

Comparative Study on Self Confidence among Different Achievement Level of Boxing Players

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Abstract: *The main aim of this investigation is to compare the self-confidence among the different achievement level of boxing players. Ten male boxing players selected from each achievement level (inter-collegiate, inter-university, district, state and national level) of R.T.M. Nagpur University (Mean Age 21) were volunteered in this study. Dr. Rekha Gupta Self-Confidence Inventory (SCI) were assessed using the measured self-confidence of the subjects. This study explores 50 male boxing players through the stratified random sampling technique from R.T.M. Nagpur University. One way analysis of variance (ANOVA) was used to find the overall mean significance difference of five groups. List significance difference (LSD) post-hoc test was used to measure the paired mean significance difference. The result indicated there was a mean significance difference in self-confidence level between different five achievement level of Boxing players of R.T.M. Nagpur University. The researcher was concluded that National Level players are more confident than the Inter-University Level, Inter-Collegiate Level, District Level and State Level, Boxing players.*

Keywords: Self-Confidence, boxing, Different Achievement Level

I. INTRODUCTION

The main aim of this investigation is to compare the self-confidence among the different achievement level of boxing players. Boxing it involves two people throwing punches at each other as a combat sport and martial arts ("Boxing," 2025). Boxer's performance required resistance training programme for the variation of jumbling and punching slow movement and tonic force generation on muscular size and strength (Brezze & Kumar, 2023). Boxer's performance is also influenced by different psychological factors among which self-confidence plays vital role. Self-confident person required challenging goals, achievement motivation and long term plan for makes more accurate and long term plan of challenging excellence in their performance (Dhar & Jaiswal, 2014). Boxing requires training-based sports activities and suitable conditions with different sports facilities, equipment of high quality, rational life style, the guidance of expert sports physicians, psychologist and well educated and experienced coaches. Such these conditions could be created a correct identification of an elite sports performance. Experts of psychologist motivated their self-confident for the achievement of performance (Harris, 2009). Compare to other sports boxing is now professionalism and popularity with the sports equipment and used to develops in specialization the technical instruments applied for performance increasing (Menzel & Potthast, 2021).

Keywords: Boxing, Self-confidence, different achievement level.

II. METHOD

Subjects:

Total fifty male boxing players, 10 in each group of different achievement levels (Inter-Collegiate, Inter-University, District Level, State Level and National Level), from R.T.M. Nagpur University were volunteered in this study.

Samples: The sample for the study consisted of 50 male boxing players of R.T.M. Nagpur University, drawn on the basis of random sampling from different large scale boxing players of R.T.M. Nagpur University.

Tool Used:

This research study is based on the primary data. Standardised questionnaire designed by Dr. Rekha Gupta was used to evaluate the self-confidence Inventory (SCI). The items used to measure the construct were adapted from the various prior relevant research studies the respondents were measured on multiple choice scale. The lower score indicates the high level of self-confidence. The obtained validity indices ranged of this questionnaire was between .07 and .73.

Statistical treatment

One- way analysis of variance (ANOVA) was used to find out the overall mean significance difference of five levels and significance difference (LSD) post-hoc test was used to measure the paired mean significance difference.

III. RESULTS

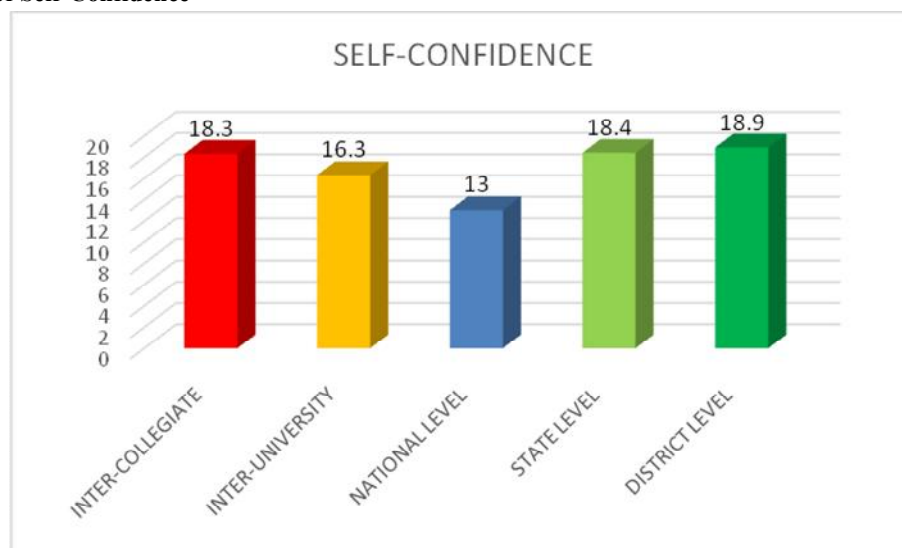
The present study was aimed to compare the self-confidence by five classified groups of boxing players of R.T.M. Nagpur university of different achievement levels of self-confidences. The results were obtained by using SPSS software.

TABLE 1: Descriptive Statistics of Self Confidence of all the classified groups

	Mean	Std. Deviation	Std. Error	Lower Bound	Upper Bound
Inter-Collegiate Level	18.30	8.00	2.53	12.58	24.02
Inter-University Level	16.30	6.11	1.93	11.93	20.67
National Level	13.00	5.71	1.80	8.91	17.09
State Level	18.90	8.38	2.65	12.90	24.90
District Level	18.40	7.48	2.36	13.04	23.76

From the Table-I, it is clear that mean values in self-confidence of the different achievement level of Inter-Collegiate, Inter-University, District, State and National boxing players were 18.30,16.30,18.40,18.90 and 13.00 respectively. The mean self-confidence level of the National kabaddi players (13.00) was lower than the state, Inter-Collegiate, Inter-University and District Level.

Mean Score of Self-Confidence



(Score in numbers)

Table-II shows the mean difference of self-confidence among the different achievement level of boxing players.

TABLE-II: One way ANOVA of Self-Confidence among the different achievement level of Boxing Players

ANOVA for Self-Confidence					
	Sum of Square	df	Mean Square	F	Sig.
Between Groups	237.48	4	59.37	1.14	.35
Within Groups	2343.50	45	52.07		
Total	2580.98	49			

*Significant at 0.05 level.

From the Table-II, it is clear that the obtained F- ratio 1.14, df=4 and 45, $P > 0.05$ these values clearly indicate that there is no difference between the groups.

TABLE-III: LSD Post-Hoc Test for Self-Confidence Among the Different Achievement Level of Boxing Players

Tukey HSD Post Hoc Comparison of self-confidence						
					95% Confidence Interval	
Different Achievement Level (I)	Different Achievement Level (J)	Mean Difference (I-J)	Std. Error	P-value	Lower Bound	Upper Bound
Inter-Collegiate Level	Inter-University Level	2.00	3.22	.53	-4.50	8.50
	National Level	-.60	3.22	.85	-7.10	5.90
	State Level	-.10	3.22	.97	-6.60	6.40
	District Level	5.30	3.22	.10	-1.20	11.80
Inter-University Level	National Level	-2.60	3.22	.42	-9.10	3.90
	State Level	-2.10	3.22	.51	-8.60	4.40
	District Level	3.30	3.22	.31	-3.20	9.80
District Level	National Level	-5.90	3.22	.07	-12.40	.60
	State Level	-5.40	3.22	.10	-11.90	1.10
State Level	National Level	-.50	3.22	.80	-7.00	6.00

Table-III showed the LSD mean difference values of self-confidence among the five different achievement level of boxing players. The differences in mean scores in self-confidence between the five different levels found that national level of boxing players have very lower mean score and state level of boxing players have very high mean score. So, the results indicate a very lowest difference between these five groups. Hence the results indicate that lowest mean score have high self-confidence between the all five levels. Hence the National level boxing players have highly self-confidence than the other different achievement levels.

IV. CONCLUSION

From the above results, it is summarised that from the five different achievement level of boxing players of R.T.M Nagpur university are found to be not significantly affecting self-confidence. Therefore, the research concludes that, National Level players are more confident than the Inter-University Level, Inter-Collegiate Level, District Level and State Level boxing players.

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