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Exercise regulation of female boxers

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Abstract

A study was conducted to know the type of exercise regulation in boxing girls. Total 50 boxers (girls) were selected as subjects. Purpose of the data was explained to the subjects. Data was collected from Panjab University Chandigarh's inter-college competition. Behaviour Regulation in Exercise Questionnaire was used to assess their regulation in exercise. Their age ranged between 19 to 26 years. Descriptive statistics was used to analyze the data. Result found that girls had higher regulation in identified for exercise followed by intrinsic, introjected and less in amotivation and external regulation.

Keywords: Behaviour, Exercise, Identified, Intrinsic, Introjected, Amotivation, External

Introduction

Sport is a prominent aspect in young player's lives. Large number of boys and girls regularly engage in some sport programs. In sports a motivation plays a key role to get higher achievements. Motivation refers to "the reasons underlying behaviour" (Guay *et al.*, 2010) [2]. Motivation is generally defined as the force that compels us to action. It drives us to work hard and pushes us to succeed. Motivation influences our behaviour and our ability to accomplish goals. Physical activity engagement involves a complex interaction between biological, environmental, social, and psychological influences. Examining the motivational determinants of exercise behaviour has become a prominent topic in exercise psychology (Biddle & Mutrie, 2001) [1]. Physical exercise is not always an intrinsically motivating behaviour, although in some cases it is inherently satisfying (Georgiadis *et al.*, 2010) [6]. Human motivation varies in the extent to which it is self-determined or controlling. Players are participating in various activities. They compete in so many competitions. In today's arena, it may be essential to check that what type of motivation is exists in the players. Motivation may be depend on the player's attitude toward their game and coach. To get the peak performance of their field may be one factor to participate in the exercise regularly. Sport psychologist had investigated the motives behind sport participation. The purpose of the study was to know the type of motivation in the boxing girls.

2. Methodology

2.1 Sample

For the present study, 50 subjects were selected from Panjab University, Chandigarh's Inter-college competition of boxing in women category. Random sampling technique was applied to select the subjects. The age of subjects were ranged between 19 to 26 years.

2.2 Tool

Behaviour Regulation in Exercise Questionnaire was used to check the type of motivation in boxers. It is valid tool. It checks the five sub-domain of motivation namely: Identified, Intrinsic, Introjected, Amotivation, External regulation.

2.3 Statistical design

Descriptive statistics was used to assess the mean and standard deviation of the data.

3. Results

The results with regard to variable Behaviour Regulation in Exercise Questionnaire as below:-

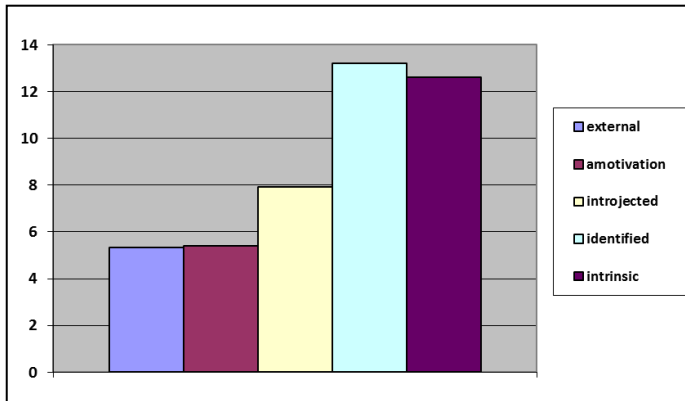
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Table 1: Descriptive Statistics of sub-domain of Behaviour Regulation in Exercise

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
External	50	.00	16.00	5.3200	5.14857
Amotivation	50	.00	15.00	5.4200	5.31878
Introjected	50	1.00	12.00	7.9400	3.70003
Identified	50	.00	16.00	13.2000	3.72526
Intrinsic	50	1.00	16.00	12.6000	3.45230

It was found that boxers had high identified regulation than other regulation i: e intrinsic regulation and introjected regulation. They had less external regulation followed by amotivation.

**Fig 1:** Graphical representation of mean scores of sub-domain of Behaviour Regulation in Exercise.

4. Discussion

Amotivation mean lack of motivation. It was found less in boxing girls as the external regulation, while identified regulation was found slightly higher than the intrinsic regulation and also higher than introjected regulation. Identified regulation is found higher than other regulations in girls may be due to their personal interest to learn the skill of their games, to get perfection in the games. A career in sports provides so many opportunities to players to give their best. These competitions develop the courage and confidence in girls to achieve the good goal. Result supports the study of Jonsson and Lidén (2012) ^[4] that high level of extrinsic motivation was found among university students. Edmunds *et al.* (2008) ^[3] showed that, among aerobics class participants, identified regulations were associated with more positive exercise-related affect while external regulations and amotivation were associated with more negative exercise-related affect. Lim and Wang (2009) ^[5] also found high scores on identified regulation and intrinsic motivation, and low scores on external regulation, introjected regulation and amotivation.

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