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Sensation seeking differences between boxers and wrestlers

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Abstract

Background: Sensation Seeking is a distinctive trait that inclines a person to perform some activities that are directly associated with risk taking abilities. These risks may be physical, social, financial or even life threatening. Sensation seeking may directly be linked with the adrenaline flow in the body. Generally, people involved in adventurous activities like base jumping, paragliding, rock climbing and mountaineering etc. Feel that flow of adrenaline in their bodies and hence enjoy higher level of sensation. Understanding sensation seeking can help a coach and a sportsperson to choose his sports discipline accordingly. By and large, combative sports can provide higher level of sensation as compared to non-combative sports. The current study was undertaken in an attempt to compare the sensation seeking level of Boxers and Wrestlers, who had participated at All India Inter University level in their respective sports. It was hypothesized that there would not be any significant difference between the sensation seeking levels of boxers and wrestlers.

Methods: For the purpose of the study, 40 male subjects each from boxing and wrestling (N=80) between the ages of 18-35 years were randomly chosen. The Sensation Seeking Scale-V (SSS-V) developed by Marvin Zuckerman in 1971 (revised in 1996) was used to collect the necessary data for the study. The data was collected during the All India Inter University (A.I.I.U) boxing and wrestling Championships respectively.

Results: The study found significant differences between boxers and wrestlers on the variable Sensation Seeking and its sub-variables disinhibition and boredom susceptibility. However, the study could not find significant differences for the sub variables thrill & adventure seeking and experience seeking.

Conclusion: On the basis of the study, it is concluded that the sensation seeking level of wrestlers is higher than the boxers.

Keywords: Sensation seeking, boxers, wrestlers, experience seeking

Introduction

Man is a multifaceted creature that possesses and exhibits array of personality traits. These traits have a deep impact on the overall personality of an individual. One such trait that has got the attention of the modern researchers is the sensation seeking. The early work on sensation seeking was initiated by the psychologist Marvin Zuckerman in 1960. He proposed that sensation seeking was a personality trait that increased the human inclination to risk taking activities. He pointed that people high in sensation seeking were more impulsive and often got involved in activities with higher risk. Such people might get involved in new and challenging situations which provided them the necessary impetus to satisfy their urge for new experiences, thrill and excitement and overall a sense of adventure. Sensation seeking, if not dealt with properly, can lead to horrible and unconstructive experiences. In such cases, an individual with high sensation seeking ability might get engaged in substance abuse, reckless driving or legal complications. An understanding of sensation seeking may help an individual to make informed and wiser decisions regarding his actions.

Zuckerman highlighted four different components of sensation seeking: Disinhibition, Boredom Susceptibility, Thrill and Adventure Seeking, and Experience Seeking. He described disinhibition as the tendency to engage in socially unacceptable activities like multi partner sexual engagements, drinking in public places and partying etc. He then explained boredom susceptibility as the tendency of an individual to have a low tolerance for monotonous works. Routine and unchanging nature of activity made him dull and prone to boredom.

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He further highlighted thrill and adventure seeking as the tendency to get involved in sports and other activities that involved speed and risk. And lastly, he explained experience seeking as the inclination towards learning form experience. He pointed that such people learnt through their mind and senses. They loved travelling and exploring varied destinations and their cultures. Such people were not comfortable with a settled life style.

Zuckerman (1979 and 1994) ^[7, 8] in his study about sensation seeking had suggested that the arousal level of different individuals was different. Different people have different contentment level in terms of sensation seeking. Some might feel contended on performing minor activities like running through the crowded places or jumping from a bench. On the other hand some people might find paragliding or skiing to be adventurous. Zuckerman and Kuhlman (2000) ^[9] pointed that words like 'wait', 'consider' or 'think again' were associated with risky activities, though at the primary level.

If one intends to improve the standard of sports, all the dimensions that are directly or indirectly related with sports must be taken seriously and investigated thoroughly. Sensation seeking is one such dimension that has drawn the attention of psychologists and sports lovers. Studies and researches are being carried out to investigate sensation seeking and its impact in sports. Individuals with high sensation seeking ability generally catch the attention of public very easily. Sportspersons with higher sensation seeking tendency have this basic component of achievement motivation in them and this reflects in their sensation seeking activities. Generally, all sportspersons have some tendency of sensation seeking in them, but it is more in combative sports than in the non-combative sports. Sportsperson engaged in

combative sports have higher tendency to seek sensation because of the nature of their sport. Marvin (1995) ^[3] conducted a study to compare the sensation seeking demands of athletes and non-athletes. He concluded that male athletes had higher sensation seeking than females. He also found out that male athletes from contact sports (rugby and lacrosse) had higher sensation seeking demands as compared to the male athletes from non-contact sports (crew and soccer). Rebekah and Christine (2004) ^[4] in their study investigated the sensation seeking differences between the participants of high-risk sports (surfing) and participants of low-risk sports (golf). They concluded that the sensation seeking of high-risk sportspersons was higher as compared to the low-risk sportsperson.

We can sum up by saying that sensation seeking is the lust for adventure, thrill and risk taking ability. People indulge in different levels of adventurous activities according to their sensation seeking desire. This engagement with thrill and adventure provides them the necessary boost to fulfill their sensation satisfying cravings.

Objective of the study

The comparative study was conducted with the objective to explore the differences between boxers and wrestlers on the psychological variable sensations seeking. It was hypothesized that there would not be any significant differences between the two groups on the variable sensation seeking and all its sub-variables.

Methodology

Selection of Subjects

Subjects				
Game	Age group (In Years)	Level of Participation	Gender	Number of Participants
Boxing	18-35	A.I.I.U.	Male	40
Wrestling	18-35	A.I.I.U.	Male	40
Total				80

Selection of Test Scale: The researcher decided to adopt the following test scale in the form of questionnaire for measuring sensation seeking level of the subjects.

S. No.	Variable	Name of the Test	Constructed/ Developed by	Year
1	Sensation Seeking	Sensation Seeking Scale-V (SSS-V)	Marvin Zuckerman	1971 (Revised1996)

Collection of data: The requisite data from the boxers and wrestlers was collected during the All India Inter University (A.I.I.U.) Boxing and All India Inter University (A.I.I.U.) Wrestling Championships held at Kurukshetra University, Kurukshetra, Haryana and University of Mysore, Karnataka, respectively.

Statistical techniques employed

Questionnaire was used to collect the necessary primary data

for the study. The following statistical tools and procedures were used to meet the objective of the study. The data analysis was accomplished using the following:

1. The 'T-Test' was applied for the comparison of means of the two samples on each variable. The level of significance was set at 0.05 levels.
2. One way ANOVA was used.
3. Cross bars.

The data has been represented using the tables and bar charts.

Results of the study

The results of the psychological variable Sensation Seeking of Boxers and Wrestlers have been presented in the subsequent tables. The explanation of the tables has been specified accordingly along with the tables. The graphical exemplification has also been presented for the sub-variables of sensation seeking for the mean comparison.

Table 1: Differences between boxers and wrestlers on the sub-variable disinhibition

	N	Boxers		Wrestlers		t-value	p-value
		Mean	Standard Deviation	Mean	Standard Deviation		
Disinhibition	40	3.63	1.94	4.73	1.57	2.785	.007*

* Significant at 0.05 level

Sub-Variable: Disinhibition

The mean values (\pm SD), t-value and the p-value of boxers and wrestlers with respect to the sub-variable disinhibition have been presented in the above table. The mean score of boxers, when compared with the wrestlers, exhibited

statistically significant differences with respect to the sub-variable disinhibition as the p-value was found to be less than the *set alpha* value ($p < 0.05$). The graphical exemplification of the same has been presented below in Figure 1.

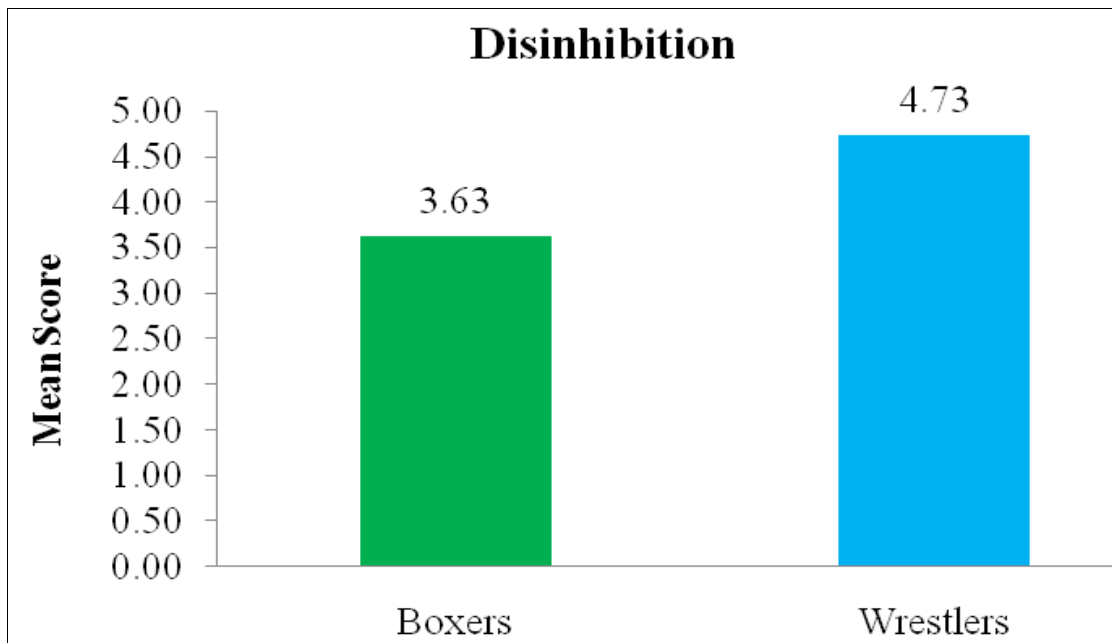


Fig 1: Mean score of sub-variable disinhibition of boxers and wrestlers

Sub-Variable: Boredom Susceptibility

Table 2: Differences between boxers and wrestlers on the sub-variable boredom susceptibility

	N	Boxers		Wrestlers		T-Value	P-Value
		Mean	Standard Deviation	Mean	Standard Deviation		
Boredom Susceptibility	40	3.55	1.66	4.78	1.44	3.521	.001*

* Significant at 0.05 level

The mean values (\pm SD), t-value and the p-value of boxers and wrestlers with respect to the sub-variable Boredom Susceptibility have been presented in table 2 above. The boxers' group when compared with the wrestlers' group exhibited statistically significant differences with respect to

the sub-variable Boredom Susceptibility as the p-value was found to be less than the alpha value ($p < 0.05$). The graphical exemplification of the same has been presented below in Figure 2.

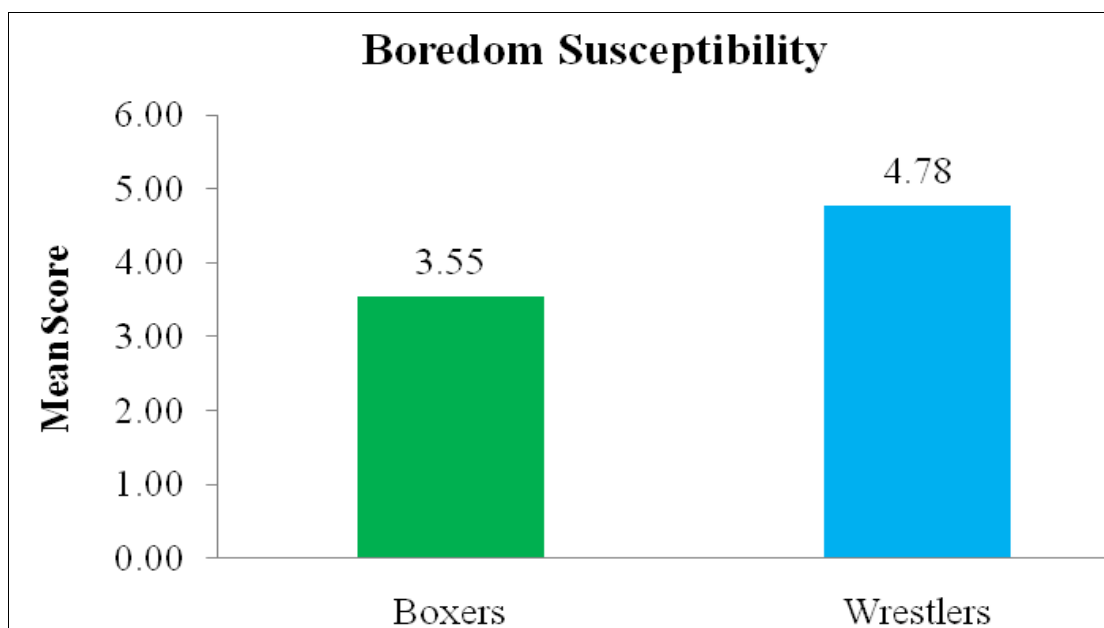


Fig 2: Mean score of sub-variable boredom susceptibility of boxers and wrestlers

Sub-Variable: Thrill and Adventure Seeking

Table 3: Differences between boxers and wrestlers on the sub-variable thrill & adventure seeking

	N	Boxers		Wrestlers		T-Value	P-Value
		Mean	Standard Deviation	Mean	Standard Deviation		
Thrill and Adventure Seeking	40	3.95	1.57	4.68	1.89	1.869	.065

Table 3 above presents the mean values (\pm SD), t-value and the p-value of boxers and wrestlers with respect to the sub-variable Thrill & Adventure Seeking. No statistically significant differences were noticed on comparing the boxers'

group with the wrestlers' group as the p-value (.065) was found to be more than the alpha value ($p > 0.05$). The graphical exemplification of the same has been presented below in figure 3.

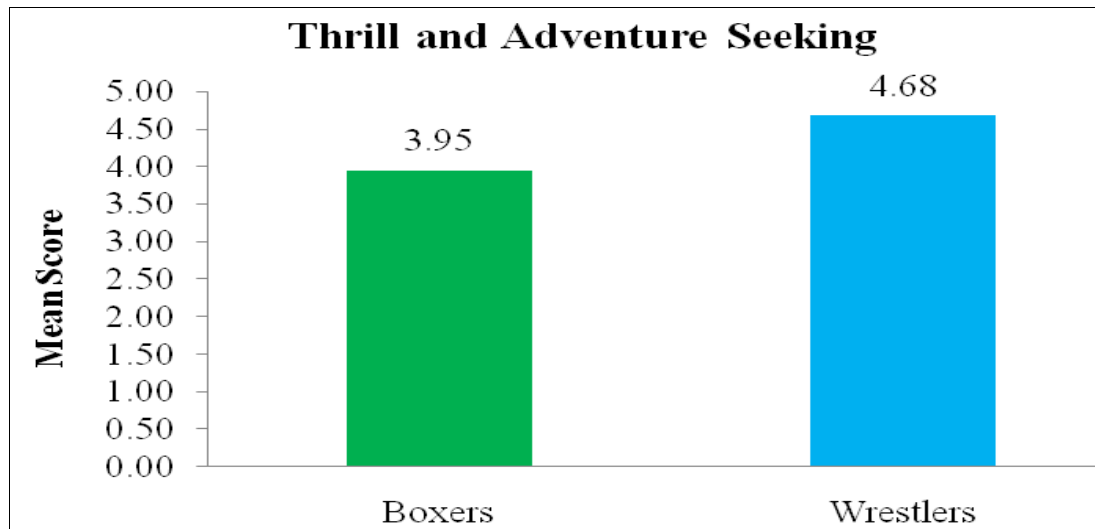


Fig 3: Mean score of sub-variable thrill and adventure seeking of boxers and wrestlers

Sub-Variable: Experience Seeking

Table 4: Differences between boxers and wrestlers on the sub-variable experience seeking

	N	Boxers		Wrestlers		T-Value	P-Value
		Mean	Standard Deviation	Mean	Standard Deviation		
Experience Seeking	40	6.10	2.37	5.70	1.65	.875	.384

The above table 4 presents the mean values (\pm SD), t-value and the p-value of boxers and wrestlers with respect to the sub-variable Experience Seeking. Once again no statistically significant differences were detected on comparing the

boxers' group with the wrestlers' group. The p-value of 0.384 was found to be more than the alpha value 0.05 ($p > 0.05$). The graphical exemplification of the same has been presented below in figure 3.

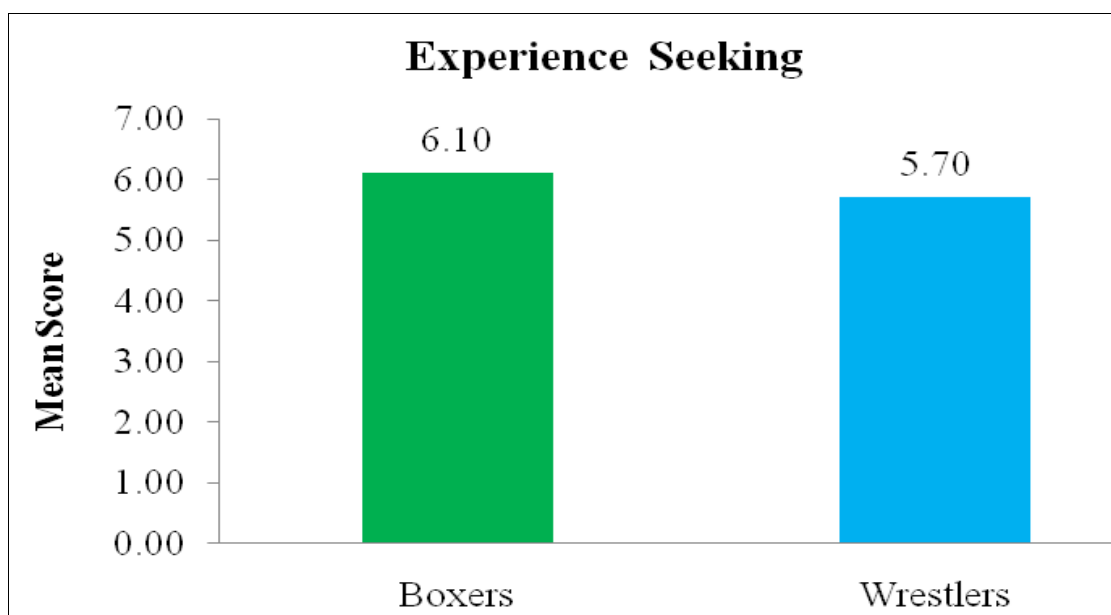


Fig 4: Mean score of sub-variable experience seeking of boxers and wrestlers

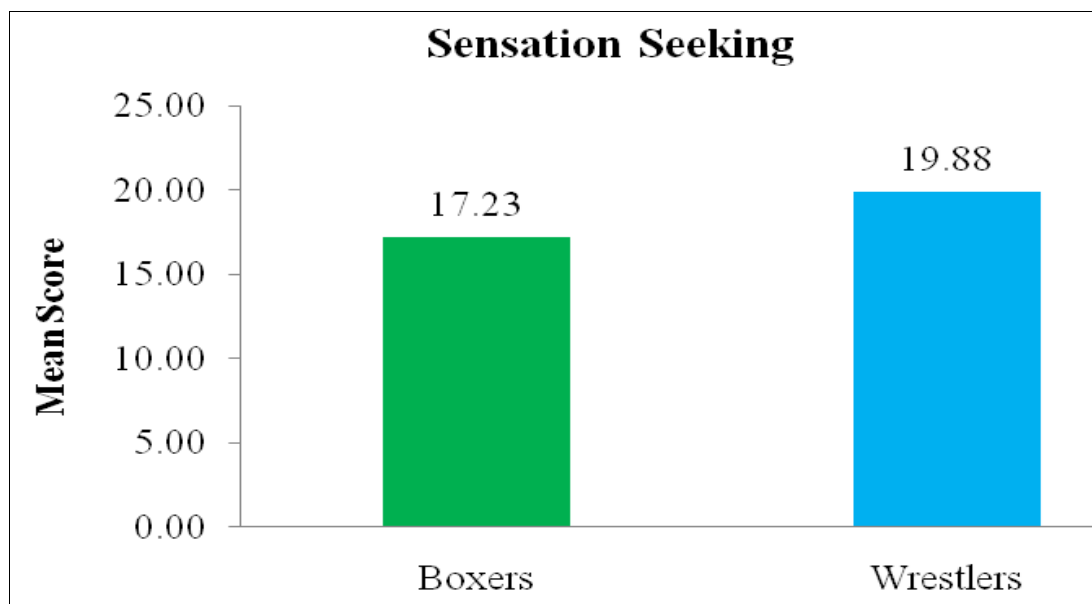
Variable: Sensation Seeking**Table 5:** Differences between boxers and wrestlers on the variable sensation seeking

	N	Boxers		Wrestlers		T-Value	P-Value
		Mean	Standard Deviation	Mean	Standard Deviation		
Disinhibition	40	3.63	1.94	4.73	1.57	2.785	.007*
Boredom Susceptibility	40	3.55	1.66	4.78	1.44	3.521	.001*
Thrill and Adventure Seeking	40	3.95	1.57	4.68	1.89	1.869	.065
Experience Seeking	40	6.10	2.37	5.70	1.65	.875	.384
Sensation Seeking	40	17.23	4.29	19.88	3.78	2.931	.004*

* Significant at 0.05 level

Table 5 above visibly presents the mean values (\pm SD), t-value and the p-value of boxers and wrestlers with respect to the variable Sensation Seeking. Statistically significant differences were observed on comparing the boxers with the

wrestlers with respect to the variable Sensation Seeking as the p-value of 0.004 was found to be less than the alpha value ($p < 0.05$). The graphical exemplification of the same has been presented below in table 5.

**Fig 5:** Mean Score of Variable Sensation Seeking of Boxers and Wrestlers**Conclusion**

The above study concluded that there existed significant differences between boxers and wrestlers with respect to the psychological variable Sensation Seeking. Significant differences were found between boxers and wrestlers on the sub-variables disinhibition and boredom susceptibility. However the study could not find any significant differences between boxers and wrestlers on the sub-variables thrill & adventure seeking and experience seeking. The results are not in line with the findings of Verma *et al.* (2017) ^[5] and Glicksohn *et al.* (2018) ^[2] as these researchers found that the involvement in higher risk taking activities increased the level of sensation seeking among participant. Similar results were found by Marvin (1995) ^[3], who concluded that sensation seeking of contact sport athletes was higher than the non-contact sport athletes. The results of the study are not in favor of the findings of Baretta D. *et al.* (2017) ^[1] as they suggested that sensation seeking could predict the performance of high-risk activities.

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