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# Review Of Research



## “PSYCHO- PHYSIOLOGICAL STRESS OF BOXER”

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### ABSTRACT

**P**hysiological stress is described as the state of the organism following failure of the normal homeostatic regulatory mechanism of adaptation. Homeostasis is the state of balance in an organism when it is disturbed, it is a result of heterostatis (state of imbalance). When suitable or adequate mechanism is not available to come back to the balanced position, it might result in stress. Stress is manifested through the symptoms of “General Adaptation Syndrome”

**KEYWORDS :** Physiological stress, General Adaptation Syndrome, Homeostasis.

### INTRODUCTION

Many physiological changes takes place from participation in vigorous muscular fitness activities. As the individual progression a conditioning programme, the training effect on the individuals heart will begin to show. The heart rate varies with the activity the individuals is performing. An increased heart rate is accompanied by an increase in the amount of blood pump per beat (stroke-volume) and the magnitude of the stroke volume depends on the functioned strength of the heart. It is physiological fact that the regularly exercised heart will improve its performance. As the results of systematic training, the

heart will be able to pump more blood per beat.

Blood pressure is the pressure inside the vessels of the body caused by the pumping action of the heart. The systolic pressure at rest is about 120 mm. Hg. and the diastolic pressure about 80 mm. Hg. This indicates that the heart pushed blood into the vessels with a force of about 120 mm. Hg. and that the residual pressure in the vessels was about 80 mm. Hg. between beats.

### PSYCHOLOGICAL STRESS :

The terms has been used sometimes to designate arousal conditions, sometimes to state variables

(individuals or his personality) and sometimes to identify responses. This stress has been used as a synonym for anxiety, conflict, ego-involvement, frustration, threat, emotionality and to reduce tolerance power.

Basically, psychological stress refers to a “state of the organism of an individual and the experienced stress is complex”. The physical consequences include psychosomatic disorder, lethargy and emotion exhaustion. Psychologically the individual might feel anxious, tense alienated, and the frustrated. Thus, it can be internal psychological experience involving feeling, attitudes, motives and expectations. It is a negative experience which concerns distress, discomfort, dysfunction and negative consequences.



**Anxiety :**

Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economics and industrialisation add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear for something unknown which creates tension and disturbance.

The over anxious individual has a high level of cerebral and emotional activity with neuromuscular tension that may eventually lead the individual to the exhaustion state and perhaps to psychosomatic disorders. The lowering of anxiety may be caused due to regular participation in games and sports, the success, the increase in physical fitness, motor fitness, skills and tactics.

**SPORTS COMPETITIVE ANXIETY :**

There are many dimensions of fear and anxiety in athletes and non athletes. Some writers have considered anxiety a personality trait related to stress tolerance in general whereas other writers have become interested in "situational anxiety" or fears specific to a given situation or classification of situations.

Anxiety may be heightened prior to a contest. Subside during the competition. And increase again following competition as the contest is replayed in the contestant's minds. Most of the time athletes as well as other under potential stress are more anxiety about failing to live up to social expectation (failure anxiety) than they are about the physical harm that might befall in their forthcoming efforts.

A Coach can also help athletes reduce the importance of an upcoming contest or turn their attention from it by engaging them in other activities or in excessive warm-ups just before competition.

Anxiety appears higher during the more productive years of an athlete's career from the twenties to the thirties than at other times in his or her life moreover anxiety is at times related to the politics, climates of a country and the security the athlete feels within a culture. The economic status and social consequence probably encountered of failing to win or to do well are important.

**Aggression :**

Aggression is behaviour and action that usually seeks to inflict psychological and / or physical harm, either on another person or on an individual's possessions or dear one. Psychologists employ two terms to denote contrasting motives for aggressing. 'Retaliatory aggression' denotes behaviors engaged in by individual attempting to do physical or psychological harm to others. "Instrumental aggression" denotes action that reflect simply trying hard and employing extreme efforts without accompanying desires to injure another person. In real world of sports, however, the two types of aggression are often inseparable and may overlap.

Aggression has directional components. Some aggression is directed inward and, in its extreme form, may culminate in self-destructive behaviours including suicide. Other aggressive behavior is directed outward, towards others. All coaches are aware of the athlete who displays anger to himself or herself, self aggression that often limits effective performance. Other athletes seem equally hampered by the tendency to aggress against other in ways that are not condoned by the rules.

**STATEMENT OF PROBLEM**

The purpose of the study is "A Comparative Study of Psycho-Physiological Stress Between Medalist and Non-medalist of National Level Boxer".

**DELIMITATIONS**

1. The study was confined to Ninety six Senior National Boxers who participated in 56th Senior National Boxing Championship which was held at Bhatinda, Punjab on September 2-8, 2008.
2. The study was further confined to Forty Eight medalist and Forty Eight Non-medalist boxers from twelve weight categories.
3. The number of subject in each group was fixed at Four medalists and four non-medalists and which was considered large enough for the study.
4. The study was restricted to the age group of 19 to 25 years.

5. The study was restricted to three Psychological variables like self-confidence, anxiety and aggression.
6. Vealey's self-confidence questionnaire was used to quantify the self-confidence.
7. Rainer Master SCAT questionnaire was used to assess the anxiety.
8. Aggression was quantified by using, A.V. Corrone's Aggression questionnaire.
9. The study was delimited to two Physiological variables like Blood Pressure and Pulse Rate.

### LIMITATIONS

1. Hereditary and environmental factors which contribute to mental efficiency could not be controlled.
2. The life style and family factors could not be controlled.
3. The response of the subjects to the questionnaire might not be honest in all cases and this was recognised as a limitation.
4. The general mood and environment factors at the time of responding to the questionnaire might effect the responses of the subjects and which was recognised as a limitation.

### HYPOTHESIS

From the scholars understanding of the problem and as gleaned through the literatures, following hypotheses were made:

1. It was hypothesised that there might not be any significant difference in confidence, anxiety and aggression between medalist and non-medalist boxers.
2. It is also further hypothesised that there may not be any significant difference in confidence, anxiety and aggression among all the twelve.
3. It was hypothesised that there might not be any significant difference in Blood Pressure and Pulse Rate between medalist and non-medalist boxers.
4. It is also further hypothesised that there may not be any significant difference in Blood Pressure and Pulse Rate among all the twelve weight categories.

### OBJECTIVES OF THE STUDY

The study may provide significant contribution to the boxing coaches, Federations and Boxers in the following aspects:

1. To explore the self-confidence, anxiety and aggression of medalist and non-medalist National Level Boxers.
2. To compare the self-confidence, anxiety and aggression of medalist and non-medalist boxers.
3. The results of the study and the quantum of knowledge in physical education especially in the area of sports psychology and boxing.
4. To develop psycho-physiological bent of mind among the Boxers to reach the high level of skills and excellence in boxing.

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