



# Effect of Yogic Training on Sports Competitive Anxiety Among Female and Male Boxers

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**Abstract:** the objective of the present study was to compare male and female boxers on sports competition anxiety after 6 weeks of yogic training.

**Methodology:** for the purpose of the study 20 male (10 nos.) and female (10 nos.) with age ranging from 14 to 17 year of age were selected. The Sports Competition Anxiety measured by Sport Competition Anxiety Test (SCAT) questionnaire developed by Hypnosis works in the year of 2006 was used to assess the anxiety level of boxers. The descriptive statistics such as mean, standard deviation, maximum and minimum were used to describe the data and for the comparison between the male and female boxers on sports anxiety after six weeks of yogic training the ANCOVA (Analysis of Covariance) was employed at .05 level of significance.

**Results;** the mean score of both male and female (20.02 and 20.18) is above the average level and the present finding also shows that there is no significant difference between male and female boxers on competitive anxiety after six weeks of yogic training.

**Conclusion:** The present study revealed that the improvement exist between the group might be same due to the same training.

**Key words:** Yogic training, sports competitive anxiety, male and female boxers.

**Introduction:** yogic training as one of the oldest and most popular exercise to maintain fitness and healthy life. It can improve the physical, physiological and psychological abilities of the athletes. Mental training is the most neglected part of every training and it is now become oriented and accepted that yoga should include in the training schedule to reduce the chances to get injured. As we all know sports and injuries cannot be separated from each other. Yoga meditation and concentration method can enhance the overall performance of the athletes. A statement by Macharia, et al., (2024) "Awareness on mental training strategies (relaxation, goal-setting, self-talk, and imagery) across gender, competition levels, and sports experience among amateur boxers are the basic meta-cognitive processes used to control learning and the use of mental skills in sports". In boxing, "Attacking combat style is accompanied by presence of high workability, reduced tiredness and anxiety, presence of psychological comfort. Whereas defensive combat style is characterized by better quickness and processing of information" (Korobeynikov, et al., 2015). It was very rightly said by Mojtahedi, et al., (2023) "Combat sports require participants to engage in potentially dangerous forms of contact-based competition. Pressure to succeed, coupled with the risk of severe injury can induce significant levels of anxiety, which if uncontrolled, can negatively impact performance and possibly promote unsporting conduct". Reducing competition anxiety is one of the most important factor for performance enhancing as well as positive decision making for any type of bout in combat sports. The anxiety level of medalist adult athletes is less prone to scored anxiety than non-medalist adult athletes (Alejo, et al., (2020). The mental training levels of elite boxers is different at different level of age and competitions (Sural, et al., 2021). Bugaevsky, et al., (2020) stated that "the level of anxiety is determined by personal and situational anxiety prevails among young athletes with a small sports record and an insufficient level of experience in participating in competitions at various levels". Similar study also found, like Petrushyn, D. (2024) study also revealed that anxiety is related with the level of players where average players have average anxiety level, beginners have more anxiety level and advance have low level of anxiety. Saniah, et al., (2024) also stated that "if the self-efficacy of athletes is high, the anxiety of athletes before the match is low". To give a comfortable training environment to athletes is very important to reduce the negative affect and improve the positive effect to enhance the abilities of the boxers (Chen, et al., 2021). Therefore, the objective of the present study is to find out the yogic training is suitable for reducing the sports competitive anxiety of the boxers by comparing male and female boxers after the six weeks of yogic training.



**Methodology:** for the purpose of the study 20 male (10 nos.) and female (10 nos.) with age ranging from 14 to 17 year of age were selected. The Sports Competition Anxiety measured by Sport Competition Anxiety Test (SCAT) questionnaire developed by Hypnosis works in the year of 2006 was used to assess the anxiety level of boxers. The descriptive statistics such as mean, standard deviation, maximum and minimum were used to describe the data and for the comparison between the male and female boxers on sports anxiety after six weeks of yogic training the ANCOVA (Analysis of Covariance) was employed at .05 level of significance.

**Table 1: Descriptive statistics on post adjusted Competitive Sports Anxiety of Male and Female Boxers**

Group	Mean	Std. Error	95% Confidence Interval	
			Lower Bound	Upper Bound
Male	20.019 <sup>a</sup>	1.182	17.53	22.51
Female	20.181 <sup>a</sup>	1.182	17.69	22.67

a. Covariates appearing in the model are evaluated at the following values: Pre Anxiety = 21.45

Table 1 shows that the post adjusted mean of male and female are 20.02 and 20.18 lower and upper bond as 17.53 to 22.51 and 17.69to 22.67 respectively.

**Table 2: Comparison of Male and Female on Competitive Sports Anxiety by applying Analysis of Covariance (ANCOVA)**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
PreAnxiety	21.54	1	21.54	1.784	.199	.095
Group	0.10	1	0.10	.008	.929	.000
Error	205.26	17	12.07			
Total	8312.00	20				
Corrected Total	231.80	19				

a. R Squared = .114 (Adjusted R Squared = .010)

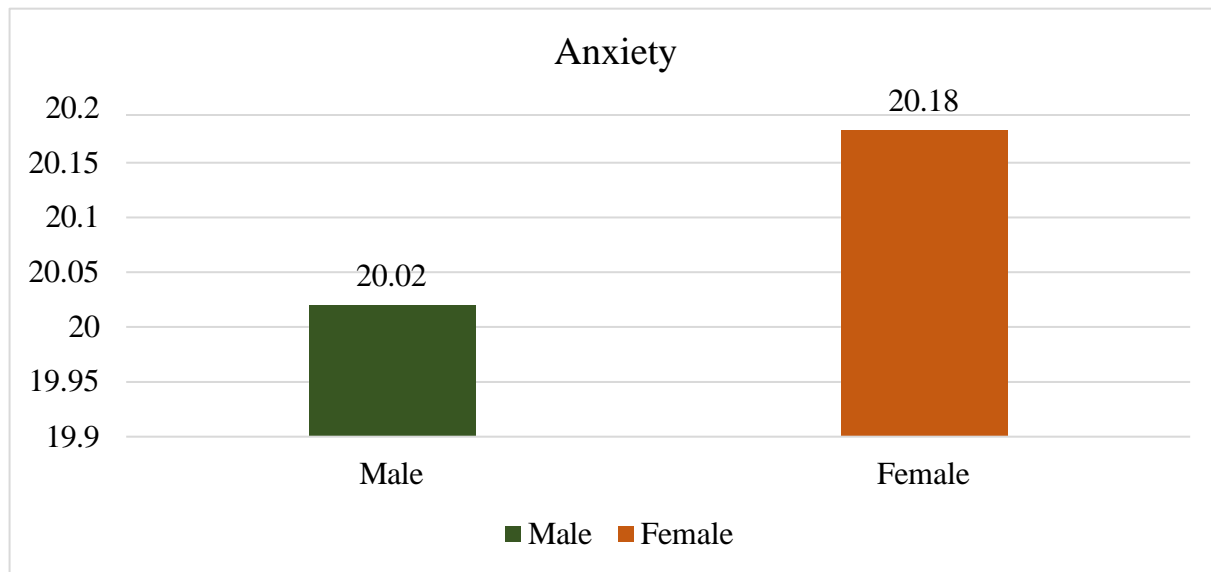
Table 2 shows that the calculated p value is greater than .05, which indicate the insignificant difference were found between male and female boxers on Competitive Sports Anxiety after six weeks of yogic training.

**Table 3: Pairwise Comparisons between Male and Female on Competitive Sports Anxiety**

(I) Group		Mean Difference (I-J)	Std. Error	Sig. <sup>a</sup>	95% Confidence Interval for Difference <sup>a</sup>	
					Lower Bound	Upper Bound
Male	Female	-.162	1.781	.929	-3.919	3.596
Female	Male	.162	1.781	.929	-3.596	3.919

Based on estimated marginal means

a\* Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments).



**Discussion of finding:** All the psychological abilities which are contributing to the athlete's performance are interdependent to each other, as mentally tough athletes experienced lower level of cognitive and somatic anxiety result to higher level of confidence (Mojtahedi, et al., 2023). Anxiety comes with different situation, as the competition level are higher the anxiety level is also higher. As the professional skill, and competitive experience are gained with different participation at different levels of competitions the emotions (aggressiveness, hostility, personal and situational anxiety) are also controlled or decreased (Bugaevsky, et al., 2020, Koc, I., 2022, and Petrushyn, D., 2024). The medalists' boxers are scoring lower in competitive anxiety (Alejo, et al., 2020). Among the female also there is differences on the psychological abilities like "female athletes, who have feminine psychological gender, demonstrated a significantly lower competitions result, than female boxers, who have masculine or androgynous psychological gender" (Osipov, et al., 2023). Sathiyabama, et al., (2023) also stated that the twelve weeks (six days per week) of surya namaskar with rhythmic training can reduce stress and anxiety. These might be the reasons the obtained mean scores are above the average anxiety level scores, which indicate that the level of competitions and the experiences on the particular sports (training age) might be low. The present study also shows that there is no significant difference between male and female boxers after six weeks of yogic training on competitive sports anxiety. In fact, both the group (male and female) got the same training this might be a reason the significant difference doesn't exist between the group or might be the training with different duration may bring the significant difference among the group.

**Conclusion:** The present study revealed that there are no significant differences were found between male and female boxers on competitive sports anxiety after six weeks of yogic training. Further research can also be done by increasing the number of weeks, number of psychological variables, or by adding more physical and physiological variables to find out the real causes of similarities exit between the male and female boxers. It is also recommended that coaches should emphasis on the mental training to overcome the psychological abnormalities which affect the performance of the boxers.

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