

Aggression in Kho-Kho Players and Kabaddi Players of Daulat Ram College: A Comparative Study

Kavita Sharma

Associate Professor, Daulat Ram College, University of Delhi

Abstract

Aim: The purpose of the study was to compare the aggression between Kho-Kho players and Kabaddi players of Daulat Ram College. **Research Hypothesis:** It was hypothesized that there was a significant difference between aggression level of Kho-Kho players and Kabaddi players of Daulat Ram College. **Methodology:** The study was delimited to the female Kho-Kho players and Kabaddi players of Daulat Ram College. The data was collected on 30 female players (15 Kho-Kho players and 15 Kabaddi players) of Daulat Ram College. **Statistical Analysis:** The data pertaining to aggression was subjected to statistical analysis. Descriptive statistics were computed for the data collected and independent t-test was used to assess the significant difference between aggression level of Kho-Kho players and Kabaddi players of Daulat Ram College, employed. The level of significance set was .05. **Results and Findings:** The result of the study revealed that there was a significant difference found in terms of aggression among Kho-Kho and Kabaddi Players of Daulat Ram College. The aggression level of Kabaddi Players was found to be higher than the Kho-Kho Players.

KEYWORDS – Aggression, Kho-Kho, Kabaddi, Descriptive statistics, and Independent t-test.

INTRODUCTION

The word Aggression comes from the Latin work aggress, 'ad' (to or toward) and greater (walk). Literally then the word means to "to work towards or approach". Aggressive act can be defined as those which the athlete (1) is highly motivated (2) demonstrate the great realize of physical energy, and / or (3) is not inhibited by fear of potential fracture or injury (**J.M. Silva et al, 1984**). Aggressive behavior is an overt verbal or physical act that can psychologically or physically injures another person or oneself. Aggressive behavior against another person is called extropunitive behavior. Aggressive behavior is non-accidental, the aggression or intends on injury and the behavior selected for this is under his or her control (**Silva and Weinberg, 1984**).

“Aggression is not only a behavior that involves hurting others, it is also a complex emotional condition, a specific cognitive structure with a strong motivational base, involving the whole mental life”. Every person knows the feeling of anger because it is a natural response to a problem, to an internal or external tension (pressure). Therefore it can be directed toward elements or persons from around or at himself. „The externalization of aggression in excess and inappropriate lead to violence and to the inability to relate effectively with activities or with the others, while the inhibition of its expression leads to depression, physical diseases and difficulties in communication” (**Stemate, 2009**).

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as “any form of behaviour directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment” (**Baron & Richardson, 1994**). Most people view aggression as a

negative psychological characteristic, however some sport psychologists agree that aggression can improve performance. This is called an assertive behaviour where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent. In sport, aggression has been defined into two categories: hostile aggression and instrumental aggression (**Silva, 1983**). Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is achieve a goal by using aggression. Sports competition without “aggression” is a body without soul, competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and “do or die” for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team (**M.L. Kamlesh, 1984**).

By nature human beings are competitive and ambitious for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging the other nation. Thus these challenges stimulates, inspires and motivates all the nations to sweat and strive to run faster, jump higher, throw further in present competitive sports world. This can only be possible through scientific, systematic and planned sports training as well as channelizing them into appropriate games and sports by finding out their potentialities (**C.E. Kalfs, C.D. Arutheim, 1969**).

Aggressive behavior may cause a disruption to the thoughts and actions of teammates, and if the act is punished by officials, can result in a disruption in play (affecting the focus and attention of teammates), possible punitive action (receiving a penalty or being scored against), or having to play with one less player if the offender is sent off. Conversely, aggression can act as a rally call for teams. A bench clearing brawl involving all the players on a team could result in increased feelings of group solidarity and cohesiveness among team-mates which could transfer to improved performance on the field (**J.P Brunelle, C.M. Janelle, L.K. Tennant, 1999**).

Most aggression in sport results from frustration. This frustration is the result of various motives being blocked. Those motives which are predominant in sport and which generate aggression when wasted, they revolve around achievement dominance power, recognition, prestige and excellence. If a boy places high incentive value on one or a combination of these motives and the incentive systems are blocked from attaining or satisfying them, he becomes frustrated. In essence aggression is primarily a learned behavior which is the result of an individual’s interaction with his or her social environment over time. Aggression occurs in sports where an athlete’s generalized expectancies for the re-inforcement for aggressive behavior are high (e.g.: receiving praise from parents, coaches, peers) and where the reward value outweighs punishment value (e.g.: gaining a tactical and psychological advantage with a personal foul, a yardage penalty in American Football). This is deemed an appropriate time to exhibit aggression (**Leches & Nation, 1987**).

RESEARCH OBJECTIVE

The objective of the present study was: To compare the aggression between Kho-Kho players and Kabaddi players of Daulat Ram College.

RESEARCH HYPOTHESIS

There would be a significant a difference between the Kho-Kho Players and Kabaddi Players of Daulat Ram College.

METHODOLOGY

Selection of Subjects

For the purpose of the present study 30 female players (15 female Kho-Kho players and 15 Kabaddi players) of Daulat Ram College were selected as the subject for the research. The age of the subjects were ranging from 18-25 years.

Criterion measures

The criterion measure chosen to test the hypothesis was to scores obtain in sports aggression inventory by Anand Kumar and Pren Shankar Shukla.

Description of Aggression Test

Sports Aggression Inventory consisted of 25 items. Out of these twenty five items 13 items were keyed as "YES" and remaining 12 were keyed as "NO". The statements which were keyed "YES" are 1,4,5,6,9,12,14,16,18,21,22,24 and 25 and the statements which were keyed "NO" are 2,3,7,8,10,11,13,17,19,20 and 23

Administration of Test

The Sports Aggression Inventory questionnaire was distributed to Kho-Kho and Kabaddi players of Daulat Ram College. Subjects were oriented and explained regarding the purpose and the procedure of the questionnaire

Scoring of Questionnaire

For each correct items score was one, so the maximum score may be 25 and minimum score may be 0 (zero) scores obtained by each subject, on each statements was added up which represented one's total score on aggression.

Statistical analysis

Descriptive statistics were computed for the data collected and Pearson product moment correlation was used to assess the relationship between skin fold thickness and performance in health related fitness tests.

FINDINGS

The data was analysed by using "t" test. The significance of mean difference was found between scores obtain on aggression by Kho-Kho player and Kabaddi players of Daulat Ram College has been presented in table-1.

Table-1: Significant difference of Mean on Aggression between Kho-Kho Players and Kabaddi Players of Daulat Ram College.

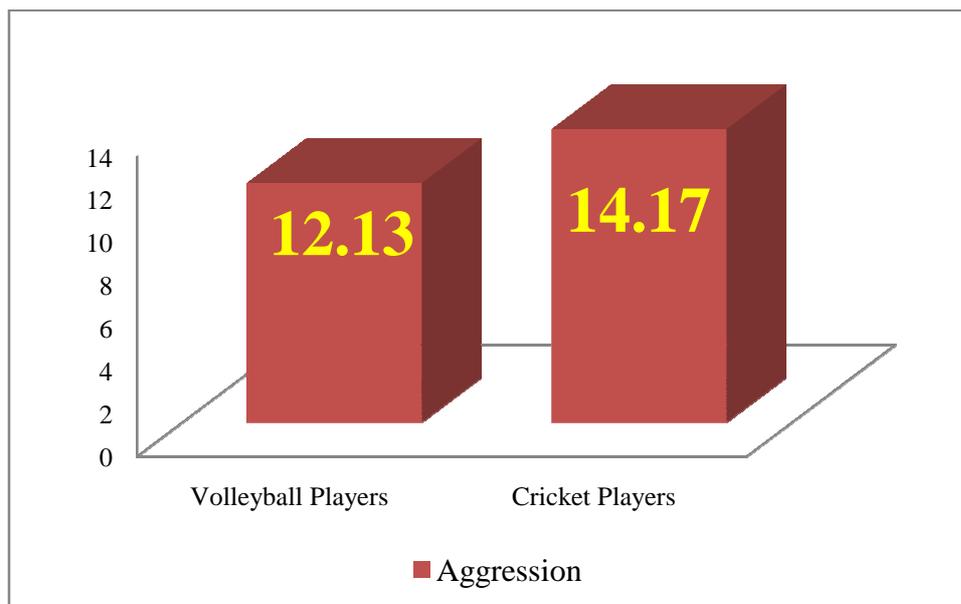
Variable	Group Mean		Mean difference	t-value
	Kho-Kho Players	Kabaddi Players		
Aggression	12.13	14.17	2.04	3.12*

*Significant at .05 level of confidence t.05 (28) 2.05

Table-1 shows that Mean Value, Mean difference and t-value for aggression scores of Kho-Kho players and Kabaddi players of Daulat Ram College. It was evident from Table-1 that there was a significant difference between the means of Kho-Kho players and Kabaddi players on the scores of aggression since the obtained value of 't' (3.26) was higher than the tabulated value of 't' (2.01) which was required to be significant at (48) degree of freedom with 0.05 level of confidence.

The graphical representation of the data pertaining to this has been presented in fig-1.

Figure-1: Comparison of Aggression Mean Scores of Kho-Kho Players and Kabaddi Players of Daulat Ram College.



DISCUSSION OF FINDINGS

The result of the study clearly indicates that there was a significant difference found in terms of aggression among Kho-Kho and Kabaddi Players of Daulat Ram College. The mean value of Kabaddi Players on aggression was found to be quite a bit higher than the Kho-Kho Players of Daulat Ram College. The analysis revealed that Kabaddi Players were more aggressive in comparison to the Kho-Kho Players. In case of Kho-Kho Players and Kabaddi Players, there could be number of reasons for more aggressiveness of Kabaddi Players than Kho-Kho Players, but the main reason for Kabaddi Players being more aggressive could be the kabaddi players have physical touch with opponent most of the time on the field.

DISCUSSION OF HYPOTHESIS

The hypothesis that there will be a significant difference on aggression between Kho-Kho Players and Kabaddi Players of Daulat Ram College is accepted.

CONCLUSIONS

Within the limitations of the present study following conclusions may be drawn:

- In regard to aggression there was a significant difference between the means of Kho-Kho Players and Kabaddi Players of Daulat Ram College.
- The aggression level of Kabaddi Players was found to be higher than the Kho-Kho Players.

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