

A Comparative Study of the Rajasthan and Madhya Pradesh Junior National Boys Boxing Teams

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Abstract

Comparing the athletic motivation of state boxers from Rajasthan and Madhya Pradesh was the goal of the current study. Forty national boxers under the age of 19 from Rajasthan and Madhya Pradesh took part in the study. The extrinsic, intrinsic, and a motivational motivation effects of boxing players from Rajasthan and Madhya Pradesh were compared using the sports motivation scale (SMS-28), which was developed by Luc G. Pelletier et al. in 1995. The results of the descriptive statistics (mean, standard deviation) were examined using the independent "t-test."

Factors influencing extrinsic motivation in Rajasthan and Madhya Pradesh Regarding all of the intrinsic-motivation factors [to know, accomplish, and also experience stimulation], there was no discernible difference between boxers. [Recognized, introduced] There was no discernible difference in the motivation of boxers from Rajasthan and Madhya Pradesh, with the exception of [External Regulation]. To test the hypothesis, a significance level of 0.05.

Keywords: Motivation can come from three sources: internal, external, and a motivation factors.

Introduction

The psychological concepts, procedures, and results that arise from one or more individuals' psychological control participation in sports-related activities are the main focus of sports psychology. Actions or psychological components of action, such as effective, cognitive, motivational, or sensory-motor qualities, may be the subject of the discussion. Exercise for health can be done in recreational, preventative, educational, competitive, or rehabilitation contexts.

Motivational processes, interpersonal and social dynamics, intervention strategies, and personality in connection to sports involvement are the four primary subfields of sports

psychology. Its goals are to promote personal development and improve sports performance. The methodical, academic study of human cognition and behavior in relation to athletic settings is known as sports psychology.

Cote and Thomas (2007). One of the most intriguing and noteworthy problems in many sports is motivation, which affects traits like tenacity, learning, and performance in addition to changing as a function of social situations like competition and coaches' actions. (Duda, 1989; Alterand, Deci, & Ryan, 1987). Any action carried out just for the pleasure and fulfillment it provides is referred to as intrinsic motivation (IM) (Deci, 1975). Genuinely motivated people will act in a particular way on their own initiative, independent of financial gain or external influences. Ryan and Deci (1985). At least for those who find learning more about their sport exciting and fulfilling, athletes who practice for the purpose of continuously trying to surpass their own performance are well-considered to be genuinely motivated towards their game. EM, on the other hand, refers to abstaining from a variety of activities that are done as a means to an end instead of for their own sake. This is in contrast to intrinsic motivation. (Deci, 1975). First, non-self-determined behaviour that could only be fostered by external factors was thought to be the definition of extrinsic motivation. (e.g., rewards).

Motivation is the inability to see connections between one's activities and their results. their feelings of powerlessness and helplessness (Deci & Ryan, 1985). They are not directly responsible for their further training. They might even choose to quit participating in their sport at some point.

Objective

To compare, the RAJ.-19 boys' Boxing teams from Rajasthan and Madhya Pradesh regarding their motivation for the sport.

Hypothesis

The motivation of the Rajasthan and Madhya Pradesh Boxing teams, including extrinsic factors (such as recognized, interjected, and externally regulated motivations) and intrinsic factors (like the desire to learn, achieve, and seek stimulation), was anticipated to differ significantly from one another.

Procedure and Methodology

A total of thirty national level boxing athletes from Madhya Pradesh and Rajasthan who participated in RAJ. -19 state-level competitions were selected as subjects through purposeful sampling. The SMS-28 questionnaire, developed by Luc G. Pellrtier and colleagues in 1995, was utilized to conduct the survey for data collection after the match.

The scale encompasses factors such as a motivation, extrinsic motivation, and intrinsic motivation. An independent "t" test was carried out to assess the levels of intrinsic, extrinsic, and a motivational factors among the players from Rajasthan and Madhya Pradesh.

Results

The data set was analyzed using an independent "t-test" in addition to descriptive statistics. The table below displays the study's findings.

Table no. I: Results of the Rajasthan and Madhya Pradesh Boxing Players' Sports Motivation Scale in descriptive form.

Factor	Playing Team	N	Mean	S.D.	Standard Error
IM-To-Know	M.P.	15	23.21	3.42	.88
	RAJ..	15	23.32	3.45	.63
IM-To-Accomplish	M.P.	15	23.39	3.01	.78
	RAJ..	15	24.61	2.91	.76
IM-To-Experience-Stimulation	M.P.	15	22.71	4.77	1.23
	RAJ..	15	24.30	2.20	.57
EM-Identified	M.P.	15	19.51	3.93	1.01
	RAJ..	15	19.32	3.61	.93
EM-Introjected	M.P.	15	19.52	4.91	1.27
	RAJ..	15	21.01	2.21	.57
EM-External-Regulation	M.P.	15	14.25	6.17	1.59
	RAJ..	15	18.30	4.86	1.25
Amotivation	M.P.	15	10.12	7.35	1.90
	RAJ..	15	11.59	7.26	1.87

No. 1 The table shows the descriptive statistics value of intrinsic motivation (sub-variables: to know, to do, to feel stimulation) and compares the mean and standard deviation values of Rajasthan and M.P. With standard deviations of 3.42, 3.01, and 4.77, the Madhya Pradesh team's averages were 23.21, 23.39, and 22.71, respectively. The team averages for Rajasthan were 23.32, 24.61, and 24.30, and their standard deviations were 3.45, 2.91, and 2.20. For the extrinsic incentive value (sub-variables: identified, interjected, and external regulation between Madhya Pradesh and RAJ.. team), the table additionally displays the mean and standard deviation values. The mean values for the Rajasthan and Madhya Pradesh teams were 19.32, 21.01, and 18.30, respectively; with standard deviations of 3.61, 2.21, and 4.86. mean value was 19.51, 19.52, and 14.25, with a value of 3.93, 4.91, and 6.17. The table

also shows the descriptive statistics value of the team from Rajasthan and Madhya Pradesh a motivation. The average for the Madhya Pradesh squad is 10.12, and the standard deviation (SD) is 7.35; meanwhile, the average for the Rajasthan team is 11.59, and the SD is 7.26.

Table-2: Comparative results of RAJ.. and Madhya Pradesh Boxing

Factors	Mean Difference	t-value	Sig.
IM-To-Know	.131	.12	.90
IM-To-Accomplish	1.20	1.12	.27
IM-To-Experience-Stimulation	1.60	1.18	.25
EM-Identified	.200	.16	.87
EM-Introjected	1.470	1.04	.30
EM-External-Regulation	4.06	2.02	.05
Amotivation	1.45	.56	.58

*p<0.05

As seen in the aforementioned table, there is no statistically significant difference between the Rajasthan and Madhya Pradesh Boxing Players teams for any of the variables of the sports motivation scale (SMS), given that the calculated t-values ($p > 0.05$) are less than the reported t-value. A motivation between Rajasthan and Madhya Pradesh players, extrinsic motivation identified, extrinsic motivation introjected, extrinsic motivation external regulation, and intrinsic motivation to know, accomplish, and experience stimulation are indicated by calculated t-values that are greater than the significant p-value ($p > 0.05$).

Discussion

In order to determine the degree of the variables sub-variables of extrinsic and intrinsic motivation, as well as a motivation of U-19 Boxing competition participants (Rajasthan State) and Madhya Pradesh state team, a study has been undertaken. Previous research has shown that players with varied psychological profiles exhibit different psychological characteristics. Both intrinsic and extrinsic motivation affect players' performance on the ground.

Conclusion

Examining the Rajasthan State Boxing team and the Madhya Pradesh State Boxing team's sports motivation during a competition between teams under the age of 19 was the aim of the study. As the test-statistic t-values (0.106, 1.106, 1.174, 0.145, 1.058, and 0.549) are less than the table value (from t-table), we have insufficient sample evidence to reject the null hypothesis. That is, there were any non-significant differences in any other factors of the sports motivation scale, including intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience stimulation, extrinsic motivation identified, extrinsic motivation introjected, extrinsic motivation external regulation, and a motivation between Rajasthan. It can be as a result of various variations in the honours and rewards given out by the two states.

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