Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

This purpose of the study was to construct a prediction model of boxing performance on the basis of selected physical, physiological, anthropometric and psychological variables for Indian boxers. A total of 80 national level male boxers were selected as subjects for this study. All the players were in the age group of 18 to 35 years. All the boxers were purposively selected from the 60th senior men national boxing championship held at Malleshwaram Urdu School, Bangalore, Karnataka in the year 2018. Eight boxers who had qualified for quarter final matches in from each weight category were selected as subjects for this study. The criterion variables of the study were Strength, Speed, Endurance, Agility, Blood pressure, Vital capacity, Resting pulse rate, breath holding time, Anxiety, aggression, self-confidence, achievement motivation, height, weight, arm length and biceps girth. The reliability of data was ensured by establishing the instrument reliability, tester reliability and subject reliability and reliability of the test. The obtained data was analyzed with the help
of descriptive statistics and Regression analysis. The data was analyzed with the help of SPSS (19 Version) statistical software. The analysis of data revealed that there is no significant relationship between independent variables i.e. physical, physiological, anthropometric, psychological and boxing performance.

It was further revealed by the use of regression analysis that a prediction model for boxing performance cannot be developed on the basis of physical, physiological, psychological and anthropometric variables.

CONCLUSIONS

On the basis of the findings and within the limitations of the study, the following conclusions may be drawn:

1. It may be concluded that explosive leg strength, running speed, cardiovascular endurance and agility do not contribute to boxing performance.

2. It may be further concluded that vital capacity of lungs, oxygen holding capacity of lungs and resting heart rate do not contribute significantly to boxing performance at national level in India.
3. It may also be further concluded that level of aggression, level of anxiety, level of self-confidence and level of achievement motivation does not significantly contribute to boxing performance of national level male boxers.

4. It may also be concluded that physique of the boxers and hypertrophy of the biceps muscles do not significantly contribute to boxing performance of national level male boxes of India.

5. It may further be concluded that no prediction model of boxing performance can be developed on the basis of selected physical, physiological, anthropometric and psychological variables for all the ten weight categories in boxing.

**RECOMMENDATIONS**

1. It is recommended that a similar study be conducted on large sample size of boxers from each weight category at national championship.

2. It is further recommended that similar study be conducted on women boxers of India at different levels of competitions.
3. It is further recommended that a case study be conducted on Indian Olympic medalist i.e. Vijender Singh and MC Mary Kom.

4. It is recommended that a comparative study on selected physical fitness, psychological and anthropometric variables be conducted between medalist and non-medalist boxers of India among male and female boxers separately.

5. It is further recommended that a comparative analysis of body biomechanics during bouts of national level and international level boxers be carried out to find out strength and weakness of Indian boxers in the both male and female boxers.