Rajesh Panchal
Research Scholar,
Mewar University,
Chittorgarh, Rajasthan, India.

VS Jaggi
Assistant Professor,
Shyam Lal College,
University of Delhi, Delhi, India

A comparative study of psychological skills in relation to performance of different level Indian female boxers

Rajesh Panchal and VS Jaggi

Abstract
This study is aimed at to know the significance role of psychological skills in relation to the performance of different level female boxing players. Through this study we try to know the various psychological skills like Coping, Peaking under pressure, and Freedom from worry, affect the performance of the female player of boxing who have participated at state, national, and inter university championship. This study has been done on 50 female boxers who are practicing at Indira Gandhi stadium New Delhi and the other boxing centers of India, and participated at state, national, and inter university level. Their performance was assessed and points were given by three experts who are the qualified coaches working in sports authority of India. And the marks of certificates were given. Questionnaire was filled by the female boxers of different weight categories. The statistical analysis was done by applying the mean, standard deviation, Pearson's correlation and ANOVA.

Keywords: Coping, peaking under pressure, freedom from worry psychological skill, performance

Introduction
Today numerous outlets and Coaches hope to sports psychology for an aggressive edge by looking for mental preparing system so as to learn among other thing, it additionally it also emphasize on way to manage, competitive stress, central concentration, improve confidence and increase communication skill and team harmony. The Sport of Boxing, to some, the immense game where youngsters contend in a safe, firmly controlled environment which advances qualities, for example, self-preservation, self-control and regard. Regardless of how agile or fit a boxer may be physically, this will mean nothing if the boxer is not arranged mentally. This study is gone for to know the mental characteristics of Indian female boxers. To know the mental aptitudes this study is being finished.

This study is based on the psychological assessment of different level Indian female boxers through three variables of psychological skills which are the part of athletic coping skill inventory (ACSI) questionnaire which is constructed by R.E. Smith in 1994. It consist 28 statements which play an important role in the performance of game boxing. To effectively utilize these tools, it may be helpful to define each term. Psychological skills which are stated in this questionnaire are as follows-

1. **Coping** - It more likely are to remain calm, positive and enthusiastic when things go badly and likely to be able to overcome setbacks in a performance situation.
2. **Peaking under pressure**- the more likely it refers to find high-pressure situations challenging. It is likely that will use them to help performance, as opposed to viewing thefvm as threatening and allowing them to hinder performance.
3. **Freedom from worry**- it is less likely to put pressure on oneself by worrying about performance, making mistakes and what others think about your performance (particularly if perform badly).

Aim: The purpose of this study is to known the psychological skills of different level Indian female boxers.

Correspondence
Rajesh Panchal
Ph.D. Scholar, Mewar
University, Chittorgarh,
Rajasthan, India.

Methodology
Selections of subjects
For the purpose of this study fifty female boxers were randomly selected from the various coaching centers. The players were selected who were National, Interuniversity and state level players. They are practicing at Indira Gandhi Stadium New Delhi. The ages of the players were between 17 and 25.

Variables
Dependent Variable: Performance
Independent Variable: psychological skills (Coping, peaking under pressure and freedom from worry)

Criterion measures/tools administration
To measure the psychological skills of different level Indian female boxers, athletic coping skills inventory questionnaire constructed by R. E. Smith in 1994 was used. It consist of 28 statements which has been answered in such a way-
0 = *almost never,*
1 = *sometimes,*
2 = *often, and*
3 = *almost always.*

Research Design of study
The design of study was a survey type of research design and the performance of the female boxers had been assessed by the three experts and their points of certificates would also assess. The Survey for the purpose of this study has been done at Indira Gandhi Stadium New Delhi in month of June 2015. All the 50 female boxers who have been selected as subject were asked to fill the questionnaire. Their performance was assessed by a panel of three experts of boxing.

Collection of Data: The data had been collected on selected variables from national, inter-university and state level female boxing players. They are practicing at Indira Gandhi Stadium New Delhi and a panel of three experts was formed to assess the performance of boxers. Experts are the qualified coaches from NIS and working as boxing coach at various centers of sports authority of India. The performance was judged out of 10 marks.

Statistical Analysis: To compare the personality traits of different level female Indian boxers ANOVA, Pearson's correlation of coefficient and descriptive statistics was used at 0.05 level of significance.

Results: Data were compiled using SPSS 20 version package software to calculate different variables (coping, peaking under pressure and freedom from worry) in this questionnaire.

Table 1: Descriptive Statistics

Weight category		Coping	Peaking under pressure	Freedom from worry	Performance
light fly	Mean	10.1000	7.7000	3.9000	57.3000
	N	10	10	10	10
	Std. Deviation	1.52388	2.62679	2.96086	7.39444
fly	Mean	10.7000	9.2000	2.1000	61.4000
	N	10	10	10	10
	Std. Deviation	.82327	2.57337	2.51440	8.34266
bantam	Mean	10.1000	8.6000	3.2000	59.0000
	N	10	10	10	10
	Std. Deviation	1.28668	2.63312	3.19026	6.27163
light	Mean	10.0000	7.8000	3.8000	56.9000
	N	10	10	10	10
	Std. Deviation	1.49071	2.74064	3.01109	6.96738
light welter	Mean	10.3000	7.7000	2.6000	58.4000
	N	10	10	10	10
	Std. Deviation	1.41814	2.21359	2.95146	8.77116
Total	Mean	10.2400	8.2000	3.1200	58.6000
	N	50	50	50	50
	Std. Deviation	1.30243	2.53144	2.89715	7.46147

Findings
Table 1, Descriptive statistic result revels that in relation to variable coping mean value has been found higher (10.7000) in Fly weight category and lower (10.000) in Light weight category. On the other hand in relation to the variable peaking under pressure the mean value is found higher (9.2000) in fly weight category and lower (7.7000) in Light fly and light welter weight category. As far as freedom from worry variable is concerned the mean value is found higher (3.9000) in Light fly weight category and lower (2.1000) in fly weight category. As far as performance is concerned the performance is found higher (61.4000) in the Fly weight category, and performance is found lower (56.9000) in Light weight category.

Table 2: ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Coping	Between Groups	3.120	4	.780	.439	.780
	Within Groups	80.000	45	1.778		
	Total	83.120	49			
Peaking under pressure	Between Groups	18.200	4	4.550	.692	.601
	Within Groups	295.800	45	6.573		
	Total	314.000	49			
Freedom from worry	Between Groups	23.880	4	5.970	.693	.600
	Within Groups	387.400	45	8.609		
	Total	411.280	49			
Performance	Between Groups	126.200	4	31.550	.546	.703
	Within Groups	2601.800	45	57.818		
	Total	2728.000	49			

Findings

Table- 2 the findings of ANOVA revels that, In relation to the variable coping, table - 2 revealed that the obtained 'F' value of (.439) was found to be insignificant at 0.05 level, In relation to the variable peaking under pressure, table - 2 revealed that the obtained 'F' value of (.692) was found to be insignificant at 0.05 level. In relation to the variable Freedom from worry, table - 2 revealed that the obtained 'F' value of (.693) was found to be insignificant at 0.05 levels. Over all we found that there is no significant difference are there in relation to all three variables.

Table 3: Pearson's correlation Correlations

		Coping	Peaking under pressure	Freedom from worry	Performance
weight category	Pearson Correlation	-.033	-.079	-.044	-.044
	Sig. (2-tailed)	.821	.585	.760	.761
	N	50	50	50	50
Coping	Pearson Correlation	1	.412**	-.035	.665**
	Sig. (2-tailed)		.003	.810	.000
	N	50	50	50	50
Peaking under pressure	Pearson Correlation	.412**	1	-.206	.707**
	Sig. (2-tailed)	.003		.150	.000
	N	50	50	50	50
Freedom from worry	Pearson Correlation	-.035	-.206	1	.199
	Sig. (2-tailed)	.810	.150		.167
	N	50	50	50	50
Performance	Pearson Correlation	.665**	.707**	.199	1
	Sig. (2-tailed)	.000	.000	.167	
	N	50	50	50	50

**. Correlation is significant at the 0.01 level (2-tailed).
*Correlation is significant at the 0.05 level (2-tailed)

Findings

Table 3 reviled the Pearson's correlation that shows coping and peaking under pressure (.412) were found significantly correlated at 0.01 levels. As far as variables correlation with performance is concerned only coping and peaking under pressure are significantly correlated at 0.01 levels. Other variables are not significantly correlated at any level.

Conclusion

Under the condition that prevailed and within the limitation imposed by the type of subjects and the variable selected for this study, it may be concluded that there are no significance differences is found among all the variables. i.e. (Coping, peaking under pressure, and Freedom from worry) used in present study of Indian female boxers.

But as far as correlation is concerned, coping and peaking under pressure (.412) were found significantly correlated at 0.01 levels. Coping and peaking under pressure are significantly correlated at 0.01 levels with performance. Others are not found significantly correlated.

Means plot-
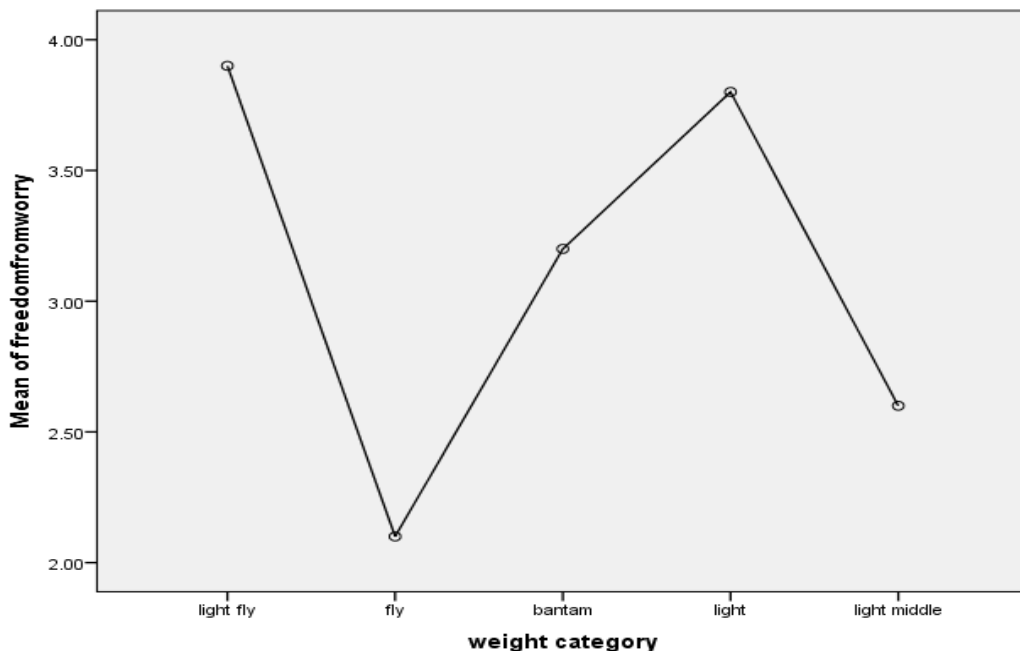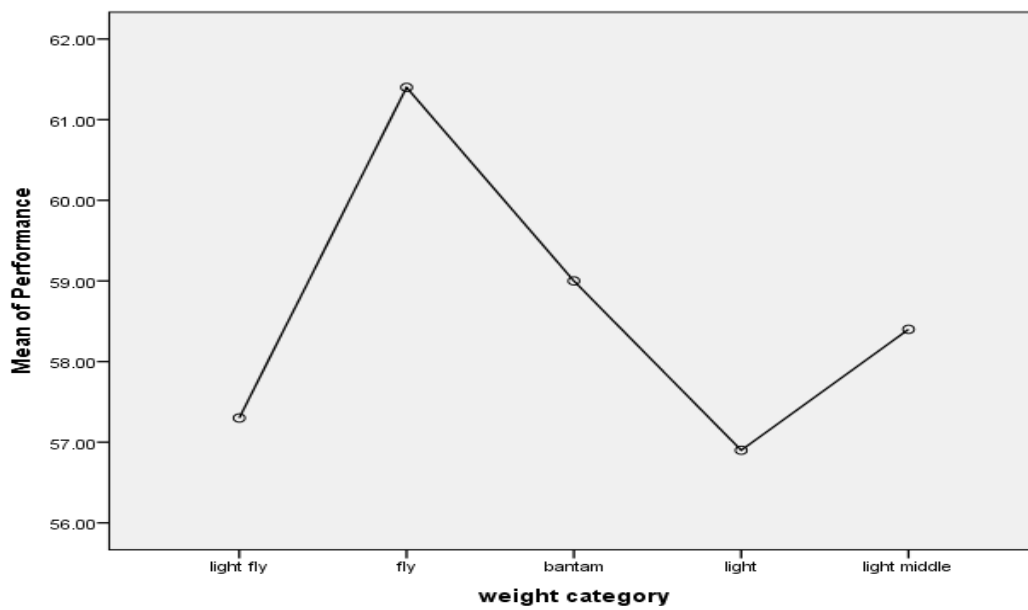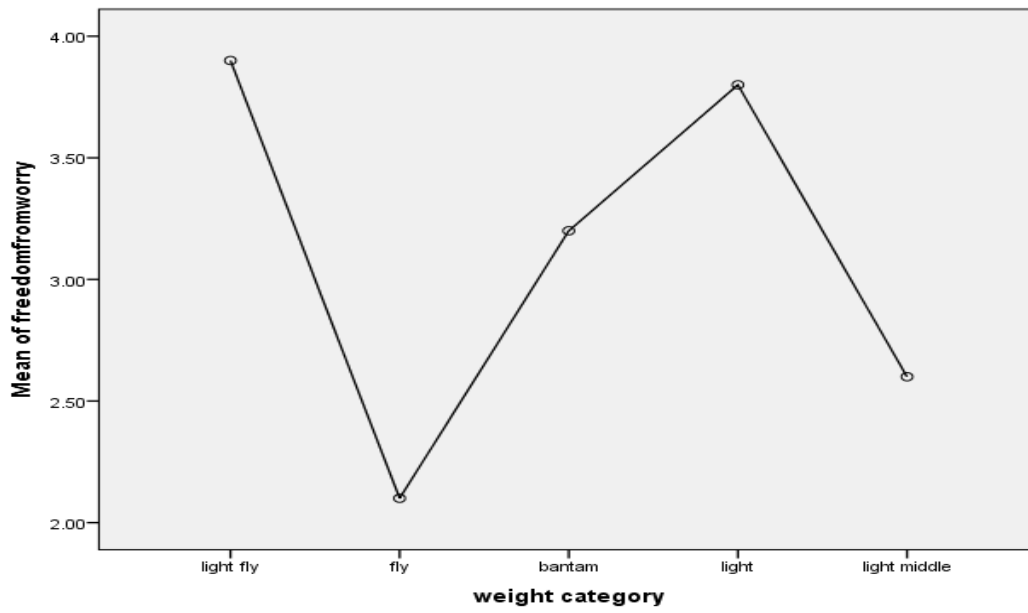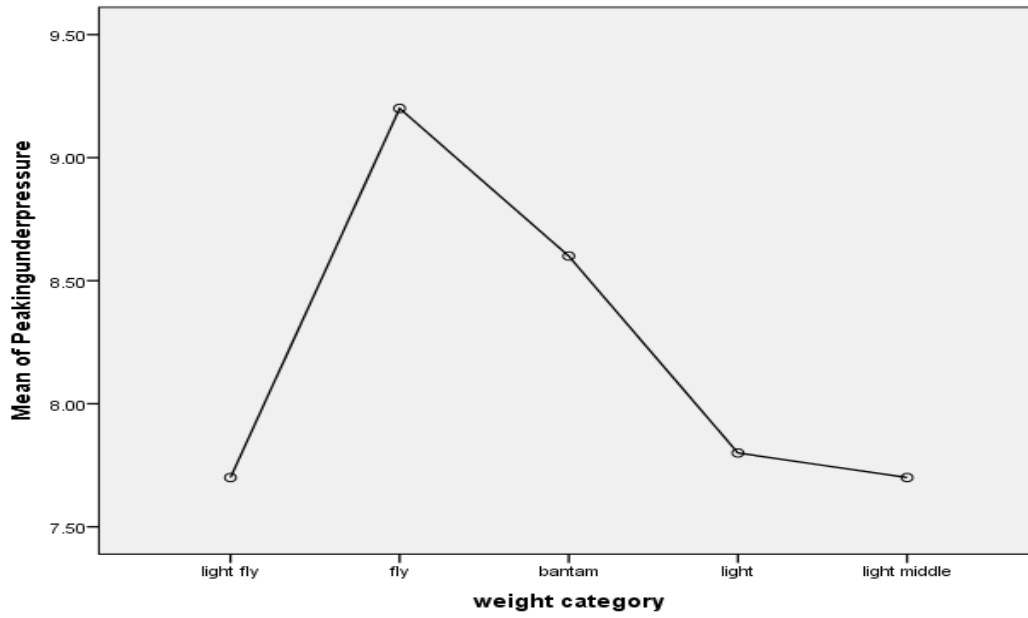
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