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Analysis of stress vulnerability of boxing male players at different level of category

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Abstract

The purpose of the study was to analyze the stress vulnerability of boxing male players at different level of category. A total of 150 male boxers (50 Light weight category, 50 Middle weight categories and 50 Heavy weight category) alone are surveyed for the study by using an interview schedule containing closed-ended questions. All the players are national level boxers. Their ages is ranging between 18 to 25 years. To measure the stress vulnerability Stress Vulnerability Scale which contains 20 items devised by (L.H. Miller and A.D. Smith) was applied. To examine the hypothesis of the study descriptive statistics like mean and standard deviation were used. To determine the significant difference among all the boxers One Way Analysis of Variance and F-test will be used in the selected parameters (Verma, 2013). The level of significance set at 0.05 level.

Keywords: Burnout, Stress, Boxing, Male, Category.

Introduction

Sports can have both negative and positive impacts on athlete development. Several sports can develop athlete's self-confidence, physical wellbeing, health, ability to work and encouragement to excel with others. In some situations athletes who invest specific time in sports are more probable to employ in delinquency and drugs. One of the major reasons for stress is too much hope of success and it is a similar belief of every athlete that the attitude of success at any cost is the overconfidence of every athlete. The downside of extensive involvement in sports by an athlete involves developing expectation by coaches and the public to be successful at any cost. Another major cause of stress is the time management (Hanton *et al*, 2005) ^[10].

Objective of the study

- To measure stress vulnerability among boxers at different level of category.

Method and procedure

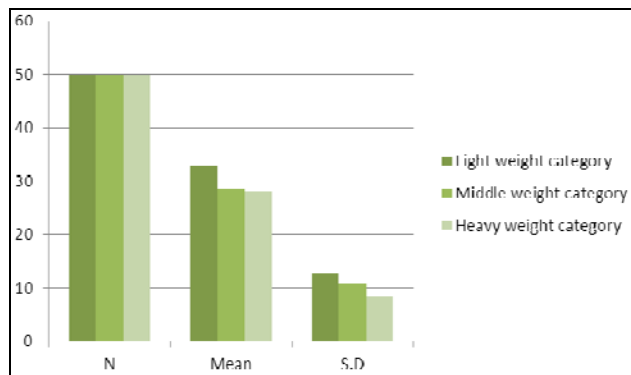
A total of 150 male boxers (50 Light weight category, 50 Middle weight categories and 50 Heavy weight category) with the age group of 18 to 25 years. Only stress vulnerability, was measured through Stress Vulnerability Scale which contains 20 items devised by (L.H. Miller and A.D. Smith) was applied. To determine the significant difference among all the boxers at different level of category One Way Analysis of Variance and F-test will be used in the selected parameters (Verma, 2013). The level of significance set at 0.05 level.

The above table-1 indicates that all the three groups of boxers' viz. light weight category, middle weight category and heavy weight category consisting of equal samples with fifty in each group. On the stress vulnerability light weight category showed highest mean value 32.98 followed by middle weight category 28.58 and heavy weight category 28.12

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Table 1: Descriptive statistics of stress vulnerability among Lightweight, middleweight and heavy weight category boxers

Boxers	N	Mean	S.D
Light weight category	50	32.98	12.61
Middle weight category	50	28.58	10.69
Heavy weight category	50	28.12	8.53



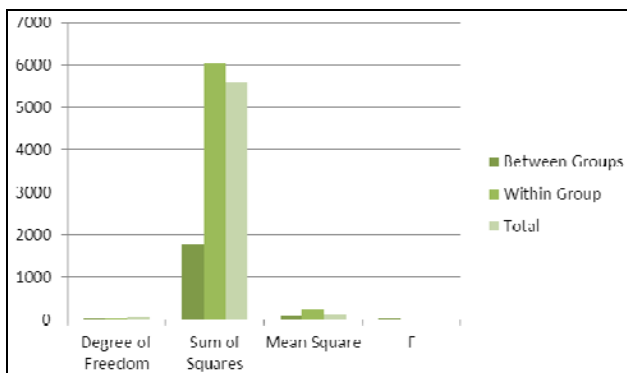
Graph 1: Graphical representation of Descriptive statistics of stress vulnerability among Lightweight, middleweight and heavy weight category boxers

Table 2: ANOVA table for the stress vulnerability among Lightweight, middleweight and heavy weight category boxers

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	22	1754.513	79.88	.768
Within Group	27	6043.467	223.832	
Total	49	5608.180	98.120	

Significant at 0.05 level
 Tab F0.05 (2, 297) = 3.02

The finding of Table- 2 shows that there is no important difference between the mean scores of the reduce sense of accomplishment of burnout among light weight, middle weight and heavyweight category boxers. Because the Calculated F-value. 768 is less than the Tabulated F-value of 3.02 at .05 level of Significant for the degree of freedom 2, 297.



Graph 2: Graphical representation of ANOVA table for the stress vulnerability among Lightweight, middleweight and heavy weight category boxers

Conclusion

Light weight category boxer’s higher level of stress vulnerability as compared to middle weight category and heavy weight category boxers.

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