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Boxers' Psychological Profile

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SUMMARY

1/0 Research Problem

Sporting activities, in general, and boxing, in particular, are among the human activities in which the psychological traits play a fundamental role in influencing the behaviour and manners of the players due to the direct, face to face, struggle with the opponent, as is the case in boxing. Hence, every sporting activity requires that each player enjoy some psychological traits that determine the activity so that he could control his behaviour. This clearly appears in his attitudes towards different play situations.

Boxing is a definite athletic activity with a specific type of athletes who practise it. Despite the players' different performances in the motor, planning and technical duties during competitions, they may become identical in most of the psychological traits. Such traits may differentiate them from other athletes due to the requirements of this activity. Through these traits, there must be a profile of the psychological aspect of the boxer shown in the psychological traits that relatively characterize the boxer all through his life.

This research is a scientific attempt studying the psychological traits that characterize the boxer. They, also, enhance our understanding of his personality so that we may set a psychological profile for the boxer. This, in itself, may be considered a moderate scientific contribution.

1/1 Research Objectives

1/1/1 Building a psychological scale for boxers to determine the psychological traits that characterize them.

1/1/2 Identifying the differences in the dimensions of the scale among the boxers of different technical levels (National Team - Level One - Level Two - Youth).

1/1/3 Identifying the differences in the dimensions of the scale among boxers of different weights (Light Weights - Medium Weights - Heavy Weights).

1/2 Research Hypotheses

To achieve the objectives of the research, the researcher set the following hypotheses:

1/2/1 The new psychological scale measures the psychological traits of the boxers. Accordingly, it will be possible to determine the psychological profile that characterizes the boxers according to their weights and technical levels.

1/2/2 There are statistically significant differences in some dimensions of the scale among the boxers of the different technical levels in favour of the youth boxers and the level two boxers.

1/2/3 There are statistically significant differences in some dimensions of the scale among boxers of the different weights in favour of the light and heavy weights.

2/0 Basic Readings and Previous Studies

This chapter includes the theoretical readings related to the theme of the research as well as previous studies. These studies include 17: 11 Arabic and 6 foreign, researches. They all deal with some psychological traits related, and identical, to the measured phenomenon and the results of the research.

3/0 Research Procedures

3/1 Research Approach

The research uses the descriptive approach due to its appropriateness for the nature and procedures of the research.

3/2 Research Sample

The research sample was deliberately selected. It included 130 of the different technical level boxers (National Team - First Level - Second Level - Youth) who represented their clubs in the Republic's Championships in 1989 - 1990 - 1990 - 1991 A.D.

3/3 Research Tools

The boxers' psychological profile scale deduced from this research.

3/4 The Statistical Manipulations Plan

The statistical plan of the research started with the pilot study, whose first stage aimed at determining the basic axes of the scale. Then, the nominated items in their first and second shape were selected, according to their validity and appropriateness for representing each of the dimensions of the scale in light of the experts' views.

Then, the second stage started with calculating the scientific coefficients of the measure. The validity was calculated based on the validity of referees and the validity of assumed formations. The stability of the scale was calculated through retesting and half division. Then, the basic experiment was conducted according to the set schedule.

4/0 In this chapter, the researcher presented the statistical results of the research, in an attempt to verify the hypotheses through statistical tables. The researcher used the following statistical

coefficients: the mean, standard deviation, medium, skewness coefficient, correlation coefficient tests and variance analyses.

5/0 This chapter includes discussion and interpretation of the results, in addition to the conclusions and recommendations.

5/1 Conclusions

Based on the sample and results of the research, the researcher concluded the following:

5/1/1 There are statistically significant differences in some dimensions of the scale among boxers of different technical levels (National Team - First level - Second Level- Youth) in favour of the youth and second level boxers.

5/1/2 There are statistically significant differences in some dimensions of the scale among boxers of different weights (light weights- medium weights - heavy weights) in favour of boxers of light and heavy weights.

5/1/3 The psychological profile of boxers is one of the most important indicators and psychological determinants through which young boxers can be selected.

5/2 Recommendations

Based on the results of the research, the researcher recommends the following:

5/2/1 The Egyptian League should hold training programmes to recruit administrators and trainers with the aim of providing them with the most up-to-date psychological information related to the nature of their job so that they may understand the behaviour of boxers.

- 5/2/2 The Egyptian Boxing League should provide psychaitrists, hold meetings with club trainers and boxers and exclude junior boxers who lack boxers' specific psychological traits.
- 5/2/3 The carefulness of the trainer and the provision of a number of training hours to develop the personality of the boxer from the psychological point of view through training programmes to be able to predict the continuity of the boxer and his supremacy in competitions.
- 5/2/4 The trainer and the psychaitrist should make use of the boxers' psychological profile scale to determine the most important psychological traits which characterize the boxer and help in selecting junior boxers.