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**COMPARISON OF AGGRESSION AMONG
MALES OF SELECTED SPORTS**

Comparison of Aggression among Males of Selected Sports

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Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demand training and consideration of psychological characteristics for success in this field. All sports psychological as well as physical because it is led by mental images and thorough patterns, your head, as psyche or physical conditioning. It will, however, allow you to draw the most from the conditioning you have. If you have trained more and better, your present capacity will be higher than if you have trained less or less well. However, regardless of what your physical capacity might be at moment, you have to look at your psyche in order to get the most from what you have. You have to rely on your head.

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performance seen in competitive sports is nothing but a perfect optimum harmonious relationship between one's psychological preparedness and technical preparation. Aggression has long been a part of the sports domain. Outside of wartime, sport is perhaps the only setting in which acts of interpersonal aggression are not only tolerated but enthusiastically applauded by large segment of society. Sports would serve as a suitable vehicle for example, where as war would not. In other word, because all competitive sports situations hold some degree of hostility between opponents, participants in them allow aggression to be dissipated in an acceptable manner.

Winning has become an essential part of sports and increased professionalism breeds on atmosphere of winning at all costs. The traditional cause of sport engaged such as fun and fair play appears to have decreased. Some coaches and athletes take this state of affairs to the extreme and suggest that the use of aggression is necessary in order to win.

The degree of aggressive tendencies are largely depends upon the situational factors, conditioning etc. So, it is evident that aggression among sport person is a reality today and it is increasing alarmingly day by

day. It plays important role in competitive sports but it is seen that varying level of aggression exist among different sport groups. But this is yet to be establish very objectively that, whatever the cause of aggression and the existence of variance in this aspect among different sport is more or less same. Seeing this controversy the research scholar was tempted to investigate and compare level of aggression among males of selected sports.

Statement of the problem

The purpose of the study was to compare the aggression among males of selected sports.

Delimitation

1. This study was delimited to All India Inter Varsity male players of Lakshmi Bai National Institute of Physical Education.
2. The Sports groups were confined to following:
 - (a) Basketball
 - (b) Volleyball
 - (c) Football
 - (d) Judo

The study was also delimited to psychometric parameter Spots Aggression

LIMITATIONS

1. Questionnaire technique has its limitation, as there may be some bias that may come into the mind of the subject which may be indicated in their responses, which in turns can disport the final results. This was considered as the limitation of the study.
2. The test was administered at different points of time considering the availability of the subjects

depending on the tournaments. This might affected the responses, which was considered as the limitation of the study.

SIGNIFICANCE OF THE STUDY

Understanding the psychological or behavioral parts of the athletes provide useful information and guidelines which may be helpful to coaches and athletes.

1. The study may indicate the level of aggression in sports person of different sports.
2. The result of the study may provide useful information and guidelines to coaches, physical education teacher and athletes regarding the behavioral characteristic aggression of male are players and may thus be instrumental in effective psychological preparation of athletes.

Selection Of Subjects

Sixty Sportsmen were selected as the subjects for the study. The subjects were participants of west zone Inter varsity competition and all India Intervarsity Championship in their respective sports for the session 2007-2008 and their age ranged between 17-25 years. The subjects were selected according to following sports groups.

Sport	Number of Subject
Judo	18
Soccer	18
Volleyball	12
Basketball	12

Selection of Questionnaire

The sport aggression inventory (SAI) standardized by Mr. Anand Kumar and Mr. Prem Shankar Shukla was selected for this study. It was selected because it was standardized under the India condition and widely used for research in India.

Administration of questionnaire and collection of data

The sports aggression inventory (SAI) was administered to each athlete after the completion (University Matches). The direction was read by the research scholar at a dictation speed to make the subjects understand the procedure to fill up the questionnaire, they were asked to record the answers for all question. The subjects were given enough time to answer the questionnaire. The questionnaire were taken back after, it was duly completed.

SCORING

The sports aggression inventory was considered of 25 items in which 13 items were keyed 'yes' were 1,4,5,6,9,12,14,16,18,21,22,24 and 25, and the statements which were keyed 'No' were 2,3,7,8,10,11,13,15,17,19,20 and 23. For each correct item, score was one so the maximum score may be 25 and minimum score may be 0 (zero). Scores obtained by each subject on each statement was added up which represented ones total score on aggression.

STATISTICAL PROCEDURE

To compare the level of aggression among males of selected sports, analysis of vatiance was used. The level of significance was set at .05.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

The data were analyzed by applying one way analysis of variance to find out the significant difference if any between the means of scores of four groups (Judo, Football, Volleyball and Basketball) on the basis of aggression test results are presented in table-1.

Level of Significance

The level of significance chosen to compare the aggression among males players of selected sports was set at .05 level of confidence which was considered adequate and appropriate for the purpose of this study.

Table-1

ANALYSIS OF VARIANCE OF THE MEANS OF MALES PLAYERS OF SELECTED SPORTS IN RELATION TO AGGRESSION

Source of variance	Df	SS	MSS	F-Value
Treatment	3	62.64	20.886	5.042*
Error	56	231.95	4.141	

*Significant at .05 level

Tabulated F .05 (3.56) =2.78

Table -1 revealed that there was significant difference in the means of males players of difference games i.e. Judo, Football, Volleyball and Basketball in relation to sports aggression as obtained F-ration was 5.042 which was higher value than the 2.78 required for the F- ration to be significant at .05 level with (3,56) degree of freedom.Since the F-value was found significant in relation to aggression in male players of selected sports (Judo, Football, Volleyball, and Basketball) the scheffe's test was applied to find out which of the

difference of the means amongst the different groups were statistically significant.

Table -2

Scheffe's Test for the Means of Males Players of Selected Sports In Relation To Aggression

Means of Selected Sports					
Judo	Football	Basketball	Volleyball	M.D.	C.D.
13.22	12.55			0.67	1.95
13.22		11.00		2.22*	2.18
13.22			10.75	2.47	2.18
	12.55	11.00		1.55	2.18
	12.55		10.75	1.8	2.18
		11.00	10.75	.25	2.39

M.D. = Mean Difference
 C.D. = Critical Difference

It is evident from table -2 that mean difference of male players of selected sports in relation to sports aggression was found to be significant between Judo and Basketball, Judo and Volleyball as the mean difference were greater than critical difference.

Mean difference between Judo and Football, Football and Basketball, Football and Volleyball, Basketball and Volleyball did not prove to be significant at .05 level of confidence as the mean difference were lower than the critical difference. The sequence of performance among male players of selected sports was Judo>Football>Basketball>Volleyball.

DISCUSSION OF FINDINGS

The findings of study showed that among four groups of sports i.e. namely Judo, Football, Basketball and Volleyball male Judo players were found with highest level of aggression at the same time Volleyball were found to be of lowest in aggression. Further the players of selected three games Football, Basketball and Volleyball didn't differ significantly on aggression. It was also evident from the findings that aggression of males Judo Players was significantly higher than Basketball and Volleyball players.

The finding that male Judo players were highest on aggression than the other selected team games can be attributed than the other selected team games can be attributed to the very fact that Judo is a combative sports and some form of aggression oriented actions are permissible within the limits of rules and regulations some specific techniques like choking, Arm

locks etc. are injury prone and by nature aggression oriented.

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Being strength based game and the very objective of combat being to overpower the opponent in direct combat the tendency to be aggressed may be in built part of the game. This may be the reason that Judo male's players were high on aggression though Judo in whole inculcates high discipline and self-control.

Footballers, Basketballers and Volleyballers were lower than Judo players and they didn't differ significantly among them on aggression. Also direct body contact or direct tackling of opponent are permitted in prescribed forms. There are also strict penalizations for rules violations etc.

All these strives restriction on aggression. Moreover all the three games are similar on many aspects may because of this reason they dint differ significantly on aggression.

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