

# A comparative study of muscular strength among Boxers and wrestlers

Sunil Dhillon<sup>1</sup>, Ishwar Malik<sup>2</sup>

**Abstract:** In the present study, an attempt has been made to compare the Muscular Strength 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 undergraduate students of Diff. Colleges from Haryana. The data was collected by the 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.), and t-test were employed. Boxing male players and wrestling male players Muscular Strength was found no significant Difference.

**Key Words:** Muscular Strength, Wrestlers, Boxers

## INTRODUCTION

Throughout the history of mankind, physical fitness has been considered an essential element of everyday life. It is also considered as the degree of Speed to execute a physical task under various ambient conditions. Physical fitness is the ability to carry out daily task with vigor and alertness without undue fatigue and ample energy to enjoy leisure time pursuits and to meet un for seen emergencies (Clarke, 1971). Speed is the capacity of an individual in the rate of making successive movements of the same kind (Mathews). Everyone should be fit enough through participation in physical activities to develop the different physical fitness components.

Physical fitness plays an important role in a normal individual as well as in an individual who is participating in some kind of sports event. There are different kinds of sports and games which are performed all over the world some are related to each other but some are entirely different. So to perform the different kind of sports event physical fitness is an essential component which should be possessed by a player. Individual has lacked his physical fitness due many new inventions and now it is totally dependent upon various machines for his daily works. To improve physical fitness of a player training plays a very important role, as the techniques which are given in training to a player improves the players performance give positive effects to his performance in events. The ability of sportsmen to bear things plays a vital role in his performance.

The purpose of the study was to compare the Muscular Strength among Boxers and Wrestlers.

## METHODS

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 undergraduate students of different colleges of Haryana. To test the Muscular Strength 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. Muscular Strength was measured of every individual with the help of AAHPER Youth Fitness test i.e. Standing broad jump.

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 muscular strength*

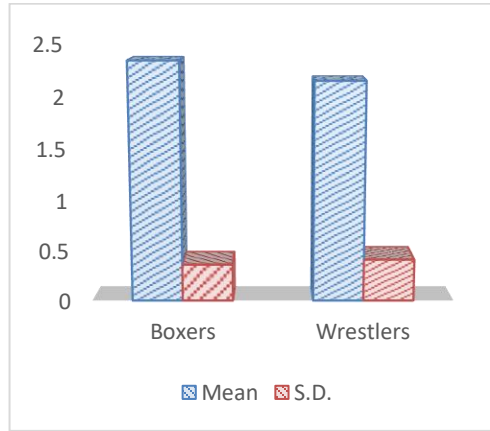
Table no.1 indicates the values of descriptive statistics of the Boxing male players and Wrestling male players for Muscular Strength, which shows that the mean and S.D. values of Boxing male players and Wrestling male players were 2.33 & 0.36 and 2.14 & 0.41 respectively. S.E.M values of the Boxing male players and Wrestling male players were found to be 0.032 and 0.038 respectively.

**Table 1** Descriptive statistics of Muscular Strength of Boxing male players and Wrestling male players (in Centimeters)

Variable	Group	N	Mean	SD	SEM
Muscular Strength	Boxing	150	2.33	0.36	.032
	Wrestling	150	2.14	0.41	.038

**Table 2** T-test Description of Boxers and Wrestlers Muscular Strength

Variable	Groups	df	t-value	Sig.
Muscular Strength	Boxing vs. Wrestling	298	1.47	.07



**Figure 1** Bar diagram showing the mean value of agility between private school students and government school students

The t-test value of standing broad jump of Boxing male players and wrestling male players is shown in table 2. As shown in the table the boxers were no significant difference in Muscular Strength ( $t=1.47$ ,  $0.05 < p$ ) than the wrestlers. There was no significant difference in the physical fitness variable Muscular Strength between Boxing male players and wrestling male players. This leads to reject of hypothesis H10.

## CONCLUSION

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

## REFERENCE

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### Citation

Dhillon, S., & Malik, I. (2023). A comparative study of muscular strength among boxers and wrestlers. *Sports Science & Health Advances* 1(1), 14 - 15. <https://doi.org/10.60081/SSHA.1.1.2023.14-15>

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Received: 05.03.2023

Accepted: 25.05.2023; Published: 30.07.2023

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