

## Comparative Study of Aggression and Anxiety among Basketball Players

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### Abstract

Objective of the study was to compare level of aggression and anxiety among basketball players. For the study 40 basketball players were selected from Delhi and Punjab state. Those players who participated in National Games in 2018-19 were selected for the study. To test Anxiety V.P. Sharma (2000) Anxiety Scale was used and for assessment of aggression M.K. Sultania (2006) Aggression Inventory was used. Data was collected during national games and was analyzed by using mean median SD SEM and "t" test was used to find significant difference between two state players. Result of the study shows that significant difference in psychological traits of two state

**KEYWORDS:** Aggression, Anxiety, Basketball Players

### Introduction

Each sportsman today requires specific physical, physiological and psychological fitness with respect to the requirement or demand of the activity being performed. Though the structural and functional characteristics are central ingredients for success in any sports activity, it is the psychological aspect that gives the final edge and makes all difference. Human brain makes us unique among all creatures. Perception, consciousness, memory, learning, communication and intelligence all originate and depend on the brain and psychology.

Performance in team sports is determined by the interaction of physical characteristics, co-ordination, techniques and tactics with psychological factors, images, operations and states; and by external conditions, such as the development in international and national standards. Cultural, upbringing is just as important as physical training. Whenever the physical, physiological and sociological needs are unconvincing it leads to psychological problems. When a player in a game of above needs is not rewarded, it leads to aggression, anxiety and emotions. Sports persons are trained and turned to sweat and slog for more and still more medals. Sports psychology is defined as the study of mental processes as they relate to human sports performance. It consists of theories and laws of learning, the importance of reinforcement, and the linking of perceptual abilities, with motor performance that contribute to the body of knowledge. Sports psychologists utilize the information when studying topic such as achievement motivation, arousal, attribution and personality development. (Lumpkin 1986)

### Objectives of the study

- 1) To find out the anxiety level of inter universities players of Delhi.

- 2) To find out the anxiety level of inter universities players of Punjab.
- 3) To determine the level of aggression of inter universities players of Delhi.
- 4) To determine the level of aggression of inter universities players of Punjab.
- 5) To compare the anxiety and aggression level of inter universities players of Delhi and Punjab.

#### **Hypothesis**

- 1) It was hypothesized that there would be difference in anxiety among inter universities players of Delhi.
- 2) It was hypothesized that there would be difference in anxiety among inter universities players of Punjab.
- 3) It was hypothesized that there would be difference in aggression among inter universities players of Delhi.
- 4) It was hypothesized that there are difference in aggression among inter universities players of Punjab.

#### **Scope of the study:**

##### **Delimitations**

- i. The study was delimited to 40 inter universities players of Delhi and Punjab i.e. 20 from each state.
- ii. Age ranged between 18-25 years.
- iii. The study was delimited to male players only.
- iv. The study was delimited to those sports persons who have participated at National University Games in 2018 - 2019).

##### **Limitations**

- i) The researcher was entirely depended-upon the information given by the players.
- ii) Nutrition or eating habits will not under the control of researcher.
- iii) Psychological and physiological status of players will not under the control of researcher.
- iv) Authenticity of data will depends upon honesty of subjects.

#### **Significant of the Study**

- 1) Study will be significant in finding out the relationship of successful players on psychological variables the anxiety and aggression.
- 2) Study will be significant in finding out the level of anxiety of players.
- 3) Study will be significant in finding out the level of aggression of players.

#### **Design of the study**

##### **Sources of data**

Sources of data was those Basketball Players who have participated at National University of Basketball game 2018 - 2019.

##### **Sampling Method**

40 Basketball player participated in National Games from Delhi and Punjab i.e. 20 from each were selected through the non - probability sampling method

### Tools & technique

The data was collected through the standardized questionnaire.

**Anxiety: - Test Anxiety Scale: - V.P. Sharma (2000)**

**Reliability = 0.927 Validity = 0.768**

**Aggression: -Aggression Inventory M.K. Sultania (2006)**

➤ **Reliability = 0.90 Validity = 0.45**

### Collection of data

Standardized questionnaire was used to collect data from subjects.

### Statistical Analysis & Interpretation of Data

**Table No. I**

**Table shows significant difference in Anxiety among Delhi and Punjab Basketball Players**

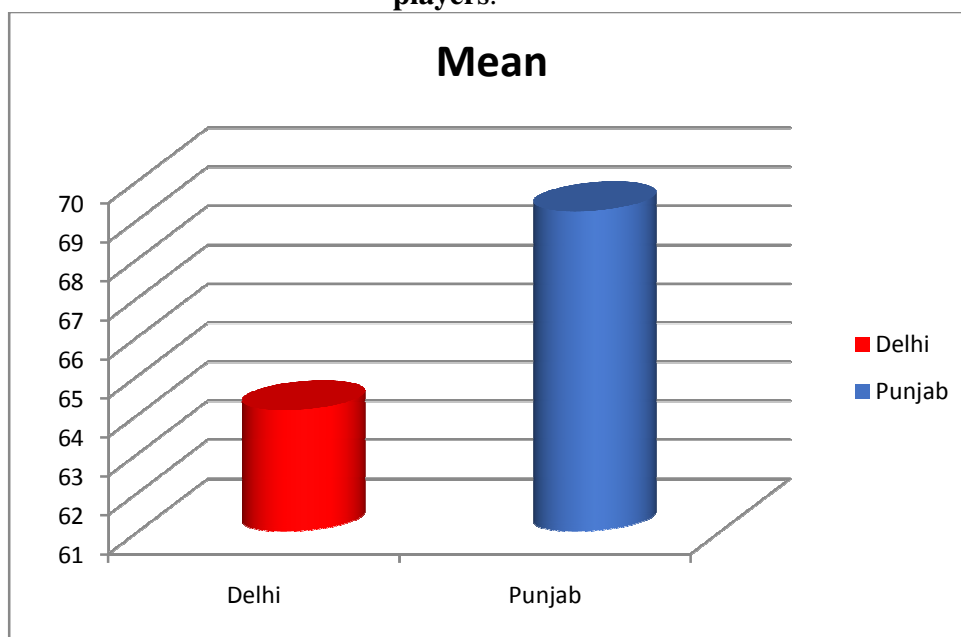
S/N	State	Numbers of Players	Mean	S.D	M.D	S.E	t-Value
1.	Delhi	20	64.1	11.78	5.1	1.08	4.72
2.	Punjab	20	69.2	11.76			

**Level of significance 0.05**

**38 df=1.6**

Above table reveals that the mean value of the basketball players of Delhi and Punjab are 64.1 and 69.2 respectively. The calculated 't' value is 4.72. Which is more than the table value of 't' i.e. 1.6. Which indicated that significant difference was found between Delhi and Punjab basketball players for their anxiety parameter.

**Graph shows level of anxiety in the Punjab players are more than to Delhi basketball players.**



**Table No. 2**  
**Value of Aggression of Basketball Inter University Sports Persons**

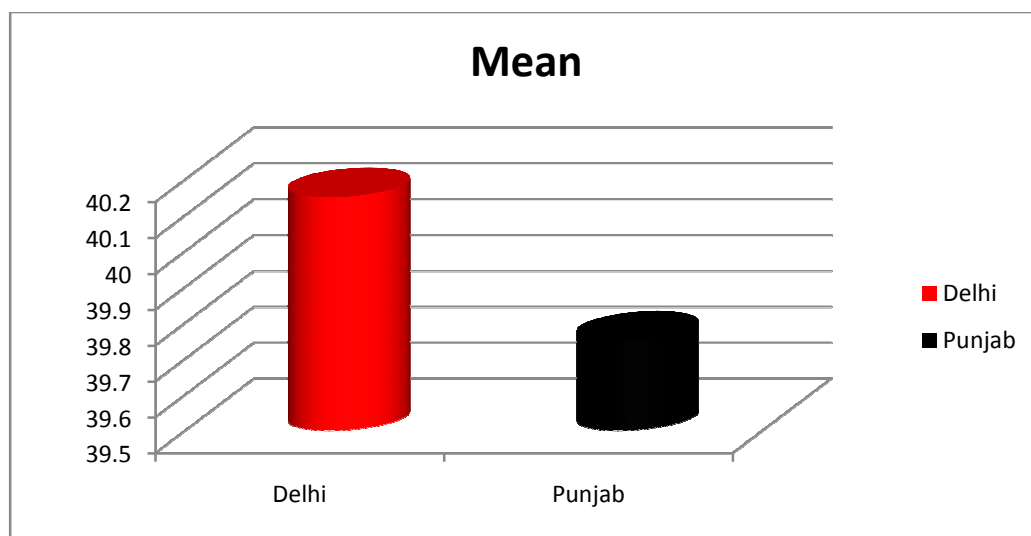
S/N	State	Numbers of Players	Mean	S.D	M.D	S.E	t-Value
1.	Delhi	20	40.15	7.17	0.40	0.82	0.48
2.	Punjab	20	39.75	6.49			

**Level of significance 0.05**

$$df^{38}=1.6$$

The above table reveals that the mean value of the basketball players of Delhi and Punjab are 40.15 and 39.75 respectively. The calculated 't' value is 0.48 which is less than the table value of 't' i.e.1.6 which means no significant difference was found in aggression of two state players.

**Graph shows difference in mean value of two state players in aggression**



**Discussion of Findings**

- 1) It was found from table I that significant difference was found in Anxiety of two state players as calculated 't' value 4.72 was more than table value of 't' i.e. 1.6. It was further found that mean value of Punjab players 69.2 was higher than Delhi i.e.64.1 which shows that Punjab players have more anxiety level than Basketball Players of Delhi State.
- 2) It was also found from table II that no significant difference was found in aggression level among two state players as mean value was also found almost same i.e. 40.15 to Delhi and 39.75 to Punjab

**Conclusions:**

Following conclusions were drawn from the present study.

- 1) It was concluded that significant difference was found in anxiety among basketball players of Delhi and Punjab state. As mean value of Delhi and Punjab were 64.1 and 69.2 respectively, which means Punjab state players shown more anxiety as compare to Delhi.
- 2) It was concluded that no significant difference was found in aggression among basketball players of Delhi and Punjab state. As the means value of Delhi and Punjab are 40.15 and 39.75 respectively. Which shows almost same aggression in both state basketball players

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