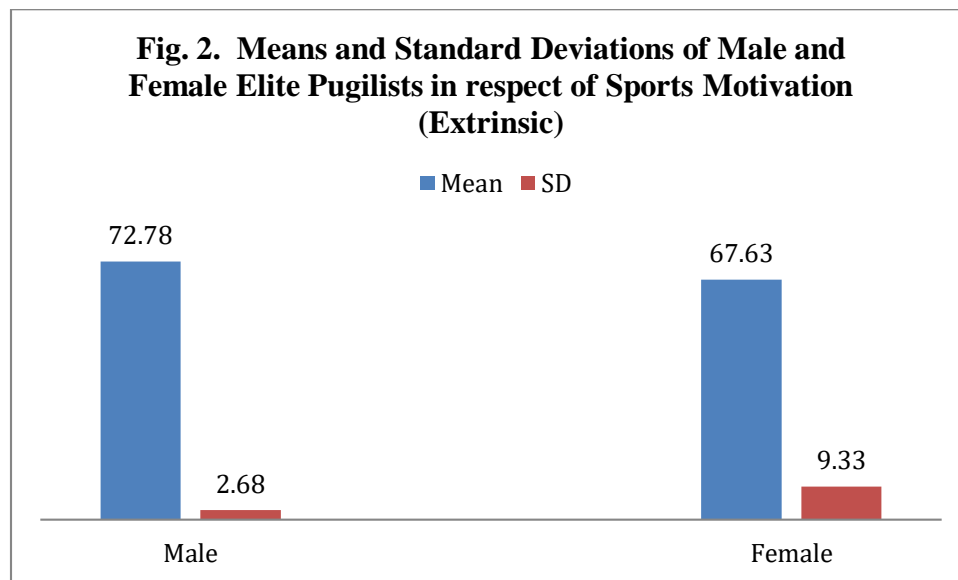
Table 2
Significance of Difference in the Means of Sports Motivation (Extrinsic) between Male and Female Elite Pugilists

	Mean	Mean Diff	SD	Stand. Error	t-ratio			
Male	72.78		2.68					
		5.15		1.54	3.34*			
Female	67.63		9.33					

*Significant at 0.05 level

The means of male and female elite pugilists with respect to Sports Motivation (Extrinsic) are 72.78 and 67.63 respectively. The standard deviations in respect of male and female elite pugilists are 2.68 and 9.33 respectively. The difference of 5.15 in their means is found to be statistically significant at 0.05 level of confidence. The t-ratio obtained is 3.34 and that is higher than the table value of 1.98 with 78 degrees of freedom.

The means and standard deviations of male and female elite pugilists in respect of Sports Motivation (Extrinsic) are graphically presented in Fig.2.

**Table 3**

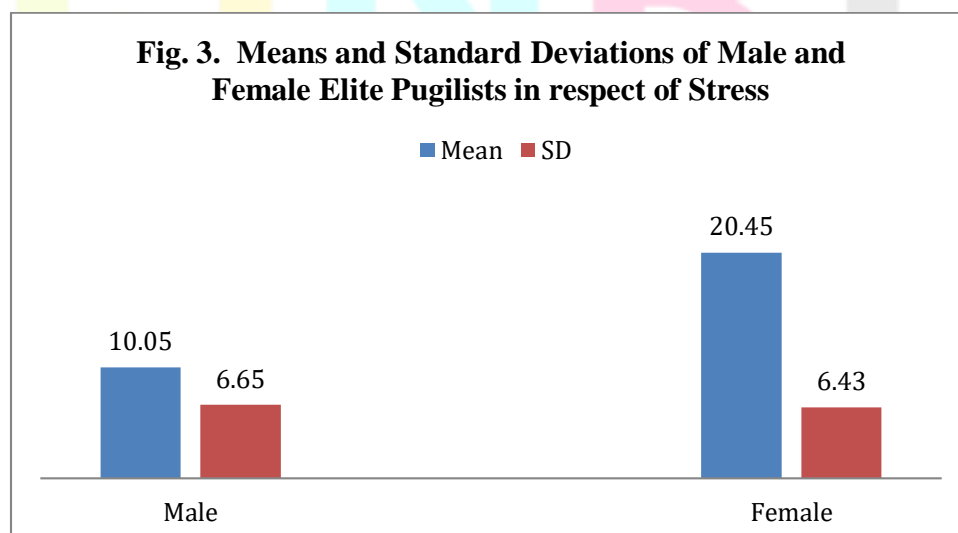
Significance of Difference in the Means of Stress between Male and Female Elite Pugilists

	Mean	Mean Diff	SD	Stand. Error	t-ratio			
Male	10.05		6.65					
		-10.49		1.46	-7.12			
Female	20.45		6.43					

*Significant at 0.05 level

The means of youth male and female elite pugilists with respect to Stress are 10.05 and 20.45 respectively. The standard deviations in respect of youth male and female pugilists are 6.65 and 6.43 respectively. The difference of -10.49 in their means is found to be statistically significant at 0.05 level of confidence. The t-ratio obtained is -7.12 and that is higher than the table value of 1.98 with 78 degrees of freedom.

The means and standard deviations in respect of stress for both male and female elite pugilists are graphically presented in Fig. 3.



Discussion of Findings

From analysis of data it is evident that elite male pugilists have a significantly higher score as compared to elite female pugilists in the case of Sports Motivation (Intrinsic), Sports Motivation (Extrinsic) and stress. Those who have high Sports Motivation are able to satisfy their needs through different means and are driven towards success due to both internal and external reasons. One of the characteristic of sports motivated person is that he appears to be more concerned about his personal achievement. Highly sports motivated individual constantly seeks improvement and look for the ways of doing things in a better way. It is a general observation that female is mentally not as tough as males. They give up easily when conditions get tough and that could be the reason for female pugilists to have significantly higher sports competitive anxiety score as compared to male pugilists. The reasons for higher extrinsic motivation among female pugilist are discussed as follows:

1. Reward Pathways: The brain's reward system, including the mesolimbic dopamine pathway, plays a significant role in motivation and reinforcement. It is believed that females may be more sensitive to extrinsic rewards, such as social approval and recognition, which can impact their motivation levels.
2. Social Bonding and Oxytocin: Oxytocin, often referred to as the "bonding hormone," is associated with social connection and bonding. Females typically have higher baseline levels of oxytocin, which may enhance their motivation to seek social validation and approval.

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