



## Weight Loss Method: Beginner Boxer's Perception

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### Abstract

Boxing is a martial art that imposes strict rules on body weight. There are many methods that boxers lose weight. So that it becomes a challenge for novice boxers who have never competed in boxing. The purpose of this study was to specifically investigate amateur boxing athletes at the beginner on how to lose weight. This research method is descriptive qualitative with interviews and questionnaires containing several questions via google form. The subjects in the study were 70 boxers and consisted of 2 categories, the first category was active boxers who competed at POPWIL (Regional Student Sports Week) as many as, 28 boxers and Pre PORPROV (Provincial Sports Week) as In theboxethe boxersecond category, boxers have never participated in an amateur boxing competition. Based on the results of the study, the most widely used weight loss method for beginner boxers is to limit carbon which are and Is carried out during the initial period of exercise. The majority of boxers use more than 1 method of weight loss. The effects felt by boxers are dehydration and lack of enthusiasm. Boxers feel these effects after a few days when starting to lose weight. In carrying out the method of weight loss, many boxers are doubtful about the danger to the body. So the need for special counseling is healthy and gradugraduallyual manner. In addition, coaches, doctors or nutritionists, colleagues, colleagues parents need to be involved to monitor and motivate boxers. It is hoped that this research will become the basis for future research to discuss ail a ball healthy methods and strategies for boxers to lose weight.

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## INTRODUCTION

Martial sport in the fighting category is a sport that requires body weight. Then the athletes will be divided into competition classes according to the rules of the match. The goals of athletes are divided into each weight class to standardize the size and strength of each martial arts athlete who will compete (Slankamenac et al., 2021). Athletes are weighed before the time between weighing and competition varying from less than 1 hour to 24 hours. To gain a weight advantage over an opponent, athletes will lose substantial weight over the days, weeks, and even months leading up to the weighing (Martínez-Rodríguez et al., 2021) & (Figlioli et al., 2021). In general, this activity has been carried out by many martial arts sports, but one example of martial arts that has been in the spotlight regarding weight management is boxing.

Boxing is one of the martial arts that imposes strict rules on body weight for athletes. There are many methods that boxers use to lose weight such as the use of sauna jacket supplements, reducing the number of calories intake, for orsting several days (Kim & Park, 2020). Although there are several traditional methods of weight loss, namely by limiting carbohydrate intake that occurs and nando, karate, taekwondo sports (Martínez Rodríguez et al., 2021). Pencak silat, methods used include increasing exercise, skipping meals for 1 to 2 days, and using a sauna jacket (Teo et al., some consumeconsume who consume herbal supplements, namely spirulina for 12 days from martial wrestling (Nordvall et al., 2021). from ixed m tmixedarts (MMA) with the method of soaking in hot water at a temperature of 37.8° and the water is mixed with salt even though there are bathing sessions without using salt

(Connor et al., 2020). However, in this study, the average is an experienced and competitive martial arts athlete. Research on weight loss for beginners or inexperienced categories is also rarely discussed.

The purpose of this study is to specifically investigate amateur boxing athletes on how to lose weight, especially beginner athletes. So far there has been no research on the weight loss method of boxers at the beginner level. Although the methods used by boxers may not be much different from existing research (Amatori et al., 2020). This study will discuss knowledge about the methods and types of weight loss that is raris remarried, the good and bad effects felt on the body and the dangers of the methods used for beginner boxing athletes. So that this research can provide information for all boxing and other martial arts athletes to better manage their weight before competition.

## METHODS

This research method is descriptive qualitative with interviews and questionnaires containing several viraliions via google form. In addition, participants are also allowed to answer questions asked by researchers using zoom meetings or google meet so that participants can answer questions in detail and clearly. The subjects in this study were in 2 cities,category 1) were active boxers who competed in Pre-PORPROV (Provincial Sports Week) and POPWIL (Regional Student Sports Week) and 2) Boxers who had never participated in an amateur boxing competition. Data was collected from August to October 2022. The following is data on the height, weight, age and training experience of 70 boxers (45 male and 25 female) who are willing to contribute to this study.

Table 1. Height Data

Variable	Gender (POPWIL)		Gender (PRA-PORPROV)	
	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
Height (m)	±1.68	±1.58	±1.70	±1.61
Weight (kg)	±58.97	±50.88	±62.18	±53.33
Age (tahun)	±16.2	±15.9	±22.8	±21.8
Practice experience	±10 month	±8 month	±14 month	±10 month

### Participants

The research sample is 70 boxers and consists of 2 categories, the first category is active boxers who competed in POPWIL (Regional Student Sports Week) as many as 28 boxers and Pre-PORPROV as many as 42 boxers.

### Sampling Procedures

This research is descriptive qualitative with interviews and questionnaires containing several questions via google form. In addition, participants are also allowed to answer questions asked by researchers using zoom meetings or google meet so that participants can answer questions in detail and clearly.

### Materials and Apparatus

This research method is descriptive qualitative with interviews and questionnaires containing several questions via google form. In addition, participants are also allowed to answer questions asked by researchers using zoom meetings or google meet so that participants can answer questions in detail and clearly.

### RESULT

The results of this study report 6 questions to which 70 boxers answered. For questions number 1 and 4, boxers are allowed to answer more than 1 answer according to the boxer's experience. The following is a table of answers.

Table 2. Answer Results

No	Question	Answer			
		POPWIL		Pra - PORPROV	
		Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
1	What method do you use to lose weight?				
	Add practice	6	3	11	4
	fast	3	—	3	2
	Limiting carbohydrate intake	3	7	25	6
	Don't eat for t forys	2	—	2	—
	Limiting water intake	3	—	3	—
	Using a sauna jacket	7	—	19	—
	Practice during the day	2	—	8	—
	Taking fat burning pills	3	—	—	—
	Using herbs	—	2	5	4
	Purgative	2	—	3	—
		POPWIL		Pra - PORPROV	
2	When did you use this method?	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)

The beginning when entering the training period		6	7	17	5
Middle of the training period-month calendar		10	3	9	7
1 month approaching competition		2	–	4	–
		POPWIL		Pra - PORPROV	
3	Do you use more than 1 method to lose weight?	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
	Yes, with a combination of several methods	2	–	12	–
	Yes, only 2 methods	3	2	11	4
	No, only 1 method	10	8	–	8
	Sometimes	3	–	7	–
		POPWIL		Pra - PORPROV	
4	How do you feel about your body?	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
	Weak	4	3	5	2
	Dizzy	5	4	4	2
	Excessive diarrhea	2	–	3	–
	Fever	4	–	7	3
	Dehydration	15	9	30	10
	Body feels heavy	8	–	4	2
	Not excited	13	3	7	3
	Slightly pale face	7	7	4	7
			POPWIL		Pra - PORPROV
5	When did you feel these symptoms in your body?	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
	Feel it right away	3	2	3	2
	A few days after using that method	15	10	27	10
		POPWIL		Pra - PORPROV	
6	Do you know the dangers of the weight loss method you are using?	Man (n=18)	Woman (n=10)	Man (n=30)	Woman (n=12)
	Yes	7	4	11	4
	Not	–	–	–	–
	Doubtful	11	6	19	8

## DISCUSSION

From question number 1, the most POPWIL boxers answered that 7 male boxers chose the method of losing weight using a an,auna jacket ,and 7 female boxers the most answer was to limit carbohydrate intake. Then the Pre-PORPROV boxers, namely 25 male boxers and 6 female boxers, answered using the method of limiting carbohydrate intake. Limiting carbohydrate intake is a method that is

often found in other martial arts. Another goal is to reduce calories that enter the body (White & Kirk, 2021). Then the calories needed to train strictly are greater than the calories that enter the body. Automatically, the boxer's weight will decrease.

Question number 2 regarding when to use this method, 10 male boxers and 3 female boxers who will compete in POPWIL using this method in the middle of the competition periodization calendar that

has been determined. Then the boxers who will compete in Pre-PORPROV, namely 17 male boxers using the weight loss method when they first enter the competition period and 7 female boxers lose weight in the middle of the periodization calendar. Regulating body weight should be considered long before the competition arrives (Alwan et al., 2022). This is so that boxers are better prepared when it comes to weighing and competing. In addition, if the boxer's weight has entered the competition class category, the boxer only needs to focus on practicing. Then from the psychology of athletes, boxers will be calmer and not experience anxiety. Because losing weight when it comes to competition can be detrimental to the health and well-being of athletes (Ranisavljev et al., 2022).

In question number 3 regarding the number of methods used to lose weight for boxers who will compete in POPWIL, 5 male boxers and 2 female boxers use more than 1 method although 3 male boxers do not always use only 1 method. MeaofMeatle, boxers who will compete in Pre-PORPROV 23 male boxers use more than 2 methods and 4 female boxers use 2 weight loss methods. According to Amatori (2020), one of the factors that influence a boxer's weight loss method is the boxer's level. Based on these results, it is clear that there are differences in the categories that will compete at the senior level with 27 out of 42 boxers using more than 2 methods than at the junior and youth levels which only use 2 methods more than 3 out of 18 boxers. Then by using more than one method, weight loss will be faster (Figlioli et al., 2021). It aims to be a more competitive low weight tier weight category and gain an advantage against lighter or smaller competitors. Apart from that, another reason is because they were taking part in a boxing competition for the first time. So they find it difficult to manage their weight, but they consider it a

challenge (Lise et al.). Therefore, this situation made an experiment for them on how to lose weight.

Then the effect felt on the body after using the weight loss method, the most answers were 64 boxers who felt symptoms such as dehydration and lack of enthusiasm. Dehydration is a common occurrence in boxers and other martial arts when losing weight (Ceylan et al., 2022). According to these results boxers think that drinking only 220 ml of water can cause a 1 kg increase in body weight. So boxers choose to limit water intake. Then 5 boxers who experienced excessive diarrhea were only felt by boxers who used laxatives in their weight loss method. The response time felt by the athlete's body is of two kinds based on these results, namely immediately felt and waiting for a few days. But boxers who use whey admit after taking these drugs, the effects of diarrhea and defecation are felt immediately.

From the results of the weight loss method, time, amount, effect, on the body and response after using the method. 44 boxers doubtfully have doubts about the dangers posed after using the chosen weight loss method and 26 admitted that the method used had a risk of danger. One of the dangers is dehydration and rapid weight loss can cause kidney damage (Lakicevic et al., 2021). In female boxers, it is necessary to pay attention to the understanding of the effects of weight loss, because rapid weight loss for women can cause female athlete's triad, namely eating disorders, menstrual cycle disorders and osteoporosis (Thomas et al., 2021).

## CONCLUSION

Boxing is a sport that is full of challenges apart from competing in the ring. One of the challenges is how to make a boxer's weight according to the class of competition that he is participating in. This challenge is enough to make it difficult for

beginner boxers to manage their weight. There are many different methods and strategies that boxers use to make their weight fit into the competition category. However, these methods and strategies have a disturbing effect on boxers, even though all the boxers involved in this study will not give up and want to compete competitively. So the need for special counseling to healthily gradually dull dual manners. In addition, coaches, doctors or nutritionists, colleagues and even parents need to be involved to monitor and motivate boxers. It is hoped that this research will become the basis for future research to discuss detail about healthy methods and strategies for boxers to lose weight.

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