COMPARATIVE STUDY OF MENTAL HEALTH AMONG ALL INDIA INTERUNIVERSITY, SENIOR NATIONAL AND STATE LEVEL FEMALE BOXERS

Gagandeep Kaur¹, Prof. (Dr.) Pritam Singh²

¹Research Scholar, Department of Physical Education
SBBS University Jalandhar Punjab India

²Director Sports and Physical Education, Department of Physical Education
SBBS University Jalandhar Punjab India

Abstract—The purpose of the study was to find out the role of Mental Health among All India Interuniversity, Senior national and State level boxers. Therefore, the investigator decided to find out the significantly better group among boxers on Mental Health. In this study Three hundred (N=300) Female boxers were selected randomly for the collection of data from All India Interuniversity, Senior national and State level Tournament. The purposive random sampling technique was used to collect the data of Female boxers. The test of Mental Health by Singh and Gupta (2000) was administered to record the response of All India Interuniversity, Senior national and State level Female boxers. Analysis of Variance (ANOVA) was applied to find out the difference among All India Interuniversity, Senior national and State level boxers. If results found significant then Scheffe Post-hoc test was also applied to find out the best group among All India Interuniversity, Senior national and State level boxers. On the basis of results of this study it is concluded that Mental Health variables have great importance for victory and perform at top levels. The Mental Health improve among players as they improve their level i. e. All India Interuniversity, Senior national and State level which indicated that Mental Health improves as per the maturity level of players. This variable needs to introduce for teaching from development stages.

Keywords—Female, Boxers, Mental Health, Different Level

Introduction—Boxing is one of the most settled hand to hand doing battling styles of the western piece of the globe of this world. It is all things considered called handle hand pugilism or pugilism of the hold hand. So to speak, boxing is a progression of attracting with the hold hands. On a very basic level, the game of boxing is consistently played by two players where they fight, pounds each other subject to authentic techniques. A pinch of the rigging consolidates boxing gloves, headgear, shoes, punching sacks, rings, mouthpiece and hand wraps, etc. These riggings will be especially helpful to the players considering the manner in which that these instruments will guarantee them against hurts at the hour of doing battling against one another.
Boxing is one of the most convincing games on earth. It is an individual game wherein the two players fight and pounds each other. Warriors would equivalently investigate watched method by avoiding the punches from their adversaries. Boxing could solidify antagonistic correspondingly as guaranteed strategies for the contenders. The moved managing came when "boxing" first came into utilization in England in the eighteenth century to see doing combating to settle disputes and doing battling under agreed models for sport. It is by and used to portray a game in which two players wearing padded gloves face each other in a "ring" and fight an agreed number of "adjusts" under watched checks. The technique itself is of high centrality in fledgling boxing.

A contender in understudy boxing is guaranteed more by the rules by then in ace boxing and it is ensured to express that novice boxing is more sports-like activity rather that a remorseless unstable standoff of two. Session has one ref and three judges. The ref acknowledges controls inside the ring and doesn't impact the deferred result of the match by procedures for scoring centers. Authority can stop the fight in like manner for instance when the idea of one contender is inconceivable to the point that it could risk the flourishing of the other warrior. The ref can in like manner counsel with the ringmaster while being in the powerlessness that one of the contenders is hurt or that some minor facial fiendishness, for instance, skin cut is changing into the danger of warrior's vision or all around prospering. Three picked a choice on scorecards should review changes and at each round picked a victor of that round who is then surveyed with 10. Losing contender of that round is surveyed with maximally 9 or less. Different centers unending store of round winning warrior.

The game of boxing is encouraged by an official who works inside the ring to blame and control the lead of the contenders, rule on their ability to fight safely, check beat down warriors, and rule on fouls. There are up to three judges normally present at ringside to score the session and disperse centers to the contenders, considering punches that interface, insurance, knockdowns, and other, consistently enthusiastic, measures. The size of a standard boxing ring should be between 16 feet and 25 feet to a side between the ropes with another 2 feet outside. The establishment of the ring must be raised 3 feet - 4 feet from ground level near to posts rising around 5 feet.

The floor of the boxing ring is regularly made of overpowering measure steel, compacted wood sheets and cripple enamoring foam underneath a canvas sheet. Not more than 11 m of sensitive dressing wrap must be used per hand, the width of the swathe should not be different grouches in width, it should be held set up by not more than 8 feet of tireless tape that has 1 and ½ bastards of width. It must be ensured that the tape doesn't cover any bit of the knuckles when the hand is held to make a holding hand. A Boxing player needs a not all that terrible mix of physical, physiological comparatively as mental accomplishment to succeed.
Of the far reaching number of parts impacting game execution, clearly the most major is the outlook of boxing player towards winning which dependably help in accomplishing top-level execution in sports.

The association between physical activity and understanding has every now and again included veritable talk among sports clinicians. Play, work out, contenders, sports, etc are mastery based activities moving being developed multifaceted nature. In any case, they all legitimacy criticalness from motor limits, which make in extending multifaceted nature after some time as the youth creates in years keeping up quality association with the earth. The possibility of this relationship, in any case, routinely depends upon how close the physical and the academic parts are introduced in an activity. Information is polished in the examination of gifted improvement; the more awesome and the more interpretative the advancement; the more conspicuous the proportion of knowledge is essential to welcome it. deductibility in such a case is depends after preparing in the improvement and the more unmistakable the understanding, increasingly essential the probability for educability. Information, in contenders is in like manner rehearsed in the system in the various games. Given a movement of athletic tasks, administered under comparative conditions and with each and every other factor affecting athletic achievement to two individuals, indistinct in body yet differentiating in insight, it is reasonable to acknowledge that the more instructed will show predominant. The doubt, along these lines, is understanding has an effect in sports achievement.

The meaning of the term mental health is ambiguous. Not only it is difficult to agree on its general application, but even in a single context it may be used in many different ways. This lack of agreement will probably continue, because the term has been adopted for a variety of purposes. The term “Mental Hygiene” is not used commonly and is substituted by the term mental health. In spite of lack of agreement over the meaning of mental health, the term itself has acquired a usage in English language. Generally it connotates the absence of mental abnormalities, a measure of happiness and adjustment with social norms. The semantics of mental health are riddled with nebulousness. Lewis (1951) pointed out that, if psychiatrists could agree upon a concept of health, there probably would be more consensuses on therapeutic effectiveness. In defining normality, most psychiatrists and behavioural scientists including psychoanalysts have been satisfied with listing certain traits, capacities and relationships which they consider normal.

**Statement**

The statement of problem is “Comparative study of Mental Health among All India Interuniversity, Senior national and State level boxers”.

**Selection of subjects**

For this study Total Three hundred (N=300) Female boxers were selected randomly for the collection of data from All India Interuniversity level, Senior national level and State level Tournament.
Objective of study
1. To measure the psychological variable Mental Health of All India Interuniversity, Senior national and State level boxers.
2. To find out the differences among All India Interuniversity, Senior national and State level boxers on Mental Health.

Hypothesis
1. There is no significant difference on psychological variable Mental Health of All India Interuniversity level, Senior national level and State level boxers.

Limitation
1. Questionnaire itself has some limitations and that served as limitation of the study.
2. No special motivational technique was used during the test.
3. The investigator was unable to control their diet and rest schedules.

Delimitations
1. For the collection of data, study was delimited to only 18-25 years age and only female boxers.
2. This study was delimited to All India Interuniversity, Senior national and State level boxers.

Methodology
To find out the role of Mental Health among All India Interuniversity, Senior national and State level boxers. The investigator decided to find out the significantly better group among boxers on Mental Health. In this study only 18-25 years age, three hundred (N=300) Female boxers were selected randomly for the collection of data from All India Interuniversity level, Senior national level and State level Tournament. The purposive random sampling technique was used to collect the data of Female boxers. The test of Mental Health by Singh and Gupta (2000) was administered to record the response of All India Interuniversity, Senior national and State level Female boxers.

Statistical procedure
The data was analysed and compared with the help of statistical procedure. Analysis of Variance (ANOVA) was applied to find out the difference among All India Interuniversity level, Senior national level and State level boxers on Mental Health. If results found significant then Scheffe Post-hoc test was also applied to find out the best group among All India Interuniversity, Senior national and State level boxers.
Results:

Table no.1
Descriptive statistics on Variable Total Mental Health among different level of boxers

<table>
<thead>
<tr>
<th>Variable</th>
<th>Level</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error</th>
<th>Minimum</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Mental Health</td>
<td>State</td>
<td>100</td>
<td>59.13</td>
<td>9.91</td>
<td>.991</td>
<td>32</td>
<td>82</td>
</tr>
<tr>
<td></td>
<td>Senior National</td>
<td>100</td>
<td>68.57</td>
<td>9.75</td>
<td>.975</td>
<td>39</td>
<td>95</td>
</tr>
<tr>
<td></td>
<td>All India Inter University</td>
<td>100</td>
<td>56.99</td>
<td>9.98</td>
<td>.998</td>
<td>38</td>
<td>82</td>
</tr>
</tbody>
</table>

Table no-1 shows the descriptive measures on Variable Total Mental Health among different level of boxers. The mean and standard deviation are: 59.13, 9.91 (State Level), 68.57, 9.75 (Senior National Level) and 56.99, 9.98 (All India Inter University Level).

Table – 2
Analysis of Variance on Variable Total Mental Health among different level of boxers

<table>
<thead>
<tr>
<th>Group</th>
<th>Sum of Squares</th>
<th>Df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>7574.720</td>
<td>2</td>
<td>3787.360</td>
<td>38.712*</td>
<td>.000</td>
</tr>
<tr>
<td>Within Groups</td>
<td>29056.810</td>
<td>297</td>
<td>97.834</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>36631.530</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant level (0.05)

It can be seen from table no-2 that mean square is 3787.360 in between groups and 97.834 in within groups and found value F 38.712* is more than table value, so we can say there is significant differences were found with regard to the parameter Total Mental Health among All India Interuniversity level, Senior national level and State level Female boxers because found value is more than table value. Now we used Scheffe Post-hoc test was also applied to find out the difference among All India Interuniversity level, Senior national level and State level boxers.
Table no-3
Mean Difference on Variable Total Mental Health among different level of boxers

<table>
<thead>
<tr>
<th>Level</th>
<th>Mean Difference</th>
<th>Std. Error</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Level</td>
<td>Senior National Level</td>
<td>59.13</td>
<td>68.57</td>
</tr>
<tr>
<td>State Level</td>
<td>All India Inter University</td>
<td>59.13</td>
<td>56.99</td>
</tr>
<tr>
<td>Senior National Level</td>
<td>59.13</td>
<td>68.57</td>
<td>9.44</td>
</tr>
<tr>
<td>Senior National Level</td>
<td>All India Inter University</td>
<td>68.57</td>
<td>56.99</td>
</tr>
</tbody>
</table>

It has been observed from the table-4.72 that mean difference between State level boxers(59.13) and Senior national level boxers(68.57) was found 9.44 and mean difference between State level boxers(59.13) and All India Interuniversity level boxers(56.99) was found mean difference between Senior national level boxers(68.57) and All India Interuniversity level boxers(56.99) was found 11.56, so firstly Senior national level boxers significantly more Total Mental Health than State level boxers and All India Interuniversity level boxers and secondly State level boxers significantly more Total Mental Health than All India Interuniversity level boxers.

Figure no-1 Bar diagram showing the mean difference on Variable Total Mental Health among different level of boxers
Discussion

The Mental Health variable may be important factor which played vital role to decide the winner or loser during boxing game. The mean difference between State level boxers (59.13) and Senior national level boxers (68.57) was found 9.44 and mean difference between State level boxers (59.13) and All India Interuniversity level boxers (56.99) was found mean difference between Senior national level boxers (68.57) and All India Interuniversity level boxers (56.99) was found 11.56, so firstly Senior national level boxers significantly more Total Mental Health than State level boxers and All India Interuniversity level boxers and secondly State level boxers significantly more Total Mental Health than All India Interuniversity level boxers.

Conclusion

The null Hypothesis is rejected because Senior national level boxers significantly more Total Mental Health than State level boxers and All India Interuniversity level boxers and secondly State level boxers significantly more Total Mental Health than All India Interuniversity level boxers.

References