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**COMPARATIVE DIFFERENCE OF SELF IMAGE  
OF CHAMPION AND NON CHAMPION BOXERS**

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# Comparative Difference of Self Image of Champion and Non Champion Boxers

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**Abstract – The purpose of study was to comprise champion and non-champion Junior Boxers of Haryana State on self-image. For the purpose 11 champions and 15 non-champion Boxers of Haryana State were selected to act as subjects of the study. The ‘t’ test was applied and found the self-image of champion boxers was significantly better than non-champion boxers.**

**Key words: Self-Image, Champion-Non, Champion Boxers.**

## INTRODUCTION:-

In the competitive sports of world an athlete has to care of the development of his total fitness which includes physical, mental, emotional and social wellbeing. In order to exhibit excellence in sports most of the coaches, trainers and psychologists consider that ability of an athlete to perform in any athletic activity is obviously dominated by his physical characteristics; but beyond these restrictions psychological factors play a very crucial role in the performance. It is believed that future records will be established on the basis of psychological make-up of the athlete. More and more studies are being focussed to probe the psychological features than physical aspects at higher level of performance.

## SELF-IMAGE:

Many theorists in attempting to conceptualized behaviour in terms of a single, unified process have utilized the notion of self, self-esteem and self-image. **Aggarwal P.A. (1978)** suggested that the term ‘self’ has come to the psychological floor have two distinct meaning self-as-object and self-as-process. The self-as-object may be defined as the total aggregate of attitudes, judgement and values which individual hold with respect to his own behaviour on his ability, body and work as a person. Self-as-process may be defined in terms of activities, such as thinking, perceiving and coping with the environment.

The idea self-image is the complete set of goals and expectations for what we want to be like. The perceived self-image is based on our observations of what we are really like. Guilt is caused by the gap between our ideal self-image and our perceived self-image-between our self-expectations and our self-perceptions. The large the gape, the more guilt we

feel. **Michael Shinn (2005)** in a press conference explains that financial self-image is how a person perceives himself in the financial arena. For example – do the consider themselves rich and poor, thrifty or a spend thrifty, a debtor or an investor.

Some of the scientists have also worked on the dimension of self-image. They also advocated that self-image is closely related to the body image. **Broadsky (1954) et. al. and Leahy (1966)** found self-image and body image has been found significantly related to one another. **Anderson and Horn (1993)** conducted study to examine the relationship between regular aerobic activity and self-perceived body image. **Sloan 1963** found that those allege men having a positive body image had a higher level of motor ability. **Thomas (1972)** found that physical activity accompanied by success or failure produce changes in body image.

**Armstrong and Armstrong (1968)** found that relationship between body image and physical fitness existed only for girls and not for boys. **Narinder Singh (1996)** found that low performer male hockey players had better body image than low performer female players. No difference was observed between high performer male and female players.

## DELIMITATIONS:-

1. That study was delimited to the male subjects belonging to Haryana State level boxers in different weight categories.
2. Only junior boxers in different weight categories of subjects have been considered.

**HYPOTHESIS:-**

There would be a significant difference between champion and non-champion Haryana state level Junior boxers in self-image.

**PROCEDURE:-**

To accomplish the purpose of the study a purposive sampling device has been used to select the sample for the study. In all 26 state level boxers including 11 champion and 15 non champion boxers were the subjects.

**TOOLS USED:-**

Self-image questionnaire (Hindi Version):- (SIS) by Smt. Lalita Sharma 1987 was used to measure the self-image of boxers. The questionnaire consisted of the following dimensions:-

1. SIS impulse control
2. Emotional tone measure
3. Body and self-image
4. Social relationship
5. Morals measure
6. Sexual attitude
7. Mastery of external problem
8. Family relationship
9. Superior adjustment
10. Vocational educational goods.
11. Psychopathology.

**COLLECTION OF DATA:-**

Sincere efforts were made to collect the data. The scholar personally visited the competition venues and approached the subjects individually and their coach too. The purpose of study was explained to the subjects and they were given assurance that the responses of questionnaire will not be disclosed to any one and assurance was also obtained from the subjects for their sincere responses.

**ANALYSIS OF DATA:-**

For the analysis of data t-test statistical procedure was used to compare various groups of boxers.

A status quo study was designed to compare state level champion and non-champion junior boxers,

participated in different level of competition in their self-image. The data was tabulated as per the instructions given in the respective manuals. The obtained results have been presented in the following table for analysis.

**Table – I**

**Comparative analysis of self-image**

**Variable between Junior State Champion and Non-Champion boxers**

S. No	Variables	Jr. State Champion boxers (n=11)		Jr. State non-Champion boxers (n=15)		Mean difference	SEDM	't'
		Mean	SD	Mean	SD			
		1	Self-image	114.91	3.80			

\*Significant at 5% level – 't' > 2.06 (df=24)

The results presented in table-I have shown that in self-image variables the mean score of junior state champion boxers were 114.91 and the mean score of non-champion boxers were 102.33. The obtained 't' value depicting mean difference between junior state champion and non-champion boxers was found 5.11 which was found higher than the tabulated value of 2.06 which is required to be significant at 5% level.

**DISCUSSION OF RESULTS**

The mean score (114.91) of junior state champion boxers in self-image was found as against the mean score (102.33) of non-champion boxers. These score indicated that self-image of junior state champion boxers were significantly better than non-champion boxers. The results further revealed that either becoming champion helps in the improving self-image or higher self-image contributes in the boxing performance. In both the cases coaches and trainers are required to select the boxers who possess better self-image.

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