

Comparison of Aggression of Army and NCC Sportsmen Belongs to Jamshedpur

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Abstract

Background: This study has been carried out in Jamshedpur with the aim of comparing aggression of army and NCC sportsmen of Jamshedpur City **Methods:** A survey study was carried out on sixty (n=60), male national or interuniversity level sportsmen, Viz thirty from Army and thirty from NCC sportsperson studying in different colleges of Jamshedpur city and the age ranged 20 to 25 years. Aggression was measured by Aggression questionnaire inventory developed by Anand Kumar & P.S. Shukla (1998). It consists of 25 items measuring the aggression of a person. **Results:** To compare mean score of aggression of army and NCC sportsmen of Jamshedpur city the data were analyzed with the help of t-test, level of significance was chosen at 0.05. The result shows mean scores of aggression of army and NCC sportsmen does not differ significantly. **Conclusion:** It can be concluded that the individuals of army sportsmen are more extroverted and have fewer aggressive attitudes compared with NCC- athletes.

KEYWORDS-Aggression, Army sportsmen and NCC sportsmen

INTRODUCTION

Aggression as the representation of angry and hostile behavior is a factor effective in the performance of athletes. According to Kaufman (1970), aggression is emotional anger accompanied with physiologic arousal with the intention to injure and cause damage to the other individual. Aggression is exhibited by athletes in different forms including physical aggression, abusiveness, or even encroach other's rights. The recent studies investigating personalities of sportsmen concentrate on the topic of "personality" and "aggressiveness". In this context, studies comparing the personal qualities and levels of aggressiveness of sportsmen with those of individuals who do not do any sports have underlined significant differences.

In research on the related literature, many studies carried out on sports, personality and aggression have been found sub dimensions. These studies have shown that sport has an important effect on personality and aggression levels. Besides, according to the results of many studies, we have seen that sport does not only positively affect individual development but also decreases levels of aggression and other negative feelings. As a socializing tool for an individual, sport also gives the subject a chance to express his/her emotions and to realize himself/herself as a result of the activities and games involved in the sports. An individual gets rid of his/her tendency to aggressiveness and learns to control himself/herself. Therefore, in the present study an attempt has been made to observe to compare mean score of aggression of army and NCC sportsmen of Jamshedpur City.

MATERIALS AND METHODS

Subjects:

The population of this study was the male National or Inter-University level sportsperson of different games & sports belong to Sonari army camp, Jamshedpur and 37th Battalion of NCC sportsmen of Jamshedpur city. In reality, since this population in Jamshedpur was very large, the study was delimited to sixty male players (n=60). Viz thirty from Army and thirty from NCC sportsperson of different colleges of Jamshedpur city and the age ranged 20 to 25 years. Hence purposive sampling technique was employed for the selection of subject.

Instrumentation

Variables, tools used and Criterion Measures

Table 1

Criterion Measures

Variable	Tool used	Author	Criterion measure
Aggression	Sports Aggression Inventory	Anand Kumar & P.S. Shukla (1998)	Point

Administration of the questionnaires

The Inventory was administered by the researcher to group of 20 subjects. The subjects were seated comfortably and as far as possible should not have a chance to talk other students or glance at their answers. By explaining the purpose of the test the researchers try to get a full co-operation from the students. All the instructions are printed on the front cover page of the questionnaire. The subjects were exhorted to give their own and true opinion and the researcher assured to the respondents that the information given by them would be kept confidential with him and utilized for the purpose of the study only. After the test is over the test material of every subject was collected. The questionnaire comprised of 25 questions/statements, every statement had two possible responses i.e. yes or no. The subject has to choose any one as applicable to him. Scoring is done with the help of scoring key given at the manual.

Statistics

The data obtained from the given responses in the questionnaire rated according to the key was analyzed by employing independent 't' test for each item and the level of significance was set at 0.05.

RESULTS AND DISCUSSION

The objective was to compare mean scores of aggression of army and NCC sportsmen. The data were analyzed with the help of 't' test and the result has been presented as follows:-

Table2: Group Wise Comparison on Aggression

Group	N	Mean	SD	df	t-value
Army Sportmen	30	12.07	1.51	58	1.04
NCC Sportsmen	30	12.18	1.69		

*Tab $t_{.05} (58) = 2.042$

From Table 2 it can be seen that the t value is 1.04 which is significant at 0.05 level with $df=58$. It reflects that the mean scores of aggression of army and NCC sportsmen do not differ significantly. Further, it may therefore, be said that the aggression was found to be insignificant as compared to army sportsmen then those of NCC sportsmen.

DISCUSSION

Studies performed in team sports emphasized numerous reasons for the occurrence of aggressiveness, such as that the losing teams commit more violations of the rules as compared to the winning teams; at the same time the host teams commit fewer violations of the rules; it has also been found that fewer violations of the rules occur within teams that have scored more goals etc. (Epuran et al., 2001). According to the results the questionnaires distributed to the sportsperson which were calculated by the statistical methods, comparisons of the standard deviation and mean by the tabulated value which is t-test of army sportsmen and NCC sportsmen is insignificant in all aspects. This means that athletes of Army and NCC have a good mental training resulting from the whole training strategy and the training techniques used by the coach in order to raise the athletes' capacity for improving emotional-affective positive and negative experiences, according to the specific requirements of professional games and sports.

CONCLUSION

Before arriving into meaning full conclusions, researcher critically examined the statistical findings, interpretation of statistical findings their-off, reviewed extensively related literatures of sports psychological aspects of sportsmen. Based on understanding after deliberate discussion with experts and also light of above understanding. This study warrants the following

Conclusion:

Although, based on statistics and results, there was no significant difference of Army and NCC Sportsperson. In conclusion, teaching psychological skills to the young generation can effectively prevent aggressive behaviors in adulthood. Moreover, trainers are to be acquainted with psychological skills and they can apply trainings with participatory purposes to control the aggressiveness of the athletes.

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