

## **A Comparative Study of Aggressive among the Sports Person of Different Non-Content Games**

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### **Abstract**

A study was conducted with an objective to find out the aggression level among the sportsperson of non-contact games. A total number of 200 (100 male and 100 female) players of non-contact games like Volleyball, Athletic, Gymnastics and cricket. of Haryana state who participated at national and Inter University level were contacted to collect the information. It was concluded that in overall male and female sportsperson of non-contact games was having equal aggressive tendency. It was also discovered that Volleyball and Athletic game players have higher aggression level when compared with the Gymnastic and Cricket players. But the volleyball and Athletic, Gymnastic and Cricket players have equal aggression level when compare with each other.

**KEYWORDS :** Aggressive, Sportsperson, Volleyball ,Athletic ,Cricket and Gymnastic,

Most of the nations share a common interest in sports competition, especially during Olympic games, where people from all nations focus for their attention on the drama of competition. The quality of participation of the athletes and sportsmen/sportswomen is determined by their physical and psychological factors both. The teams are motivated not only to play the game but also to win the games. In this modern era of competition, psychological preparation of team is as important as teaching the different skills of a game on the scientific lines. It is not only the proficiency in the skill which brings victory but more important is the spirit of the players with which they play and perform their best in the competition.

Psychology in sport is a broad church. It focuses on all the factors affecting participation and performance in sport, and applied sports psychology, which focuses purely on applying psychology to enhance athletic performance (Cox, 2011).

#### **Aggression and sports**

Sports involves physical confrontation between individuals and makes a good platform for the occurrence of aggressive acts. However, "Aggression in sport is not perceived as unequivocally negative; when it is an assertive behaviour as searching for the source, aggression in highly desirable" (Wlaglo *et al.*, 2007). The aggression as defined as, "The attempt to injure characterized by the inner desire to win an advantage or received a reward" (Baired, 2009).

Silva (1983) and Bredemeiner (1986) concluded that, "Engaging in aggressive sports could increase the aggressive behaviour" (Keeler, 2007). At the same time Vigt (1982) has studied many type of sports in context to he number of committed offenses, he concluded that aggressiveness is normally linked with contact sports (Munoz, 2002).

Kerr (2008) studied that aggression in sports cannot automatically be guesed as either aggressive or non aggressive but it is the athlete's intention that indicates the

acceptability of an action. The legitimacy and acceptability of aggressive behaviour, which is related to particular rules and norms of the sport, are recognized as pertinent in defining and classifying aggression in sport (Maxwell and Moores, 2007).

### **Aggression and sports performance**

In relation to the effect of aggression on sportsman's performance, different empirical studies show conflicting results in different sports Wright (2009) and Zitek and Jordon (2011) in basketball, Russell (1974) and McGrathy and Kelly (1978), Andreevs (1974), Wankel (1973) in Ice Hockey had concluded positive relationship between aggressive actions and number of victories. However, Albrecht (1979) in Handball, Hanegby and Tenenbaum (2001) in Tennis found the aggressiveness had a negative impact on the sports performance.

In many sports the achievement of players and team seems to be effected by the degree of aggressiveness that is required or which they are able to reach. Some researchers concluded that more aggressiveness is positively associated with performance, as in basketball (Zitek and Jordan, 2011) Hockey (McCarthy and Kelly, 1978a, 1978b) and handball (Grange and Kenr, 2010). However, here are some studies which conclude that this also have a negative effect on other sports such as tennis (Hanegby and Tenenbaum, 2001). There are some studies which sports that the level of aggression increases with the level of competition (Coulomb-Cabagno and Rascle, 2006) and aggression level is legitimized players as inherent to high-level competition (Tralet *et al.*, 2009). Some other factors such as condition of home team or team away, rest between matches, the momentum and quality difference of between teams, influence of attendance or officiating factor can be the cause of aggression in player (Arkes and Martinez, 2011 and Dobson and Goddard, 2011).

Now a days sports psychologist have been impress on the aggressive behaviour of the sports persons in the field and event out of the field. During intense competition a sportsman undergo many important behavioural changes like aggression, anxiety, anger, intelligence and adjustment of themselves as per the situation during the competition. Keeping the above facts in view the emphasis has been given to study aggressive behaviour of sportsperson in different non- contact games like Volleyball ,Athletic ,Cricket and Gymnastic,. The present study was conducted with the following objectives.

1. To find out whether there was any difference in Aggressions level among the sports persons of different non- constant games.
2. To find out whether there was any difference in Aggressions level between male and female players of different non- contact games.

## **MATERIALS AND METHODS**

### **Sampling**

In the present study, multistage sampling plan in which stratified random sampling technique and simple random sampling technique were used for selecting the samples. The present investigation was conducted on a total of 200 sportspersons of Haryana State, who had participated at National and Inter University level tournaments in non-contact games like Volleyball ,Athletic ,Cricket and Gymnastic, The subjects were in

the age group of 18-25 years. This group was further divided into two sub-categories having 100 males and 100 females each.

The selection of tools was governed by the consideration of their (i) availability (ii) suitability to the sample (iii) reliability and validity. Keeping in view these considerations, "Aggression Questionnaire" (Pati, 1976) have been used for measuring aggressive behaviour.

#### **Collection of data and administration of tests**

In order to collect the requisite data sampled the entire population and decided the appropriate tools to measure the attributes concerned and finally to administer tools on the sample were selected. The requisite data was then collected and filled in prescribed questionnaires. After selecting the sample of the study and before conducting the tests, the purpose of testing and technique to be employed in the study of the subjects and all possible doubts were cleared. In this study questionnaire method was used. The questionnaire was administered to all the subjects in accordance with the instructions laid down in the manual and under the direct supervision of the investigator.

#### **Statistical procedures**

Keeping in view, the objectives as well as design of the study, the appropriate statistical techniques were used to analyse the data.

#### **Aggression non-contact**

**Table 1 :**

#### **Analysis of variance for the data on aggression in non-contact games**

<b>Source</b>	<b>D.F.</b>	<b>S.S.</b>	<b>M.S.</b>	<b>F-ratio</b>
Sex	1	13994.64	13994.64	3.61
Semi-contact games	3	75467.97	25155.99	6.49**
Interaction	3	33233.22	11077.74	2.86*
Error	192	744759.76	3878.96	
Total	199	867455.59		

\*\*significant at 0.01 level, \*Significant at 0.05 level

$F_{0.1}(1, 192) = 6.76$ ,  $F_{0.5}(1, 192) = 3.89$ ,  $F_{0.1}(3, 192) = 3.88$ ,  $F_{0.5}(3, 192) = 2.65$

Table 1 reveals that F-ratio (3.61) of aggressive behaviour in non-contact games for sex is less than the table value of F (3.89) with (1,192) d.f. at 0.05 level. It shows that there is no significant difference in aggression among the sportsmen and sportswomen of non-contact games.

From Table 1, it can be inferred that F-ratio (6.49) of aggressive tendency in non-contact games is more than the table value of F (3.88) with (3,192) d.f. at 0.01 level. It shows that there is a high significant difference in aggression among the players of different non-contact games.

Table 1 shows that F-ratio (2.86) of aggressive behaviour in non-contact games for interaction is less than the table value of F (2.65) with (3,192) d.f. at 0.05 level. It shows that there is significant difference in interaction (Sex  $\times$  non-contact games) of different sports group in non-contact game players.

**Table 2 :**  
**Mean scores on aggression for male and female players in non-contact games (sports combined)**

Female	Male	C.D.
51.42	469.09	18.78

From Table 2 it can be seen that in non-contact game the mean difference of male and female on aggression data is less than the critical difference. Then it may be concluded that the aggression level of male and female players of non-contact games was equal.

**Table 3 :**  
**Mean scores on aggression in different non-contact games (male and female players combined)**

Volleyball	Athletic	Gymnastic	Cricket	C.D.
505.92	484.80	460.96	458.14	24.41

Table 3 shows that in aggressive tendency of non-contact game the mean values of Volleyball and Athletic players is significantly higher as compare to the mean value of Gymnastics and cricket players. It shows that the players of Volleyball and Athletic have higher aggression level as compare to Gymnastics and Cricket players. But the aggression level between the Volleyball and Athletic players was found equal. It also indicates that aggressive behaviour of Gymnastic and Cricket players was also found equal.

**Table 4 :**  
**Mean scores on aggression for male and female players of non-contact games**

	Athletic	Gymnastic	Volleyball	Cricket	C.D.
Male	492.76	448.48	526.36	475.68	34.52
Female	476.84	473.44	485.48	440.60	

From Table 4, it was concluded that male players of Volleyball and Athletic games have equal aggressive behaviour but their aggression level is higher when compared with the male players of Gymnastic and Cricket players.

In female section the players of Volleyball, Gymnastic and Athletic have equal level of aggression but Volleyball players have more aggression level with compared with Cricket players.

Table 4 reveals that relation to aggression the male players in Athletic and Gymnastic has equal level as compared to their female players in their respective games. It also indicates that the male of Volleyball and Cricket have a higher aggression level as compare to their female players in their respective games.

## Conclusion

It was concluded that in overall male and female sportsperson of non-contact games was having equal aggressive tendency. It was also discovered that Volleyball and Athletic game players have higher aggression level when compared with the Gymnastic and Cricket players. But the volleyball and Athletic, Gymnastic and Cricket players have equal aggression level when compare with each other. It was found that the male and female players of Athletic and Gymnastic have equal level of aggression. But the male players of Volleyball and Cricket games had higher aggression level when compared with their female players.

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