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

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***Abstrac*t:** Comparing the athletic motivation of state boxers from Madhya Pradesh and Uttar Pradesh was the goal of the current study. Forty national boxers under the age of 19 from Madhya Pradesh and Uttar Pradesh took part in the study. The extrinsic, intrinsic, and a motivational motivational effects of boxing players from Madhya Pradesh and Uttar 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 Madhya Pradesh and Uttar 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 Madhya Pradesh and Uttar 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.

## I. 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.

## II. OBJECTIVE

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

## III. HYPOTHESIS

The motivation of the Madhya Pradesh and Uttar 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.

## IV. PROCEDURE AND METHODOLOGY

A total of thirty national level boxing athletes from Madhya Pradesh and Uttar Pradesh who participated in U-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 amotivation, extrinsic motivation, and intrinsic motivation. An independent "t" test was carried out to assess the levels of intrinsic, extrinsic, and amotivational factors among the players from Madhya Pradesh and Uttar Pradesh.

## V. 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 U.P. 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 |
| | U.P. | 15 | 23.32 | 3.45 | .63 |
| IM-To- Accomplish | M.P. | 15 | 23.39 | 3.01 | .78 |
| | U.P. | 15 | 24.61 | 2.91 | .76 |
| IM-To- Experience-Stimulation | M.P. | 15 | 22.71 | 4.77 | 1.23 |
| | U.P. | 15 | 24.30 | 2.20 | .57 |
| EM-Identified | M.P. | 15 | 19.51 | 3.93 | 1.01 |
| | U.P. | 15 | 19.32 | 3.61 | .93 |
| EM-Introjected | M.P. | 15 | 19.52 | 4.91 | 1.27 |
| | U.P. | 15 | 21.01 | 2.21 | .57 |
| EM-External-Regulation | M.P. | 15 | 14.25 | 6.17 | 1.59 |
| | U.P. | 15 | 18.30 | 4.86 | 1.25 |
| Amotivation | M.P. | 15 | 10.12 | 7.35 | 1.90 |
| | U.P. | 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 Madhya Pradesh and Uttar Pradesh. 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 Uttar Pradesh 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 U.P. team), the table additionally displays the mean and standard deviation values. The mean values for the U.P. 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 Madhya Pradesh and Uttar 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 U.P. team is 11.59, and the SD is 7.26.

**Table-2: Comparative results of U.P. and Madhya Pradesh Boxingkas**

| 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 U.P. 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. Amotivation between U.P. 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).

## VI. 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 (U.P. 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.

## VII. CONCLUSION

Examining the U.P. 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 amotivation between U.P. It can be as a result of various variations in the honours and rewards given out by the two states.

**Conflict of Interest:** The corresponding author, on behalf of second author, confirms that there are no conflicts of interest to disclose.

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