

## A COMPARATIVE STUDY OF SPEED AMONG BOXERS AND WRESTLERS

Mr. Sunil Dhillon<sup>1</sup>, Dr. Ishwar Malik<sup>2</sup>

<sup>1</sup>Research Scholar, Dept. of Physical Education, Ch. Devi Lal University, Sirsa

<sup>2</sup>Associate Prof., Dept. of Physical Education, Ch. Devi Lal University, Sirsa

### ABSTRACT

*In the present study, an attempt has been made to compare speed component among Boxers and Wrestlers. The study was carried out on 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of Diff. Colleges from Haryana. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Boxing male players and wrestling male players Speed was found no significantly Difference.*

**Keywords-** Speed, Wrestlers and Boxers.

**INTRODUCTION:** “Boxing was a popular spectator sport in Ancient Rome. In order for the fighters to protect themselves against their opponents they wrapped leather thongs around their fists. Eventually harder leather was used and the thong soon became a weapon. The Romans even introduced metal studs to the thongs to make the cestus which then led to a more sinister weapon called the myrmex (‘limb piercer’). Fighting events were held at Roman Amphitheatres. The Roman form of boxing was often a fight until death to please the spectators who gathered at such events. However, especially in later times, purchased slaves and trained combat performers were valuable commodities, and their lives were not given up without due consideration. Often slaves were used against one another in a circle marked on the floor. This is where the term ring came from. In AD 393, during the Roman gladiator period, boxing was abolished due to

Double Blind Peer-Reviewed Refereed Indexed On-Line International Journal

1

excessive brutality. It was not until the late 17th century that boxing re-surfaced in London.”(boddy, 2013)

## **Wrestling**

By the end of the 19<sup>th</sup> century, this modern “Greco-Roman” wrestling style went on to become the most in fashionable sport in Europe. Because of that and the rise of gymnasiums and athletic clubs, Greco-Roman wrestling and modern freestyle wrestling were soon regulated in formal competitions. On continental Europe, prize money was offered in large sumsto the winners of Greco –Roman tournaments, and freestyle wrestling spread rapidly in the United kingdom and in the United States. The Lancashire style of folk wrestling may have formed the **basis** for Catch wrestling also known as "catch as catch can." The Scots later formed a variant of this style, and the Irish developed the "collar-and-elbow" style which later found its way into the United States. Wrestling as a modern sport developed in the 19th century out of traditions of folk wrestling, emerging in the form of two styles of regulated competitive sport, "freestyle" and "Greco-Roman" wrestling(based on British and continental tradition, respectively), now summarized under the term "amateur wrestling"by the beginning of themodern Olympics.

## **Method**

For the purpose of the investigation, the sample for the study were 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of different colleges of Haryana. To test the Speed of the subjects, they were divided into two groups i.e. Boxers and Wrestlers to perform according to AAHPER Youth Fitness Test to increase their physical fitness variables. Speed was measured of every individual with the help of AAHPER Youth Fitness test i.e. 50yard dash.

To examine the hypothesis of the study that there will be no significant difference in the Muscular Strength of Boxing male players and Wrestling male players, descriptive statistics and t-test analysis was employed for the present data.

## DESCRIPTIVE STATISTICS OF SPEED

Table no.1 indicates the values of descriptive statistics of the Boxing male players and Wrestling male players for Speed, which shows that the mean and S.D. values of Boxing male players and Wrestling male players were 6.79 & 0.38 and 6.91 & 0.42 respectively. S.E.M values of the Boxing male players and Wrestling male players were found to be 0.035 and 0.039 respectively.

**Table No. 1**

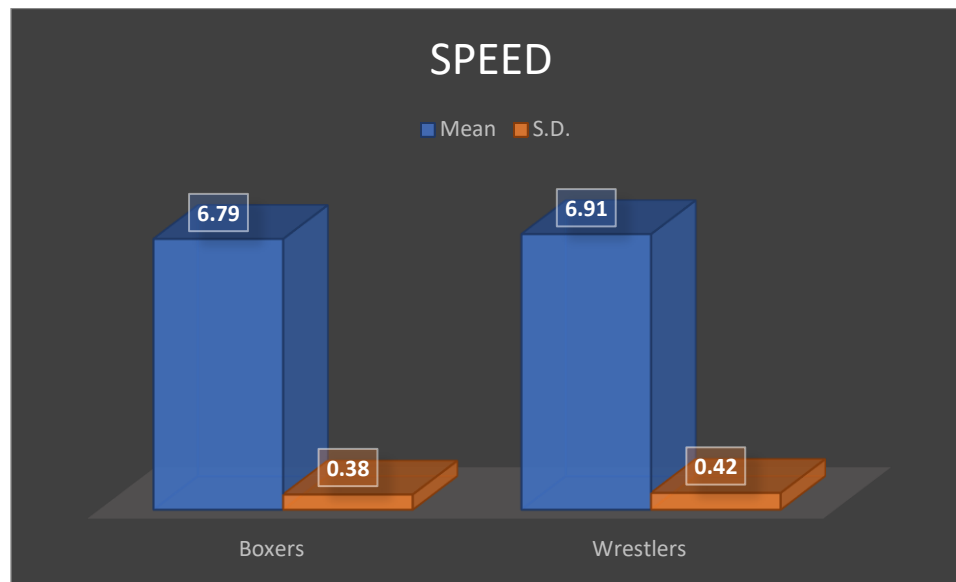
**Descriptive statistics of Speed of Boxing male players and Wrestling male players (in Sec.)**

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Speed	Boxing male players	150	6.79	0.38	.035
	Wrestling male players	150	6.91	0.42	.039

**Table No. 2**

**T-test description of Boxers and Wrestlers Speed**

Variable	Groups	df	t-value	Sig.
Speed	Boxing male players- Wrestling male players	298	0.97	.083



**Figure No. 1: Bar diagram showing the mean value of speed between Boxing male players and Wrestling male players**

The t-test value of speed of Boxing male players and Wrestling male players is shown in table 4. As shown in the table the boxers were no significantly difference of speed ( $t=0.97$ ,  $0.05 < p$ ) than the wrestlers. There was no significant difference in physical fitness variable Speed between Boxing male players and Wrestling male players.

### Conclusion

In the present study it was concluded that Boxing male players were similar Speed as compared to the Wrestling male players.

### References

Narazaki, K., Berg, K., Stergiou, N., & Chen, B. (2009). Physiological demands of competitive basketball. *Scandinavian journal of medicine & science in sports*, 19(3), 425-432.

- Phadnis, P. (2017). PHYSICAL FITNESS PSYCHOLOGICAL AND ANTHROPOMETRIC PROFILES OF WEST ZONE CRICKETERS OF INDIA.
- Richards, J., Foster, C., Townsend, N., & Bauman, A. (2014). Physical fitness and mental health impact of a sport-for-development intervention in a post-conflict setting: randomised controlled trial nested within an observational study of adolescents in Gulu, Uganda. *BMC Public Health*, 14(1), 619.
- Mandeep Singh Nathial, *Analysis of set shot in basketball in relation with time to perform the course and displacement of center of gravity*, American Journal of Sports Science, Vol.2 Issue.5 pp: 122-126 (2014). Retrieved from <https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13>
- Mandeep Singh (2010). *Evaluation And Improvement Of Sports Techniques Through Biomechanical Updated Analyzing Technology*, University News, Journal of Higher Education Association of Indian Universities, Association of Indian Universities, Vol:48:Issue.05;2010 Pp45-57, 2010
- Mandeep Singh Nathial, *A Study of Adjustment and Emotional Intelligence of University Coaches in India*, American Journal of Applied Psychology. Volume 3, Issue 6, November 2014 , pp. 122-126. doi: 10.11648/j.ajap.20140306.11
- Nathial, Mandeep Singh. A COMPARATIVE AND ANALYTICAL STUDY OF SELF-ESTEEM AND JOB SATISFACTION IN ATHLETES AND NON ATHLETES. *Journal of Advances in Social Science and Humanities*, 2(10).<https://doi.org/10.15520/jassh210123>
- SINGH, M., & SINGH SIDHU, A. (2016). A COMPARATIVE STUDY OF BODY COMPOSITION AND RELATIVE HEALTH STATUS AMONG RESIDENT AND NON-RESIDENT STUDENTS IN DIFFERENT SCHOOLS OF J&K. *International Journal of Behavioral Social and Movement Sciences*, 5(3), 08–13. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/320>
- Singh Nathial, D. M. (2012). ANALYZING THE CREDIT BASED SYSTEM IN PHYSICAL EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 1(3), 172–176. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/37>
- SHARMA, N. P., & SINGH, M. (2014). SENIOR AGE GROUP RELATIVE EXERCISES AND IMPACT ON THEIR LIFESTYLE. *International Journal of Behavioral Social and Movement Sciences*, 3(04), 78–82. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/246>

CHAND PURI, P., MISHRA, P., JHAJHARIA, B., & SINGH, M. (2014). COORDINATIVE ABILITIES OF VOLLEYBALL IN DIFFERENT AGE GROUPS: A COMPARATIVE STUDY. *International Journal of Behavioral Social and Movement Sciences*, 3(3), 56–68. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/228>

Dr.Mandeep Singh & J N Baliya, 2013; “**A study of family stress among working and non-working parents**”, *International Journal of Research in Social Sciences*.Vol 2, 2. 194-201. <https://indianjournals.com/ijor.aspx?target=ijor:ijrss&volume=2&issue=2&article=013>

Singh, A. K. (2007). Conducted a Study on Comparison of Selected Motor Fitness. *Physiological and Psychological Variables of Professional and Non-Professional Hockey and Soccer Players, JSPE*, 3(41428-1435).

AAHPER, (1976) Youth fitness test manual, washington: American, Alliance for health, Physical education & Recreation.

Singh, M., Kour, R., & Kour, A.,. A collaborative diversified investigation of respective responses of sports person coaches and organizations on criminalization of doping.*International Journal of Health Sciences*,6(S3), 11295–11310. <https://doi.org/10.53730/ijhs.v6nS3.8641>

Mandeep Singh., Assessment of Vocational Interests of Pahadi&Bakarwal School Students In Relation To Their Gender. *Int J Recent Sci Res*. 9(3), pp. 24817-24819. DOI: <http://dx.doi.org/10.24327/ijrsr.2018.0903.1731>

Dr. Mandeep Singh, 2017. “A study of awareness of inhouse doping errors among national level players and sports administrators in J&K state of India”, *International Journal of Current Research*, 9, (01), 45226-45227. <http://www.journalcra.com/sites/default/files/issue-pdf/20036.pdf>

Mandeep Singh, 2019; “**Effect of Mobile Screen Psychomotor Digital Image Motivators in Person Technique in Reducing Anxiety Level of Intervarsity Players of Cluster University Jammu**”, Blue Eyes Intelligence Engineering and Sciences Publication (BEIESP). Volume-9 Issue-1, October 2019, PP: 3750-3752, DOI: [10.35940/ijeat.A9811.109119](https://www.ijeat.org/portfolio-item/A9811109119/). <https://www.ijeat.org/portfolio-item/A9811109119/>

Mandeep Singh. (2018). THE AWARENESS OF MOVEMENT AND FITNESS SCIENCES AMONG SCHOOL, UNDER GRADUATE AND POST GRADUATE LEVEL



STUDENTS: EMPOWERING EDUCATION THROUGH PHYSICAL EDUCATION.  
European Journal of Physical Education and Sport Science,  
4(3).<https://doi.org/10.5281/zenodo.1218149>

SINGH SIDHU, A., & SINGH, M. (2022). KINEMATICAL ANALYSIS OF HURDLE CLEARANCE TECHNIQUE IN 110M HURDLE RACE. *International Journal of Behavioral Social and Movement Sciences*, 4(2), 28–35. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/267>

Singh, A., & Singh, D. M. (2013). PROMOTION OF RESEARCH CULTURE –ENHANCING QUALITY IN HIGHER EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 2(2), 202–208. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/152>