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Master's Thesis of Global Sport Management

Exploring youth participants' experience  
of boxing in Nagaland, India

나그랜드 인도의 청소년 복싱 참여 경험 탐색

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# Exploring youth participants' experience of boxing in Nagaland, India

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Submitting a master's thesis of Global Sport Management

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Stay promising and believe in yourself!

## **Abstract**

# **Exploring youth participants' experience of boxing in Nagaland, India**

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The study starts with a brief history of Nagaland which is the northeast part of India. The research is based on the youth boxers of Nagaland. Sports is frequently regarded as an effectual mechanism for promoting positive youth development. However, it also depends on how the program is connected and its factors. To get a deeper understanding and link the connection, research study is done based on program-based and evaluation approaches. The study of this research uses the qualitative research to understand and explore the youth sports development through boxing in Nagaland connecting with Benson's theory of Development assets on Positive youth development and highlighting the importance, drawbacks, challenges and attentions needed for the development of boxing within the state. The researcher draws its attention closer to the experience of boxers, Using the in-depth interview to gather data, sampling techniques, 10 participants (Athletes, coaches and administrators) were selected for the research. The final analysis has been generated and the three research questions are answered which are RQ1. What is the experience of a youth boxer in Nagaland participating in Boxing? RQ2. What is the outcome of Positive Youth Development through youth boxers in Nagaland? RQ3. What

factors influence the outcome in youth boxers in Nagaland. No two experience are identical and it narrates differently (The National Archives, n.d.).

The presence of a friend increased youth's motivation to be physically active (Salvy, 2009). The findings reveal how the support of parents and friends encouraged them to pursue their interest. However, the challenges remain with lack of sparing partners and similar weight category. Limited exposure, tournament and lack of infrastructure are also seen as the cause to poor performances. As Kristin Hallmann 2012 says Sports infrastructure with good supply of facilities attracts more sports participation. Challenges with medical facilities during injuries are seen a concern.

The study also supports Benson's theory of Development assets on Positive Youth Development as one of the solutions for the athlete's development at the same time the researchers also suggest the need of right infrastructure, proper identification of athletes at grass root level, sports education and medical facilities go hand in hand and are a necessity. There is an urgent need to facilitate the opportunities when given and build a platform so as the keep the spirit of sportsmanship alive. The findings also discuss and identify the gap on researches done in Nagaland, India. This study is intended to contribute and recommend for further future research on sports and boxing in Nagaland, India.

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**Keyword:** Boxing, Positive Youth Development, Youth boxers, Sports  
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## **Chapter I. Introduction**

### **1.1. Study Background**

Nagaland is a home to diverse indigenous tribes, festivals and different cultural state in the North-eastern region of India which remains vastly unexplored by the outside world or even by its fellow citizens from the mainland. Though boxing has never been a traditional sport for the native of Nagaland or the Naga's in general, Naga wrestling and Naga style wrestling has been a popular sport among the Tenyimi Naga tribes of Nagaland and Manipur. Naga wrestling is an indigenous game for the menfolk and is one of the most preserved cultural traits of the Tenyimi Naga's (Vivoto, 2021). The indeginious game has been a portrayal of masculinity, a means to conflict resolution between individual, family, clan or even villages. The sport has been a way to showcase friendship and brotherhood and participated with great sportmanship. Though boxing is not a traditional sport of the nagas or nagaland. The idea of contact sports and display of strength, masculinity and sportsmanship is not foreign. There is immisene potential among the youth to engage in boxing as a career. Despite the capabilities among the youths, it has been an undertaking from locating the proper platform and possibility to permitting every character and people interested by sports activities to uplift the spirit and dream.

Sports is such a platform where hard work and dedication are well rewarded. However, the concept of sports activities as an extreme platform in Nagaland would possibly take longer than time. Although there are few athletes from the north-eastern part of India who are doing well in their selected sports disciplines, there are big gap from attaining the milestones. The researcher focuses on Boxing in Nagaland, a sports activity in which there aren't any age limit and may be discovered even at a younger age and develop further with age. While the sports activities are seen as a boom, this study is carried out to understand how or if boxing is influencing the youth at a younger age. The study will also investigate the role of the parents, coaches and the society in creating promising boxers in the state and how to deal with the idea of nurturing boxers or encouraging the youths to take up boxing as a career in Nagaland. Digging deeper to the facilities and medical requirements which is a necessity. With media coverage popularizing Boxing as a Sport, to Boxing being a male dominant sport, this study identifies the gender difference and commonalities among the youth boxers. No two experience are identical and it narrates differently (The National Archives, n.d.). It is important to perceive a hassle that will benefit individuals being studied, with a view to be significant for the others besides the researcher.

## **1.2. Purpose of Research**

The objective of the study is to understand the overview of youth life and boxing in Nagaland, India. The researcher focuses on analyzing the role of parents, administrators, coaches and society in creating a young boxer and how to deal with the idea of nurturing boxers or encouraging the youth to take up boxing as a career in Nagaland. While sport is thought to an instrumental aspect contributing withinside the improvement of the country, India (Dubey, 2017). The researcher draws its attention closer to why northeast India, particularly Nagaland, stands at the back in regards to boxing despits the capabilities among the youths.

## **1.2. Research Questions**

The research question of the current study is as follow:

RQ1. What are the experiences of a youth boxer in Nagaland participating in Boxing?

RQ2. What are the outcomes of Positive Youth Development through youth boxers in Nagaland?

RQ3. What factors influence the outcome in youth boxers in Nagaland?

## **Chapter II. Literature Review**

### **2.1 Northeast India: Nagaland**

The Northeast India officially known as the North Eastern Region (NER) is the eastern part of India representing both a geographic and political administrative division of the country with a total population of 45.49 million as per census 2011((2011 Census, n.d.). It is known as one of the most beautiful and mystery parts of India, but the least explored and coverage area, it is not only unknown to some within India but even to the world. Though, this significance has mostly been construed in terms of a complex geography difference the region being projected as one trapped and languishing in an infrastructural void. A void that makes the general perception of the region as remote, isolated and less developed. (Kaustubh Deka). Northeast India is in many ways “an umbrella connotation, which tends to wipe off its immense diversity of history, culture and politics (Misra, 2006:8). The region shares an international border of 5,182 kilometers (3220mi) (about 99 percent of its total geographical boundary) with several neighboring countries. 1,395 km (867miles) with Tibet Autonomous region, China in the north, 1,640km (1,020mi) with Myanmar in the east, 1,596km (992mi) with Bangladesh in the south-west, 97km (60mi) with Nepal in the

west and 455km(283mi) with Bhutan in the north-west (Wikipedia, The Free Encyclopedia). As a result, it connects with the rest of India through a narrow corridor famously known as the “chicken neck” or “Siliguri Corridor” (Report on North East India).

There are eight states in Northeast India namely Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura. Sikkim state is known as the brother state with the rest of the seven states are known as the ‘seven sisters’ of Northeast, India. Mizoram is the only state that share the longest boundary with Myanmar and also with Bangladesh compared to the other states. Northeast is also home to over 220 ethnic groups with different socio-cultural traditions, speaks different languages and is known to be the center of various ethnic nationalities. They are believed to have settled in these regions from different parts at different time but unfortunately have no exact data of their origin. (Phukan, 2013).

This region gives a completely different atmosphere from the rest of India. Nagaland is known for its richness on flora and fauna and about one-sixth of the state Nagaland is covered by tropical and sub-tropical evergreen forest. Having said that, different kind of rare and endangered species like the Sangai deer, one horn Rhino, Red panda, Cloud Leopard, Phayre’s Leaf Monkey, White Cheeked Macaque (*Macaca leucogenys*), Northern Pig

Tailed Macaque (*Macaca leonine*) along with more than one thousand species of orchids and many other medicinal plants are found in Northeast, India. It is also to know that Mawsynram in Meghalaya, is known as the wettest place on earth. According to Guinness Book of World record, Mawsynram received 26,000 millimeters of rainfall in 1985.

One of the longest ruling dynasties in India is also in the northeastern part of India which is known as the Ahom Dynasty that ruled Assam for 600 years. Northeast is also the only region in India where the WWII (World War II) was fought, in which many Indian soldiers laid their lives fighting the war on the side of Indian National army led by Netaji Subhas Chandra Bose. Northeast India was one of the last areas to be taken over by the British on the subcontinent. The Indian National Army memorial at Moirang in Manipur, Imphal WWII cemetery and the Kohima WWII cemetery are one of the histories from Northeast India.

### ***The People of Nagaland***

It is not known exactly how the Naga people came to settle in the lands they presently dwell. The exact traces of their migratory routes are lost in the midst of time as there seems no written historical documents or data. The history told so far are mostly traced back and passed on with the help of

oral tradition in the form of folktales from generation to generation. So far, no historical materials have been constructed supporting the migration history of the Naga. Unfortunately, nothing was much recorded or known and there was only much known and started to record its origin only when the British came into picture in 1832 (Zhimo, 2011).

The origin of Naga is still a mystery. While many scholars have written on Naga's however, so far no one has been able to bring to a concrete conclusion as to the origin of the Naga's. However, there is a general consensus that the scholars written on these particular subjects so far have agreed that Naga people are Mongoloid by race ((Zhimo, 2011), (Maps of India)). And majority of the people in Nagaland are christians (Rathore, 2021). Currently the recorded Naga tribes are 67 Naga Tribes (Major and Sub-tribes) and Nagaland has 16 major tribes with about 2.7 million population (NagaEsque).

### **2.1.1 Legal and Gender Roles**

The Naga's (as a State) today have their own customary laws which govern all aspects of their public and private life. At the same time, the Indian union (as a center) has laws which deals with rights and privileges of men and women which eventually determine their access to power. In Nagaland, however there is a situation where the legal entities

interact and intersect claiming their own spaces evidencing the power struggle. It is of interest to examine the way power holders take on events under the guise of customary laws and constitutional law particularly in their engagement with the women's question on power. On the other hand, Nagaland also has Tribal male bodies as custodians of the Naga customary laws, at the same time, the Nagaland Legislative Assembly (NLA) is established under the oath of the Indian Constitution.

The Naga system of administration traces its sources in the social arrangement of the village on the premises of patriarchy or male-dominant leadership (Walling, 2018). Traditionally, a Naga village has its own independent entity with its own governance system and laws, with varying traditions across villages and tribes (Brara, 2017). Some British administrators and writers in their book also praised and mentioned on the mode of governance adopted by the Naga's in the village administration and society "democratic" (Balfour, 1922).

The administration system was a primitive rule and only the male members could take part. They also followed the 'might is right' customary as headhunting was the procedure in determining one's position and status in society during the early days. Which became an immense importance and pride on the prowess and skill of men and therefore such skills were taught

to the young men in the Morung (a youth dormitory where unmarried males lived). These led to the difference between the men and women and therefore the segregation roles, the men were considered to be “public sphere” and the women “private sphere” (Walling, 2018). Women were considered to be weaker than men be it physically or mentally. The mindset was such that the activities involving hardships or stress were to be taken by men and not the women. Some men still have the notion that women ‘do not think much and take decisions based on emotion’.

Later, with the modern democratic system of governance been introduced in Nagaland, which included the women in all spaces be it public or private, and allowing women to participate in the decision-making process or leadership role on the democratic principles of justice and equality, this new norm has led to frictions between the traditional practices of the Naga’s defined by their customary laws (Walling, 2018).

### **2.1.2 Social and Economic Aspect**

Naga’s have their own customary law which govern all aspects of their public and private life (Walling, 2018). Socially, Naga people practised “socialistic pattern of society” (Imrongsungba, 2015). Nagaland within itself have different towns, villages and some are situated in hill tops and slopes

because of their tradition of head-hunting and inter-village feuds.

Economically, Naga people survived aged long hard earned labour engaged in the primitive system of shifting and terrace cultivation on one hand and “Barter” transaction with people in nearby Assam and Myanmar (Imrongsungba, 2015). Despite Nagaland being five decades since its statehood, due to the presence of insurgence situation, the transition of Naga life unfortunately still has being no much changes. And specially in the rural areas, there is a huge differences between the rich and the poor (Imrongsungba, 2015). Liezietsu 2020 also emphasis on how due lack of proper regulated management system of resources or absence of any management system, the Nagaland state’s economy also decreases. There is only agricultural productions and total dependence on Government funding (Khulu, 2019). It is also known that about 70% of the total population of Nagaland is engaged in farming activities (Maps of India, 2013). Some of the sources and productions are through Water supply industry, livestock (fishery, animal husbandary, cattle farming, piggery and poultry), and minerals like the coal, natural gas, decorative stoones, petroleum, marble, nickle, cobalt-chromium bearing magnetite. With the people of Nagaland mainly dependent on farming, Some of the main cash crops of nagaland are potato and sugar cane which is one of the main source of revenue. It is also

known for its industries such as the paper mills, plywood factories, cottage industries like spinning, weaving, cane works, sugar mills, Merchandized brick plant, fruit and vegetable processing plant, Pineapple Fibre plant, Pottery and oil factories.

In order to make an impact in the socio-economic life of the Naga's and to eradicate poverty and provide platform for employment in Nagaland, steps have been implemented by central government to promote and launch various central programmes. Some of the researchers in their research states that there are various programs, seminars, and workshops conducted and the Ministry of Rural Development is keeping a close monitor on the benefits and success of implementing such programs in Nagaland. Some researchers also has found that the socio-economic conditions of the Naga people has started to show progress and is in the transition stage.

Land in Nagaland are owned individually as well as communally unlike some other states or part of India where land is owned by the government. As a result, when there are various projects for development proposed or brought to Nagaland, the issues of land compensation and people not wanting to part with their land becomes a major hiccups. But it is also debatable issue as the land owners does not want to part with their land which however is also one of the little reason that leads to delay in the entire

process and development (Walling, 2018).

### *Naga Culture*

Naga tribes has around 66 including the sub-tribes out of which 16 are among the major tribes known as Angami, Ao, Chang, Khiamniungam, Konyak, Kuki, Lotha, Chakeshang, Kachari, Phom, Pochury, Sangtam, Sema, Rengma, Yimchungar, Zeliang Each tribes have different dress code, cuisines and traditional laws((Oberoi), (Asthana)). Though in the main town and cities of Nagaland the buildings are constructed in modern buildings. Most of the houses in naga village will have a traditional designs with wood crafts design beautifully done in the shape of mithun or buffaloes head, which is not only crafted for design but also a symbolic that is earned for their deeds considered honorable (feast of merit or conquests through headhunting-headhunting no longer exist). According to census 2011, it is also known that, 88% of the people out of 2 million population in Nagaland are Christians. The Nagas are known for their hospitality, kind gesture, loyalty and exuberant on celebrating festivals. They take pride in their traditional attires and display their ancestral lineage and have different dress code for the male, female and also based on class. The male attires are made of conical red headgear, decorated with Hornbill's black and white feathers

and wild boar canine teeth, while the female attires has different designs that are beautifully woven and symbolises different meaning, The ornaments and tattoos also has varieties of designs with a meaningful symbolization of the past wars and sacrifices, for the ornaments it is specially picked and made with iron, brass, tin and beads(Oberoi). Dances and music are an essential part of the Naga culture. Wearing own colorful, unique traditional customs and jewelry. The dances are usually performed in groups on folks' songs which has a message of deeper meaning and understanding on its stories of bravery, romance and historic incidents. Adding to that, different instruments like drum, mouth organs and bamboo flutes are used during the performances.

### ***Food***

Nagaland is known to produce the hottest chilies in the world call the Raja Mirchi or Bhut Jolokia. They are known for the love of foods like fermented soya bean call axone, anishi (dry Colocasia stems and leaves), varieties of green vegetables, fermented fish and bamboo shoots, various types of meats, silkworm larvae, sea snails cooked with smoked pork and their famous drink call zutho a type of rice beer. Their cuisine is considered to be spicy (Rigzin). Because Nagaland has different tribes, each tribes with unique traditions and practices, they also have different types of cuisine and

taste in types of food.

### ***Festivals in Nagaland***

Hornbill festival is one of the most essence celebration which is held every year from 1<sup>st</sup> -10<sup>th</sup> December organized by the state government to support and encourage the many tribes to showcase, preserve the heritage and traditions to the world. People from all over the world come to witness the festival. It also attracts tourism as this festival, held competitions such as Naga chilli eating contest, Naga wrestling, archery, beauty contest, music concerts and selling of beautiful wooden crafts, different type of cuisine and herbal medicines. Some of the most celebrated festivals among the different tribal groups are Suhkruhnye, Yemshe, Sekrenyi, Moatsii Mong, Mim Kut Festival, Bushu Dima, Chithuni and many more (Wahane).

### ***Tourism Industry***

Nagaland being blessed with the natural scenic beauty and unique culture ancestry have drawn immense attention of the tourist and has immensely contributed in strengthening the economy in gaining huge revenue (Maps of India). Japfu Peak, World War II cemetery, Dziiku Valley and Khonoma Village are one of the many places which provides a unique scope of experience for the tourist.

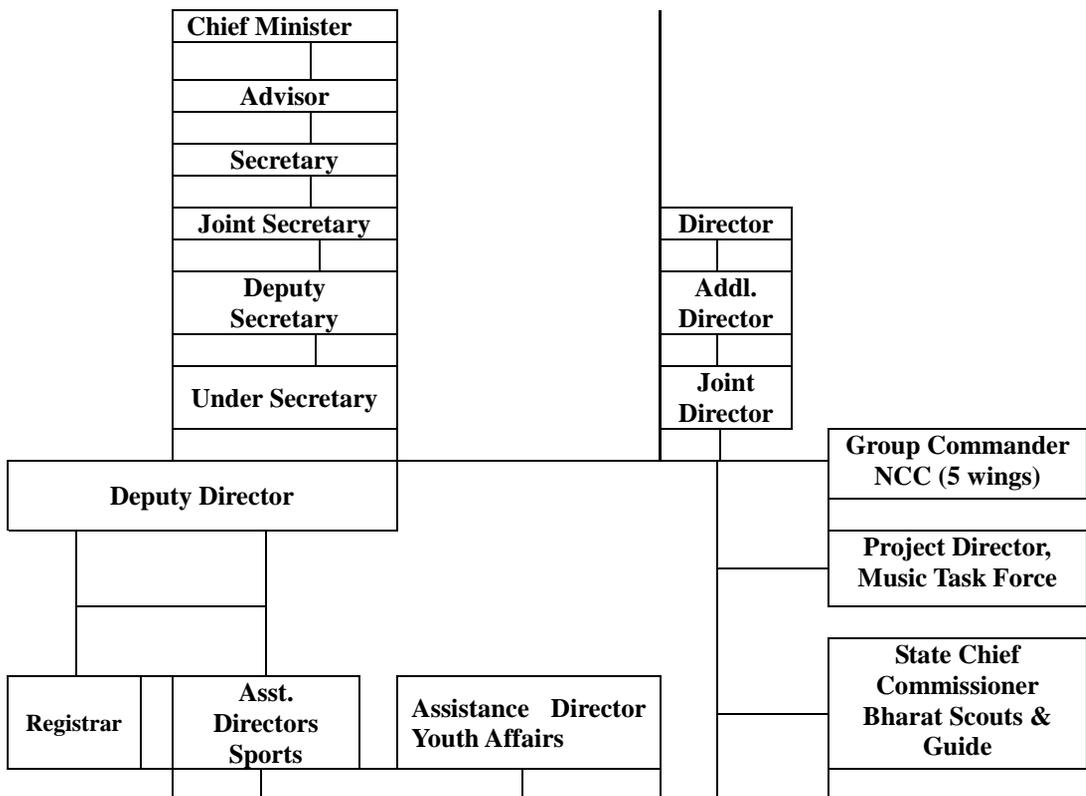
### **2.1.3 Nagaland and Sports Development**

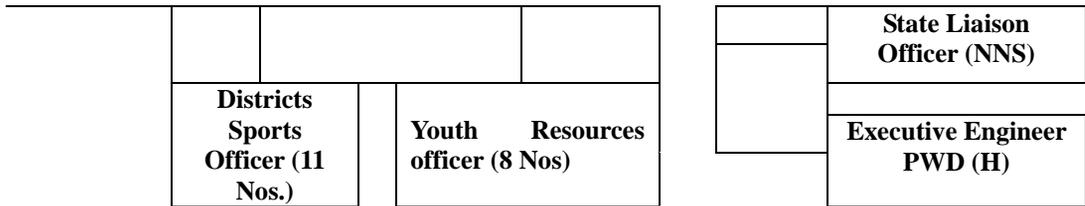
Sports department in Nagaland started in 1986 after the state of Nagaland was formed on the 1<sup>st</sup> of December 1963. The present Department of Youth Resource and Sports of what we call today did not quite formed as its name in the beginning. Initially it was known as the Department of School and Physical Education, which was later named as the 'Department of Physical Education, Sports and Youth Welfare' (Department, 2020). In the earlier days, recreational activities were not a part of their daily activities, therefore it started with the aim to encourage and develop sports activities among the youths. With time, it showed a positive impact on youth and seeing the importance of sports, it later in 1993 the name was changed to 'Department of Youth Resources and Sports' by the state government (which is also its present name). The development and progress of the youths are a benefit of nation building activities as well as the development of economic progress. With that, the main purpose of the department was set to help the youth understand the benefit of sports and its functions, at the same time help the youth to promote itself and their talent through the given platform in terms of sports, music or other activities beneficial for the youth and the nation.

Since the formation of the sports department, the department now

functions under various sports activities such as the sports, youths. cultural activities, infrastructures and Sports academics. Apart from the sports and other youth activities, It also includes the National Cadet Corps (NCC), Bharat Scouts and Guides (BS &G), National Services Scheme (NSS), Music Tasks Force (MTF) and Engineering Wing PWD (H) which will be explain further. The Department of Youth Resource and Sports is based in Kohima, the capital city of Nagaland, India.

Table 1. Organizational Chart





***Sports Administration and Department Structure***

**Youth Resources:** This department work on the wholesome growth and development of the youths within the states by building an opportunity in various innovative form and motivate the youth through Youth festivals, adventures camps, yoga sessions, talent hunts competitions, Art & music event, workshops & seminars, and various types of sports activities.

Also focusing on the skill development mela, compass youth leadership camp, counselling program for youth of Nagaland, Youth leadership training for all tribes of Nagaland – (This program is considered to be important as it deals with the importance of a leadership and this specifically targets all tribes in northeast India to come forward and together build and understand the importance of a leadership. This program provides ideas of much needed to preserve the games and activities of each tribe and helps the leaders to get more understanding and learn the different art of the games so it can be a life saver someday for any youth group activities). social work, and

launchpad Empower to Discover - (designed with the objective to help the youths understand the importance of career beyond the traditional jobs).

Sports:

Sports activities are known for a long time and the people in the eastern part of India during the early days also consider sports as a recreational activity. Though Its values were not much known. With that the department of youth resources and sports decided to create a platform for the youths of Nagaland to facilitate and promote sports through various means with a vision to make it a national and international level by organizing programs like catch them young, National Schools Games, Indigenous games, youth fests and cultural programmes, adventure sports, football tournaments like the Subroto International football cups, Dr T. Ao trophy and Dr T. Ao Northeast Tournaments. Boxing tournaments, Archery coaching's, Badminton open and the Paralympic Games.

Task Force for Music & Arts (TaFMA) – TaFMA is an important part of the Development of Youth resources & Sports with it's headquarter in Nagaland, their main aim is to promote music & arts as an industry and create a platform for the youth to grow and build the career in the form of music. TaFMA in Nagaland has created wonderful opportunities for those enthusiastic music lovers and the Hornbill Music Festival remains the jewel

in the crown of Nagaland's art spectrum. While expanding their scope to work on many more. Various music competition are held in all district of Nagaland, Training in music and sound engineering for inspiring Naga's musicians, Workshops, seminars for skill Up-gradation and motivation of musicians, Workshop and training on event planning and management, Fund raising events for Nobel causes etc.

National Cadet Corps (NCC) – The National Cadet Corps (NCC) which is also known as one of the world's largest uniformed Youth organization is also considered as another important wing of the Department of Youth Resources & Sports is the National Cadet Corps (NCC). Having said that NCC in Nagaland has a huge impact in the youths as a lot of schools and colleges has the NCC program and since it focuses on the health awareness, opportunities to be a part of the prestigious programs in India such as camps, rallies and parades such as the Prime Minister Rally, Annual Republic Day Camp, Camp training and Institutional Training which are witnessed by the Hon'ble Prime Minister and some high dignitaries from India and abroad (Department, Y. R. (2020). There is no doubt it is a pride for the cadet to be a part of it and therefore majority of the students shows interest and enroll themselves for the program. The Trainings are also conducted by the Associated NCC officers and the Armed Forces personnel

which gives the youth to have a first information and experience of the organization.

National Service Scheme (NSS) – Another scheme available is the National Service Scheme which is a student organization and focuses on the development of the personality of the students through various activities and contributions done towards the community. World environment day, Disaster Management, Adoption of villages and Blood Donation Camps are some of the programs NSS work on.

Bharat Scouts & Guides (BS&Gs) – The Bharat Scouts & Guides is a voluntary, non-political and educational movement which focuses on the youths and has different age groups to ensure proper communications and functioning, they also give importance to the development of a person's character and health. Similar to the NCC, BS&Gs also connects with different schools and colleges in Nagaland. To make the program more valuable and involve the youths, they also include activities such as trekking cum nature study programme, foundation day, Jamboree, Nagaland Bharat Scouts and guides training, BSC Nagaland 11<sup>th</sup> Annual Day etc. With the increase in lack of physical fitness and obesity among youth has also resulted in school to include programs that are well designed to increase physical activity and improve nutrition (Charles B. Corbin, 2013).

### ***Sports Infrastructure and Facilities***

Participating in sports is also a way of keeping oneself fit and not only the love of sports. It also reduce the burden of morbidity and mortality in the population. Sakshi Malik, Olympian freestyle wrestling bronze medalist on her visit to Nagaland has batted for the development of a proper sports infrastructure in Nagaland (ANI, 2017).

‘Sports is used not only at the community level to develop social integration locally but also at the national and international levels to demonstrate national supremacy in ideology and economic sufficiency’(Venateswarlu). Neikhrolo Khalo, Vice President Wrestling Federation of India and former president and advisor NWA said “To be fair and honest, the state of Nagaland is still far behind than many other states of India. We still lack sports facilities to execute effective training. There is no sports policy framed and implemented in Schools and Colleges. Neither there are no provisions to cater job reservations etc. It is regretful to see so many talented sportspersons who diligently perform their best fail to reach their best potential due to the poor sports infrastructure of the state.”

As when the research was done, In Nagaland there are two sports academy which focuses on different sports disciplines. One is the Sports academy in IG Stadium located in Kohima, the capital city of Nagaland and

the other is the State sports academy in Dimapur. The Sports academy in IG stadium Kohima is known to have five sports discipline such as the Archery, Boxing, Football, Taekwondo, Wrestling with different categories for both boys and girls. While Dimapur has three sports disciplines such as the Boxing, Football, Sepak Takraw also based on categories for both boys and girls. Though other sports disciplines are of interest, Athletics in schools on the other hand is known to be one of the most common sports in Nagaland. Despite the interest in sports, Nagaland however, is in need of a proper academy for the developing of the sports.

With the launch of the “Khelo India” in April 2016 by the government of India, with its aim to promote national programme in India for the development of sports at the same time promote mass participation in sports from different states and region within India so as to build and produce powerful sports athletes to be able to represent India internationally. The department consists of different types of sports and indigenous sports in Nagaland. However, out of which there are 10(ten) sports which has upmost priority in Nagaland such as the Athletics, Archery, Badminton, Boxing, Cricket, Football, Sepak Takraw, Taekwondo, Table Tennis, Wrestling. Though sports mainly focus on some particular sports there are different departments and associations in Nagaland that are affiliated. Some of the

sports departments are Archery Association, Athletic Association, Badminton Association, Basketball Association, Boxing Association, Football Association, Handball Association, Hockey Association, Kabaddi Association, Kho-Kho.

## **2.2 Youth Development and Sports**

Sports is one of the most popular and leisure time activities that is enjoyed by the youth in schools, with friends or sports clubs. This involvement of youths in various activities has led to societal interventions and also attracted researches to study more as they engage. Some research have focused on the development and sports(Danish et al., 2011) And some researchers suggested that sports activity or physical activity are not only for the physical fitness but also a developmental process of a youth to be more responsible(Jessica L. Fraser-Thomas, 23 January 2007). The National Research Council and Institute of Medicine (NRCIM,2002, n.d.) also states that the four main areas of youth development are Physical, intellectual, psychological/emotional and social.

Positive Youth Development (PYD) is an approach to the youths with the concept that every youth in its own ways have the talent or skills which can be generated when the right platform or resources is put in practice or an opportunity given to imply (Hemphill et al., 2019). It is also

known that a positive environment or the institutions with good relationship among the peer groups bring an effective positive youth development (Lerner et al., 2017). Sports or physical activity helps in developing a positive attitude, it also improves the mood and is known to bring a positivity in the psychological well-being of an individual. Not only does physical activity or exercise reduce the risk of chronic diseases but also ensure an individual performs and complete its daily or everyday life without being dependent. “Higher volumes of physical activity produce greater health benefits “Centers F.D.C. (2010). Sports based youth development programs are one initiative which helps the youth develop personal health and well-being as well as the development of character and life skills (Bopp & Roetert, 2019). Some researchers have also suggested that the skills which the youth develop from or within sports in the form of explicit or implicit, such skills can also be used or transferred as they grow(Bean et al., 2018). A child or youth participating in an organized sport, help build the confidence, increases self-esteem, well-being and social skills (Vella et al., 2016). Not only that it also develops a potential in the child to understand and engage with their peer group, learn from each other, develop a team spirit, some even quickly learn the initiative of negotiation skills, decision making, or learning to work within the rules and be more discipline

(Vella et al., 2016).

However, according to (Jessica L. Fraser-Thomas, 23 January 2007) feels that there has been no research to date to examine the benefits of sports within the fragment work of positive youth development. (Geidne et al., 2013) also suggests that a health club or an organization dealing with the youth needs to be supportive and take a comprehensive approach to its activities, their environment and strategies should be implemented as per their age group and development. Most research on youth sports focuses on the role of coach (Cairney et al., 2018). Social and psychological impact of the youths(Kwan et al., 2014). Some researchers were also concerned that sport participation and physical activity are usually not included in the same study or analyses(Kwan, 2014). (Fuerniss & Jacobs, 2019) however believes that non-traditional youth sports of boxing along with the focus of body empowerment can be coordinated into a youth program. Despite the lack of consistency, many researchers believe that what is learned during the involvement of sports can be applied to one's daily life. However, it is still required to do more research on the subject and not only focus on the behaviour (Jacobs & Wright, 2017) Further studies should also focus on the thoughts of how life skills implement in the thought of a child and if it is really actually helping. Certain evaluation tools should be implemented to

ensure the main purpose of the program is actually achieved (Fuerniss & Jacobs, 2019).

### **2.2.1 Positive Youth Development in Sports**

Positive Youth Development is a framework that focuses on how the services, opportunities and supports are provided to the youth or child in the optimal human development, instead of the scientific study based on the age. It is suggested on how an optimal development can bring changes in an individual daily, building a positive attitude in his youth and as he grows. It also gives him the confidence to focus on their life, and how to socialize and get involve in cultural activities. Physical, intellectual, psychological/emotional and social are known to be the main outline by the National Research Council and Institute of Medicine (NRCIM,2002). They also mention how the 8 features presented on table 1 could also promote an understand the growth of development. (Benson, Benson, Leffert et al., Scales & Leffert, & Scales et al.) developed a list of development assets which can be used to study and understand the youth. The method consists of 40 assets broadly characterize in two categories as external and internal assets. These two assets are than divided into eight sub categories making the study easier to understand. This study is conducted on a deeper understanding of scientific and practitioners' wisdoms.

One of the main focus Benson and his colleagues paid real attention in their research in understanding using the method is the enhancement, protection and resiliency as youth at this age are considered to be fragile and delicate requiring a lot of proper care and attention to ensure they do not fall prey to the negative side of a human behavior or leading to depression, suicidal but molding the youth to be more responsible and have a positive attitude towards life..

Another framework used to study the positive youth development is Lerner et al.'s (2000) five desired outcomes of youth development, or five 'C's of positive youth development such as the: competence, character, connection, confidence, caring and compassion. To allow families and programs to foster and promote positive development. This will enable the youth to developed the five 'C's of positive youth development. And then sixth "C" which is the contribution. This development in the youth will not only helps the society but also develops in him a positivity that will go on from one generation to another. The features of the positive development settings (NRCIM, 2002) are physical and psychological safety, appropriate structure, supportive relationships, opportunities to belong, positive social norms, support for efficacy and mattering, opportunities for skill building, integration of family, school, and community effort. The following table

explains the features.

Table 2. 40 developmental assets (Benson, 1997)

External Assets	Support (1-6)	1. Family support 2. Positive family communication 3. Other adult relationships 4. Caring neighborhood 5. Caring school climate 6. Parent involvement in schooling
	Empowerment (7-10)	7. Community values youth 8. Youth as resources 9. Service to others 10. Safety
	Boundaries & Expectations (11-16)	11. Family boundaries 12. School boundaries 13. Neighborhood boundaries 14. Adult role models 15. Positive peer influence 16. High expectations
	Constructive Use of Time (17-20)	17. Creative activities 18. Youth programs 19. Religious community 20. Time at home
	Commitment to Learning (21-25)	21. Achievement motivation 22. School engagement 23. Homework 24. Bonding to school 25. Reading for pleasure
	Positive Values (26-31)	26. Caring 27. Equality and social justice 28. Integrity 29. Honesty 30. Responsibility 31. Restraint
Internal Assets	Social Competencies (32-36)	32. Planning and decision making 33. Interpersonal competence 34. Cultural competence 35. Resistance skills 36. Peaceful conflict resolution 37. Personal power

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	38. Self-esteem
Positive Identity	39. Sense of purpose
(37 -40)	40. Positive view of personal future

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In the study, many researchers have utilized this framework principle. Sports activities have so far shown benefits to the youth development participating in sports activities. Now, let us understand some of the features of the framework.

***Physical Development***

Physical activity is one of the important techniques of growth in a child, The development in itself with these techniques have catch the many attentions of the researcher’s interest in their study. With the advancement of technology and the provision of products, weight problems and other associated disorder are a problem among today’s youngsters and teenagers (Tremblay et al., 2002). Physical activity is thought to guide an excellent effect on Cardiovascular health and weight control (Health Canada, 2003; Taylor et al., 1985), and additionally reduces the intake of smoking (Aaron et al., 1995). On the alternative hand, Skill development is also regarded to enhance muscular strength, muscular endurance, flexibility, and bone shape are extra benefits (Wankel & Berger, 1990; Co^te’ & Hay, 2002). A youth active in physical activities are less likely to be fall sick or have issue related

to obesity and be more fit.

### ***Psychological/emotional development***

Sports and physical activity are believed to create an opportunity for the youth. It also allows them to experience the leisure time through sports activities and help release stress. Some researchers also supported that also activities like sports, music, and arts can foster positive psychological and bring changes to the emotion. Gilman (2001) in his studies claims that a youth taking part in an established extracurricular activity have higher and effective final results and delight in existence. Happiness because of effective improvement and activity is taken into consideration an optimal leading to good life(Park, 2016).

### ***Social Development***

Some Research additionally indicates that a youth with sport experiences can foster citizenship, social success, positive peer relationships, and leadership skills. Wankel and Berger (1990) during their research have discovered that a youth via the sports activities gets the opportunity to mingle with the friends or build relationship, social status and connections, Co'te' (2002) also addresses that a youth may achieve social skills like cooperation, assertion, responsibility, empathy, and will power.

### ***Intellectual development***

Youths involve in physical activities and academic performances are known to be correlated. A youth is visible to do higher in school or academy associated homework's or timings with the involvement of sports activities in schools (Snyder & Spreitzer, 1990; Marsh, 1993). To support the theory (Mize, 1991; Stevens, 1994) also support that physical activity and sports activities can move hand in hand in fostering cognitive improvement.

### **2.2.2 Youth Development of Sports in India (Program)**

India rank 133rd out of 183 nations as per the Global Youth Development Index (YDI). And there are approximately 27.5% that falls below the category of youths in India. India being a diverse country, Sport in India means a large variety of games in the form of tribal games to the mainstream sports like kabaddi (the most popular indigenous sport in the country), cricket (which is the most common sports in India), hockey (one of the most successful sport for India, specially at the Olympics Games with eight Olympic gold medals in the men's team). India has not only performed in worldwide sport activities but have additionally hosted worldwide sports activities events, which offers an opportunity for the people particular the youths in getting a glimpse of the way the sports activities can have an effect on and construct a career. Not only the power of sports in itself

however, growing and giving a platform for the youngsters at a totally younger age. Having stated that, India being a diverse country, indigenous games are very popular in different states of India. While the growth of sport is visible as a future for the youths and to provide the right platform for the talented youths in the field is sports. India has given much interest in the improvement of sports for the youth.

The remodeled Khelo India program was first launched in 2016-17 and the first game kick off in 2018. The competitions are carried out for different age groups with its Vision “To infuse sports culture and achieve sporting excellence in the country” and its Mission “ To encourage sports all over the country thus allowing the population to harness the power of sports through its cross-cutting influence, namely, holistic development of children & youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development”. Aims at strengthening the complete sports ecosystem to promote the primary goal of mass participation and promotion of excellence in sports development, which incorporates playfield development; community coaching development; promotion of community sports; establishment of a strong sports competition structure at both school and university level as also for rural/ indigenous sports, sports for person with

disability and women sports; filling up of critical gaps in sports infrastructure, including creation of hubs to sports academics' implementation of a national physical fitness drive for school children; and sports for peace and development(Khelo India, n.d.).

Some of the component schemes under the Khelo India Schemes are Play Field Development, Community Coaching Development, State Level Khelo India Centers, Annual Sports Competitions, Talent Search and Developments, Utilization and Creation/ Upgradation of Sports Infrastructure, Support to National/Regional/State Sports Academics, Physical Fitness of School going Children, Sports for Women, Promotion of Sports among persons with disabilities, Sports for peace and Development and Promotion of Rural and Indigenous/Tribal Games. Let us understand what the schemes are

### ***Play Field Development***

Play Field Development is program to ensure development of play field in all States/UT in India and offer facilities such as modern playground that consists of changing rooms, drinking water facilities, bio-bathrooms etc. An amount of Rs 50 lakhs is provided to States to set up Playing Fields Association at State level as well as District Level. This will be registered with District level Playing Fields Association affiliated to State level

Playing Field Association that is affiliated to NPFAI (National Playfield Association of India).

### ***Community Coaching Development***

Community Coaching Development is for the Physical Education Teachers (PETs) which is also a short-term community coaching development program that targets the PETs for each state in India and provides training, on completion of the program a certificate will be provided who in return will be the trainer to train the new trainees registered for the program. This helps in becoming community and develop team.

### ***State Level Khelo India Games***

Sports infrastructures are set up throughout the country however the facilities are not taken care or utilized due to lack of proper sports equipment's, proper field, staffs and coaches of the sport. are not being utilized optimally due to lack of coaches, support staffs or lack of financial assistance for the project. The State Level Khelo India Games scheme under the Ministry of Youth Affairs & Sports (MYAS) with support from the Corporate Social Responsibility (CSR), funding through Central Public Sector Enterprise and Corporate House will provide financial help to the states of India to construct restructure the infrastructure and develop under a Memorandum of Understanding (MOU). While Sports Authority of India

(Sai) will be providing the coaches and support staffs to the states as per norms.

### ***Annual Sports Competitions***

One of the main aims of Khelo India is to build a platform and provide opportunity for the children to perform their skills and talent to strive for excellence. For which first competitions will be held in district and state levels with the state sports federation. Every norm will be explained before the games to ensure rules are followed, Physiotherapist and Nutritionists will be made available at the Khelo India Centres. Sports equipment industry will be encouraged to produce affordable sports equipment's based on the standardizing sport equipment products, appropriate specifications and level of competitions.

Further, the central government will be organized National level competitions like Khelo India National School Games, Khelo India national University Games for high priority sports disciplines like Athletics, Archery, badminton, Basketball, Boxing, Chess, Cycling, Football, Gymnastics, Handball, Hockey, Judo, Kabaddi, Karate, Kho-Kho, Shooting, Swimming, table tennis, Taekwondo, Tennis, Volleyball, Weightlifting, Wrestling and Wushu at various places across the country. With true spirit of the Olympic Games collaborating with the National Sports Federation (NSFs), School

Games Federation of India (SGFI), University promotion bodies including Association of Indian Universities (AIU). Talent pool identified as the National School Games and National University Games will form a key input for the Talent Search and Development Programme. System of School and University leagues will be launched in key team games across the country to create greater participation and competition.

### ***Talent Identification and development***

The identification of talented sportspersons is done in a transparent manner through competitive performance and assessment made through scientifically designed battery of tests. A National Talent Search Portal was been launched to provide seamless access to upload individual achievements. The Gujarat model of mobile van is also adopted for carrying out scientific evaluation at remote places for better identification of the talented sportspersons. During the talent identification drive sporting talent hubs, discipline wise, including indigenous games are identified and duly mapped. Efforts are made through sports academies to conduct special programmes and encourage such specific sport / game in that area. Out of the talented players identified in priority sports disciplines at various levels through different avenues, best talents in those sports discipline are identified by the High-Powered Committee and provided financial assistance of Rs.5.00 lakh

per annum, for a period of 8 years under a Long-Term Athlete Development Programme. However, the continuation of the financial support to an individual athlete is clearly subject to his/her progress/performance in the identified sports discipline concerned, ensuring the best performers and potential to excel at the highest level, those within the same scheme non-performers/ non achievers can be taken out of the system. This will ensure a sizable bench strength that the country is lacking at present.

#### ***Utilization and Creation/Upgradation of Sports Infrastructure***

Majority of the schools, colleges and even Universities lack proper playgrounds as well as sporting infrastructure in the country. Therefore, a suitable mechanism is evolved to identify gaps in availability of sporting infrastructure across the country and fill these gaps with support under Khelo India and the facilities under the control of Central Government/State Governments will be utilized. Model sporting facilities are proposed to be created in each State and the States will be asked to replicate these facilities elsewhere in the State where there are gaps in infrastructure. However, some states which have their own sports schools will be empaneled for the purpose of admission of talented sports persons. This component has two sub components:

***University Centre of Excellence Program:***

Grants-in-aid are provided for infrastructures, equipment's, gym, recovery equipment, coach deployment, training for coaches, team development, training camps for teams, opening of extension centres and University sport centres.

***Creation of Appropriate Sports Infrastructures:***

Grants-in-aid are provided to States/ UTs, SAI etc. to develop critical sports infrastructure and other infrastructure, where there are gaps. Develop international level infotainment facilities as one of the eligible infrastructures. Grants-in-aid will also be provided for sports science and sports equipment.

Suitable linkage will be developed with the proposed National Sports University and other Institutions namely, National Institute of Netaji Subhas National Institute of Sports (NSNIS), Patiala and Laxmbai National Institute of Physical Education (LNIPE). Sports Schools, Sports Academies, Sports Colleges/Universities for admission of talented sportspersons will be selected through suitable criteria or a challenge model.

***Support to National/ Regional/State Sports Academics***

The identified sports talents will get an opportunity to join the SAI National Sports Academies, State Sports Academies or Sports Academies

established by private sector. Academics can be National, Regional or State level, both in public and private sector. There will be a close coordination with Schools and Universities including National Sports University and Academy for Para Athletes, so that the identified talented sports persons can be placed in appropriate institute for the purpose of academics, training and utilization of sports infrastructure facilities.

### ***Physical fitness***

Effort is made to implement a component of physical fitness across all schools (Government/Private! Aided/Un-Aided etc.) in India under Khelo India. National Physical Fitness parameters evolved region- wise and a tool kit to be provided to each school to evaluate physical fitness of all school going children. This tool kit is user friendly can be used by physical education teacher or any subject teacher. Sports and physical education will be made compulsory from classes vi onwards and on the basis of the mark's rewards will be given. A fitness level for the children will also be undertaken. Grading systems will also be developed and competitions between schools will also be conducted to promote fitness. This will be done in conjunction with the Department of School Education & Literacy Norms guidelines. In order to make sure this reaches out to all the schools. The programme will be implemented through the Ministry of Human

Resources Development and/or Ministry of Health and Family Welfare's existing programme.

### ***Sports for Women***

Khelo India aims to promote gender equality and implement the same concept in the sport events. Hold annual sports competitions for women and emphasis on sports disciplines in smaller number of women participations to promote more women participants in the future.

### ***Sports for Peace and Development***

The Government of India, under the Special Package for Jammu & Kashmir (J&K) is providing funds to the tune of Rs. 200 crores for enhancement of sports facilities in the State. To ensure optimal utilization of these infrastructure, soft support in terms of coaches, equipment, consumables, technical support, competition etc. will be provided. Efforts will be made to organize village level competitions in respect of sports disciplines popular in the State of J&K for positive engagement of youth. Similar efforts will also be made in case of other extremism and terrorism affected and other disturbed areas.

### ***Promotion of Sports among person with disabilities***

Financial assistance is provided to the States/UTs and SAI for creation of specialist sports infrastructure for person with disabilities. Funds

required for making stadia disabled friendly/barrier free is accessed from Scheme for Implementation of Persons with Disabilities Act (SIPDA) of Department of Empowerment of Persons with Disabilities. The funds provided under this head can be utilized for classification of players, equipment, training and preparation of teams for Paralympic Games.

### ***Promotion of Rural and Indigenous/Tribal Games***

Annual competitions to be held annually under the Khelo India Scheme in Rural and Indigenous/Tribal Games to promote the rural and indigenous/tribal games. Launched website providing information on the games so as to pique the curiosity of the present generation about these games and encourage children and youth to take up these games in a major way, paving way for their future mainstreaming. The development of this programme aim at bringing difference and progress towards more development as well as talents within the youth which will bring laurels to the country.

### **2.2.3. Youth Development and Sports in Northeast India**

The North-Eastern states in India are home to a number of India's most regarded sports players, like M.C. Mary Kom - 2012 Olympics bronze medallist and a six-time world amateur-boxing champion, Lovlina Borgohain bronze medallist in Boxing (64-69kg) Tokyo 2020, Mira Bai

Chanu Weightlifting Silver medallist Tokyo 2020, footballer Baichung Bhutia, boxer L. Sarita Devi 2014 Glasgow Commonwealth Games silver medallist, Jayanta Talukdar, Gold Medallist and Arjuna Award winner, weightlifter K. Sanjita Chanu, gold medallist 2014 Glasgow Commonwealth Games, Shiva Thapa the youngest Indian boxer who qualified for the 2012 Olympics and also won the Gold medal at the Tokyo Olympic test event in 2019. Dipa Karmakar first Indian female gymnast to have won a bronze medal in Commonwealth Games 2014.

Aiming at youth development is regularly acknowledged to be one of the maximum cost-effective approaches for achieving growth and development for a county at the grassroot level (Gireesan, 2012). Physical fitness is taken into consideration as crucial in North-East and children and youths are encouraged to take part in sports activities at a very young age. It is likewise made obligatory in each school and Physical education is commonly practised on weekends. Schools in the northeast have physical education and every year there are competitions within the states and winners are rewarded. Physical exercising and sport activities are believed to deliver bodily improvement and growth in children and youth at the same time keeps them away from bad company or practises. Northeast India is best approximately 3.7% of the whole Indian population, and yet the youth

are well-known for their inclination towards sports. In term of sports and trainings, there are 13,684 talented sportspersons 9653 boys and 4031 girls as of 2017 are being trained under Sports Authority of India (SAI) Schemes in the country, out of which about 22.3% (901 out of 4031) girls at SAI centres are from North-Eastern States such as Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura for their training in 27 disciplines sports. The facility is provided for both residential and non-residential basis.

There also are a few academies that have been advanced in northeast India inclusive of the Mary Kom Regional Boxing Foundation in Manipur (Northeast India) which gives a platform for the young people to learn boxing, accommodation and lodging are provided without any charges and additionally offer the basic needs or cost that incurred throughout the competitions (Hingkung, 2013). This gives hope to the most dedicated and not only that it help the youth dream their dream. Bhaichung Bhutia who's a footballer himself now retired additionally constructed a football academy name the Bhaichung Bhutia Football in Mumbai and Delhi which gives a platform for the youths to involve themselves in the sports. SAI National Archery Academy is likewise proposed to be set up in Guwahati in the near future. Cricket is likewise one of the most cherished sports in Northeast

India, and Nagaland Cricket Stadium is the only cricket ground in the eastern state of India (Nagaland Cricket Association, n.d.). Boxing is also close to the heart of the people from Northeast India. Ajay Singh (President Boxing Federation of India) speaks of Jamuna Bora, a boxer from the state of Assam, India. “Her mother sells vegetables...to come up from that background and win gold... these are the role models. Because of them, so many kids take up boxing. So, we should be grateful. I think Northeast is really one of the main homes of boxing. There is no question about that.”

Sports in Northeast India is gaining its recognition and International events or games are conducted. South Asian Games were held in Guwahati and Shillong in 2016 which saw a huge turn-out which boosted the locals as well as an opportunity to witness a large turn-out which boosted the locals and witnessed the stunning landscape and terrain of Northeast India. Assam also hosted the first women’s T20 internationals at ACA stadium between India and England in March 2019. The India Open Boxing Tournaments are held every year in India, and Guwahati has got the opportunity to host the event two times and witness the boxers from the northeast perform. Apart from Guwahati, different states like Mizoram are likewise acknowledged for sports activities. Narendra Modi (Prime Minister of India) says “Sports should occupy a central place in the lives of our youth. Sports are an

important means of personality development”.

### **2.3 Introduction of Boxing as a Sports**

During the ancient and chronological era, Boxing, athletics and wrestling were considered honorable for the Greek boys and boxers were seen as a role model at the ancient Olympic Games. The Greeks introduced boxing to Ancient Olympic Games in the late 7<sup>th</sup> century BC, and for the sports, soft leather thongs were used to bind the boxer’s hands and forearms as a protection (IOC). There was no ring for the bout at the ground to fight as keeping so was regarded as a sign of cowardice. The leather thongs were later exchanged to cestus- gloves which were made of studded metals like iron plates or blades, spikes for the game during the Roman time. However, that did not last long as there were deaths of one or the other contestants during the game. With the fall of the Roman Empire, boxing also came to an end. Later in the 17<sup>th</sup> century it recurred in England that’s when Amateur Boxing officially began in the 1880. With five weight categories that is Bantam 54kg, Feather 57kg, Light 63.5kg, Middle weight 73kg and Heavy weight (International Olympic Committee, n.d.).

Boxing, with the resurgence of boxing and its popularity, made its Olympic debut at the 1904 Games held at St Louis. The United State of America was the only country that took part in boxing and took home all the

medals. Later different countries started to participate in the Olympics and the sports continued to be a part of the Olympics except in 1912 at Stockholm, as per the Swedish law, it forbade the practice. (Sweden lifted its ban in 2006 with its modified version on pro boxing (BoxRec 2006). Since the inclusion of boxing as a sport, changes and additions in the rules were seen after the 1980s. Protective helmets were part of the boxing kit used at the 1984 Los Angeles Olympic Games. Electronic scoring systems were set up for the better results in 1992 Olympics at Barcelona. In 2007 an even better and standardized point scoring system was used. Later in 2016, The International Boxing Association (AIBA) and the International Olympic Committee (IOC) implemented the Scoring system known as the “10-point must system” which is also a traditional and most commonly used scoring system in boxing at the Rio 2016 Summer Olympic Games.

“Boxing should be banned from civilized countries”(Lundberg, January 14, 1983) Van Allen, 1983 also called boxing a “deadly degrading sport”. Some researchers and professionals have argued on how boxing as a sport should be banned. Despite the efforts to ban boxing on medical and philosophic-ethical backgrounds, we see boxing as a growing sport and has gained its popularity in its time. From as young as 5-year-old to popularity among the old age group. Boxing is seen as an entertainment. It has also

developed an interest among the youth, children and also the female group which raised a concern and question on how appropriate it would be to involve the children and youth in sports like boxing. The female specially on how they will be protected from certain injuries for getting involved in boxing which otherwise are protected (The British Medical Association (since 1992) and the American Academy of Pediatrics (since 1997) and demanded a total ban on organized boxing that involves children below 16 years. While many in support also believed that a child (irrespective of gender) deserved to be protected as they are not aware of the consequences or informed of the health risk involved in it. Despite some researchers believe that banning or stopping someone to take up boxing as a profession is like taking away his self-sovereignty(Allen, May 27, 1983)

However, with the division and introduction of age and categories in boxing, training and competition were held accordingly to prevents injuries which otherwise could have caused in-case of no difference in weight categories. A stronger opponent could easily hurt and win against the weaker opponent. Division in the weight category not only removes inequality but gives fair means of competition based on their strength and capabilities. It also gives a feeling of confidence and builds a positive attitude among the individual, disciple and also helps reduce violence.

Boxing is considered one of the popular sports watched across the world. It is a sport that is played by the Male and Female and are known as Boxers also called pugilists. It is divided into different weight categories based on their age and is categories as Sub-Junior (12-14 year), Junior (age group of 15-16 year), Youth(17-18years) and Elite(19-40years) for both male and female group as of today.

### **2.3.1 Gender differences in Boxing**

Boxing is believed to be a violent sport where females are usually not involved or be a part of it(Kim, 2014). It is believed to be a men's game and females are considered weak and not appropriate to take the profession as a career. It was known as "boxing is for men, and is about men" (Oates, 1987). Society restrains women from participating in masculine sports(Kim, 2014).

In the 1904 Olympics women's boxing was featured. However, it was not for the game but as a display event. It was not until in the 1970's when women started to take up boxing as a sport and train with dedication despite its difficulties or the opportunities to be recognized by the boxing committee or to be even allowed to be a part of the game. The women would charge lawsuits and sued organizations against gender discrimination, and fight to get the right to be able to compete in amateur boxing no matter

what the consequences. This movement actually rised the opportunity to involve the women and in 1993, USA Boxing sanctioned women's amateur boxing and followed by AIBA (International Boxing Association) the next year. The fitness movement of the 1980s, however, helped to make boxing more accessible to women”(Poliakoff, 20 August 2020). The Amateur boxing was first introduced at the 2010 Guangzhou Asian Games. Women's boxing made its first debut at the London Olympics in 2012 where the current 11 men's events were replaced by 10 men's and 3 women's events. Nicola Adams was the first woman to ever win the gold in fly weight category at the Olympic women's boxing tournament (She is also the first British boxer to successfully defend their Olympic title for 92 years) (Nicola Adam Obe, n.d.) Jonathan Liew 2012). Since then, the popularity of boxing and media playing a vital role in reaching out to people, and through television, social media, has seen an increase in female participation in boxing. In Korea boxing was one of the most watched sports after Korean independence(Shin, 2007).

Female participation in sports today sees a lot more involvement and performing even better. As (Dortants & Knoppers, 2012) says that with the changes in social perspectives on gender equality, one can see more women being introduced and involved in different type of male dominated sports.

(Halbert, 1997)“...a showcase of outstanding boxing skill will outweigh opinions that women in the sport are deviant”.

In boxing there are two types of weight division one is the amateur women boxing weight categories and the other is the Olympic boxing weight categories. In the amateur boxing women, it consists of ten weight categories such as Flyweight category (48kg), Bantamweight category (51kg), Featherweight category (54kg), Light eight category (57kg), Light welterweight category (60kg), Welterweight category (64kg), Middleweight category (69kg), Light Heavyweight category (75kg), Heavyweight category (81kg), Super heavyweight category (81kg) and above. While in the Olympic boxing weight category only three weight class categories are allowed: Flyweight category (48kg – 51kg), Lightweight category (56-60kg) and Middleweight category (69kg – 75kg).

Many male boxers involve or learn boxing because they are either bullied or are been judged or discriminated against and racist abuse. Some join boxing because of financial issues (Ishioka, 2015). While some are known to practice for their own interest, health and fitness. Some believe boxing is a man’s game. “Boxing one might expect, could offer a space in which traditional, physically aggressive, even hegemonic masculinity would dominate”(Woodward, 2004). Boxing however, is a highly disciplined

activity, and requires commitment to training, high dedication and the most important is the self-control and follow the rules be it during the training or at the ring. This not only brings discipline but also protects oneself from serious damage that could cause in-case one loses the self-control within. As (Ishioka, 2015) says that the important thing is that a boxer is not simply driven by an instinct to hit their opponent when he is hit and in pain and wracked with fear, but the will to control oneself and stand in front of the opponent as a fearless façade” (Woodward, 2004)“Men’s boxing gyms are very difficult to access for women”.

In the Men’s amateur boxing there are 10 weight categories such as Light fly weight 49kg, Fly weight 52kg, Bantam weight 56kg, Light weight (60kg), Light welter weight (64kg), Welter weight (69kg, Middle weight (75kg), Light heavy weight (81kg), Heavy weight (91kg), Super heavy weight (91kg and above).

### **2.3.2 Youth Development of Boxing**

Boxing has seen an increase with the involvement of youth. What causes the youth to be a part of boxing, Bullies? One of the major causes of the youth participating or taking the initiative to learn boxing at a very young age is for self-defense, bullies in schools, neighbors, and among the

peer groups. They vent out their frustration. Or as (Weingberg, 1952) emphasis that the juvenile and adolescent culture of the lower socioeconomic levels provides a base for the boxing culture. Family issues. Some also gets involve in boxing for money(Ishioka, 2015). Gang fights are also one of the most common street fights that occurs and are encouraged. The one that hits the most or the strongest among the group is considered to be a hero and is feared the most.

In the beginning, when the youth enroll themselves into the sport of boxing, they are excited about how they have to keep themselves fit, improves the physical conditions, be cautious of the diet and give one's best to acquire skills with proper training so as to win the fight and avoid losing or injuries. The process of stimulating morale among the boxers or fighters is the mindset of acquisition of one's skills of boxing and body. Comparing oneself with the role model, imitating their life style, trying to develop similar skills and pretending to live and eat as they do. In all this process they join boxing at a very young age. And the growth continues. While there are youth who tries to participate boxing to change their lifestyle, fight or make a career out of it, somewhere a couple in Houston's started boxing with the aim to help the kids and youths who suffer bullies so as to help them channel their frustration and at the same time learn some important

lessons. Bianca Burns says “We’re therapy, we’re boxing therapy,” The kids are taught how to self-defense with the boxing training but at the same time they are motivate and taught how to be patience (Eyewitness news, 2020).

United States of America (US) is one of the countries which holds the most medal in the Olympics as well with more than 110 medals (International Olympic Committee, n.d.). In order to be able to make to the official team of US for the Olympics, one must compete and perform well and get through the series of trial to succeed. And therefore, a lot of youth would join the sports to be able to be apart of the team, some for money, and the others for the issues faced in everyday life.

Ever since the ancient Greece, athletes get to represent their country based on the competition. The idea of race perceived and imposed a difference in culture and appearance as a means of division and domination. Programs like ““She Hits Hard” is an afterschool boxing program for middle school girls to build a positive body image and fostering body empowerment” (Fuerniss & Jacobs, 2019). “Bravery is when you’re hurt or out of gas and scared of the other guy’s punches, but you do not show him that and keep moving forward”(Ishioka, 2015).

### **2.3.3 Youth Development of Boxing in India**

The sports scene in India is youthful and energetic as India

comprises of 65% of the youthful population. Boxing have evolved as a new interest amongst the youth and they see themselves be a part of the sports following all measure and trainings with professionalism. Some individual breathe and live sports. (Sports development and youth engagement,). India has various boxing academy where youth can participate and take up the sports. Various development programs such as medical education for boxers, education programs for youth, junior and sub junior boxers are also held to teach the boxers about the importance of exercise, boxing workouts, ethics, discipline, sportsmanship and respect. India has boxing academy and centers to help promote the youths to take up the sports, proper boxing equipment are provided for boxing in the national training academy, which prevents injuries. It not only teaches boxing but also provide health conscious, there are nutritionist in every camp along with physio and doctors both male and female to take care of the boxers. Proper diet and trainings are monitored helping keep a balance diet. Boxing not only help the individual with physical fitness but also realize the importance of discipline. Competitions are held every year in all states to search for the right talent and various schemes are also available for the youth. Though boxing in India is yet to become a profession for youth and following liberalization of economic policies there are plenty of opportunities for young talents to involve with as

boxings are on the rise. Boxing in India has grown within the last few years. And the Indian pugilist in elite, youth and junior has shown immense improvement of performance in national level as well as in international competitions.

#### **2.3.4 Boxing in Nagaland**

Unfortunately, there is very limited data or information's related to the Boxing facilities or academy in Nagaland. Dimapur Boxing Academy is one of the boxing academies in Nagaland that provides training to the young boxers in Dimapur. Currently there are about 20 boys and girls training at the academy (Neikha, 2021). Initially the academy was at the Indira Gandhi stadium in Kohima however it was shifted to Dimapur just before the covid-19 pandemic. The young boxers at the academy are provided fooding lodging as well free education from the nearest government schools so as to ensure they do not miss out on education says one of the coaches at the academy. The academy has limited coaches and staff to run the academy and is challenging. Yet the boxers had the chance to participate in various national level tournaments and won medals under various weight categories (EMN, Eastern Mirror, 2017). Over the last few years, there have been limited competitions and lack of participation at national level. There is an immense need for exposure and training to gain the confidence and interest

in the youths for boxing. With the proposal of Khelo India and its target to train and build potential athletes from over the states in India, Nagaland is also among the listed states benefiting the scheme to upgrade its state sports academy by a fund of INR 11.5 crores in four years (EMN, 2020) The Boxing Academy in Dimapur will be shifted to IG Stadium in Kohima (which is the capital city of Nagaland) which has been transformed into Khelo India Centre for Excellence ((Neikha, 2021), (EMN, 2020)). Under this scheme Boxing academy in Nagaland will benefit as they will be provided with boxing coaches, support staffs, procurement of sports equipment, nutritionist, technical expertise and a regular monitoring mechanism assigned from the Sports Authority of India which will ensure that the athletes are trained as per international standards (EMN, 2020).

## **CHAPTER III. METHOD**

### **3.1 Research Design**

(Corbin, March 1990) defined qualitative research as a person's life, story, behavior, movement, and interacting relationships. Qualitative research is a method used by the researchers to understand the meaning, sociality and reality of an individual or group related to a human or social problem (J.W., 2009). It is the process in which the data are obtained by the researcher from first-hand observation, interviews, questionnaires, focus groups, participant-observation, recordings which are done during the process, documents and artifacts. Data analysis inductively builds from different data to a general theme where the researcher brings to a meaning of the data collected and described. Qualitative research method is used in many fields by the researchers for educational research purposes.

The researcher in the study applied the qualitative research as this focus on the requirement of the methods which will bring to the study a meaning and have a better understanding of the entire concept of this research which is related to the understanding of why youth development of sports in Northeast India, especially in Boxing is lacking and what are the measures that can be implemented or developed in order to improve and bring about changes in Northeast India. This study allows the participants to

express their thoughts and feelings about the sport Boxing. This opportunity to express gives the researcher an insight details of the realities of how an individual think and how it has so far influenced their lives. It will be a platform where the participants will be able to freely express and share their thoughts or experiences. A qualitative study on the youth development in sports, boxing in Nagaland is done to understand the impact of sports and boxing in youths. The study in these sections explains on how the research will be carried out, its background, analysis and data collection process to the final report preparation.

### **3.2 Data Collection**

The data for this research will be collected from Research participants, in-depth interviews, telephonic conversations, questionnaires send out to different groups of participants such as the youths, boxers, parents, administrators of Boxing academy and coaches from Nagaland, India.

#### **3.2.1 Participants**

The researcher will approach the youths in Nagaland for participating in the research studies. These participants will be individuals and family members from each household that will be contacted one months

prior over the phone and inform about the research study and educated the importance of the purpose of the research. A detail on how their honest review will truly impact and benefit the study for the development of the youths in sports will be clarified before the start of the interview or interactions. To get the deeper understanding of the research this step needs to be involved so the participants can be familiar and build the confidence in the information to be provided. Since this research will be the among the very few researchers done so far in this field in Nagaland. The researcher looks to reach out to 5 participants from each group directly or indirectly involved in the process.

### **3.2.2 In-depth Interviews**

For this study, the researcher believes in-depth interviews is one of the major parts of the research to understand, examine and investigate so as to differentiate the understand about boxing in youth and its importance on the individual as well as family prospects. The participants for the interviews will be conducted with approximately 5 boxers (in the camp), 4 parents (boxers and non-boxers' parents), 2 coaches Sports minister in Nagaland and Administrators of boxing Academy in Nagaland. The participants will be contacted one months before the start of the actual

process to give an understating of the concept of the entire research purpose and once they accept to participate, they will be contacted again a day before the interview to ensure the participants have the time to participate. On scheduling the time and day of the interview, the researcher will contact the participant through zoom and telephone. The interview is expected to last an hour -two for each individual. In order to ensure the information's received during the interviews are not tampered, recording will be made with the consent of the participant and ensure privacy if required. Interviews will be conducted again should the necessity arise. The apt kind of questions in this type of a Qualitative study research will be "How", "Why", "to what" etc. as these open-ended questions provides the participants an opportunity to exhibit their experience (Dubey, 2017).

### ***Interview questions***

The purpose of the questions is to understand and investigate on how the sport boxing influences the life of the youths. To have a broad understanding on the role of the parents, coaches and society in the life of the youth involve in sports. The questions will be divided based on the different group participants. Some will be based on the unstructured type that focuses more on the understanding of the main purpose of the research while some questions can be referred to as semi-structured depending on the

participants. Some of the questions that will be asked to the participants specially the youth boxers will be on an understanding of what influence them to take up the sport, on the decision of taking up boxing how was the reactions of the parents and what was the challenges faced or emotions they go through to continue the sport the love. How they think will this sport help in taking up as a career. A mirror visual on how it's like to be a boxer for a day. While for the coaches the researcher looks to understand the coach's point of view on the role of the boxers' parents, if enough supports are provided, gender bias, injuries related, drawback of the sport. A deeper understanding on the coach perspective of the sports as a profession. Interviews will be conducted on the parents of the non-boxers. Understand on the perception why or why not of boxing as a career.

Questions for the interview will be matched based on the data and the analytic procedures. Or what fits based on the situation. With the improvement of performance in Tokyo2020 and the athletes from northeast bringing laurels to the country. How much has that inspired them as a parent to let their child live their dream and support. Could they manage to take up medical insurance for the children (Dubey, 2017). With this study the researcher aims to finding a response and analyze the cause at the same time understand the actual reason behind the cause. The researcher intends to

study and contribute based on reality and validity and therefore the rigor of this qualitative study will be beyond questions, challenges.

### **3.3 Data Analysis**

There are many ways of accomplishing qualitative research, as data analysis is a process of creating meaning out of the data (Stake, 1995). Qualitative research yields mainly unstructured text-based data which can be in the form of interview transcripts, observation notes, experience, thoughts or records. Some data can also be in the form of pictorial display, audio or video clips (L, 2008). Qualitative research focuses on the exploration of values, meanings, beliefs, thoughts, experiences and feelings characteristic of the phenomenon under investigation (Tashakkori, 2010). The researcher in the research study will use thematic analysis method using the inductive approach. Closely examines the data to identify common themes – topics, ideas and patterns of meaning that come up repeatedly. The thematic analysis will be used to analyze the data using the six phases which was originally developed by Virginia Braun and Victoria Clarke (Clarke, 2006), are followed as; familiarizing, generating initial codes, searching for themes, reviewing themes, defining and naming themes, producing the report.

First, in familiarizing with the collected data, there needs to be

thorough overview (Clarke, 2006) which becomes the basis of understanding the data as well as the contents in which the research is being conducted. Second, to generate initial coding it helps categories the data collected through interviews, recording etc., in a more systematic way, the data collected, will be given a proper coding system with labelling by going through every transcript of the data. This will help analyzing the data collected without much hassle once the volume of the data collected increases. Also, a holistic coding technique will be implemented to ensure that no data collected is lost.

Third, it involves the different codes which are created from the previous step to be transformed to single potential themes which will give an insight idea of the data. Differentiating the themes but making sure to not discard the details which search for the themes. Forth, reviewing themes will make sure the themes mentioned are useful and accurately representation the data. If not, the themes will be rework on and add additional themes which might have been missed and discarding what may be not important. Fifth, in defining and naming themes – ones the final list of the theme is prepared, this step will be to name and define each theme and figuring out how this will help the researcher to understand the data. Last, to produce the report the data will be rechecked and compared or if

needed take more interviews based on the requirement of the present scenario or in case of any changes or emerging of ideas without making cognitive leaps so as to build a good foundation to the research. After all data are collected and analyzed the findings will be interpreted and reported. This will give an idea of if the research questions have actually answered what the researcher intend to find.

### **3.4 Strategies for Trustworthiness of Data**

In qualitative research researchers are questioned on their data's reliable or trustworthy. Some researchers like (Pitts, 1994) in their qualitative research have given some highlights on how the issues can be dealt with and how reliable their investigation for the research can be studied. (Guba, 1981) in his research constructs correspond to the criteria employed by the positivist investigator: Credibility, Transferability, Dependability and Confirmability. According to (Cresswell, 2014, p250) triangulating, data sources, member checking are used to prove and convince its accuracy to its readers. Therefore Triangulation, peer debriefing and member checking will be used for strategies for trustworthiness of data. Two or more observer will be used in this method to ensure the data are analyzed with different views so as to understand if the data collected are analyzed genuinely. In addition, peer debriefing technique will be used to

ensure any shortcomings in the interpretation of the collected data. This will also help the researcher to emphasize on the important points or key takeaways rather than focusing on a rather trivial observation with less significance. The collected data and the interpretation can be critically analyzed to understand the topic and can also be seen from a different point of view. Last, member check ensures that the participants of the research have understood the subject correctly, given the right information and that the researcher has correctly interpreted what has been conveyed, the participants will be involved in rechecking the data and information collected by the researcher.

## Questions for the Participants

Sl. No	Questions for the Interview
1	How did you start boxing?
2	Have you participated in any of the boxing tournament? What is your experience like?
3	What is your experience of taking up boxing as a career?
4	How are the boxing academy and how do you adjust education and boxing at the same time?
5	Who is your role model and why?
6	How important do you think boxing is?
7	With you yourself expose to boxing, will you recommend your friends and families? Why or why not?
8	What do you think is the difference between men and women sparring?
9	Tell us how it's like to be you for a day on your daily life is with boxing?
10	How supportive are your parents on your passion for sports?
11	What are the challenges faced during the bouts at the ring? How do you feel sparring with your friends?

## **Chapter 4. Findings**

The main purpose of this study was to take a deeper look into the experience of the youth boxers participating in Nagaland and understand why there are lack of boxers despite potentials in Nagaland, the outcomes of Positive Youth Development through youth boxers in Nagaland. At the same time examining the factors influencing the outcome in youth boxers of Nagaland. Therefore, interviews were conducted, the data were than collected and transcribed, which was later coded using the thematic analysis to ensure the data are rightly collected based on the research questions intended to find an answer. This chapter discusses the findings of the study based on the research questions:

RQ1. What is the experience of a youth boxer in Nagaland participating in Boxing?

RQ2. What are the outcomes of Positive Youth Development through youth boxers in Nagaland?

RQ3. What factors influence the outcome in Youth boxers in Nagaland?

## 4.1 Theme Identification

The interview was analyzed using the thematic analysis technique. From the results we have five themes as shown in table 1 which is based on the research questions connecting to interview questions which were further coded into sub-themes as Leedy & Ormrod said “Research is the process of collecting, analyzing and interpreting data in order to understanding a phenomenon.

Research Question	Themes	Subthemes
What is the experience of a youth boxer in Nagaland participating in Boxing	Reason to become interested in boxing	Introduced by friends
		Parents’ experience of sport
	Participating in boxing as a youth boxer	When we train and do sparring, its different: Training and Sparring
		Opportunities for tournament and experiences
Institutional challenges faced by participants		Being professional at the ring, but fighting against friends: A different approach at the boxing ring.
		Self-esteem
		Lack of infrastructure: Facilities, equipment, coaches
what are the outcomes of Positive Youth Development	Development Assets	Changes in the Perceptions of sports
		Need of medical aids and attention
		Support
		Empowerment
		Boundaries & Expectation

through youth boxers in Nagaland		Constructive use of time
		Commitment to learning
		Positive Values
		Social Competencies
		Positive Identity
What factors influence the outcome in youth boxers in Nagaland?	Creating or changing perceptions	Lack of funding: We remained where we started
		Perspective of Boxing as a self defence
		Understanding the importance of boxing/sports as a career

Table 2. Themes and sub-themes

## 4.2 Research Findings

### 4.2.1 Reasons to become interested in boxing

Table 3. Sub-themes of RQ1: Theme 1

Research Question	Themes	Sub-themes
What is the experience of a youth boxer in Nagaland participating in Boxing	Reasons to become interested in boxing	Introduced boxing by friends
		Parents' experience of sports

As shown in table 3, the first research question first theme has two sub-themes, (a) introduced boxing by friends and (b) parents' experience of sport.

a. Introduced boxing by Friends

The presence of a friend increased youth's motivation to be physically active (Salvy, 2009). Some of the participants mentioned that they started to know or their decision to join boxing was because their friends influenced them. "My friends were all joining boxing and that's how I enrolled myself for boxing" (Avizo).

For me my friend advised, since childhood I was very interested in sports and so my friend recommended me to boxing and told me to give a try saying it falls under the sports category. That's how I got into boxing. Started training and fell in love with boxing. (Roko).

I initially never wanted to take up boxing. I wanted to be a pilot. My friend during one of the school breaks asked me to come join the sports academy, sports authority of India (SAI) to witness. That changed my whole concept of wanting to become a pilot (Akho).

While participant 4 had a different interest of joining boxing for her it was more about getting the opportunity of visiting different places.

At school I met my friend playing boxing, she told me that through boxing you get to go to places for tournament and see beautiful places. That's how I got interested in boxing. I ask my friend to enquire about boxing. She said there are seats available, so I

was so happy and that's how I started boxing  
(laughing) (Avikho).

b. Parents' experience of sports

Researchers has shown that there is a significant on Parents influence on a child's interest and involvement in sports activity. As it is usually the parents who provide the first opportunity for their child to take up sports. They also play a role in the child's decision of whether to continue or quit the sports at some point of time (Seikanska, 2012).

"My dad sent me here, initially I was not even aware of boxing but after dad sent me here, I started to fall in love with boxing and that's how I started boxing" (Nithono).

It all started because I am from a sports family, so that's why my parents they just push me to play boxing and as boxing was new in India and not only Nagaland that time. My parents were real motivator and that's how I started boxing (Modo).

When I was little and I had no idea about sports. It was my parents who motivated me to watch be it from television and explained the value of sports, the importance of fitness. So, when I told my parents I wanted to join boxing, my parents were very supportive and said it's a good decision and advised me to not only take up boxing for the sake of it but give my best, be competitive and try to bring out the best within myself (Roko).

#### 4.2.2 Participating in boxing as a youth boxer

Table 4. Sub-themes of RQ1: Theme 2

Research Question	Themes	Sub-themes
What is the experience of a youth boxer in Nagaland participating in Boxing	Participating in boxing as a youth boxer	When we train and spar, its different: training and sparring
		Opportunities for tournaments and experiences
		Being professional but fighting against friends at the ring
		Self-esteem

Table 4 consist of three sub-themes of the second theme of the first research question: (a) when we train and spar, its different: training and sparring (b) opportunities for tournament (c) being professional but fighting against friends at the ring and (d) self-esteem.

a. When we train and spar, its different: training and sparring:

Participants expressed their interest for sparring and training at the same time mentioned how training and sparring can be challenging as another participant highlighted that the reason cannot be lack of training as the coaches gives their best when it comes to training the boxers but the fact

that there are differences in sparring partner which leads to a habit of strength control and limitation, they do not have the same weight category sparring partner at the academy.

Basically, we cannot even call it sparring. It is more of touching, just practice for instance the elder one will spare with a different age group. Or the elder one will spare with the lesser weight category. The lesser weight category will practice among themselves. It is difficult to even do basic sparring practice and it is as rare as sparring one or twice because of lack of sparring partner (Roko).

Because our trainings are with different age group and weight categories, we cannot give our full strength to fight. we control our strength most of the time that really effects our strength and speeds. So that way it becomes a habit. So we I go to tournaments since I am habituate to certain way of training no matter how much I try to develop my speed and strength during the tournament at the ring I fail to do so (Aku)

“Our sparring is usually with different weight categories since we do not have sparring partners from the same weight categories. So, we do mostly light touching and learn some techniques” (Avizo). “We just do spar together whatever the weight category is, does not differentiate the weight” (Nithono).

However, another two participants says that the sparring depends on the condition and situation.

The sparring is done based on the condition and situation. If they are going to competition or tournament, we do not give strong opponent for training during Tapering period. A little weaker will be sparring together because that effects the psychology of the person competing so to motivate such are differentiated. However, it also depends on person to person and their mentality. Those who are strong mentally are given equal sparring partner (Akho).

It's according to the weight. If they are same weight and yet one of them is a very good boxer and the other a little weaker boxer, than we make sure they don't fight with the good boxer because there are chances of injury. So, what we do is according to the performance, their caliber we partner the boxers. That's how we do sparring. Under our watchful eyes (Modo).

On the other hand, one of the participants highlighted the difference between the male and female intensity of training and how it works.

There is intensity of training. They are same only but what we do is like we have to push e.g., if a male boxer has to do 30 pushes up than we make the female do 20 pushups. That's the little difference they have. Otherwise, they go through the same training. Only the difference is the intensity and volume of the training is a little less compared to women (Modo).

b. Opportunities for tournaments and experiences

Exposure for athletes is one of the key factors which ensure them competitions and improvement in their performances through experience.

While some participants got the privilege to participate and bring laurels to the state in various competitions for some was a great learning experience.

Yes, I won some medals during the sub-junior tournaments and then another one was just participated in a tournament (Roko). I got one chance and participated in Khelo India School Games but did not win medal (laugh) (Ajabu). In 2018 there was Northeast Olympic. I got the chance to participate in the Games and won Bronze medal in my weight category (Avikho). I got the chance to participate in some tournaments (Nithono).

While another participant mentioned that they got into the boxing academy just before the pandemic hit and therefore got the chance once only to participate. Participated in sub junior category but did not get any medal as of now because of covid, I have not been able to participate any tournament (Avizo).

While some participant appreciated the opportunity to participate in tournaments, on the other hand, some has highlighted the challenges they faced during the tournament.

When I go to tournament, sadly there use to be

discrimination. They take people from northeast very lightly. **Losing the game does not disappoint me but the discrimination was what really hurt me.** Even during the bout my punches were really good but despite that referee would stare and question my action. The judge did not give me the points I deserved as I was from northeast. Favourism still is available in sports and that's what really discouraged me (Roko).

My experience from my last tournament was that my opponent was stronger than me. So, it was difficult for me to catch up his speed (Ajabu). Participant 4 and 5 were really curious about how their opponent will be and was looking forward to the match.

I was always curious about how the other opponent from different states will be. For me I met an international player and so it was a little difficult, her punch was speed and hitting. I tried to play till the last with all my strength but I lose (Nithono).

Because it was different people my thoughts were how must they be, what techniques they must be following. It was not very difficult, she had a different stamina, my partner and I were same with the stamina, she was light and easy to beat (Akho).

c. Being professional but fighting against friends on the boxing ring.

As (Jones, 2001) mentioned Boxing despite being a competitively aggressive sports, despite the fierce opponent before the contest and after

the contest they will fall into each other's arm, respect the other opponent, shake hand or hug to congratulate nonmatter the win or lose. The participants said that they differentiate professionalism at the ring and friendship soon as they get off the ring.

We do not think as friends when we are at the ring because if we start thinking as friends it's his lost and my lost. We will never be able to know our mistakes and improve. So, for us boys at the ring we fight and give our best keeping in mind we are competitors. Once we get out of the ring yes, we go back to being friends (laugh) (Roko).

During training the juniors strength varies with our strength, they are lighter and soft in punches as compared to mine. But when at the ring I try to give my best and consider my opponent as a competitor (Ajabu). At the outside of the ring we may be friends but once we get in the ring, we become enemy (laugh). We are strong in what we think. We keep professional life and personal life different (Avizo). Trust is an important byproduct of friendship (Jones, 2001).

d. Self-esteem

Self-esteem does not have to be a reflection of a person's objective abilities or the talent, it does not even mean how a person is judge for the way he presents but it is a feeling within himself that he is good enough and that he knows his strength and the mind of self-acceptance (Orth, 2014). Some of the participants admitted to how it hurts losing to a friend but at the same time it motivates them and lift them up. Yes, there is no doubt it effects and hurts but the most important part is it helps me want to improve more (Theja).

On the other side participant 1 and 4 says it does not really bother them to losing to their friend and that it gives them the willingness to do better. For me it does not really put me down losing to my friend instead it makes me realized my mistake, it motivates me even more to do well in the coming days. The last tournament I went to, the guy I loss to after the bout we became good friends, even his coach as well (laugh) (Roko). For me I think that next time I will come back stronger and do well. And ensure myself that next time I will do better and get ready to fight (Avikho). This time I lose but next time I will give my best to win. That's all I think (Avizo). While one participant also admit that boxing gives him confidence

Not everyone can get themselves to play boxing. If I am able to play means I have a believe in myself like I am different from the rest of the people and I am

able to try something new. People feel scared about boxing but I can confidently get in the ring for the fight. There is a focus that in the future I can represent or become someone important (Roko).

#### 4.2.3 Institutional challenges faced by participants

Research Question	Themes	Sub-themes
What is the experience of a youth boxer in Nagaland participating in Boxing	Institutional challenges faced by participants	1. Lack of infrastructure: Facilities, equipment, funds, staffs. 2. Changes in the perception of sports 3. Need of medical aids

Table 5. Sub-theme of RQ1: Theme 1

As seen in the table 4, the three sub-themes of the third theme of the first research question: (a) lack of infrastructure: facilities, equipment, Coaches (b) Changes in the perception of sports and (c) Need of medical aids.

- a. Lack of infrastructure: facilities, equipment, funds, coaches

Insufficient infrastructure can restrict sport participation (Hallmann, 2012). The availability of sports infrastructure plays a significant role nomatter how the socio-economic condition of the individual maybe (wicker, 2009).

People of northeast are very strong in nature as compared to health and fitness. Brave and intelligent however there is lack of infrastructure and the right platform for an individual to grow. Even in the little training they get, the people of Nagaland can score. However, because of no infrastructure and lack of awareness they give up (Akho).

While some participant questions on why there is lack of infrastructure or improvement when the funds are allotted by the central for the development of sports, equipment's and exposure of the athletes.

Coming here I do not even see any changes of hope for boxing, since there is very less enthusiasm about the games and with very less people. Even as per sanction there are supposed to be 25 boxers but we only have 15 boxers at present (Kevio).

Why are we lacking behind others, because basic development, basic infrastructure is not there that's why we are lacking behind (Ami).

(Laughing) please let's not get into that (laughing). Fund we have lots of funds in sports. See sports has

lots of funds and it is a big industry. It has become not only a big industry for our state or India but over the world. It's a boom. And then in Nagaland also as far as I know there is no lacking of funds in sports. But it does not reach to the right place (laughing) (Modo).

One of the participants also mentioned about how challenging it was as there were no proper equipment's for the training while another participant mentioned the changes and improvement after the Khelo India Scheme that was sanction for boxing in Nagaland. I was the youngest among everyone. So, there was no proper size gloves and mouth gear for me. I had to use what was available (Akho). Two-three years back we had to purchase our own equipment's for training. But after the Khelo India Scheme we started getting equipment's but yes we still cannot say that its all the proper equipment (Roko). Two – three years back we only got a tracksuit, gloves or a boxing kit but the rest skipping, shoes, bandages for the training and safety purpose I had to purchase myself and use (Kevio).

Boxing is an indoor game and the boxing ring and all its equipment's should be inside in a hall. (Showing the ring that was outside) You see the boxing ring which is outside here right now was actually at a different block in a hall at a different place but someone broke the house and took some of the stuffs so now its kept outside here inside the campus (Kevio).

To ensure the safety of the boxers it is very important that there is a proper place, because with the lack of such facilities and infrastructure there are prone to knee injuries, or with the lack of apparels like good running shoes for training (Modo).

b. Changes in the perception of sports

Participant 7 said that sometimes the boxers who are already in the academy would come to them with a change of mind to continue boxing.

Sometimes they feel and say, Mam I will stay for this year and see if the result is not good. I will just leave boxing. When they say such things, I tell them to not give up and push yourself further. You have come this far. When you are at a stage where you have come to achieve what you want to achieve, why would you give up now? (Modo).

I try to understand what their type of problem is, whether its mental problem, family or just they are going through some emotional fluctuating and accordingly I try to make them understand (Modo).

Nevertheless, some join boxing with the influence of their role model and through social media. About other sports, maybe parents use to tell them but specially in boxing, most of the children are self-interest. Maybe by watching tv, or some boxers. So, it is their own willingness that they come to pursue sports (Modo). Sometimes they are in a stage where

they feel like whether I should go or not. They sometimes tend to give up. Their interest keeps on changing. We try to push them and motivate them, have a conversation with them (Modo). Only after that stage is crossed and go to senior level, they are stronger mentally. But during the stage of youth, quite difficult for them. They are fluctuating and not very stable (Modo).

c. Need of medical aids

Since sports like boxing are prone to injuries medical attentions are utmost requirement. However, some participants in Nagaland have mentioned how a doctor or physio visiting their academy was rare. Doctor is very rare. No chance at all (Roko). **In case of injuries, we just wait till it gets heal on its own, we go see some local doctor. There is no chance to anything else. We go on our own expenses** (Roko).

Before we had to pay ourself but now I don't know how it will be. We were told there is a physio, and that he will be coming but so far, we never saw him as much as he is supposed to be present. I think we only met him once in 1 year (Avikho).

Physio, we were told we have one that too from this time with the Khelo India scheme only, we never had before. But the physio also keeps saying he will come but so far no (Avizo).

While another participant indicated on how they try their best to

prevent the injuries by taking certain measures. There is no medical insurance for the boxers too.

To prevent injuries, the main things are to keep the athletes fit and in order to that we need to plan the schedule and very precisely make a good planning and not only that we need to implement things scientifically. So that instead of injury they are more physically fit. Because when we implement things systematically there are less changes of injuries (Modo).

In Nagaland, in our department we don't have insurance policy also. That is one issue. Otherwise in sports authority of India (SAI), I think they have these facilities and insurance for the players. Sadly, we don't have so if they are sick, completely ill or injured we tell them to go back home and ask them to come back only when they are fit and find (Modo).

Another participant emphasis on how important a healthy diet is and A healthy diet is required for the athletes to reduce the risk of falling sick prone to any injuries related due to lack of enough nutrition's.

It's been 15 years here and requesting for doctor's masseur, physio. We talk about nutrition also, how the food should be, you know the food is not proper, we need a proper diet plan. We keep fighting we not only me in our academy we have taekwondo, archery, wrestling, boxing all the coaches we are concern and take the matter to higher authority. By practical they say yes but in reality, things do not look better. It's the same way (Akho).

#### 4.2.4 Developmental Assets

Table 6. Sub-themes of RQ2: Theme 1

Research Question	Themes	Sub-themes
What are the outcomes of Positive Youth Development through youth boxers in Nagaland	Development Assets	1. Support
		2. Empowerment
		3. Boundaries & Expectations
		4. Constructive use of time
		5. Commitment to learning
		6. Positive Values
		7. Social Competencies
		8. Positive Identity

Table 6 shows, the eight sub-themes of the theme of the second Research Question: (a) support (b) empowerment (c) boundaries & expectation (d) Constructive use of time (e) Commitment to learning (f) Positive values (g) Social Competencies and (h) Positive

Despite there has been less research in Nagaland related to sports, boxing and positive youth development. From this research we see that there have been some benefits of youth participation in boxing. This has led them to positive thinking, the ability to socialize, stress management, self-control, self-confidence, build self-esteem and learning to set a goal in life.

For some participant after joining boxing, they learned to disciplined themselves and understand the meaning and respect the fair play in sports. Some participants also highlight how parents' involvement in their interest of joining the sports program understanding the potential of the child has really help in building the child's positive development (Beesley, 2019).

a. Support

Some researchers have shown that there are no much significant differences when compared between mother and the father's perception of support they give their child. However, there is a difference on how the child see or read the support they get from their parents (Seikanska, 2012). Some participants also mentioned how happy they feel and important the support of the parents are and how that motivates them to face any challeges without fear.

One of the best feeling was falling in love with boxing and wanting to pursue it as a career. When I told my parents that I want to join boxing, they said it's a good decision and adviced me to not only take up boxing for the sake of it but give your best, be competitive and try to bring out the best within yourself (Roko).

I was really scared my dad will be mad at me because I did not inform anyone thinking they might not agree. So after I went through the trials and got

selected. I did not even call but wrote a letter to my dad saying this is not to take your permission but inform you that I got selected in boxing. But to my surprised, soon as my dad received the letter he came to me leaving everything (office work). And despite one week delay in my joining my dad supported me and help me by talking to the coach (Akho).

“The family environment may be the most accessible as well as the most important of the socio-environment dimension of young athletes” (Seikanska, 2012).

b. Empowerment

Participant 5 indicated the importance of sports and how it can also help the female grow not only that it makes her feel safe.

In my opinion sports is very important, especially for women it values. If you see in today’s world you will see how a female can build a career with sports too so I think it’s very important. I feel safe here (Nithono).

c. Boundaries and Expectation

One of the participants highlighted on how there are different expectations or restrictions from the society their thoughts and how the acceptance has variables.

It was quite awkward for female to be playing boxing. So, I never use to reveal too much about my game (laugh). Because people were not able to

accept it and specially even me it was difficult for me to accept that I am playing boxing. I was really reluctant honestly to play boxing but my parents pushed me and it was a good thing only. Sometimes we do not know the future but I think they knew what I was capable of and what they want from me to be (Modo).

Another participant mentioned how their coach encourage them every day to be able to face the challenges and specially their opponent. They are taught how they to manage their friendship off ring at the same time be professional in the ring.

Our coach tells us to give our best in the ring. Without thinking what others will say. If we start to think we lose concentration. we will not know what are the improvement and what are the mistakes to learn from. Our coach teaches us to think as a competitor and competitions (Roko).

d. Constructive use of time

While there is a strict rule when it comes to training, some of the participant also mentioned how they learned to distribute their times well to be able to go to schools, trainings and also attend the church services on Sundays.

I wake up and pray before getting out of bed. Then start the day at 500am.

Wash up and get ready for morning training, 6:00-

7:00am is training.

We come back to room and wash up. Have our meal and we go to school after that.

We come back at 2:00pm and have tea and rest.

By 3:30- 5:30pm we start our practice,

Then we come back and wash up, have dinner

Prayer meeting is from 6:00-6:30pm

Study time is from 7:00-9:00pm.

Then go to sleep.

On Sundays we go to church but we make sure to return back on time even if it's off day (Avikho).

e. Commitment to learning

Various researchers indicated that's commitment to learning is also associated with years of participating in sports (Reverdito, 2017), (Rees, 2010). There are also studies conducted that indicates that there is a remarkable relationships between commitment to learning and involvement in sports for a longer time (Rees, 2010). I was so interested and was always ready for training and sparring. I enjoyed every bit of it here (Avikho).

Morning we do running and strength training, in evening its touching and

punches. That's how I keep waiting for the moment and training (Participant 4). I am always looking forward to what I can learn more and do well, improve my techniques (Nithono).

f. Positive values

Nevertheless, one of the participants is very positive on becoming successful and what she wants to do learning boxing.

I want to play well and get a job. There are lots of beggars and needy ones on the street. I want to help them (Avikho). I want to become someone important in life and be the best among everyone (Theja).

g. Social Competencies

Life skills. It motivates them in so many ways. Once they start boxing. It gives them self-confidence at the same time it is self-protection and what they start into this, they believe in themselves. Boxing is life skill in itself. It is a subject where we need to be emphasis in every aspect. Boxing in itself is a subject (Akho).

h. Positive Identity

Participant 1 believes that joining boxing has given him a positive identity.

Build within him a self-confidence and made more sense to the purpose of his life. There is a focus that in the future I can represent or become someone important. That’s what keeps me motivated (Theja).

I cannot commend from others point of view but if I am to say my point of view, I do think sometimes how my life would be if there were no sports. If I did not join boxing. What must I be doing? I would just be an ordinary person without much progress in life. **Sports and boxing have really changed my life** (Roko).

To those who believed in me or to those who doubted me. I will want to prove to them by becoming someone in life in the future. My work, my performance will be my message to them (Roko).

#### 4.2.5 Creating or Changing Perceptions

Table 7. Sub-themes of RQ3: Theme 1

Research Question	Themes	Sub-themes
What factors influence the outcome in youth boxers in Nagaland?	Creating or changing perceptions	a. Lack of funding: we remained where we started
		b. Perspective of Boxing as a self Defence

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c. Understanding the importance of boxing/sports as a career

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Table 7 shows, the three sub-themes of the theme of the third research question: (a) lack of funding: we remained where we started (b) Perspective of Boxing as a self-defense and (c) Understanding the importance of boxing/sports as a career.

a. Lack of funding: we remained where we stand

As (Kirstin Hallmann, 2012) highlights that there is a need to have proper sports infrastructure for sports participation, as most of the sports needs a proper infrastructure for better performance. It also shows a great influence in the chosen sport and leads to increase in participation. One of the participants mentioned how without proper fund, development in sports is a challenge. The participants show a picture of how the funds are utilized in Nagaland sports.

The most drawback for development of any sports in Nagaland is we do not have enough funds and infrastructure. Sports department has got annual one crore INR and then there are 26 affiliated registered sports association which are recognized by the department plus the 7-district sports council. Every district has been required to form a district sports

council. So, this one crore INR is distributed among 37 units so some gets one lakhs INR, some two lakhs INR. For boxing we are getting better like five lakhs INR in a year. So, you see with that kind of money is not possible to develop any sports because now everything is so expensive (Ami).

In India CSR is there but then we are not getting the funding's because there is no company, no manufacture unit in Nagaland. Other states are getting a lot of funds because 10% of their net worth they have to spend for the social co-operate sectors. We don't get as such and whatever small contribution and token grant, we get from the government only that (Kevio).

**“It's very rare to get support in district level. 95% of them are self-fund, only about 5% are support” (Akho).**

You know we have now eight national Championships, earlier it was only six in the youth category has been made in men and women so eight championships in a year. And then we hardly send our team to about three-four championships because with the fund we have to plan. Sending to national we just cannot pick them up and send, we have to at least give 10-15 days preparatory and conditioning training.

The venue of the championship is somewhere in the south, somewhere north west like that two and half day's journey, it's a lot of expenditure so like that we may be not very highly competitive with others but problem with us is the duration of journey. sitting in

the train for two-three days journey and you get down and you have to play. You are allowed to come only 1 day ahead to the championship. The organizer does not permit you to come two-three days ahead only 24 hours so planning in that way, today you get down from the train tomorrow morning is the weigh-in start and evening is the competition. still, you are in the journey leg so performance is not good that is also the problem.

**Lots of constraint are there but the main thing is that we are lacking in funding and without money whatever your splendid program or projects are there without money its' all down to zero (Ami).**

The sports authority of India (SAI) subcenter in dimapur is now 30-31 years they have not produced any player either football or boxing. So, I once wrote to director general and I met Kiren Jiju (the than Sports Minister of India) also that I will give land, you shift the center from dimapur to some other place because all the inmates are alcoholic. The staffs and peon are from Manipur (a different state in northeast).

So, I pointed out that at least some local *coach and I* pointed out Mr. B (name changed) (who is a boxing coach from Nagaland) Also that some local influence is required to control the children the boys, so I suggested they agreed but than nothing has been done (Ami).

**Now we are hoping for changes because the ministry has also recognized there are talents in Nagaland that's why Nagaland has been selected as Khelo India center. So let them go for few years and then see (Modo).**

There is development starting in Nagaland, political wellness is not there for development of sports, they are into infrastructure development not the sports development. So, you see our approach of sports department in Nagaland started in 1978 way back when S.C. Jamir was the Chief Minister, he got carved out the sports department when even in India there was no such sports department those time. India Sports ministry has been carved out only after 1982 Asian Games. **Till than there was no ministry for sports. All the other states they have followed us, but we remained where we started and they have gone ahead of us. Why?** (Kevio).

We have one stadium under construction which is the roman collusion. Why I say that? Because here in Nagaland even to construct a stadium it takes 25 years, only 35% of the work is done in 25 years that speaks a volume and how negated is our sports and we people are felling shy to call ourself sports administrator, but we are helpless (Ami).

**We do not have an office.** And there are still many districts who do not listen and are not following the association. So, although office is not there, but than our number, contact emails are all with them (Ami).

#### b. Perspective of Boxing as a self Defence

There are arguments that many kids in urban areas start to learn boxing for self-defense and then end up getting themselves involve in fights in schools or sometimes on the streets (Morgan, 2015). One of the

participant highlighted that no parents would want to let their child be involved as they do not want their child hurt or involve in a fight.

No parents would like a child to go and take boxing because they think it encourages fighting something like that, specially the girls parents wont like...

The problem in Nagaland not only in boxing, in all sports, we are essentially rural economy, we live in villages, all are hand to mouth, cultivator not farmer. Every parents is looking to their children to get employment in government jobs that's the problem (Ami).

Under badminton department also like "Catch them young" we were doing that. Upto class VIII they could participate but than after the class IX they will drop out of sports because parents are not allowing their children to participate as they need to do well in class X whichh is the stage of deciding which higher course to take for career...

We have been all the years working on children but the parents will not allow and they will ask by playing whether he will sustain himself or not, whether he will get the livelihood or not (Ami).

In other states 15% sports quota is there but in Nagaland no department is giving that. Only in Nagaland the accountant general office the central government, only they are recruiting footballers, badminton players os that's why no parents are willing to send their children to sports (Kevio).

**Everything comes with a risk but the tempo has not reached Nagaland.**

**So how long it will to reach Nagaland is a million dollar question (Aku).**

The findings also indicates that some join boxing for physical fitness and not really looking forward to as a sports.

Some participate for fitness concern but about 5% in Nagaland out of 100. While if you compare with the other states in Northeast India, you will see that there are no objection in parents in manipur for their kids to join boxing even at a very young age. The parents themselves will bring their child to the academy itslef (Akho).

People often says boxing is raw game, raw blood game, who is stronger will win but usually it's not like that. Boxing is a sharp mindset game, even more powerful than chess games. Very steady mind and it really helps in building and effects the brain. Boxing is not a tough man game but more of thinking men game (Roko).

This year I got a call from a person above 18years of age. He was interested in boxing just because academically he was not performing and therefore wanted to pursue boxing as a career. That is the mentality that is still prevalent in our community which needs to be changed. (Akho)

Some of the participants believe that to bring a change not only in boxing but sports in general there is a need to change the mindset of the people. "First mindset has to be changed. The youth have to understand and there has to be proper guidance, counselling. Counselling is a new thing for us because we nagas we don't like counselling. Whatever you decide is for yourself (Ami). The value of boxing is unfortunately taken for granted. The

thought of sports is considered to be a game of only men. Political influence is a major issue” (Akho). “One has to be optimistic but there is no short cut and nothing comes overnight” (Aku). “We need to first... we cannot go and campaign just like that. First, we need to educate the parents and have small seminars on how to develop sports culture in our society. Thereafter they will slowly cope up (Akho).

c. Understanding the importance of boxing/sports as a career

Sports plays a vital role in the lives of many young people and it contributes a lot to their physical and social-emotional well-being (Buckle & Walsh, 2013; Ullrich-French & McDonough, 2013). The physical nature of boxing has been seen as a way of expressing ones strong emotions, which is believed to be an opportunity to let out the tension, aggression or stress but within a controlled environment (Draper, 2013). However, Some of the participants highlighted on how boxing/sports are NOT considered as an opportunity for career in Nagaland, India. The importance of boxing/sports needs the attention and right education on how it can also be a career.

Here parents still do not know the value of sports and does not usually send their child to play boxing. They think boxing is a very rough game and therefore still hesitate to send their kids. And have not accepted that through sports career can be build

(Roko).

We nagas still look it as government job the only sustainable of life. It's difficult to divert the mindset to sports and look at Manipur (other state of northeast, India), they have thousands of players. Sports is an industry for them (Aku).

Boxing is one game which is popular all over the world, It is a noble game unlike other martial arts which is highly commercial oriented type of boxing. Assam Rifle, police and army boxers are in high demand of employment. Because if you are a state champion and have participated in the national and won at least a bronze medal, 100% sure you will get employment opportunity (Ami).

While for participant 2, 3 & 4 they are very committed and have high hopes there will be changes with the kind of training they are into and the big dreams they build with the love of the game. I have hope. Very big hope that there will be a future in boxing (Theja). Yes, there is no doubt. I have hope and through it I want to become someone important in life (Avizo). There will be changes and it will be a good future in sports (Avikho).

Despite the hardship some participants have also highlighted the changes they see in themselves after joining boxing and how they look forward to building a career out of it. For me I learned to be more patience, before there was no much value in my life, in anything but now I am able to proudly look forward. Boxing is my career now (Nithono). One of the good

parts of joining boxing is getting to see new places. Else I was only at home and does not know anything. But from boxing I could see a lot so I am happy (Avikho).

I am still learning but I have become more stable now. For instance, I was very rough before and if someone says something to me, it would trigger me and I show attitude. But after getting into boxing, I learned to be more disciplined, dedicated to things and have more determination Avikho

One of the participants also mentioned how getting into boxing has got him the opportunity to work with top athletes.

My experience in boxing so far is going great. I work with the basic trainees; I also work with the top athletes and get lots of experience and understand how to deal with the top athletes as well as the basic trainees. I also got the changes to work with different zones. It's a good career option (Akho).

So, when should one start getting involved in boxing? The participants guide to boxing.

Ok slowly they have to start. By the time they reach the age of 12 they can participate in the competition, before that we need to get them ready...

By the time she is three or four years old, we can engage them for flexibility, gymnastic or whichever they like. Gymnastic is important for the flexibility and some aerobic so they could cope with the good co-ordination both body and mind. Which is very

essential as it will be a great boost up when they come to the main platform. By the time they are nine, ten or eleven years of age. They are ready (Akho).

Ok I will not go in ascending order; I will come from descending order. From elite if you are above 18 or 18 and above, they will box in elite category. 17-18 years they will be in youth category, 15-16 years will be junior and 12-14 years will be the category of sub-junior (Modo).

If they start from the district level. Further they will move to state level than to zonal level (eg In India there are east zone, west zone, north zone and south zone). If they get selected, they go to the next step which is the national level. When they perform well and get selected, they can start living at the national camp, train and then pursue to international level competitions... (Akho).

There is a different between professional and amateur boxing. In amateur we work for name and fame of the country, for the state. But for professional they box for money. That is the only difference (Akho).

If they get medal in state level than yes there is a separate advantage for their stay in institute. As a residential trainee, they get the privileged to induct in the sports authority of India scheme provision (Akho).

Despite the challenges faced the participants emphasis that their love for boxing is what keeps them growing some participants also call it as “Gentlemen’s Game”

I am so addicted to this sport. I just love it. It is a safe sport. Why? Apart from boxing, football have high injuries prone game. Boxing is a very gentleman game. I would recommend even my children whether it's a female or male (Akho).

Boxing is a beautiful game which is admired by millions of people all over the world. It improves physical health and mentally sound. When you are mentally sound you are confident. Take up the challenges. We only live once (Aku).

One thing I want to tell the youth is believe in yourself, and stay strong, stay fearless, keep pursuing in what you believe in because when you believe in yourself only the world will believe in you. It's a very common saying but yea. (Laughing) (Modo).

We have to come out of that cocoon. Why Nagaland should be a cemetery to bury talents un-utilized. There is no shortcut in sports. 'Right practice makes the men perfect'. We have to upgrade our mindset. We are doing nothing and haven't proven ourselves. If our neighbor can do it why not us? It's time we prove them what we are capable of (Ami).

## **Chapter 5. Discussion and Conclusion**

This chapter presents an analysis of the received data research results in order to respond to the research questions (a) What is the experience of a youth boxer in Nagaland participating in Boxing? (b) What are the outcomes of Positive Youth Development through youth boxers in Nagaland? (c) What are the factors that influence the outcome of Youth boxers in Nagaland? This chapter contains a more comprehensive analysis of the data and literature to answer as much of the research questions intended for the study. Furthermore, the results show and provide an answer to what exists. This chapter also has the conclusion, limitations and also a note on further research opportunities so as to contribute for further studies.

The interviews were done after a confirmation from 10 participants of Boxing Association from Nagaland, India. Since there was time zone difference between the participants and researcher, while some of the participants had challenges speaking in English, most of the participants conversation were spoken in native language, it was recorded and later transcript which was then properly analyze in order to ensure trustworthiness. The entire process of interview was completed via separate zoom calls with the participants based on their availability.

Research Participants					
Group	Participant	Age	Occupation	Experience with boxing	Marital status
Group 1	Roko	21	Boxer	5years	Unmarried
	Theja	17	Boxer	4years	Unmarried
	Avizo	16	Boxer	2years	Unmarried
	Avikho	18	Boxer	5years	Unmarried
	Nithono	18	Boxer	5years	Unmarried
Group 2	Akho	37	Coach	15years	Unmarried
	Modo	35	Coach	15 years	Married
	Ami	72	Administrator	23 years	Married
	Kevio	40	Administrator	10 years	Married
	Aku	45	Administrator	17 years	Married

Table 8, Participant list

Some of the Research has indicated that PYD programs engaging the youths in a productive, constructive and healthy environment can help them recognize and enhance their strength in a productive way. When the young people are given opportunities and options to choose with the right support there is lesser chance of risky behaviour and more of positive attitude and improvement in social and emotional outcome of the youth. It also shows an increase in higher success moving towards adulthood (youth.gov). Sports infrastructure with good supply of facilities attracts more sports participation (Kirstin Hallmann, 2012).

While there has been debate on if one should do boxing or be allowed to participate in boxing at a very young age. Time reported in 2011 that an estimated 18000 children and teens are involved in amateur boxing,

and that among these amateur boxers around 6.5 percent to 51.6 percent of injuries are concussions. Some researchers argued that starting boxing from a young age for a long time is often the reason that many physical effects are long-term and can be dangerous for boxers (Morgan, 2015). We see why it is very important to have medical practitioner presence within the campus or academy for boxing or any sports for that matter for regular screening so as to ensure the boxers safety and may further carry on their profession.

The findings in this research suggest that there is need for special attention on the youth boxers in Nagaland, India as well as on its facilities, funds, equipment's and infrastructure which makes a great impact to the future of these precious life's who are very well committed and shows great interest to pursuing boxing as a career.

## **5.1 Discussion**

### **5.1.1 What are the experiences of a youth boxer in Nagaland participating in Boxing**

The findings indicate on how the presence of a friend increased youth's motivation to be physically active (Salvy, 2009). Some participants mentioned how boxing was never their dream however it changed when their friends pursued them. while some joined boxing with the dream to see places. Building a platform to involve themselves in the competitions by

witnessing and participating. There is also a growing ‘responsibilisation’ of parents related to children’s development and life chances (Vincent, 2016). Many participants agreed to how their parents were supportive and encouraged them to pursue their interest. While some got into the sports as their parents were either boxers, huge involvement or interested in sports.

In the findings the participants also highlighted their interest for sparring and training at the same time mentioned the challenges faced due to lack of sparring partners or same weight category in the academy which is the basic need for training in boxing. Supporting to it, another participant added that the reason for low performance in Nagaland cannot be lack of training as the coaches give their best when it comes to training but the fact that there is a difference in sparring partner leads to habits of strength control and limitations. On the other hand, some participants mentioned that there is a little difference between the male and female intensity of training.

One of the key factors on athletes’ performance is through exposure as it gives them experience and changes to improvement. However, through the interview it was found that there are limited exposures and opportunities for the boxers in Nagaland. So that adds to challenges of performances. Some participants also mentioned that they were very curious about the

opponent before the competition. The opponent was for some of the participants stronger, faster and had different techniques.

While it shows a great competition in boxing, majority of the participants mentioned that they consider their mates competitors at the ring and friendship soon as they are out of the ring gives an assurance of how sports can build relationships. Trust is an important by product of friendship (Jones, 2001). Boxing being a competitively aggressive sports, despite the fierce opponent before the contest and after the contest, they fall into each other's arm, respect the other opponent, shake hand or hug to congratulate no matter the win or lose (Jones, 2001).

“Not everyone can get themselves to play boxing. If I am able to means I have a believe in myself like I am different from the rest of the people” Ajabu. Self-esteem does not have to be a reflection of a person's objective or the talent, it does not even mean how a person is judge for the way presents but it is a feeling within himself that is a good enough and knows his strength and the mind himself that he is good enough and knows his strength and the mind of self-acceptance (Orth, 2014).

The findings also indicates that there are major challenges when it comes to infrastructure, equipment's. (Hallmann, 2012) (Lim, 2011) in their research indicated that lack of infrastructure can led to less or restrict sports

participation. Some participants mentioned that despite their attempts and cry for better equipment and infrastructure needs Their voices are left unheard. The study also highlights the participants limited chances for exposure and the challenges faced not only with lack of infrastructure but also equipment, training partners which lead to controlling their strength as they train with weaker boxers. One of the participant indicated that is one of the causes to not able to perform. There are no dedicated academy and boxing association office in Nagaland and is conducted remotely. The boxers are called only 15-20days ahead before any major competitions for training. There are lack of equipment's and sparring partners. Which results to low performance during the competitions. "Because our trainings are with different age group and weight categories, we cannot give our full strength to fight. we control our strength most of the time that really effects our strength and speeds. So that way it becomes a habit. So, when I go to tournaments since I am habituating to certain way of training no matter how much I try to develop my speed and strength during the tournament at the ring I fail to do so "(Roko). The findings also indicates that there are lack of Medical aid and medical insurance for the boxers in Nagaland. When they boxers are injured if the person is stable the bring back after check up. However if the conditions are serious they are asked to go home and

continue the treatment and only return when they boxer is completely healed. However, the participants highlighted changes with the new scheme call the Khelo India Program which focus of sports infrastructure, athlete development, talent hunt and youth development program, filling up of critical gaps in sports infrastructure, including creation of hubs to sports academics' implementation of a national physical fitness drive for school children; and sports for peace and development (Khelo India, n.d.). Boxing in Nagaland was chosen as the center for the boxing academy started getting equipments, a dedicated boxing academy where there are boxers both male and female(sub-junior, youth, elite). The department of youth resources and sports also created a platform for the youths to facilitate and promote sports in various ways with a vision to make it a national and international level by organizing programs like catch them young, National Schools Games, Indigenous games, youth fests and cultural programs, adventure sports, football tournaments like the Subroto International football cups, Dr T. Ao trophy and Dr T. Ao Northeast Tournaments. Boxing tournaments, Archery coaching's, Badminton open and the Paralympic Games. (Department, 2020). However, with the covid pandemic for the last two years, everything was kept on hold. The participants also mentioned that through the Khelo India scheme they received updates for masseur and physio. But apparently

there are no one to be seen for the last 2 years.

5.1.2 RQ2. What is the outcome of Positive Youth Development through youth boxers in Nagaland?

The researcher in the study used Benson's theory of Developmental Assets that has eight features to understand the growth of development of the youths as this age is considered to be fragile and delicate requiring a lot of proper care and attention to ensure they do not fall prey to negative side of human behaviors or leading to depression, suicidal but molding the youth to be more responsible and have a positive attitude towards life. From the study conducted using the Benson's theory as a sample to understand the youth boxer's growth and development towards life and challenges in Nagaland. It was found that there was no problem when it comes to the support from the parents for their interest to pursue boxing. Parents were real motivators. Some were scared their parents will disagree but when they approach their parents it was quite the opposite. Supporting to that some of the participants admit they are where they are because of their parents' support. "There are no much significant differences when compared between mother and the father's perception of support they give their child. However, there is a difference on how the child see or read the support they get from their parents" (Seikanska, 2012). **The participants also**

**highlighted that after joining boxing they learned how to distribute time between training, studies and leisure time.** While some admitted that “It was quite awkward for female to be playing boxing. So, I never use to reveal too much about my game (laugh)” Modo. Another participant said that “I was so interested and was always ready for training and sparring. I enjoyed every bit of it here” (Avikho). ‘Commitment to learning is also associated with years of participating in sports (Reverdito, 2017, Reses, 2010).

The findings also indicate that the kids are taught how to self-defense with the boxing training but at the same time they are motivated and taught how to be patience (Eyewitness news, 2020). Participating in sports plays a vital role in the developmental process, connecting personal and immediate outcome which includes enjoyment, positive expectations and personal assets and skills (Rees, 2010).

I cannot commend from others point of view but if I am to say my point of view, I do think sometimes how my life would be if there were no sports. If I did not join boxing. What must I be doing? I would just be an ordinary person without much progress in life. *Sports and boxing have really changed my life* (Roko).

Another also agreed and positively identify himself with the focus that there

will someday in the coming future represent or become someone important and that's how it motivates them.

### 5.1.3 What factors influence the outcomes in youth boxing Nagaland?

Sports in Nagaland according to one of the participants is “the most drawback for development of any sports in Nagaland is we do not have enough funds and infrastructure” Ami. Fund is highlighted as one of the major problems leading to less exposure for boxers in Nagaland. Another participant mentioned how the former Chief Minister of Nagaland inaugurated the sports development department in 1978, while there was nothing as such before, everyone neighboring states followed the steps of Nagaland and yet till today as per the participant “but we are where we started.” Supporting to the statement another participant mentioned There is one stadium in Nagaland which has been about 25years and yet only about 35% of the work is done and they call it the Collusion stadium. ***“It's very rare to get support in district level. 95% of them are self-fund, only about 5% are support”***

*Performances cannot be manipulated and development of talent cannot be guided by favouritism and nepotism. There is only one way and it is through the roadmap of meritocracy, which must be applied in every aspect of the overall sports development plan; from game development and talent hunting to building up of infrastructure.*

***“The value of boxing is unfortunately taken for granted. The thought of sports is considered to be a game of only men. Political influence is a major issue” Akho***

Sports plays a vital role in the lives of many young people and it contributes a lot to their physical and social-emotional well-being (Buckle & Walsh, 2013; Ullrich-French & McDonough, 2013). The physical nature of boxing has been seen as a way of expressing ones strong emotions, which is believed to be an opportunity to let out the tension, aggression or stress but within a controlled environment (Draper, 2013). Participants also supported boxing and said they learned to be more patience, before there was no much value in my life, in anything but now I am able to proudly look forward. Boxing is my career now” (Nithono).

*. The fact that our girls and boys have the talent and capability is without doubt. But, in the field of sports, there are no short cuts to success. **Performances cannot be manipulated and development of talent cannot be guided by favouritism and nepotism.** There is only one way and it is through the roadmap of meritocracy, which must be applied in every aspect of the overall sports development plan; from game development and talent hunting to building up of infrastructure.*

***. It is pointless to look back at the past and regret the mistakes of history.***

*Rather, we need to change the narrative from now onwards, if we are to have champion sportspersons, from Nagaland, 10 years from today.*

## **5.2 Limitations and Future Implications**

Based on the findings and participants suggestions, here are some of the limitations and future implications which with a hope that this study will be helpful in contributing.

Since this research was focus on study related to youth boxers, one of the limitations was limited participants. A suggestion for future research would be emphasize on the participants from different age groups of boxing for e.g., elite boxers, sub-Junior boxers as well as parents of boxers and non-boxers to understand and acknowledge their understanding on boxing as a sport. Another suggestion may be a media content analysis on the sport boxing, the boxers, infrastructure, funds and highlight. As it might be more feasible and there will be more information for the researcher.

On the implications, there are some recommendations that may be able to implement as more competition can be conducted district or state wise to be able to get the exposure or first-hand experience. Educating the parents related to the importance of sports specially boxing.

## **5.3 Conclusion**

Although there is an increase in the study related to boxing and sports development, there is a clear need for researchers to explore and improve the study in this field in Nagaland. So, there can be more focus and improvement for the development of sports which is otherwise ignored.

Future research should integrate with more boxers of different age group, parents so there can be more comparisons and the study could lead to a fruitful result. right infrastructure, proper identification of athletes at grass root level, sports education and medical facilities are a necessity. There is an urgent need to facilitate the opportunities when given and build a platform so as the keep the spirit of sportsmanship alive.

Finally, all participants are hopeful that there will be change in the sport and boxing in Nagaland, economically, socially and are looking forward to improvement, commitment and dedication.

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국 문 초 록

# 나그랜드 인도의 청소년 복싱 참여 경험 탐색

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본 연구는 인도의 북동쪽에 위치하고 있는 나그랜드의 청소년 복서들의 경험을 탐색한다. 선행연구에 따르면 스포츠는 긍정적인 청소년 개발 (positive youth development)에 많은 영향을 주는 것을 확인할 있다. 그러나 각 개발 프로그램이 어떠한 요인들과 연관이 되어있는지에 따라 결과는 다르게 나타난다. 심층적인 이해와 각 요인들간의 연결고리를 분석하기 위해서 본 연구는 프로그램 중심으로 연구가 진행되었으며 프로그램 평가의 접근 방식으로 탐색했다. 따라서 본 연구는 질적연구 방법을 통해 복싱 경험을 통한 청소년 스포츠 개발 경험을 이해하고 Benson의 이론에 근거하는 개발 요소 (development assets)을 바탕으로 개발의

중요성, 의미, 어려움, 주시 등의 요인을 심층적으로 살펴보고자 한다. 예이 연구문제는 다음과 같다. 1) 나그랜드의 청소년 복서들은 무엇을 경험하는가? 2) 청소년 복서들의 경험을 통해 positive youth development의 결과는 무엇인가? 3) 어떤 요소들이 청소년 복서들의 positive development 에 영향을 미치는가? 이에 연구자는 10명의 연구대상인 복싱참여자, 코치 그리고 행정가들의 경험과 관점을 이해하기 위해 심층면담을 진행했다.

결과에 따르면 청소년 참여대상자들은 친구의 참여와 가족의 영향으로 참여동기에 영향을 미치는 것으로 나타났다. 그러나 같은 체급에 스파링을 할 수 있는 파트너가 많지 않았던 점도 경험을 했다. 토너먼트와 인프라 구조의 부족함으로 각자의 운동수행능력이 떨어지는 것으로 확인되었다. 스포츠의 참여 증진은 시설, 구조, 스포츠의 노출 등의 다양한 측면의 영향을 미치는 것으로 볼 수 있었다. 더 나아가 연구대상자들은 의료적인 시설의 부족으로 복싱에 참여를 하는 동안 겪을 수 있는 부상의 위험도 경험했다.

또한 본 연구는 development assets의 positive youth development에 영향을 미치는 것으로 볼 수 있었다. 코치들과 행

정가들은 기초적인 단계에서 선수들을 양성할 수 있는 시설과 구조를 구축해야 한다는 것을 인지하고 있었다. 이에 청소년 참여자들이 스포츠맨십을 기르고 스포츠에 참여할 수 있는 기회는 청소년 개발 단계에서 중요하다는 점을 행정가들과 코치들이 표현했다.

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**주요어:** 복싱, 긍정적 청소년 개발, 청소년 복서, 스포츠  
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