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Assessment of psychological aspects, between boxing and cricket female players of national & inter-university level

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Abstract

Present study has been aimed to study the Phobic behaviour of female boxers and female cricket players. To find out this abnormality among these two group, 30 female boxers and 30 female cricket players who represented at University and National level competition, Selected as sample. To Assess phobic behaviour Jodhpur multiphasic Personality inventory prepared by Joshi and Malik 1981 was administered on each sample, After analysing the data result indicate that the female boxing player was suffering from phobic disorder (M=12.90) in compared to female cricket player (M=8.95). the 't' ratio 3.43 indicate that the phobic disorders in the female boxing player is significantly higher than the female cricket players it can be conclude that female boxer player have a chances of More physical injuries at it may be the causes of phobic disorder is boosted among female boxers.

Keywords: Phobic personality disorder, boxing, cricket

Introduction

Phobic disorders (Phobias) involve persistent irrational, fears and avoidance of the Situations or objects that induce these fears. They may be the most common form of anxiety. The affected person will endure it with marked distress and significant interference in Social or Occupational activities.

Personality disorders are included as mental disorders in the diagnostic manual of the American Psychiatric Association and in the mental and behavioral disorders section of the ICD manual of the World Health Organization. One of the personality disorder i.e. phobia is a type of anxiety disorder, usually defined as a persistent fear of an object or situation in which the sufferer commits to great lengths in avoiding, typically disproportional to the actual danger posed, often being recognized as irrational.

Irrational factors such as doubts about execution of skills, peer pressure, injury, environmental conditions etc. are often associated with sportsperson. In sportsperson irrational fears may observed certain time due to nature of sports. But it is also steel debatable. Another aspect of phobic disorder may be the nature of physical activity. In this contest both boxing and cricket require high physical demands. in sportsperson although Gee and Telew (1999), Fisher *et al.* (2003)^[3], Storch *et al.* (2005)^[8], Schaal *et al.* (2011)^[7], Hammond *et al.* (2013)^[5] investigated personality disorder in athletes, none attempted to compared phobic disorder between players taking part in boxing and cricket events, hence the present study was planned.

Objectives: The objectives of the study to assess phobic disorder in female boxers and female cricket Players.

Hypothesis

To serve the objectives of the study It was hypothesized that phobic disorder will be significantly found more prominent in boxers as compared to Cricket players.

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Delimitation

1. The proposed study was delimited to national & interuniversity female boxers and cricket Players.
2. The proposed study was delimited to age group 18-28 years.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

For present study, 30 sportspersons (Ave. age 19.45 yrs.) who took part in national & Inter-University level Sports competition for amateur boxing and 30 sportspersons (Ave. age 20.05 yrs.) who took part in national & Inter-University level Sports meet for cricket tournaments were selected as sample. The selection of sample was based on purposive sampling technique.

Tools

Jodhpur Multiphasic Personality Inventory

To assess phobic disorder, Jodhpur Multiphasic Personality Inventory prepared by Joshi and Malik, 1981 [6] was used. The Inventory was valid and reliable.

Procedure

Jodhpur Multiphasic Personality Inventory prepared by Joshi and Malik (1981) [6] was administered to all selected sportspersons from boxing and Cricket events as per their convenience and availability in a laboratory like condition. After scoring of the responses according to author's manual, obtained data related with phobic personality disorder was tabulated according to their respective groups. To find out the effect of nature of sports upon phobic disorder of selected sportspersons, 't' test was used. Results depicted in table no. 1.

Result and Discussion

Table 1: Comparison of mean scores on phobic disorder between Female boxing and cricket players

Study Groups	Mean	S.D.	Mean Difference	't'
boxing (N=30)	12.90	4.31	3.95	3.43 ($p < .01$)
cricket (N=30)	8.95	4.08		

Significant at 0.01 level
Tabulated' Value 2.66

Table 1, reveals that the magnitude of phobic disorder was found to be significantly differ between boxers and cricket Players. The reported $t=3.43$ ($p < .01$), confirms that magnitude of phobic disorder was significantly higher in boxing Players ($M=12.90$) as compared to cricket Players ($M=8.95$).

In Boxing, brain and head injuries are reported to be more than any other sports (Forstl *et al.* 2010) [4]. It has been reported that brain trauma might involve headache, dizziness, cognitive problems, personality change, depression, motivation and emotional/behavioral disorders (Butler, *et al.* 1993) [1]. Hence the results of the present study is consistent with previous findings.

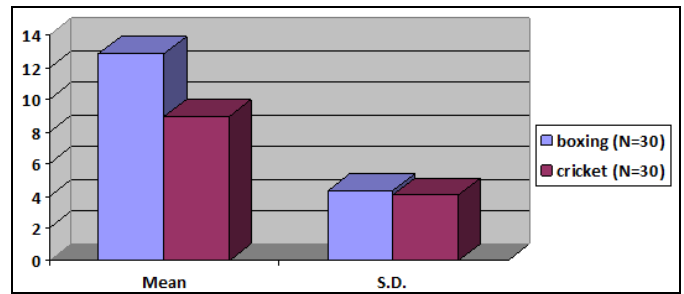


Fig 1: The difference between mean is depicted with the help of graph

Conclusion

On the basis of the results, it can be concluded that Female boxers were suffering from phobic disorder ($M=12.90$) in comparison to female cricket player ($M=8.95$). the 't' ratio 3.43 indicate that the phobic disorders in the female boxing player is significantly higher than the female cricket players it may be because of female boxer player have a more chances of physical injuries

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