

Determination of theoretical and methodological aspects of the development of a sense of distance in the technical training of boxers of initial qualification

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Abstract

The aim of this research is to reveal the boxers' views in order to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of the first proficiency boxers. This research was conducted with the phenomenology pattern, one of the qualitative research designs. Study data were collected with semi-structured interview forms prepared for first qualification boxers. The sample of the study consisted of the first proficiency boxers who received boxing training for at least 1 year in Kazakhstan. As a result of the research, among the answers given to the question about the benefits of sports were physical well-being, psychological well-being and , and the majority of the participants answered the question as physical well-being. Among the answers given to the question asked about the reasons for the first qualification boxers to choose boxing were active sport, health and bodybuilding answers, and the majority of participants gave the answer health. Among the answers to the question asked about the technical training of the first qualification boxers were the physical structure of the training area, experience of the trainer, frequency of training and personal motivation responses. Answers to the question asked to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of first qualification boxers were fist distance, distance between two opponents and tactical development themes.

Keywords: Sport, boxing, distance, training;

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1. Introduction

Sport contributes to the mental, social, physical and emotional development of people. It is an important tool that enables them to discover their knowledge, skills and leadership abilities. Sports have many benefits, such as physical activity, socialisation, personal development and personal pleasure (Wankel & Berger, 1990). In addition, people's efforts to get rid of stress, personal satisfaction, keeping their bodies in shape and success in sports have led to positive results in the daily life and morale of the person, causing the importance of sports to increase day by day (Allender, Cowburn, & Foster, 2006). Achieving the purpose of sports depends on the application of rules, principles and methods and the systematic, effective and efficient execution of sports education (Devecioglu, Coban, & Karakaya, 2011).

1.1. Theoretical and conceptual framework

Sports are intense efforts to keep people physically and mentally healthy, to fight within the framework of the rules, to feel excited, to satisfy their desire to compete and to prevail against their opponents. The movements of the first humans to survive constitute the building blocks of the sport, followed by the majority of the world with curiosity and excitement, or in which it is also involved (Strong et al., 2006). There is evidence that sports positively affect self-concept and has significant benefits. Sports have a supportive effect on success and contribute to positive physical development and self-confidence (Brettschneider & Heim, 1997). Sports also in a developmental sense also provides incentives for issues such as emotion regulation, development of interpersonal skills and development of peer relationships (Slutzky & Simpkins, 2009).

Moderate or high-level sports increase muscle endurance, strength, flexibility and reduce weight, allowing the person to stay fit, as well as reduce the risk of cardiovascular disease and thrombosis, lower blood fat and glucose levels, improve psychological state and sleep quality and increase bone mineral density. It has many proven positive effects such as reducing some types of cancer, such as breast and colon cancer, and chronic pain (Lee et al., 2012).

Martial arts are sports that include situations such as improving the characteristics and skills of the athlete and teach unarmed combat (Pesce et al., 2015). Among the martial arts, boxing is the most modern and popular combat sports (Slimani, Miarka, & Cheour, 2017) and is a full-contact combat sport that aims to punch an opponent without being punched by the opponent (Guidetti, Musulin, & Baldari, 2002). Boxing, like any other sport, is a game of skill and a martial art that needs to be studied to be successful. Unlike many other sports, boxers have a level of physical capacity (Azirovski, 2021).

Individuals participate in sports for many different reasons. Athletes participate in sports for many different reasons, such as skill development, team membership, competition, being active and gaining success. As in other sports branches, boxers also have various reasons for participating in sports (Yellow & Bulut, 2021). Training in martial arts is extremely important for the success of the athlete. Allowing martial arts-specific trainers to elaborate training protocols using martial arts actions provides greater authenticity and customisation for training (Franchini, 2020).

1.2. Related research

When the studies in the field are examined in the technical training of first proficiency boxers, there are no studies on the determination of the theoretical and methodological aspects of the development of the sense of distance related to various sports branches. The benefits of sports, studies measuring the factors that are effective in doing sports and studies on issues such as punch distance in boxing were evaluated.

In the study of Heyn, Abreu, and Ottenbacher (2004), it was stated that sports training increases fitness, physical function and increases cognitive functions and positive behaviours in people with cognitive disorders such as dementia. Shosha (2020) stated that boxing exercises are used for

therapeutic purposes. Domingos et al. (2019) evaluated the acceptability and safety of a boxing training and practice programme specific to Parkinson's disease in the community, it was determined that boxing trainers continue boxing exercises effectively with patients with Parkinson's disease and that Parkinson's patients are very satisfied with these boxing exercises.

Kirkcaldy, Shephard, and Siefen (2002), in their study with 1000 adolescents between the ages of 14 and 18 who do or do not do sports, found that adolescents who do sports have a positive self-image compared to those who do not; those who do sports use less substance/alcohol; and those who do sports have lower depression and anxiety levels.

In a study conducted by Singh, Uijtdewilligen, Twisk, van Mechelen, and Chinapaw (2012), with 12,000 children between the ages of 6 and 18 in order to examine the effect of physical activities on the academic success of students, it was found that students who are more physically active have higher academic achievement. Casson et al. (1984), on the other hand, evaluated the occurrence of brain damage in boxers in their study and found that 87% of the boxers who participated in the study had evidence of brain damage and stated that brain damage is a common result in professional boxing careers.

The studies on the factors that play a role in sports participation are examined. In the study of Anderson, Hughes, and Fuemmeler (2009), in which they examined the attitudes of families on children, they stated that the number of children in the family, the education level of the family and the ethnic origin of the family were effective in the participation of children in sports. Khasanshin and Alexey (2021) showed that it is possible to develop a model in their study, which aimed to improve punch technique in boxing based on feedback. He stated that boxers can be trained with technical training according to the degree of compliance with this model.

1.3. Purpose of the research

The purpose of this research is to reveal the boxers' views in order to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of boxers. In accordance with the purpose of the study, answers were sought to the following questions:

1. What do the first qualification boxers think about the sport?
2. What are the reasons for the first qualification boxers to choose the sport of boxing?
3. What are the opinions of the first qualification boxers towards technical boxing training?
4. What are the views of the first qualification boxers on the theoretical and methodological aspects of the development of the sense of distance in their technical training?

2. Method and materials

2.1. Research method

The research was designed using the phenomenology pattern, which is a qualitative research method. The phenomenology method focuses on situations and events that we encounter in our daily lives, that we are aware of but do not have a detailed understanding of. The purpose of phenomenology is to examine how people make sense of their previous experiences or events that they have not experienced before and have seen around them (Eberle, 2014). For this reason, it was found appropriate to use the phenomenology method in our research.

2.2. Participants

The sample of the study consisted of the first proficiency boxers who received boxing training for at least 1 year in Kazakhstan. Table 1 contains data on age and gender demographic characteristics of boxers.

In Table 1, the demographic distributions of the boxers participating in the research regarding their age and gender are given.

Table 1

Gender and Age Distribution of Boxers

Age	Gender		Sum
	Female	Male	
15–18	2	3	5
19–21	1	3	4
22–25	-	3	3
Sum	3	9	12

In Table 1, the gender and age distributions of the boxers participating in the research are given. Three of the boxers participating in the research were female and nine were male. There are 5 boxers between the ages of 15 and 18, 4 between the ages of 19 and 21 and 3 boxers between the ages of 22 and 25. When Table 1 is evaluated, it is seen that the majority of the boxers participating in the research are men and the majority of the boxers participating in the research are between the ages of 15 and 18.

In Table 2, the characteristics of the boxers participating in the research regarding the duration of boxing training are given.

Table 2

The Duration of Boxing Training for Boxers

Training time	Sum
1 year	2
2 year	3
3 year	3
4 or more	4
Sum	12

In Table 2, the boxing training durations of the boxers participating in the research are given. Two of the boxers participating in the research have been training for 1 year, three for 2 years, three for 3 years and four for more than 4 years. When Table 2 is evaluated, it is seen that the majority of the boxers participating in the research have been training for 4 or more years.

2.3. Data collection tools

Research data were collected through interviews. Information was obtained from the participants through a 'semi-structured interview form'. While creating the form, the studies on the subject in the field were examined and the draft interview form was prepared by taking the opinions of three experts. In the interview form, three questions were asked to determine the demographic characteristics and four different questions were asked to reveal the opinions of the boxers in order to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of the first proficiency boxers, and only first proficiency boxers were asked to answer these questions. The semi-structured interview form is shown in Appendix.

2.4. Data collection process

After the purpose of the research was explained to the first qualification boxers, they were asked to voluntarily participate in the research. After obtaining the consent of the participants, all interviews were recorded with a voice recorder. Afterwards, all interview audio recordings were listened to and transcribed in Microsoft Word. The length of the interviews lasted an average of 30 minutes. Interviews were held in the meeting room of the gym, where the first qualification boxers could feel

comfortable, and conducted in the form of individual interviews with each boxer. The interviews were conducted at a time interval preferred by the first proficiency boxers that would not affect the first proficiency boxers' training.

2.5. Data collection analysis

Content analysis was used in the analysis of the research data. Content analysis is the identification, systematic and quantitative analysis, definition and interpretation of repetitive subjects and concepts within the obtained qualitative data (Sofaer, 2002). All interviews were transcribed, and a total of 13 pages of interview text were created as a Microsoft Word document. The interview texts were analysed separately by the author and one expert, independently of each other, using the open coding method. When the analyses carried out by the expert and the researcher author independently of each other were completed, the researcher and the expert came together and compared the codes they created. The formula – $[\text{consensus} / (\text{consensus} + \text{disagreement}) \times 100]$ – suggested by Miles and Huberman (1994) was used to compare the codes. As a result of the calculation, 84% agreement was found. Then, the researcher and the expert made evaluations together until they reached a consensus on all the codes. After reaching a consensus on all codes, themes and sub-themes were created and the analyses were concluded. In terms of the reliability of the study, common themes and sub-themes were decided and given in tables with frequency and percentage calculations. In addition, participant opinions supporting the themes are included under each table by quoting directly with their codes, (First qualification boxers are coded as B1, B2, B3...)

3. Results

3.1. Opinions of first qualification boxers on the determination of the theoretical and methodological aspects of the development of the sense of distance in technical training

The opinions of the first qualification boxers who voluntarily participated in the research on the benefits of sports, on the reasons for choosing boxing, on technical boxing training and on the determination of the theoretical and methodological aspects in the development of the sense of distance in technical training are evaluated.

Table 3 includes the opinions of the first qualification boxers on the benefits of sports

Table 3

Opinions of First Qualification Boxers on the Benefits of Sports

Themes	Reasons	F	%
Physical well-being	Increase muscle strength	5	41.6
	Increase stamina		
	Reducing the risk of chronic disease		
	Creating a sleep schedule		
Psychological well-being	Keep fit	3	25
	Increasing self-confidence		
	Reduce anxiety		
Socialisation	Relax	4	33.4
	Find friend		
	Doing activities		

In Table 3, the opinions of the first qualification boxers participating in the research on the benefits of sports are evaluated. The opinions of the first qualification boxers on the benefits of sports were gathered in three categories: 'physical well-being', 'psychological well-being' and 'socialisation'. 41.6% of the first qualification boxers stated that physical well-being is among the benefits of sports, 25% stated that psychological well-being is among the benefits of sports and 33.4% stated that socialisation is among the benefits of sports.

The opinions of the first qualification boxers on the benefits of the sport are as follows:

B3 Coded Boxer: *There are many physical benefits of sports; It has benefits such as increasing endurance and reducing the risk of chronic diseases. Since I started boxing, I feel much more dynamic.*

B5 Coded Boxer: *Young people who come to the club say they feel less anxiety after starting sports. When I look at it from my own perspective, I can say that sports give me self-confidence. I used to be very thin and not a remarkable person, my self-confidence increased a lot after sports.*

B8 Coded Boxer: *People who start sports can socialise more easily. Because many people, whose common point is sports, gather in the same environment. You have many friends at once.*

B11 Coded Boxer: *Sports provide benefits in almost every field, but I think; Benefits such as reducing the risk of disease, maintaining sleep patterns and losing weight make sports indispensable. I can say that I had less health problems after I started sports.*

Table 4 shows the opinions of the first qualification boxers regarding the reasons for choosing boxing.

Table 4

Opinions of the First Qualification Boxers on the Reasons for Choosing Boxing

Themes	Reasons	F	%
Recommendation	Friend recommendation	3	25
	Family orientation		
Being an active sport	Get quick reaction	2	16.7
	Being hyperactive		
Health	Posture problems	4	33.3
	Doctor's advice		
Body building	Be extremely thin	3	25
	Bodybuilding in addition to another sport		

In Table 4, the opinions of the first proficiency boxers participating in the research on the reasons for choosing boxing are evaluated. The opinions of the first qualification boxers on the reasons for starting boxing were gathered in four categories: 'advice', 'being an active sport', 'health' and 'bodybuilding'. 25% of the first qualification boxers participating in the research stated that they chose boxing on recommendation, 16.7% because it is an active sport, 33.3% for health reasons and 25% for bodybuilding purposes.

The opinions of the first qualification boxers regarding the reasons for choosing boxing are as follows:

B1 Code Boxer: *I started boxing thanks to my friends. I was staying at the dorm at the time, a friend was boxing. He said he'd take you with me one day and we left. I've been boxing ever since.*

B4 Coded Boxer: *I was a very naughty kid in primary school, I was damaging things in the house, getting into fights with the kids in the neighbourhood. My father and mother took my hand and took me to the gym. I shaped my future life in the hall where I was taken to release my energy.*

B6 Coded Boxer: *I was the weakest and weakest of my peers. This may even be an advantage for women, but as a man, it made me very sad. One day I came across a boxing match on TV. I said I want to be like these guys. Thus began his boxing adventure.*

B7 Coded Boxer: *I went to the doctor with pain in my neck. After taking a few measurements, the doctor said that my body posture deteriorated and it would be beneficial for me to start sports. After a short research, I started boxing.*

Table 5 shows the opinions of the first proficiency boxers on technical boxing training.

Table 5
Opinions of First Qualification Boxers on Technical Boxing Training

Themes	Nedenleri	F	%
Physical structure of the education area	Air circulation	3	25
	To be hygienic		
Instructor's experience	Competitions in which the trainer participates	4	33.3
	Instructor's course experience		
Training frequency	Frequency of repetitions	1	8.4
	Training opportunity after theoretical learning		
Personal motivation	Healthy eating	4	33.3
	Regular sleep		
	Not drinking alcohol		

In Table 5, the views of the first proficiency boxers participating in the research on technical boxing training were evaluated. The opinions of the first qualification boxers on technical boxing training were gathered in four categories: 'physical structure of the training area', 'trainer's experience', 'training frequency' and 'personal motivation'. 25% of the first qualification boxers participating in the research stated that the physical structure of the training area, 33.3% stated the experience of the trainer, 8.4% stated the frequency of training and 33.3% stated personal motivation affects the success in technical boxing training.

The opinions of the first qualification boxers on technical boxing training are as follows:

B3 Coded Boxer: The factors affecting the success of technical training in boxing are clean air in the training area, clean hygienic and comfortable materials. Apart from boxing, we do exercises such as weight lifting. It is important that the tools are robust and useful.

B8 Code Boxer: The trainer has a very important function in technical education. I was lucky with the trainer, I had the opportunity to work with a successful boxer who had won medals in the past.

B9 Code Boxer: The more you train, the more you will improve, in technical training the trainer teaches, but for you to use any technique, you have to practice a lot.

B11 Coded Boxer: In technical training, the person should eat healthy, do not consume alcohol, do not prefer fast food, and pay attention to rest between trainings.

Table 6
Opinions of the First Qualification Boxers on the Determination of the Theoretical and Methodological Aspects of the Development of the Sense of Distance in Their Technical Training

Themes	Reasons	F	%
Punch distance	Training with people of different physical appearances so that the punch hits the target	4	33.3
	Adjusting punch distance to learn defines		
Distance between two opponents	Learning by imitating the instructor	5	41.7
	Learning by imitating your competitors		
Tactical development	Personal tactical development for adjusting the distance	3	25

In Table 6, the opinions of the first proficiency boxers participating in the research on the determination of the theoretical and methodological aspects of the development of the sense of distance in their technical training are evaluated. The opinions of the first qualification boxers on the determination of the theoretical and methodological aspects in the development of the sense of distance in the technical training were gathered in three categories: ‘fist distance’, ‘distance between two opponents’ and ‘tactical development’. 33.3% of the first qualification boxers participating in the research expressed the theoretical and methodological aspects of punch distance, 41.7% expressed the distance between two opponents and 25% expressed tactical development in boxing technical training.

The opinions of the first qualification boxers on the determination of the theoretical and methodological aspects of the development of the sense of distance in the technical training are as follows:

B2 Code Boxer: *Adjusting the distance between two opponents is important. Boxing is a little different from other sports. You need to adjust the distance between you and your opponent.*

B3 Coded Boxer: *It is important to adjust the punch distance in order to defend effectively. In technical education, it is necessary to focus on this the most. Rather than punching, the punch must reach the opponent effectively.*

B9 Code Boxer: *In order to develop the sense of distance, the boxer should participate in technical trainings and develop a tactic for himself, every boxer should have a tactic and should train frequently for this.*

B10 Code Boxer: *The sense of distance is learned through technical training and tactical development, and only in this way can one be successful. Distances such as distance between two opponents, fist distance, foot distance are learned during technical training, and then a tactic is developed.*

First qualification boxers’ views on the benefits of sports, their views on the reasons for choosing boxing, their views on technical training, their views on the determination of theoretical and methodological aspects in the development of the sense of distance in technical training

In Table 7, the opinions of the first qualification boxers who voluntarily participated in the research on the benefits of sports, their opinions on the reasons for choosing boxing, their views on technical boxing training and the determination of the theoretical and methodological aspects in the development of the sense of distance in technical training are evaluated.

Table 7
Opinions of the First Qualification Boxers on the Determination of the Theoretical and Methodological Aspects of the Development of the Sense of Distance in Their Technical Training

Themes	Sub-themes	First qualification boxer	
		F	%
Benefits of sport	Physical well-being	5	41.6
	Psychological well-being	3	25
	Socialisation	4	33.4
Sum		12	100
Reason for choosing boxing sport	Recommendation	3	25
	Being an active sport	2	16.7
	Health	4	33.3
	Body building	3	25
Sum		12	100
	Physical structure of the education area	3	25

Opinions on technical training	on	Instructor's experience	4	33.3
	boxing	Training frequency	1	8.4
		Personal motivation	4	33.3
Sum			12	100
Developing a sense of distance		Punch distance	4	33.3
		Distance between two opponents	5	41.7
		Tactical development	3	25
Sum			12	100

In Table 7, the opinions of the first competency boxers participating in the research on the benefits of sports, the reasons for choosing boxing, their views on technical boxing training and the determination of their theoretical and methodological aspects in the development of the sense of distance in technical boxing training are evaluated. 41.6% of the first qualification boxers stated that sports had physical benefits, 25% stated that sports had psychological benefits and 33.4% stated that it was beneficial in terms of socialisation. 25% of the first qualification boxers stated that they started boxing upon recommendation, 16.7% because it is an active sport, 33.3% for health reasons and 25% for bodybuilding purposes. 25% of the first qualification boxers stated the physical structure of the training area, 33.3% stated the trainer experience, 8.4% stated the training frequency and 33.3% stated the personal motivation were effective in technical boxing training. 33.3% of the first qualification boxers stated that fist distance, 41.7% stated the distance between two opponents and 25% stated that tactical development is important in the development of the sense of distance in technical training.

4. Discussion

In our research, the majority of the boxers gave the answer to the question asked to evaluate the opinions of the first qualification boxers about the benefits of sports. Among the answers given were psychological well-being and socialisation responses. In support of our study results, Dunn et al. (1997) stated that in order to achieve a healthy cardiovascular system, moderate intensity sports three times a week and for a period of 6 months are beneficial. Weinstein and Meyers (1983) conducted a study with college students aged 18–23; they made the students do sports 2 days a week for a certain period of time and determined that the depression scores of the students decreased after the study.

In our research, the majority of the boxers gave the answer to the question asked in order to evaluate the opinions of the first qualification boxers regarding their choice of boxing sport. Among the answers given were advice and bodybuilding. Gill, Gross, and Hudleston (1983) found that the athletes participated in sports for reasons such as 'team atmosphere', 'physical fitness', 'friendship and entertainment' in the study they conducted with 1138 athletes attending sports schools. Similarly, Gould, Feltz, and Weiss (1985), in their study with swimmers, found that they participate in sports because of skill development, fun and team spirit. Martin (1997), in his study on the reasons for continuing participation in sports, stated encouragement by others had found prestige/recognition results. Unlike the result of our study, Biddle, Whitehead, O'Donovan, and Nevill (2005) found that the economic level of the child's family is an important factor, especially in the participation of girls in sports.

In our research, the physical structure of the training area, the experience of the trainer, the training frequency and personal motivation were answered by the boxers to the question asked to evaluate the views of the first qualification boxers on technical boxing training. A person's healthy diet, regular sleep and avoidance of habits, such as alcohol and cigarettes, are gathered under the theme of personal motivation. Gutgesel and Canterbury (1999) stated in their review study that alcohol use is generally harmful to sports performance.

In our research, the answers given to the question asked in order to evaluate the opinions of the first proficiency boxers on the determination of the theoretical and methodological aspects of the development of the sense of distance in technical training were distance between two boxers, fist distance and tactical development. Loturco et al. (2016) stated that trainers should design better training strategies specifically to improve punch technique in their article investigating the relationship between punch technique and selected strength and power variables in amateur boxers.

5. Conclusion

Sports is a habit that should be acquired especially in childhood. In order to be more vigorous and healthy in old age, it is necessary to start sports at an early age. Sports have benefits such as increasing the quality of life, improving physical and mental health and socialising. A person's orientation to a suitable sports branch also plays a role in liking and enjoying sports. Boxing can be preferred by people who are interested in martial arts, love martial arts and have physical fitness. In boxing, there are important concepts and situations such as distance apart from physical fitness. In order to understand these, it is necessary to make plans suitable for the purpose in technical education. In our study, to reveal the boxers' views in order to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of the first proficiency boxers, the benefits of sports, the reasons why boxers choose boxing, boxing technical training, and the theoretical and methodological aspects of the development of the sense of distance in boxing technical training were questioned. Among the answers given to the question about the benefits of sports were physical well-being, psychological well-being and socialisation, and the majority of the participants answered the question as physical well-being. Among the answers given to the question asked about the reasons for the first qualification boxers to choose boxing were the advice was to be an active sport, health and bodybuilding answers, and the majority of the participants gave the answer health to the question. Among the answers to the question asked about the technical training of the first qualification boxers were the physical structure of the training area, the experience of the trainer, the frequency of training and personal motivation responses. Answers to the question asked to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of first qualification boxers were fist distance, distance between two opponents and tactical development themes.

6. Recommendations

Various suggestions have been developed in line with the research results. Sports should be encouraged in every age group, especially in children and youth. The person should be given the opportunity to experience in order to choose the sport that is suitable for him. Gyms need to be made suitable for training. Athletes should be provided with financial and moral support. Programmes should be organised for successful boxers to meet with children and families. It should be planned to bring together experienced and inexperienced boxers. Since families have an important place in participating in sports, families should be invited to the training sessions.

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Appendix

Semi-structured interview form

You are invited to our study in order to reveal the boxers' views in order to determine the theoretical and methodological aspects of the development of the sense of distance in the technical training of the first qualification boxers. Participation in the study is on a voluntary basis, you will not be penalised if you refuse to participate in the study. It is important for the reliability of the research that you answer the questions sincerely. Thank you for your participation.

First qualification boxer;	
Gender:	
Age:	
Boxing training time:	
1. What are your views on the benefits of sports?	
2. Why did you choose boxing?	

<p>3. What are your thoughts on technical boxing training?</p>	
<p>4. What are your thoughts on the theoretical and methodological aspects of the development of the sense of distance in technical boxing training?</p>	