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Analysis of Burnout of Boxing Players at Intervarsity Level

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Abstract
The purpose of the study was to analyze the burnout of boxing male players at different level of category. A total of 150 intervarsity level 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 Athletic Burnout questionnaire which contain 15 items devised by Raedeke (1997; Raedeke & Smith, 2001) 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, Badminton, Male, Category.

Introduction
A condition and level of emotional, physical and mental exhaustion are named as Burnout. It influences purpose, vitality, attitudes and self-concept towards sport and life. It might be negative. Coaches and athletes are prone to likely to burnout due to the sports nature as well as the burnout nature because they are always based on accomplishment. The sports person can be much stressed and highly dedicated. So burnout is an essential barrier for all. By knowing the burnout psychology, it enhances cricketers to cope with rest. Even it prevents more efficiently (Raedeke and Smith, 2001) [12].

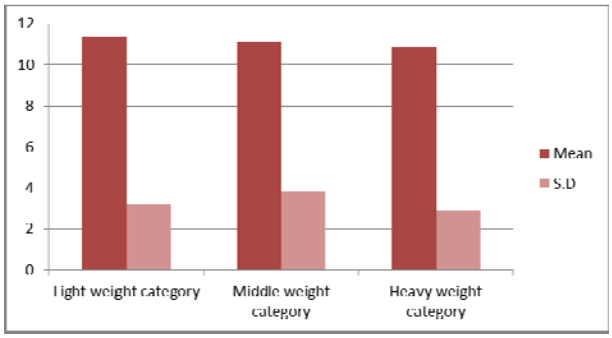
Objective of the study
- ✓ To measure burnout among boxers at different level of category.

Method and procedure
A total of 150 intervarsity level male boxers (50 Light weight category, 50 Middle weight categories and 50 Heavy weight category) with the age group of 18 to25 years. Only Burnout, was measured through Athletic Burnout questionnaire by Raedeke (1997; Raedeke & Smith, 2001) [12]. 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.

Data Interpretation and Result

Table 1: Descriptive statistics of the sub factor Reduce sense of accomplishment of burnout of Lightweight, middleweight and heavy weight category boxers

Boxers	N	Mean	S.D
Light weight category	50	11.36	3.19
Middle weight category	50	11.10	3.82
Heavy weight category	50	10.84	2.90



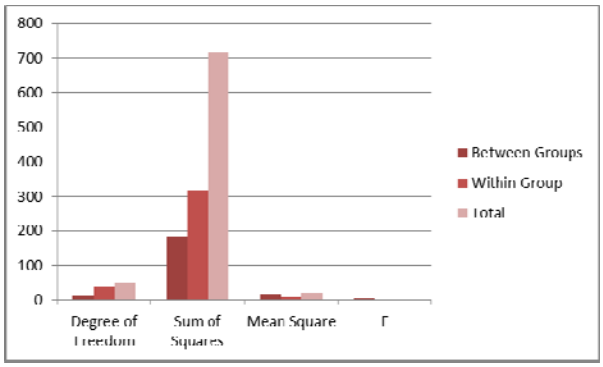
Graph 1: Mean Difference of the sub factor Reduce sense of accomplishment of burnout of Lightweight, middleweight and heavy weight category boxers

Table 2: ANOVA table for the sub factor Reduce sense of accomplishment of burnout among Lightweight, middleweight and heavy weight category boxers

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	12	184.414	15.36	1.463
Within Group	37	317.106	8.57	
Total	49	718.500	19.27	

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 1.463 is less than the Tabulated F-value of 3.02 at .05 level of Significant for the degree of freedom 2, 297.

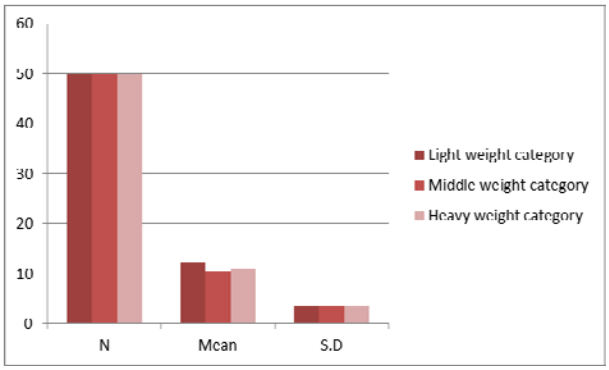


Graph 2: Anova table for the sub factor Reduce sense of accomplishment of burnout among Lightweight, middleweight and heavy weight category boxers

Table 3: Descriptive statistics of the sub factor Reduce sense of emotional physical exhaustion burnout of Lightweight, middleweight and heavy weight category boxers

Boxers	N	Mean	S.D
Light weight category	50	12.08	3.63
Middle weight category	50	10.38	3.61
Heavy weight category	50	10.88	3.73

The above table-3 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 sub factor Reduce sense of emotional physical exhaustion of burnout light weight category showed highest mean value 12.08 followed by height weight category 10.88 and middle weight category 10.38.



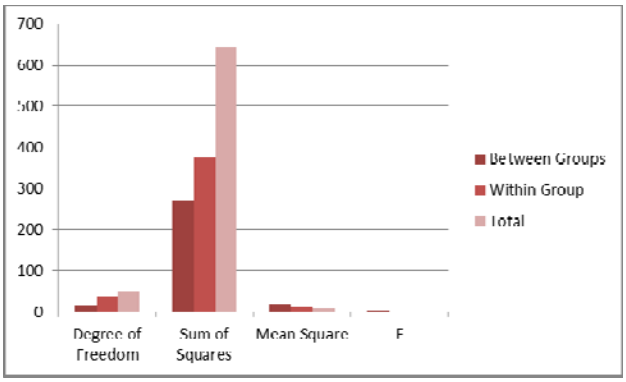
Graph 3: Descriptive statistics of the sub factor Reduce sense of emotional physical exhaustion burnout of Lightweight, middleweight and heavy weight category boxer

Table 4: ANOVA table for the sub factor Reduce sense of emotional physical exhaustion burnout among Lightweight, middleweight and heavy weight category boxers

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	14	272.329	19.45	1.814
Within Group	35	375.351	10.72	
Total	49	641.780	8.63	

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

The finding of Table- 4 shows that there is no important difference between the mean scores of the reduce sense of emotional physical exhaustion burnout among light weight, middle weight and heavyweight category boxers. Because the Calculated F-value 1.814 is less than the Tabulated F-value of 3.02 at .05 level of Significant for the degree of freedom 2, 297.



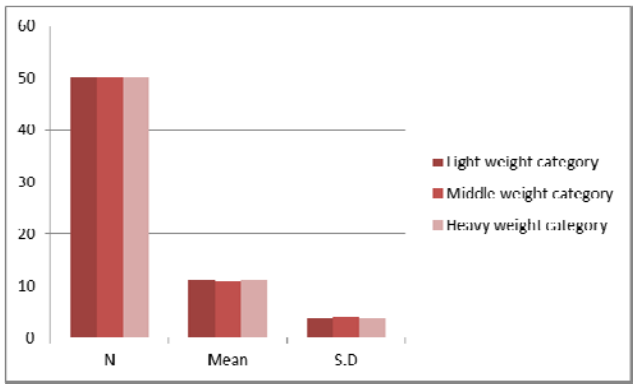
Graph 4: Anova table for the sub factor Reduce sense of emotional physical exhaustion burnout among Lightweight, middleweight and heavy weight category boxers

Table 5: Descriptive statistics of the sub factor Reduce sense of devaluation burnout of Lightweight, middleweight and heavy weight category boxers

Boxers	N	Mean	S.D
Light weight category	50	11.18	3.65
Middle weight category	50	10.78	3.99
Heavy weight category	50	10.94	3.68

The above table-5 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 sub factor Reduce sense of devaluation burnout light weight category showed highest mean value 11.18 followed by height weight category 10.94 and middle weight category 10.78.



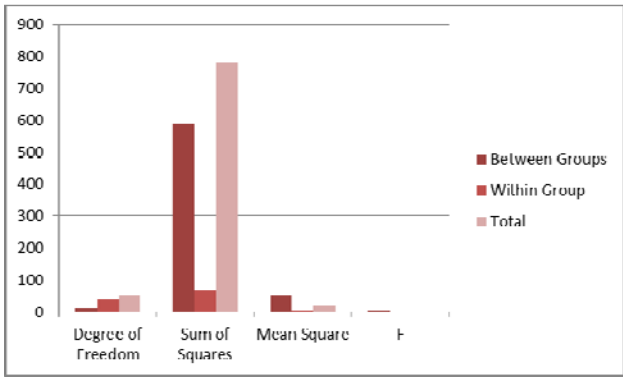
Graph 5: Descriptive statistics of the sub factor Reduce sense of devaluation burnout of Lightweight, middleweight and heavy weight category boxers

Table 6: ANOVA table for the sub factor Reduce sense of devation burnout among Lightweight, middleweight and heavy weight category boxers

Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F
Between Groups	12	588.523	49.044	1.374
Within Group	37	64.857	1.753	
Total	49	782.580	20.099	

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

The finding of Table- 4 shows that there is no important difference between the mean scores of the reduce sense of devation burnout among light weight, middle weight and heavyweight category boxers. Because the Calculated F-value 1.374 is less than the Tabulated F-value of 3.02 at .05 level of Significant for the degree of freedom 2, 297.



Graph 6: ANOVA table for the sub factor Reduce sense of devation of burnout among Lightweight, middleweight and heavy weight category boxers

Conclusion

- The reduce sense of accomplishment, Emotional/ physical exhaustion and devation did not show any significant difference among the three groups of light weight category, middle weight category and heavy weight category.

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