

A comparative study of young and advanced boxers in terms of injuries.

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Abstract

The physical accident is considered the most difficult period that the athlete may pass through it because it can affect on his course and life, so from the organic physical side there might be deformities injuries and functional disability which affect the psychological aspect. After the dangerous accident, the athlete especially is affected from the psychological aspect in different degrees and this accident contributed in understanding the attacked athlete in the boxing sport. So we try to push this phenomena to the fareset meaning under the shadow of the symptoms of the psychological shock. The boxing game is considered from the individual games which might be played by all the sections of society and it is not vocated from aggressive and wounded reflections that appeared in the match on the round of playing, the plenty of physical accidents at the boxer represented the fact of this sport and the reflections on the psychological dimension with circumstances and results especially when the accident happened and the difficulty in regaining the abilities although on the medical care and the try to apply the theory of after the accident to the state of the psychological attack which caused by the physical accident.

The target of the research was to know the psychological reflections at the young and advanced boxers in the province of Diyala where the society of research was comprised from the province clubs for boxing (young and advanced groups) for the sport season (2018-2019). The number of players was (135) divided on 11 clubs. In according for that, the researchers chose a sample of boxers from clubs who were affected psychologically by the boxing fighting , number of boxers was (51) and were divided on young stud advanced groups and they represented 38.51%, from the total number. The result showed that there is a behavior and feeling appeared that might be

expressed involuntary because of the deep psychological affection from the change and the deformity of the shape of the injured player. The researchers recommend that there should be necessity and need to a psychological specialist with boxing sport clubs with in training units and official championships to train the boxers psychologically in addition to the physical training.

The first chapter 1 - Definition of research 1-1 The introduction and importance of research

The big psychological - physiological employment in the high level sport is the most important to achieve the results and this is in parallel with the most important psychological aspect and there must be a special care with it when related to the circumstances of the competition and prepare to face the expected tension. The physical accident is considered the most difficult stage that the athlete may pass through at this level because it can affect his course which is confusing, and there is an effect in the organic aspect by the deformities , injuries and functional disabilities that have the psychological effect on the psychological aspect.

Many studies which were done by ⁽¹⁾Boane. k. Kuhlman and the results which had been reached by ⁽²⁾Carmon A.V. and Chelladurai proved with in the psychology science that especially the athlete after the dangerous accident will be affected in the psychological aspect in different degrees, these results contributed in understanding the state of the injured boxer and to find the ways to deal with him and every state of after the accident in sport . So we tried to push this phenomena for the farrest extend under the shadow of the psychological shock symptoms , trying to explain the pathological extend from psychological aspect to the physical accident in boxing sport, starting from the factor which caused in the psychological effect in this situation and it is the facing of roughness, violence etc... Chelladurai defined it as a condition of sudden pressure caused by a physical accident which overcomes the defenses endurance in the person and causes his disorder. The importance of the research is that there is a carelessness or negligence in the psychological aspect especially in the sport accidents and get enough only with the organic medical treatment by the coaches without concentrating on the psychological medical aspect, so the researchers like to make an analytic study for the psychological reflections of the sport physical accident for the two groups (young and advanced) boxing players .

1-2 The problem of the research

The boxing game is considered from the individual games that can be played by all the sections of the society and it is not empty from the aggressive actions and physical accidents on the players

and the plenty of psychological and physical accidents at the athlete represent one of the facts that distinguish the high level competitive sport and its reflections, , circumstances and results on the athlete especially in the accident and the difficulty in regaining the abilities in spite of medical resumption and care after the accident . So it is necessary to show the importance of the psychological continuation side by side with the medical continuation in the intention of softening the effects of the physical accident on the psychological extend. **1-3 The targets of the research**

1. To know the psychological reflections at the boxers in province of Diyala .
2. To know the psychological reflections at the boxers from the two groups (young and advanced) in the province of Diyala .

1.4 The fields of the research

1-4-1 The human field : the players of Diyala clubs (young and advanced).

1-4-2 The time field: from the date of 24 /3/2018 to 15/2/2019.

1-4-3 The place field : the ring of sport Diyala club.

2- The course and field procedures of the research 2 – 1 The course of the research

The course (it is the way that the person use to arrive for a specific target) and through what was presented , the researchers used the description course in the surveying way to fit the nature of the research.

2-2 - The selection of a sample of research

Always depends on the phenomena which it will be studied, and when the researcher gathers his information or data , he or she will gather either from the original society or a represented sample from this society .Here the society of research is comprised from Diyala clubs (young and advanced) in boxing, the sample was chosen by the intentional way for the year (2018 - 2019) and they were, (51) players from 7 clubs who were injured and psychologically affected in the rounds of boxing from the total players (135) in (11) clubs of Diyala , so represent 38.51% from the original society, The players from (AI - ShahiedArkan club , Baladruz club , Khan Bai Saad and the club of Qazania) were excluded, they were (13) players represent the rate of 9.62% from the total because they were chosen in the exploring experiment as it is showed in the table (1)

(Table 1)

The original society that and sample of research

S.	The clubs of the province	The number of The players		The percentage rate	S.	The clubs of the province	The number of players		The percentage rate
		Advanced	Young				Advanced	Young	
		The main experiment for sample		38.51 %			The exporing experiment for sample		9.62 %
1	Dihala club	7	4		1	Al-Shahied Arkan club	4	3	
2	Baquba club	3	-		2	Beludrz club	2	1	
3	Sharaban club	3	4		3	Khan Bani saad club	-	2	
4	Al-Khalis club	5	3		4	Qazania club	1	-	
5	Jidadat Al-Shaat club	7	4		Total		7	6	
6	Hibhib club	4	-		The entire total		13		
7	Al-Wigehia club	5	2						
Total		35	16						
The entire total		51							

2-3 The devices, tools and means of gathering information

The tools of the research : they are the ways that the researcher uses to gather the data and solve problems to achieve the targets however these tools are statements , Sample or devices .

2-3-1 The devices that were used in the research .

The researcher used the timer watch.

Received: 05 Mar 2020 | Revised: 21 Apr 2020 | Accepted: 05 May 2020

2-3-2 The means of gathering information

The researchers used the means in which they can get data and the required information to solve problems and reach the targets.

2-4 The measure of the psychological reflections

This measure which is attributed to (MahiabiRedhwan and Al-Yazdi Fatima - 2003) includes

(12) special items in the psychological reflection which means (the defeat or the psychological shock) and contains on the alternatives (yes, No) which the researchers followed to get a measure that has the scientific features like the truth, stability, objectivity and the ability to differentiate. The scientists (Allen and Yan) refer that the process of applying the measure passes through basic steps as they were depended as a tool to gather information.

2-4-1 The correction of the measure

It was depended on the questions (yes, No), so the researchers have met the sample and read the questions to make sure of easy understanding and responses as well as the measure contained indirect questions and other open questions. The researcher asked and wrote immediately the answers in coordination with the supervisor.

2-5 The exploring experiment

The researcher made the exploring experiment which is a small and primary experiment similar to the main experiment that the researcher do before the main experiment in order to find and check the expecting mistakes and solve them. It was done at the date of 4/9/2018, Thursday at 15:00 in the sport Diyala club before starting the main experiment on the players from 7 clubs.

2-6 The steps of field procedures, organizing and administration.

2-6-1 The field procedures

The researcher distributed the form of questionnaire on the ring of sport Diyala club from the date of Friday 10/8/2018 to Wednesday 15/8/2018 on a sample of (51) players who were injured and affected psychologically after the fights and losses from the two groups (young and advanced) from (7) clubs within the General Staff for Boxing Union/ Diyala branch.

2-7 The Statistical means

The researchers used the law of the percentage to extract the results, (The percentage = $\frac{\text{the part}}{\text{all}} \times 100$)

3- Displaying the results with analyzing and discussion

This chapter includes the displaying and analyzing for the results of the used tests which have been reached after the statistical treating and the discussion in according to theories and similar studies to check the hypothesis of the research to reach the conclusions and recommendations.

3-1 Displaying and analyzing the items of the measure to the advanced players with discussion.

The researchers in this chapter analyzed and discussed every question and they limited the rate of appearing to these items and the percentage rate of not appearing and from analyze every result for each question and discussion .

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S	The items	Total
1	Scrutinize (look carefully his body a lot	
2	Scrutinize his accident a lot.	
3	Think about the quick return to the field off Playing	

Table No. (2)

The percentage of items for advanced players

4	Feel with worry when remember the training and the competition
5	Feel with fear in playing because of his previous accident.
6	See that his future is lost because of his accident
7	Consider that the accident is a natural matter in his course of playing
8	Accept the accident and retreat completely- from sport.
9	Know the danger and the result of accident
10	So worried about returning to training and competition
11	Think he will return with the same power
12	Threaten to return with force against the competitor opponent.

ing by the sample on the first question from the measure in table (2) { scrutinize his body a lot} and the percentage of this item (32%) , the searchers justify that the accident had a big effect on his psychological aspect and as (Mohammed Hassan Alawi) said it is considered an important factor to check carefully his body a lot. It was noticed that the answer of second item (Scrutinize his accident a lot) got a percentage of (38%), the players feel with fear and worry from the accident because it

means the loss and get out of the championship. That what (Ames) referred to, the athlete has to achieve the better performance and to win before his accident and he must have the confidence and courage before the start of the game. As for the third item (think about the quick return to the field of playing) percentage was (36%) through the answers of players, the researchers justify the reason, that it is a proof that the player has a good relation with this event, it is his identity as well as the enjoyment during the playing. In the fourth item (feel with worry when remember the training and competition) the percentage was (26 %), it was low and useless for the measure while the fifth item (feel with fear in playing because of his previous accident) got a high percentage of (50%) and it proved that most players decided to keep away from playing because of the loss and the

hurt and back to relax, that what (Mustafa Hussien Bahi-1999) said. The researchers noticed that the answer of the sixth item (see his future is lost because of his accident) the percentage was (42%) because of feeling with worry and fear and his lost for his position in the team and replacing him with another player. The answers about the seventh and eighth items (consider that the accident is a natural matter in his course of playing, (accept the accident and retreat completely from Sport) they got high percentages. of (40% and 53%) and it is a positive issue at the players to return again, with less fear and responsibility (the guilt) as (Dondaj.I) said. As for the answer of the ninth item (Know the danger and the result of accident) got a low percentage 28% which was not useful for measuring, while the tenth item (so worried about returning to training and competition) got a percentage of 44% and here the psychological condition control on the player where he represent the state of refusing and self denial as described by (Asaad Rizq) by the behaviorism reactions after the accident. While the eleventh and twelfth items (Think he will return with the same power and performance, (threaten to return force against the competitor opponent) which got a percentage of (38%, 25%) the researchers noticed these items explain the different state which made the pressure on him as well as the wish to return and this is from the general sport physical activities and specially in the sport teams.

3-2- Displaying and analyzing the items of measure for the young players and discussing them.

In this chapter, the researchers dealt with discussing and analyze every question from the survey. They limited the rate of appearance and non appearance of these items and discuss and analyze every result.

Table No (3)The percentage of items for the young group

S	The items	Total number	Answer Yes	The percent age	Answer No	The percent age
1	Scrutinize (look carefully his body a lot		10	%55	8	%44
2	Scrutinize his accident a lot.		11	%61	7	%38
3	Think about the quick return to the field off Playing		15	%83	3	%16

International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 08, 2020
 ISSN: 1475-7192

4	Feel with worry when remember the training and the competition
5	Feel with fear in playing because of his previous accident.
6	See that his future is lost because of his accident
7	Consider that the accident is a natural matter in his course of playing
8	Accept the accident and retreat completely- from sport.
9	Know the danger and the result of accident

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9	%50	9	%50
6	%33	12	%66
14	%77	4	%22
7	%38	11	%61
17	%94	1	%5
8	%44	10	%55

10	So worried about returning to training and competition	10	%55	8	%44
11	Think he will return with the same power	9	%50	9	%50
12	Threaten to return with force against the competitor opponent.	12	%66	6	%33

Through the notice of the answers and results of sample players to question number 1 (scrutinize his body a lot) the percentage (55%) and the researchers justify this state by the effect of the deformity by accident on the player and there is a disorder in his psychological condition and this identical to what (Mahmoud Abd Al-Fatah Anan) came with . The answer for the question 2 (scrutinize his accident a lot) got percentage of 61%, in according to what (Heston, M.L) referred to, that the nervous pressure is increasing with the possibility to face the loss or more tension before the match. As for the item 3 (think about the quick return to the field of playing) which get 83% by the results of answering the researchers justify this not only related to the quick return to the competition but also with the training as (Meece, J and Holt) see that the athlete in the training satisfies with the delight. The answer of item 4 (feel with worry when remember the training and competition got 50%, and because the injured athlete does his best to get rid of this depression state . Also the item 5 (feel with fear in playing because of his previous accident) the athlete naturally reacts with aim of adapting and getting out of the psychological state which he lives in. The answer of item 6 (see that his future is lost because of his accident) got (77%) and it was as an important indicator for the player to imagine his future and himself according to his psychological condition. As for the item 7 and 8 (consider that the accident is a natural matter in his course of playing), (accept the accident and retreat completely from the Sport) have got percentages of (38% and 94 %) this is a positive matter at the players of high levels find the confidence in himself and sometimes has tends and wish to the revenge instinct.

The researchers noticed that the answers of items 9 and to (realize the danger and result of accident) , (so worried about returning to trainings and competition) get percentages of (44% and 55%) and they are average rates and the source of this worry lies in the big wish to return to the state of delight and openness in doing sport actions that the player represents refusing and denial as what was described by (Asaad Rizq).

As her the item 11 (think he will return with the same power and performance) which got (50%) and explain the contrary state of the player that press on him as most players decided to go away from playing because of the hurt and loss in the playing, while the item 12 (threaten to return with force against the competitor opponent) which got (66%) and it is a positive state at the players of high levels.

4-1. The conclusions

- The results and explanations emphasize that the injured players from the sample are living in a not balance state.
- The results lead to the emergence of behavior and emotion express about the involuntary way and the high affected from deformity and the change in the shape of the injured player.
- It was stated that the athlete for both groups (young and advanced) in boxing can be affected directly from the psychological accidents which cause the leaving from sport generally and from boxing especially

4-2 The recommendations

- The necessity of sport psychological specialist with the sport clubs with in the training units and official championships to train the players psychologically in addition to the physical training.
- The necessity for following an educational guiding program for the athletes in general and for boxing players specially.
- Making another studies deal with (the youth) and the psychological and

references



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Annex (1) The measure of psychological state for the athlete after the sport accident

S	The items	Total number	Answer Yes	The percentage	Answer No	The percentage
1	Scrutinize (look carefully his body a lot					
2	Scrutinize his accident a lot.					
3	Think about the quick return to the field off Playing					
4	Feel with worry when remember the training and the competition					
5	Feel with fear in playing because of his previous accident.					
6	See that his future is lost because of his accident					

7	Consider that the accident is a natural matter in his course of playing				
8	Accept the accident and retreat completely- from sport.				
9	Know the danger and the result of accident				
10	So worried about returning to training and competition				
11	Think he will return with the same power				
12	Threaten to return with force against the competitor opponent.				