



Comparison on selected psycho-motor abilities of national level boxers

Dr. Sukhdev Singh

Principal, SGHS Khalsa College, Panjokhra Sahib, Ambala, Haryana, India

Abstract

The aim of this study is to identify the Psycho-Motor Abilities profiles of National level Boxers and also to find out the relationship of psychomotor abilities of the National level Boxers. A total 22 male Boxers (11 medalists and 11 non-medalists) age range between 18 -25 years will be selected from Punjabi University Patiala, SAG, Imphal centers. Selected Total Psychomotor ability scores Orientation ability and Differentiation ability were be taken. For interpretation of data a comparative analysis of the selected variable, the “t” test was applied. Statistic such as mean and standard deviation was computed. The level of significance was set at 0.05. It was found significant deference between the Punjab and Manipur male Boxers on Orientation ability and Differentiation ability.

Keywords: psychomotor abilities of national level, male boxers, orientation ability and differentiation ability

Introduction

Games and sports, as a part of human education have always existed in the human society. “Sports by their very name are enjoyable, challenging all absorbing and required a certain amount of skills and physical fitness”. Sports have very prominent role in modern society. Today sports have become an inseparable phenomenon of our social life. It is important an individual, a group, a nation and indeed the world. As it is well understood, “Fit body fit nation”. Sports have ever reflected development in society. Sports indeed, have been a mirror of society. Anthropometry is an important aspect of sports medicine. Anthropometric dimensions and morphological characteristics play an important role in determining the success of a sportspersons (Clarke, 1976) [3]. It has been well established that specific physical characteristics or anthropometric profiles indicate whether the player would be suitable for the competition at the highest level in a specific sport (Carbuhn *et al.*, 2010; Chahal *et al.*, 2012) [2, 1].

These anthropometric and morphological parameters are the sensitive indicators of physical growth and nutritional status of the sportspersons for their maximal performances. The evaluation of body composition permits quantification of the major structural components of the body - muscle, bone and fat. With respect to health fitness, it refers to the percentage of body weight that is composed of fat as compared with fat-free or lean tissue. The theory of motor coordination is the basis for understanding the motor of coordination abilities. Motor coordination is part and parcel of actions regulation. Coordination abilities have also important and strong links with the motor skills as the motor coordination focus the basis of both. These abilities enable the sportsperson to do a group or set of movement with better quality and effect. Psychomotor abilities enable the sports man to do a group of movements with better quality and effect. The speed of learning of skill and its stability is directly dependent on the

level of various coordinative abilities. They are needed for maximal utilization of conditional abilities, technical skills and tactical skills (Singh, 1991) [4]. Boxing is an excellent vehicle for development of physical fitness and that boxing-related activities are being widely used in attempts to address the global problem of increasing incidence of diseases caused by sedentary lifestyles. Boxing depend to a large extent on technical skill and tactics. Beside these the orientation and differentiation are the abilities which are important for achieving good performance in Boxing.

Statement of the problem

The statement of the problem from the available literature and opinion of the expert guide, the investigator motivated to find out the difference on selected psycho-motor abilities of national level boxers. Thus the problem was stated as: “Comparative study on selected psycho-motor abilities of national level boxers.”

Objectives of the study

1. To find out the difference on selected orientation abilities of national level boxers.
2. To measure the difference on selected differentiation abilities of national level boxers.

Hypotheses of the study

On the basis of previous literature and research findings of the problem, It was hypothesized that:

1. There would be significant difference on selected orientation abilities of national level boxers.
2. There would be significant difference on selected differentiation abilities of national level boxers.

Methodology and Procedure

A sample of 22 national level male boxers were selected as subject (11 from Punjab and 11 from Manipur) from Punjabi

University Patiala and SAG center in Imphal, Manipur. The ages of the player were 18-25 years. Test Applied:- The data were collected with the help of Body Composition Monitor with Scale HBF-361 is used to measure orientation ability test and differentiation ability test, test as standard procedure. Methods of Analysis: - To analysis collected data “T” test was applied to find out the significant difference between Manipur and Punjab male Boxers.

Results and Discussion

Table 1: Significance of Mean Difference between Punjab and Manipur Male Boxers on the Orientation Ability

Groups	N	Mean	Standard Deviation	t-value
Punjab	11	7.65	0.42	4.123*
Manipur	11	7.07	0.19	

*Significance at 0.05 level of significance i.e., = 1.725

A perusal of table & figure 1 indicates that a mean and standard deviation values with regard to Manipur boxers on orientation ability variable were 7.07 and 0.19 whereas in case with Punjab the same were recorded as 7.65 and 0.42 respectively. There significant difference was found between Manipur and Punjab as the calculated t-value (4.123) was more than tabulation t-value (1.725) at 0.5 level.

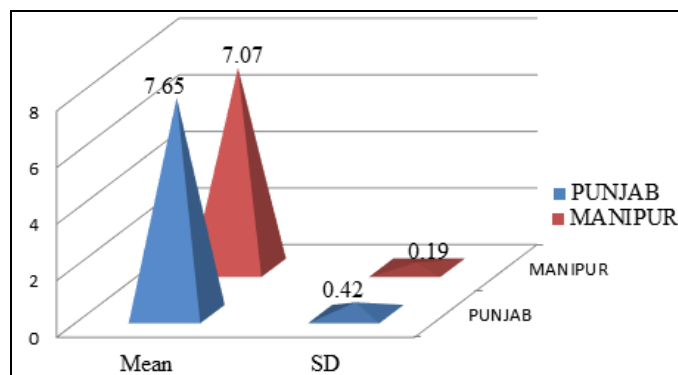


Fig 1: Significance of Mean Difference between Punjab and Manipur Male Boxers on the Orientation Ability

Table 2: Significance of Mean Difference between Punjab and Manipur Male Boxers on the Differentiation Ability

Groups	N	Mean	Standard Deviation	t-value
Punjab	11	18.63	3.64	4.407*
Manipur	11	25.45	3.61	

*Significance at 0.05 level of significance i.e., = 1.725

A perusal of table & figure 2 indicates that a mean and standard deviation values with regard to Manipur boxers on differentiation ability variable were 25.45 and 3.61 whereas in case with West Bengal the same were recorded as 18.63 and 3.64 respectively. There significant difference was found between Manipur and West Bengal as the calculated t-value (4.407) was more than tabulation t-value (1.725) at 0.5 level.

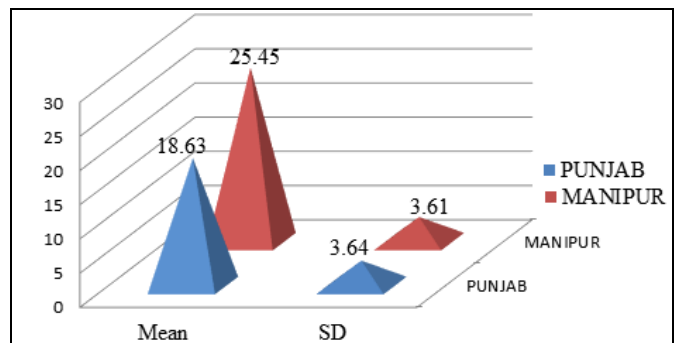


Fig 2: Significance of Mean Difference between Punjab and Manipur Male Boxers on the Differentiation Ability

Conclusion

The researcher had under taken study there were significant differences were observed in the orientation and differentiation, of Punjab and Manipur national level male boxers.

References

1. Chahal A, Ghildyal S, Chahal V. Predicting Excellence in Basketball: Anthropometric and Physiological Attributes In Elite Indian Female Players. International Quarterly of Sport Science, 2012, 1.
2. Carbuhn AF, Fernandez TE, Bragg AF, Green JS, Crouse SF. Sport and training influence bone and body composition in women collegiate athletes. Journal of Strength and Conditioning Research. 2010; 24(7):1710-7.
3. Clarke H, Harison. Application of Measurements to Health and Physical Education. 5th Edition, Englewood Cliffs. New Jersey, Prentice Hall Inc, 1976-1978.
4. Singh H. Science of sports training Publications by DharamVir Singh Saini D.V.S, 1991, 200.