International Journal of Physical Education and Sports Sciences
Vol. 11, Issue No. 02, April-2017, ISSN 2231-3745

Assessment of Anxiety and Aggression in Relation to Emotional Intelligence among the Wrestlers

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Abstract – The purpose of this work is to broaden research into the relationships between emotional understanding and several subjective wellness indicators for young people, such as stress and social fear. Diversities of depression and social anxiety are also measured according to the emotional intelligence rating. The findings show a positive correlation between emotional intelligence and psychological well-being. Similarly, it is reported that there is a negative association between emotional intelligence and depression and cognitive awareness and social anxiety. These findings align with other related teenage research.

Keywords: Anxiety, Aggression, Emotional Intelligence

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INTRODUCTION

The world of games and sports is consistently growing and ceaseless. In the present techno-logical age, the world is advancing with enormous speed in practically every one of the fields. Science has pervaded in different backgrounds and sports and games are no special case. So as to give the most ideal performance in any challenge, the assistance of logical orders is looked for. With the presentation of the essential standards of science, physical training and sports has gotten a subject of logical research, for example, biomechanics, physiology of activity brain science, nourishment and diet and so forth, have added to the performance level. New methods have been advanced dependent on the knowledge and comprehension of the sports specialists. The idea of sports is a constant procedure, regularly changing and expansive.

Direct help from different sports sciences, for example, sports physiology, sports prescription, biomechanics, sports brain science et cetera has carried greatness to such a level here physical wellness, strategies and systems of performance are viewed as just not satisfactory. The sports researchers have now begun looking past these skylines. The possibility that competitors must give his/her top performance all sports sciences cooperate to set up a universal level sports individual. From the archives of the history we came to realize that at global level players become annoyed and can't give their top performance the purpose for this is the mental parameters of those players are not adapted up to stamp. The major mental parameters which influence the performance of sports individual are anxiety, aggression, enthusiastic knowledge, and so forth and so on.

Anxiety is an enthusiastic state described by sentiments of pressure, negative contemplations rule and in games, certain focused circumstances normally produce more anxiety than other. Both A-characteristic level and state level will influence how a player adapts to pressure. An elevated level of anxiety is constantly impeding to performance, for e.g., anxiety might be useful in errands that require quality and power. Speilberger relates the idea of anxiety explicitly to sports. He characterizes aggressive anxiety as the "inclination to see focused circumstance as compromising and to react to these circumstance with sentiment of misgiving and strain. As per Speilberger, dread of disappointment and dread of physical harm have all the earmarks of being the most pervasive determinants of A-state in aggressive game.

All anxiety isn't problematic. An ideal level is by all accounts expected to perform well. Then again, if the competitor is excessively on edge or undertakings an "I don't care the slightest bit" frame of mind, performance is probably going to be not exactly attractive. Anxiety is a general attribute just as a brief condition of being. Anxiety might be most noteworthy preceding and following a pressure full athletic circumstance; the game itself regularly will in general decrease anxiety. While influencing performance, anxiety cooperates with character characteristics, for

example, accomplishment needs and with the social and monetary conditions encompassing a competitor.

It has been underscored since barely any decades that aggression or aggressive behavior of a player/s assumes a crucial job in various sports and games as indicated by the idea of movement. Aggression straightforwardly influences the sportsman's performance in any case. This is especially valid in confrontational/double/body contact games.

The word aggression originates from Latin root aggedi, promotion (to or toward) and gradior walk, truly then the word intends to walk or approach, to "move against" or to "move with goal to damage or harm". Most clinicians depict aggression as far as behavior. Aggressive behavior has been related genital movement, medication and liquor enslavement, game and exercise crying, whining taking up arms and so on.

Aggressive behavior is very noticeable in sports. Not all aggressive behavior in sports is rough and dangerous. Truth be told, numerous types of aggressive behavior are acknowledged and even incited; frequently aggression is "a piece of the game", Use of the term aggression alludes to a wide scope of sports behaviors that causes perplexity. Most aggressive behavior in sports are neither obviously alluring nor plainly bothersome. Rather, most aggressive acts are viewed as tacky by certain individuals and legitimate by others.

The term aggression is utilized to portray furious fierce behavior with plan to hurt an individual or cause harm to property. "Aggressive" behavior is likewise used to delineate a solid and fairly audacious exertion. In this way an aggressive sales rep or competitor, for instance, might be seen as unpalatable or fierce by a few and spurred and dedicated by others. "Aggression is any type of behavior coordinated towards the objective of harming or harming another living being who is roused to keep away from such treatment". Along these lines: Aggression is a demonstration not an intellectual state. Aggression isn't inadvertent; it is a purposeful demonstration to harm. Aggressive acts include substantially and mental harm Aggressive acts included just living creatures; harm to objects doesn't consider aggression.

METHOD AND PROCEDURE

In this chapter the method and procedure of selection of sample, selection of variables, selection of test **/** tools and its administration are presented.

DESIGN OF THE STUDY

The study will be a quantitative research in which survey method will be used. The variables of study will be assessed by using respective questionnaires. The data will be collected from the wrestlers of selected Universities of Haryana, attending All India Inter-University coaching camp at their respective Universities. The collected data will be put to analysis and result of the study will be drawn.

SELECTION OF SAMPLE

The sample of present study will be the wrestlers of selected universities of Haryana. Respondents will be selected during the All India Inter-University Wrestling Championship camp which will be held at concerned Universities in the session 2016-17. For this study approximately 150 wrestlers will be selected.

SELECTION OF VARIABLES

The variables are:-

Dependent variables:

1) Anxiety

2) Aggression

Independent Variable:

1) Emotional Intelligence

SELECTION OF TESTS / TOOLS

The variables of the study will be assessed by using following tests:-

Dependent variables:

Anxiety: State Trait Anxiety Scale (STAS) by Dr. Roma Pal and Govind Tiwari will be used

Aggression: To measure aggression, the Aggression Scale constructed by Dr. Roma Pal and Dr. Tasneem naqvi will be administered.

Independent Variable:

Emotional Intelligence: To measure Emotional Intelligence, the Emotional Intelligence Scale constructed by Dr. Gurukul Ryde, Dr. Sanjyol Perhe and Dr. Upinder Dhar will be used.

ADMINISTRATION OF TESTS AND COLLECTION OF DATA

The researcher will personally visit selected Universities of Haryana for the collection of data. After brief explanation about the purpose of study, related questionnaire will be handed over to the respondents. The doubts will be clarified on the spot, if any. The respondent will be requested to fill the questionnaire and return it back to researcher. The questionnaire will be checked as par the administrative procedure mentioned in the test manuals. The data will be entered into computer for analyses.

STATISTICAL PROCEDURE

To find out the relationship among the Anxiety, Aggression and Emotional Intelligence product moment correlation will be used. Further, comparison of will be done by using ANOVA, where the 'F' ratio will be found significant Scheffee Post Hoc test will be used. The level of significance will be set at 0.05.

RESULT AND ANALYSIS

Objective 1: To ascertain the relationship of anxiety and emotional intelligence among the wrestlers.

Correlation analysis was done to analyse this objective.

Correlation coefficients are used in statistics to measure how strong a relationship is between two variables.

A correlation is a statistical measure of the relationship between two variables

The correlation coefficient is a value that indicates the strength of the relationship. The coefficient can take any values from -1 to 1. The interpretations of the values are:

- **1:** Perfect negative correlation. The variables tend to move in opposite directions (i.e., when one variable increases, the other variable decreases).
- **0:** No correlation. The variables do not have a relationship with each other.
- **1:** Perfect positive correlation. The variables tend to move in the same direction (i.e., when one variable increases, the other variable also increases).

Following hypothesis was formed to analyse this objective.

Ho: There is no significant relationship between the anxiety and emotional intelligence among the wrestlers.

Ha: There is significant relationship between the anxiety and emotional intelligence among the wrestlers.

Correlation coefficient and its p value was calculated as under.

AX ->Anxiety

EI -> Emotional Intelligence

Correlation coefficient

	AX	EI
AX	1.00	0.05
EI	0.05	1.00

P value – 0.5201

The p-value is higher than the usual threshold of 0.05. We cannot reject null hypothesis and have to the accept there is no significant relationship between the anxiety and emotional intelligence among the wrestlers.

Objective 2: To ascertain the relationship of aggression and emotional intelligence among the wrestlers.

Correlation analysis was done to analyse this objective as well.

Following hypothesis was formed to analyse this objective.

Ho: There is no significant relationship between the aggression and emotional intelligence among the wrestlers.

Ha: There is significant relationship between the aggression and emotional intelligence among the wrestlers.

Correlation coefficient and its p value was calculated as under.

AG ->Aggression

EI -> Emotional Intelligence

Correlation coefficient

	AG	EI
AG	1.00	0.13
EI	0.13	1.00

P value – 0.1251

The p-value is higher than the usual threshold of 0.05. We cannot reject null hypothesis and have to the accept there is no significant relationship between the aggression and emotional intelligence among the wrestlers.

Objective 3: To compare the mean scores of male wrestlers of different universities of Haryana on Emotional Intelligence

ANOVA (Analysis of Variance) was performed to meet this objective, as there are 3 universities involved in analysis.

ANOVA is a statistical technique, commonly used to studying differences between two or more group means.

The objective is to know if three universities have the same mean score of Emotional Intelligence or it is significantly different.

The Oneway ANOVA is a statistical technique that allows us to compare mean differences of one outcome (dependent) variable across two or more groups (levels) of one independent variable (factor).

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean Emotional Intelligence scores of male wrestlers of different universities of Haryana on.

Ha: There is significant difference in the mean Emotional Intelligence scores of male wrestlers of different universities of Haryana on Emotional Intelligence.

Emotional Intelligence score variable was denoted as EI while the Universities were denoted as Univ in the analysis. Following output was obtained.

M-EI	CDLU	KUK	MDU
Count of EI	38	36	36
Average of EI	126.1842	128.1389	126.6389
StdDev of EI	7.597493	6.485821	6.071727

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of male wrestlers they have obtained CDLU the mean value Count of EI 38, Average of EI 126.1842, StdDev of EI **7**.597493 and KUK the mean value Count of EI 36, Average of EI 128.1389 , StdDev of EI 6.485821 and MDU the mean value Count of EI 36, Average of EI 126.6389, StdDev of EI 6.071727 respectively which are given in table reveals that the significant difference was found out in MDU male wrestlers of universities of Haryana on Emotional Intelligence.

	EI	Residuals
Sum of Squares	76.597	4898.322
Deg. of Freedom	2	107

Residual standard error: 6.765996

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	77	38.30	0.837	0.436
Residuals	107	4898	45.78		

The p-value is higher than the usual threshold of 0.05. We cannot reject null hypothesis and have to the accept that mean Emotional Intelligence scores of males in different universities are not significantly different.

Objective 4: To compare the mean scores of female wrestlers of different universities of Haryana on Emotional Intelligence.

ANOVA (Analysis of Variance) was performed to meet this objective as well, as this objective is similar to earlier one.

The objective is to know if three universities have the same mean score of Emotional Intelligence for female wrestler or it is significantly different.

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean scores of female wrestlers of different universities of Haryana on Emotional Intelligence.

Ha: There is significant difference in the mean scores of female wrestlers of different universities of Haryana on Emotional Intelligence.

Emotional Intelligence score variable was denoted as EI while the Universities were denoted as Univ in the analysis. Following output was obtained.

F-EI			
	CDLU	KUK	MDU
Average of EI	124.8333	126.2857	127.0714
Count of EI	12	14	14
StdDev of EI	12.20904	8.165863	6.911131

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of male wrestlers they have obtained CDLU the mean value Count of EI 12, Average of EI 124.8333, StdDev of EI 12.20904 and KUK the mean value Count of EI 14, Average of EI 126.2857, StdDev of EI 8.165863 and MDU the mean value Count of EI 14, Average of EI 127.0714, StdDev of EI 6.911131 respectively which are given in table reveals that the significant difference was found out in MDU female wrestlers of universities of Haryana on Emotional Intelligence.

	EI	Residuals
Sum of Squares	32.9226	3127.4524
Deg. of Freedom	2	37

Residual standard error: 9.193788

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	32.9	16.46	0.195	0.824
Residuals	37	3127.5	84.53		

The p-value is higher than the usual threshold of 0.05. We cannot reject null hypothesis and have to the accept that mean Emotional Intelligence scores of females in different universities are not significantly different.

Objective 5: To compare the mean scores of male wrestlers of different universities of Haryana on Anxiety.

The objective is to know if three universities have the same mean score of Anxiety for male wrestler or it is significantly different.

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean scores of male wrestlers of different universities of Haryana on Anxiety.

Ha: There is significant difference in the mean scores of male wrestlers of different universities of Haryana on Anxiety.

Anxiety score variable was denoted as AX while the Universities were denoted as Univ in the analysis. Following output was obtained.

M-AX			
	CDLU	KUK	MDU
Count of AX	38	36	36
Average of AX	112.1316	114.9722	118.8611
StdDev of AX	9.637122	11.9367	9.301775

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of male wrestlers they have obtained CDLU the mean value Count of AX 38, Average of AX 112.1316, StdDev of AX 9.637122 and KUK the mean value Count of AX 36, Average of AX 114.9722, StdDev of AX 11.9367and MDU the mean value Count of AX 36, Average of AX 118.8611, StdDev of AX 9.301775 respectively which are given in table reveals that the significant difference was found out in CDLU male wrestlers of universities of Haryana on Anxiety.

	AX	Residuals
Sum of Squares	841.735	11451.620
Deg. of Freedom	2	107

Residual standard error: 10.34526

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	842	420.9	3.932	0.0225 *
Residuals	107	11452	107.0		

The p-value is lower than the usual threshold of 0.05. We have to reject null hypothesis and have to accept that mean Anxiety scores among males in different universities are significantly different.

Objective 6: To compare the mean scores of female wrestlers of different universities of Haryana on Anxiety.

ANOVA (Analysis of Variance) was performed to meet this objective, as there are 3 universities involved in analysis.

The objective is to know if three universities have the same mean score of Anxiety for female wrestler or it is significantly different.

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean scores of female wrestlers of different universities of Haryana on Anxiety.

Ha: There is significant difference in the mean scores of female wrestlers of different universities of Haryana on Anxiety.

Anxiety score variable was denoted as AX while the Universities were denoted as Univ in the analysis. Following output was obtained.

F-AX			
	CDLU	KUK	MDU
Count of Anxiety	12	14	14
Average of Anxiety	107.75	117.1429	117.2143
StdDev of Anxiety	7.275426	10.58197	9.625116

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of female wrestlers they have obtained CDLU the mean value Count of AX 12, Average of AX 107.75, StdDev of AX 7.275426 and KUK the mean value Count of AX 14, Average of AX 117.1429, StdDev of AX 10.58197 and MDU the mean value

Count of AX 14, Average of AX 117.2143, StdDev of AX 9.625116 respectively which are given in table reveals that the significant difference was found out in MDU female wrestlers of universities of Haryana on Anxiety.

	AX	Residuals
Sum of Squares	746.779	3242.321
Deg. of Freedom	2	37

Residual standard error: 9.361106

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	747	373.4	4.261	0.0216*
Residuals	37	3242	87.6		

The p-value is lower than the usual threshold of 0.05. We have to reject null hypothesis and have to accept that mean Anxiety scores among females in different universities are significantly different.

Objective 7: To compare the mean scores of male wrestlers of different universities of Haryana on Aggression.

The objective is to know if three universities have the same mean score of Aggression for male wrestler or it is significantly different.

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean scores of male wrestlers of different universities of Haryana on Aggression.

Ha: There is significant difference in the mean scores of male wrestlers of different universities of Haryana on Aggression.

Aggression score variable was denoted as AG while the Universities were denoted as Univ in the analysis. Following output was obtained.

M_AG			
	CDLU	KUK	MDU
Count of Aggression	38	36	36
Average of Aggression	110.1842	108.6389	117.5
StdDev of Aggression	12.19405	12.68554	12.29053

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of male wrestlers they have obtained CDLU the mean value Count of Aggression 38, Average of Aggression 110.1842, StdDev of Aggression 12.19405 and KUK the mean value Count of Aggression 36, Average of Aggression 108.6389, StdDev of Aggression 12.68554 and MDU the mean value Count of Aggression 36, Average of Aggression 117.5, StdDev of Aggression 12.29053respectively which are given in table reveals that the significant difference was found out in CDLU male wrestlers of universities of Haryana on Anxiety.

	AG	Residuals
Sum of Squares	1620.402	16421.016
Deg. of Freedom	2	107

Residual standard error: 12.3882

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	1620	810.2	5.279	0.00651**
Residuals	107	16421	153.5		

The p-value is lower than the usual threshold of 0.05. We have to reject null hypothesis and have to accept that mean AGGRESSION scores among males in different universities are significantly different.

Objective 8: To compare the mean scores of female wrestlers of different universities of Haryana on Aggression.

The objective is to know if three universities have the same mean score of Aggression for female wrestler or it is significantly different.

Following Hypothesis in one-way ANOVA test:

H0: There is no significant difference in the mean scores of female wrestlers of different universities of Haryana on Aggression.

Ha: There is significant difference in the mean scores of female wrestlers of different universities of Haryana on Aggression.

Aggression score variable was denoted as AG while the Universities were denoted as Univ in the analysis. Following output was obtained.

F_AG			
	CDLU	KUK	MDU
Count of Aggression	12	14	14
Average of Aggression	107.8333	107.1429	118.9286
StdDev of Aggression	11.8001	15.25606	10.10304

Formula: Univ ~ EI (Univ Independent variable, EI dependent variable)

Table shows that the mean scores, standard deviation and total ratio of the emotional intelligence scale of female wrestlers they have obtained CDLU the mean value Count of Aggression 12, Average of Aggression 107.8333, StdDev of Aggression 11.8001 and KUK the mean value Count of Aggression 14, Average of Aggression 107.1429, StdDev of Aggression 15.25606 and MDU the mean value Count of Aggression 14, Average of Aggression

118.9286, StdDev of Aggression 10.10304 respectively which are given in table reveals that the significant difference was found out in MDU female wrestlers of universities of Haryana on Anxiety.

	AG	Residuals
Sum of Squares	1199.665	5884.310
Deg. of Freedom	2	37

Residual standard error: 12.61092

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
Univ	2	1200	599.8	3.772	0.0323 *
Residuals	37	5884	159.0		

The p-value is lower than the usual threshold of 0.05. We have to reject null hypothesis and have to accept that mean AGGRESSION scores among females in different universities are significantly different.

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