A Comparative Study of Self Confidence Among Boxers and Wrestlers of Hyderabad in India

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Citation

Abstract
Boxing is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance, and will by throwing punches with gloved hands against each other. There are four basic punches in boxing: the jab, cross, hook and uppercut. Wrestling is a form of combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. Self confidence in sports relies primarily on the athletes ability to believe he can win and that can be successful in his efforts. The Purpose of the study is to find out the self confidence among Boxers and Wrestlers of Hyderabad in India. The sample for the present study consists of 50 Male Boxers and 50 Wrestlers of Hyderabad between the age group of 18-20 Years. Dr. S. J. Quadri Self Confidence Inventory is used to asses the Self Confidence. The Results of the Study shows that Boxers are having more confidence than wrestlers. Boxing can improve your self confidence not only in ring, but in other aspects of your life as well. It’s an extremely challenging Sport that tests your limitations and to overcome physical and mental obstacles. It is concluded that Boxers are having more self confidence than Wrestlers. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among sports persons. Self confidence is the main psychological variable for key to success in sports and games.

1. Introduction

Boxing or Pulgisim is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance, and will by throwing punches with gloved hands against each other. Amateur boxing is an Olympic and Commonwealth sport and is a common fixture in most of the major international games—it also has its own World Championships. Boxing is supervised by a referee over a series of one- to three-minute intervals called rounds. The result is decided when an opponent is deemed incapable to continue by a referee, is disqualified for breaking a rule, resigns by throwing in a towel, or is pronounced the winner or loser based on the judges’ scorecards at the end of the contest. The origin of boxing may be its acceptance by the ancient Greeks as an Olympic game in BCE 688. Boxing evolved from 16th- and 18th-century prizefights, largely in Great Britain, to the forerunner of modern boxing in the mid-19th century, again initially in Great Britain and later in the United States.

1.1. Attacking Boxing Skills

Each boxer develops an attacking style, for example some boxers rely on speed and
others on strength. One the basic stance second the straight right punch third the uppercut. Four left jab, and five is left hook.

1.2. Defence Boxing Skills

In defence boxing a boxer use number of techniques to avoid his opponents punches or make them ineffective, One clinching, two ducking, third slipping, four parrying and the five blocking

Wrestling is a combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional historic and modern styles.

Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems. The term wrestling is attested in late Old English, as wrestle. Greco-Roman wrestling and modern freestyle wrestling were soon regulated in formal competitions, in part resulting from the rise of gymnasiums and athletic clubs.

A basic skill is a wrestling skill or technique that is fundamental to wrestling and/or the basis for other moves. Basic skills should be taught, learned and mastered prior to more advanced moves. The success of other moves are dependent on how well basic skills are executed. These skills should be drilled and retaught on a regular basis.

The seven basic skills are:
1. Stance
2. Motion
3. Level change
4. Penetration
5. Back step
6. Back arch
7. Lift

The socio-psychological concept of self-confidence relates to self-assurance in one's personal judgment, ability, power, etc. Self-confidence in sports relies primarily on the athlete's ability to believe he can win and that he can be successful in his efforts. Consultants at the United States Tennis Association report that self-confidence is one of the most important attributes an athlete can possess and should be fostered by both athletes and their coaches. Confidence is a player’s belief in their ability to perform well in any situation, practice or game. Confidence is derived from a baseline assessment of past performances, training, and preparation. As competency or skill mastery grows, your confidence becomes proportionately stronger. In order for players to develop high levels of confidence, they must have a clear understanding of the factors that boost and undermine their confidence, such as high expectations.

Self-belief has been directly connected to an individual's social network, the activities they participate in, and what they hear about themselves from others. Positive self-esteem has been linked to factors such as psychological health, mattering to others, and both body image and physical health. On the contrary, low self-esteem in adolescents has been shown to be an important predictor of unhealthy behaviors and psychological problems such as suicidal ideation later in life.

Self-confidence, the combination of self-efficacy and self-esteem, is an essential part of humanity. Self-efficacy is the internal sense, or belief that we can accomplish a variety of tasks or goals throughout life. Self-esteem, is similar, but more related to believing we are generally competent in what we do, and that we deserve to be happy in life. Self-confidence is commonly defined as the sureness of felling that you are equal to the task.

Confidence is a positive state of mind and a belief that you can meet the challenge ahead - a feeling of being in control. It is not the situation that directly affects confidence; thoughts, assumptions and expectations can build or destroy confidence. High self confidence Thoughts - positive thoughts of success Feelings - excited, anticipation, calm, elation, prepared Focus - on self, on the task, Behavior - give maximum effort and commitment, willing to take chances, positive reaction to setbacks, open to learning, take responsibility for outcomes Low self confidence Thoughts - negative, defeat or failure, doubt Feelings - tense, dread, fear not wanting to take part Focus - on others, on less relevant factors (coach, umpire, conditions) Behavior - lack of effort, likely to give up, unwilling to take risks (rather play safe), blame others or conditions for outcome.
2. Review of Related Literature

Dr. Raj Kumar Sharma (2014) International Journal of Health, Physical Education and computer science in sports has studied the comparison the psychological characteristics of male and female players of Chhattisgarh. A sample consisted of thirty male and female Judo players of Chhattisgarh, who participated in State Judo championships held at Bhillai in the year 2012-13. The Athletic Coping Skills Inventory-28 prepared and developed by Smith et al. 1995 was used to measure the seven dimensions of psychological characteristics i.e. Coping with adversity, Peaking under pressure, Goal setting and mental Preparation, Concentration, Freedom from worry, Confidence and achievement motivation, and Coachability. To find out the significance of differences between male and female Judo Players of Chhattisgarh, the Means, Standard deviations and t –ratio were computed. Results of the study indicated that the male Judo players had better coping ability than female Judo Players. Female judo players had better concentration ability than their counter parts. Male and female Judo Players also expressed similar psychological ability for the set of seven factors of psychological characteristics.

Dr. Rita Karmakar (2014) International Journal of Health, Physical Education and computer science in sports Vol.14 has studied on the importance of trait anxiety among between Individual and Team and athletes. Research has revealed that the performance of sports person was much affected by anxiety (Esfahani & Soflu, 2010). However, some researchers have recognized adaptive perfectionism as a key characteristic to achieve elite performance in sports (Gould, Dieffenbach, & Moffett, 2002). The purpose of the present study was twofold (i) to compare the trait anxiety and perfectionism between individual (N=150) and team (N=150) athletes of Kolkata and (ii) relationship between trait anxiety and perfectionism. Total mean score for the athletes’ ages was 20.51 years, ranging from 18 to 23 years (SD=2.85). To measure trait anxiety “The State-Trait Anxiety Inventory” of Speilberger (1970) was considered and for perfectionism “Sportmultidimensional perfectionism scale” devised by Dunn, Causgrove Dunn & Syrotuikm (2002) was used. The data was analyzed and compared with the help of standard statistical procedures in which mean, standard deviation, ‘t’ test and Pearson’s Product moment Correlation of Coefficient were used. Result of the study revealed no significant difference between individual and team athletes in regard to trait anxiety and perceived parental pressure. Significant difference was found between individual and team athletes with respect to personal standards, concern over mistakes and perceived coach pressure. Significant negative correlation was found between setting personal standard and trait anxiety for individual athletes. Concern over mistakes, perceived parental pressure and perceived coach pressure were positively and significantly related with trait anxiety for both groups.

Howard Zhenhao Zeng (2003) designed to compare the difference on the levels of self-confidence. State sport-confidence and Trait sport-confidence for varsity athletes between team sports (TS) and individual sports (IS). College varsity athletes (N=69, TS=39,IS=30) aged 18 to 23 years were tested and analyzed during the study self-confidence scores were obtained to compare the mean differences in the levels of self-confidence of the participants. According to the independent group t test, the means of state self-confidence. State sport-confidence and Trait sport-confidence scores for TS athletes were significantly (p<.05) higher than the mean scores for IS athletes. In conclusion, team sport athletes have higher levels of state self-confidence, state sport-confidence and trait sport confidence as compared to individual sports athletes when they competed with their opponent (Howard and zeng 2003).

Eric Thomas (2012) studied anxiety and self-confidence in relation to individual and team sports. Athletes, 49 men and 35 women, were divided by sport context and asked to complete the Competitive State Anxiety Inventory (CSAI-2). The analysis showed individual sport athletes exhibit significantly higher levels of cognitive and somatic anxiety and lower levels of self-confidence than team sport athletes who report less cognitive and somatic anxiety and more self-confidence. These findings were consistent with the conclusions of previous studies and support that sport context influences athletes’ precompetitive cognitions (Eric. P. et al. 2012)

3. Methodology

The Purpose of the study is to find out the self confidence among Boxers and Wrestlers of Hyderabad in IndiaThe sample for the present study consists of 50 Male Boxers and 50 Male Wrestlers of Hyderabad between the age group of 18-20 Years. Dr. S.J.Quadri Self Confidence Inventory is used to assess the Self Confidence. This scale was constructed and standardize by Dr. Quadri Syed Javeed. That test consists of 30 items, each item 'YES' 'NO' type alternatives. This Questionnaire were given Boxers and Wrestlers to write separately in different groups.

4. Results and Discussion

The Results of the Study shows that Boxers are having more confidence than wrestlers. Boxing can improve your self confidence not only in ring, but in other aspects of your life as well. It’s an extremely challenging Sport that tests your limitations and to overcome physical and mental obstacles compare to the Wrestlers.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Group</th>
<th>Number of subjects</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Standard error</th>
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<tr>
<td>Self Confidence Inventory</td>
<td>Boxers</td>
<td>50</td>
<td>25.6</td>
<td>0.88</td>
<td>0.12</td>
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<tr>
<td></td>
<td>Wrestlers</td>
<td>50</td>
<td>19.32</td>
<td>1.1</td>
<td>0.16</td>
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</tbody>
</table>

Table No.I.  Self confidence inventory mean values of Boxers and Wrestlers.
In Table No.1 the Mean of Boxers is 25.6 and Wrestlers 19.32 there is a difference 6.28 between the Boxers and Wrestlers. Boxers are having more confidence than the wrestlers.

5. Conclusion

It is concluded that Boxers are having more self confidence than Wrestlers. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among sports persons. Self confidence is the main psychological variable for key to success in sports and games.

Self-confidence is the belief that you can successfully perform a desired task/behaviour. Confident athletes believe in themselves and their ability to acquire the necessary skills and competencies (both physical and mental) to reach their potential. Self-belief motivates all performance.

Recommendations

1. This type of Study is useful to the Coaches and Physical Education Teachers to train the Students as per the requirements of the Psychological variables for the performance in sports.
2. Conducting a similar study, by adding other psychological factors such as goal setting, Achievement motivation, concentration and imagery.
3. Doing a similar study on Individual and Team Games.
4. Comparing anxiety and self confidence between elite and non-elite athletes indifferent regions.
5. Conducting a similar study among female sports persons.

References