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SPORTS MOTIVATION AND SPORTS COMPETITIVE ANXIETY OF JUNIOR MALE AND FEMALE PUGILISTS-A COMPARATIVE STUDY

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ABSTRACT

The purpose of the study was to compare the junior male and female pugilists in selected psychological variables namely sports motivation (both intrinsic and extrinsic) and sports competitive anxiety. The subjects for the study were forty males and forty females who were regularly training in Boxing Academies managed by SAI. Intrinsic and extrinsic motivation scores of both male and female pugilists were obtained after administering Sport Motivation Scale (SMS-28) developed and standardized by Pelletier et al., 1995 whereas Sports competitive anxiety was evaluated with the help ofSport Anxiety Scale-2 developed and standardized by Smith et al., 2006. The scoring of the scales was done as per the procedure described in the Questionnaire Manuals. The data was analysed employing mean difference method (t-test). Male pugilists were significantly superior to that of female pugilists in all the selected variables namely sports motivation (intrinsic and extrinsic) and sports competitive anxiety.

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

INTRODUCTION

Boxing, which is called the ‘‘noble art’’ and is historically known as pugilism, is one of the oldest combat sports across all of human culture. According to the International boxing Association, the first proof of boxing’s appearance H. Chaabe `ne (&)

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was discovered in Egypt and dates to approximately 3000 B.C. and boxing most likely appeared in Ethiopia as early as 6000 B.C. Historically, boxing first appeared as an Olympic sport at the ancient Olympic Games in 688 B.C.

[1,2]. The first amateur competition took place in 1860,and the Amateur Boxing Association appeared in London in 1880 [3]. Boxing consists of stand-up fist fighting andshould therefore not be confused with other fighting stylessuch as kickboxing, Savate or French boxing, Muay-Thaior any other combat sport that allows the use of feet,elbows or knees to strike.The Amateur International Boxing Association (AIBA),wich is the official world organization of amateur boxing,has 196 affiliated national federations [3]. The most well-known AIBA events are the Olympic Games and the World Championship. Boxing was on the program of the Olympic Games for the first time in St. Louis in 1904, and, since 920, boxing has been included in the program of the lympic Games without interruption. A total of 286 boxing athletes, 36 of whom were women (competing for the first time at the ympics), representing 79 countries, partici- pated in the last Olympic Games [4]. As a full contact combat sport, the aim of amateur boxing is to succeed in delivering a clean and correct punch to the opponent ithout being punched in return [5]. During an amateur boxing match, opponents are only permitted to use their fists [6], with the knuckle area of the glove towards the target area (i.e., any part of the front and sides of the head or body above the belt) on the opponent. The scoring system in boxing is a function of the following criteria, which are analyzed by five judges: number of quality blows on the target area, domination of the bout, competitiveness, technical and tactical superiority and infringement of the rules [7].

As in almost all other types of combat sport, boxers are categorized into a series of weight classes that are intended to promote fair competition by matching opponents of equal body size, strength and agility [8–10]. According to the amateur boxing rules, there are ten weight categories, from less than 46 kg to more than 91 kg for youth boys and elite men, and from less than 45 kg to more than 81 kg for outh girls and elite women. For junior boys and girls, here are 13 weight categories from 46 to 80?kg [11]. Olympic boxing rules have been subjected to several modifications of the bout formula. The duration, as well as the number of rounds, varies between categories: novice boxers compete in 3 rounds of 2 min each; intermediate boxers compete in 4 rounds of 2 min each; and open-class boxers compete in 3 rounds of 3 min or 4 rounds of 2 min each, by agreement of the coaches and boxers [12].

Between rounds, the recovery durations are always 1 min.Amateur boxing athletes can win by various types of decisions: points, referee stopping the contest (RSC), thecompulsory count limit, injury (e.g., dangerous cut, fracture or dislocation), knockout (KO), referee stopping thecontest because of a head blow (RSCH), walkover (i.e., theboxer presents himself in the ring and his/her opponentfails to appear) and disqualification [7].T succeed in delivering a scoring blow and in return toavoid getting blows, boxers require well-developed technical-tactical skills and a high level of physical and phys-iological fitness [13]. It has been reported that a high anaerobic threshold and aerobic power level are necessary to succeed in boxing [5]. Amateur boxing is characterized by high-intensity movements during rounds, with short breaks that are not enough to provide a full recovery [14]. In this context, to properly train a boxer, knowledge of the metabolic requirements of a boxing match from the sci-entific literature seems to be extremely necessary.Although amateur boxing is considered the most popular combat sport around the world, to our knowledge, there are no in-depth review papers that ynthesize the physical and physiological characteristics of amateur boxers. A review of boxers' characteristics could improve coaches' and strength and conditioning trainers' knowledge concerning the physical and physiological profiles needed to reach high-level performance in this combat sport. Consequently, our goal is to provide a comprehensive review that will help scientists, coaches and athletes to better understand the physiological requirements of boxing A boxing match is a combat sport in which two opponents trade blows for a predetermined amount of time while often wearing protective gloves inside a boxing ring. The Olympic and Commonwealth Games, as well as the majority of international championships, all have amateur boxing competitions. There are also world championships held there. Boxing is governed by a referee during rounds, which are intervals of one to three minutes.

When an opponent is ruled unable to continue by the referee, is disqualified for breaching a rule, or quits by throwing in the towel, the outcome of the fight is determined. The judges' scorecards are used to determine the winner after a fight has completed all of its scheduled rounds. If both fighters obtain identical ratings from the judges, the fight is termed a draw in a professional setting. The judges in Olympic boxing select one fighter based on technical requirements since a winner must be declared.

Despite the fact that people have engaged in hand-to-hand combat since the beginning of recorded history, the first evidence of fist-fighting sporting tournaments comes from the ancient Middle East in the third and second millennia BCE. (Poliakoff) 2013 Boxing was first governed by rules in Ancient Greece, when it was included in the Olympic Games in 688 BC. (Poliakoff) 2013 Boxing evolved into the sport that would become modern boxing in the middle of the 19th century with the establishment of the Marquess of Queensberry Rules in 1867 during prize fights, particularly in Great Britain, in the 16th and 18th centuries.

The ability to stop a round at any time by kneeling down and beginning the 30-second count was provided under these rules, something modern boxers do not have. Consequently, a boxer who realized he was in trouble had a chance to get better. However, further regulations agreed by the Seconds of the Boxers forbade this since it was deemed "unmanly" and was typically prohibited. (Mendoza, 1790). These rules gave boxers the option to halt a round at any point by kneeling down and starting the 30-second count, which is not an option for modern fighters. As a result, a boxer who understood his situation had potential for improvement. However, further rules adopted by the Seconds of the Boxers barred this because it was thought to be "unmanly" and ordinarily forbidden. (1790 Mendoza)

The illicit venues and prize fighting that gave rise to the sport have made it one of the most lucrative multibillion dollar sports in existence today. In nations like Mexico, Africa, South America, and Eastern Europe, young people want to become boxing's future stars. Even inside the United States, places like the inner boroughs of New York and Chicago have produced extraordinary young people. Rubin asserts that the majority of boxers in contemporary America are street fighters and that the country's middle class has lost interest in the sport. (Rubin, 2000).

Professionals can encourage involvement in and the advantages of sport and exercise activities in both adults and children by using the strategies and suggestions provided by sport and exercise psychologists. To assist everyone reach their maximum potential in terms of participation, performance, personal pleasure, and development through involvement, it is important to comprehend elite athletes, young people, elderly, people with physical or mental disabilities, and regular participants.

Numerous concerns, such as anxiety management, stress management, lack of motivation, confidence development, attentiveness, and improved communication, can be helped by sport psychology specialists. Because mental and physical health go hand in hand, it is easier to comprehend how psychology plays a part in sports:

1. Results from sports psychology are measurable
2. Sports psychology can aid in stress management
3. Sports psychology improves attention
4. Sports psychology can assist with dealing with many aspects of life
5. Sports psychology motivates an athlete to put up his/her best performance

When using a multidisciplinary approach to improving performance from athletes and coaches, sports psychology is frequently utilised. Athletes in the modern era face a great deal of pressure from sponsors, supporters, and the media, which can put them under a great deal of physical and mental stress. Sports psychology is frequently used when an athlete requires additional support and direction to keep performing at their best. Numerous methods exist for applying sports psychology; some athletic organisations hire a sports

psychologist to work with and support the entire team. In other situations, a sportsperson may independently engage the services of a qualified sports psychologist and receive telephone and in-person help.

It is well acknowledged that stress has an impact on athletic performance. In addition, an athlete faces a lot of pressure from both internal and external sources. An athlete's sporting performance can be greatly impacted by pressure, which can come from coaches, sponsors, and the general public on social media. Athletes are more likely to perform better if they are able to overcome these challenges with the help of a sports psychologist and grow in their positive focus and commitment.

METHODOLOGY

The subjects for the study were 40 junior male and 40 junior 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.
2. Competitive Anxiety – Sport Anxiety Scale-2 developed and standardized by Smith et al., 2006 was used.

The scoring of the scales was done as per the procedure described in the Questionnaire Manuals.

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 Junior Pugilists

	Mean	Mean Diff	SD	Stand. Error	t-ratio
Male	**61.08**		**1.89**		
		7.80		**3.53**	**2.21***
Female	**53.28**		**22.25**		

*Significant at 0.05 level

The averages of junior boxers, both male and female, in terms of intrinsic sports motivation are 61.08 and 53.28, respectively. Junior male and female wrestlers have standard deviations of 1.89 and 22.25, respectively. At a level of confidence of 0.05, it is determined that the difference in their means of 7.80 is statistically significant. The computed t-ratio is 2.21, which is greater than the 1.98 value from the table with 78 degrees of freedom.

Fig. 1 graphically displays the averages and standard deviations of male and female junior fighters with regard to Sports Motivation (Intrinsic).

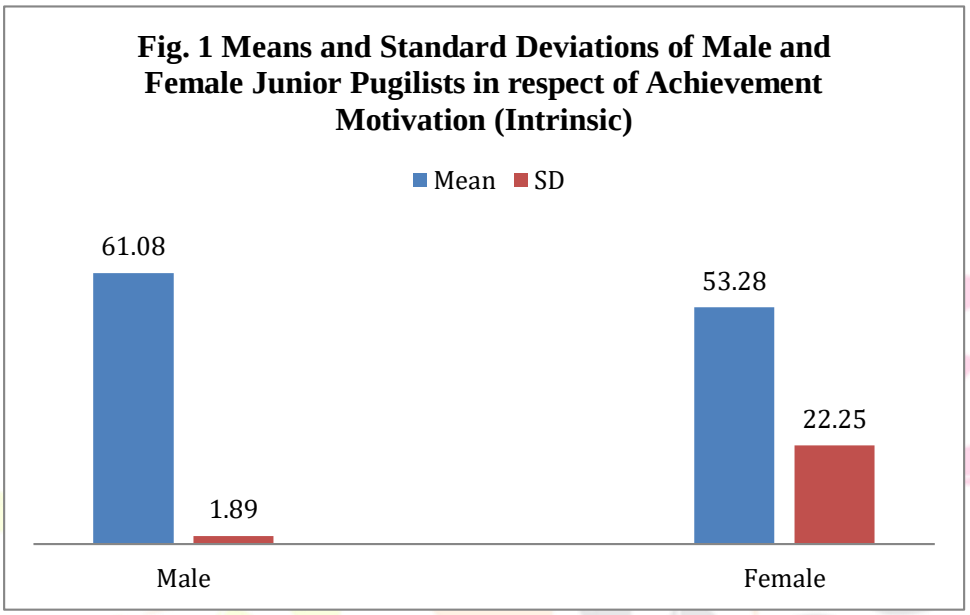

Table 2

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

	Mean	Mean Diff	SD	Stand. Error	t-ratio
Male	**34.63**		**1.58**		
		-11.0		**3.53**	**-3.12***
Female	**45.63**		**20.96**		

*Significant at 0.05 level

Junior boxers of both sexes have Extrinsic Sports Motivation means of 34.63 and 45.63, respectively. The junior male and female boxers' respective standard deviations are 1.58 and 20.96. At a level of confidence of 0.05, it is determined that the difference in their means of
-11.0 is statistically significant. The calculated t-ratio is -3.12, which is greater than the 1.98 value from the table with 78 degrees of freedom.

Figure 2 illustrates the means and standard deviations of male and female junior grapplers with regard to extrinsic sports motivation.

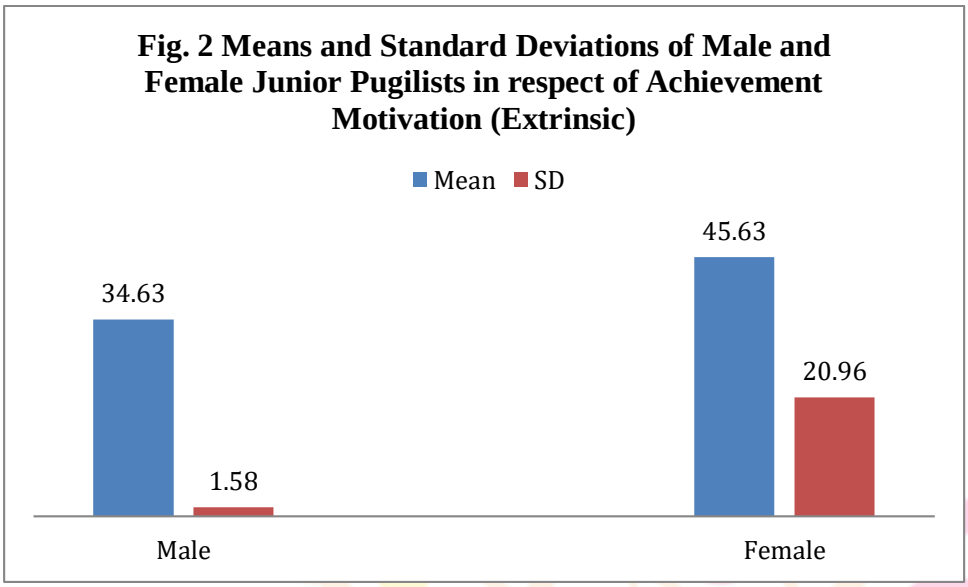

Table 3

Significance of Difference in the Means of Competitive Anxiety between Male and Female Junior Pugilists

	Mean	Mean Diff	SD	Stand. Error	t-ratio
Male	**12.23**		**0.42**		
		-12.15		**0.46**	**26.41***
Female	**24.38**		**2.91**		

*Significant at 0.05 level

Junior boxers who are male and female have respective means of 12.23 and 24.38 when it comes to competitive anxiety. The junior male and female boxers' respective standard deviations are 0.42 and 2.91. At a level of confidence of 0.05, it is determined that the difference in their means of -12.15 is statistically significant. The computed t-ratio is 26.41, which is greater than the 1.98 value from the table with 78 degrees of freedom.

In Fig.4.4, the averages and standard deviations of junior grapplers, both male and female, with regard to Competitive Anxiety are graphically displayed.

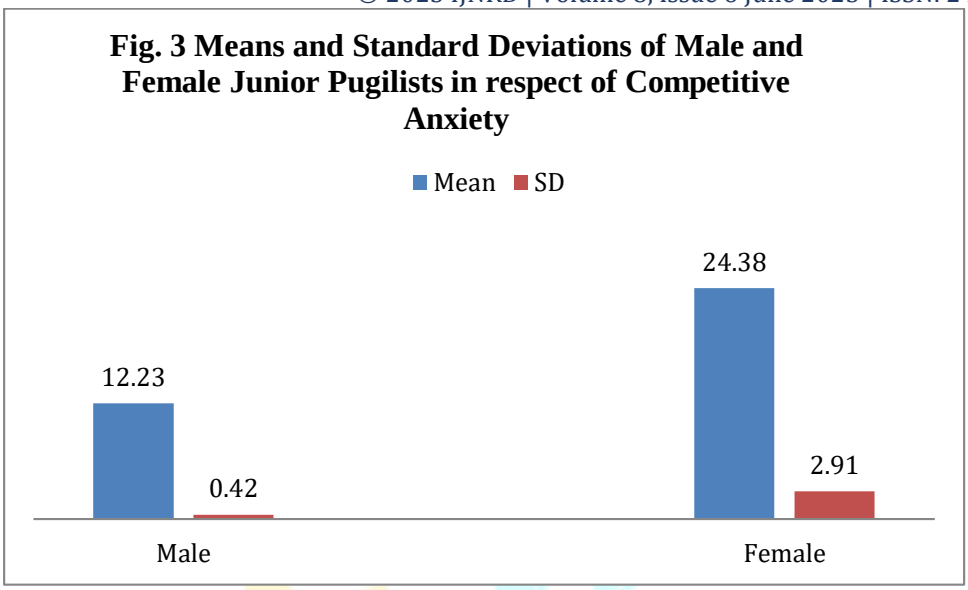

Fig. 3 Means and Standard Deviations of Male and Female Junior Pugilists in respect of Competitive Anxiety

Discussion of Findings

From data analysis, it is clear that junior male wrestlers score significantly higher than junior female wrestlers for sports motivation (inside), sports motivation (outside), and sports competitive anxiety. People with high levels of sports motivation can satiate their demands in a variety of ways and are motivated to succeed for both internal and external factors. The fact that a person is motivated by athletics and seems more focused on personal success is one of their traits. A really sports-motivated person is always looking for ways to do better and find better ways to do things. The prevailing consensus is that women are not as mentally tough as men. They give up easily when things get tough, which may be why female grapplers score much higher on sports competition anxiety tests than do men grapplers. The following is a discussion of the factors that contribute to female fighters' stronger extrinsic motivation:

1. Reward Pathways: The mesolimbic dopamine route is part of the brain's reward system, which is important for motivation and reinforcement. It is thought that females may be more susceptible to extrinsic rewards, such as social recognition and approval, which might affect their levels of motivation.

2. Oxytocin and Social Bonding: Oxytocin, also known as the "bonding hormone," is linked to interpersonal relationships and bonds. Because they tend to have higher baseline oxytocin levels than males, women may be more motivated to seek out social affirmation and approval.

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