



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 719-720

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www.theyogicjournal.com

Received: 17-11-2017

Accepted: 18-12-2017

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A comparative study of level of stress in boxing players of Punjab and Delhi

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Abstract

The foremost motive of the study related to this specific subject was to study the stress Level of male boxing players of Punjabi University Patiala & Delhi University. A total number of 30 male boxers (15 Punjab, 15 Delhi) are observed for the study by having questionnaire schedule including closed-ended questions. And when we talk about players, they all are All India Inter University level boxers. Their age group is in the stage of between 18 to 25 years. To evaluate the stress Scale which contains 40 items formulated by (Dr. Vijay Lakshmi & Dr. Shruti Narain.) was applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of stress among Punjab and Delhi boxers. The level of significance set at 0.05 levels.

Keywords: Stress, boxing, male, university

Introduction

Boxing is a combat sport in which two people wearing protective gloves throw punches at each other for a predetermined set of time in a boxing ring. (www.realbuzz.com)

Boxing is a combat game played throughout the world. The history of the combat sports game seems to be more interesting and the participation of people get increased day by day. It is a pre-historic game which finds its origin in ancient Greek period. Generally, boxing is played by two numbers of players where people fight, knocks each other on proper techniques. (www.streetdirectory.com)

Sports can have both the negative and the positive influence on athlete growth. Some sports can grow athlete's self-confidence, physical wellbeing and health, ability to work and stimulate to excel with others. In some situations athletes who devote precise and fixed time in sports are more likely to utilize in misconduct and drugs. One of the core causes for stress is excessive success and it is a comparable belief of every athlete that the success outlook at any cost is the overconfidence of every athlete. And the major drawback of wide participation in sports by an athlete involves growing hope by coaches and the community to be successful at any cost. In the same way, another major reason of various types of stress is the time supervision. (www.sports&game.com)

Stress

Actors, athletes and students all have something in common. They all perform their tasks with varying stress levels. What is this stress that we all talk about? Stress can be defined as a physical, mental or emotional demand, which tends to disturb the homeostasis of the body. Used rather loosely, the term may relate to any kind of pressure, be it due to one's job, schoolwork, marriage, illness or death of a loved one. The common denominator in all of these is change. Loss of familiarity breeds this anxiety with any change being viewed as a "threat". (<http://en.wikibooks.org>)

Aim of the study

To evaluate & comparison of level of stress in male boxers of Punjab & Delhi & to determine the psychological characteristics of different boxers.

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Method and Technique

The survey type study was designed to find out the significance difference in male boxing players of Punjab & Delhi. The 30 male boxers (15 Punjab, 15 Delhi) were selected for this study with the age group of 18 to 25 years. The quota sampling method was used for selection of boxers. Only level of stress was calculated through the Stress Scale which include 40 items designed by (Dr. Vijay Lakshmi & Dr. Shruti Narain.) was applied. The t ratio was used for significance of this study. After that the difference in level of stress was presented in following table & graph.

Table 1: Showing the ‘t’ ratio in level of stress between University Boxing Players

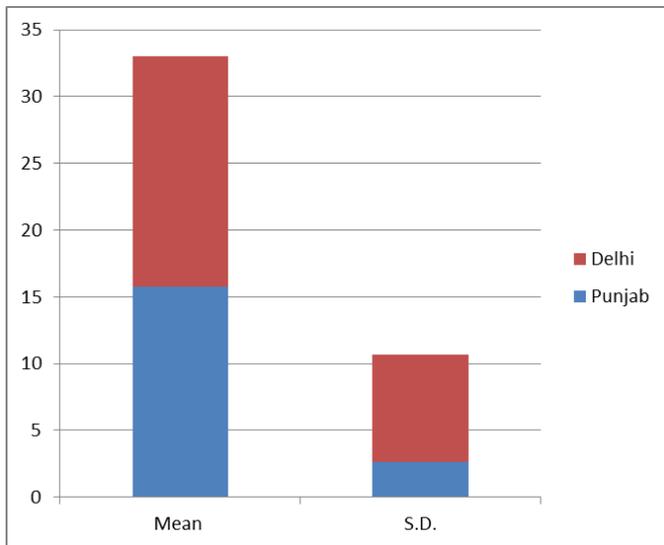
| S/No | State | Mean | S.D | Mean difference | S.E | ‘t’ ratio |
|------|--------|------|------|-----------------|------|-----------|
| 1 | Punjab | 15.8 | 2.62 | 1.4 | 4.77 | 0.29 |
| 2 | Delhi | 17.2 | 8.05 | | | |

Level of Significance 0.05 Tabulated value at (28df) = 3.67

According to Table 1 statistically represent that the Mean and Standard Deviation with regard to boxing players of Punjabi University Patiala is 15.8 and 2.62 where as in case of boxing players of Delhi University is 17.2 and 8.05 respectively. The calculated t-value (0.29) which is less than the tabulated value (3.67) at 0.05 levels.

In this table it can be concluded that boxing players of Punjabi University Patiala have low stress as compared to the boxing players of Delhi University.

So, it indicates that there is no significant difference between boxing players of Punjabi university & Delhi University for their stress level.



Graph 1: Graphical representation of Descriptive statistics of level of stress

Conclusion

After the used of suitable statistical analysis (t ratio) it can be concluded that the level of stress is high in boxing players of Delhi university compare to boxing players of Punjabi university Patiala.

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