



A Comparative Study Of The Aggression Between Individual And Team Game Inter-Collegiate Women Players .

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ABSTRACT: This paper is highlighted to Aggression between individual and team game inter-collegiate women players . Aggression in sport can be caused by a number of factors. The most identifiable reasons are the rules of the game (level of physical contact), frustration, instinct, presence, arousal, environmental cues, self control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. The following is an insight into the term aggression in sport, using the social learning theory and environmental cues theory I will explain examples of each theory and try and contrast them.

Key words: Sports, Psychology and Aggression.

INTRODUCTION: Psychology plays a vital role in the present time of advance industrialization, mechanization and sports. Studying of Psychology gives perfect picture about the person's in that we can conduct the study on the mental aspects of players. Even the fastest, strongest, smartest and most skilled will under achieve if they concentrate on the wrong things, one unable to qualify, let go of mistakes or bad breaks, lack of self confidence or can't handle the pressure of competition. If you leave the mental side of performance, to channel, then you are facing to vulnerable performance problems like excessive nervousness. Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. The success and failure of an individual athlete depend upon the physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. It is not uncommon to hear coaches and athletes express disbeliefs on how poorly their team performed against a certain opponent or how they feel in a crucial situation.

Aggression in Sport

Aggression in sport can be caused by a number of factors. The most identifiable reasons are the rules of the game (level of physical contact), frustration, instinct, presence, arousal, environmental cues, self control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. The following is an insight into the term aggression in sport, using the social learning theory and environmental cues theory I will explain examples of each theory and try and contrast them. Frustration is known to play a key role in aggression. It is the view that is innate and also something that is learned (aggression). It can occur in many different circumstances and one of those can be an athlete not achieving his or hers goal targets. Having a point disallowed or being fouled by an opponent on more than one occasion can lead to frustration. Dollard (1939) argues that aggression is innate and only occurs in a frustrating situation but Miller (1941) claimed to differ. He stated that it was frustration that made aggression more likely, he also stated that for one or more reasons athletes won't show this aggression in their profession.

An example of this can be when a coach under uses a player, who out of professionalism or even out of respect for the coach won't show aggression. However, this could effect the personal life of an athlete, where they keep all there aggression out of there profession and channel it into there social life. This is related to Freud's notion of displacement, where we want to do something we know is not acceptable for instance confront the coach, but for some reason keep it channeled..

Imagery Relaxation

The way to use this is for the players to imagine themselves playing the game or activity you are preparing for or recovering from in a warm and relaxed place.

Progressive Relaxation Training (PRT)

This can be used by tensing all of your body very powerfully, then deeply relax separate muscle groups.

Self-Directed Relaxation Training

This is a very useful exercise to recuperate from aggression, it is used by breathing very deeply and slowly, focus on a single muscle group, visualize the tension being relieved from that specific muscle group until the player is completely relaxed, eventually visualize the tension flowing out of all muscle groups until completely relaxed.

Statement of the Problem

The purpose of the study was to compare the Aggression between individual and team game inter-collegiate women players of Gulbarga University .

Delimitation

- The study was delimited to women's players.
- The study further delimited to individual and team games.
- The study was confined to the assessment of aggressiveness by using aggression questionnaire of Buss and Perry 1992.
- The study further confined to Gulbarga University Inter collegiate players during the academic year of 2022-23

Limitation: The authenticity of response given by the subjects in questionnaire technique was considered as a limitation of the study.

Hypothesis: There will be a difference in aggression of individual and team game Inter collegiate women players.

Significance of the Study: Excellence in performance is constantly intensifying psychic stress on sports persons. The role of aggression has been noticeably and factually found much important in sports performance. Aggression is any form of behavior directed towards the goal of harming or injury another living being who is motivated to avoid such treatment. In this study effort is made to compare the aggression between individual and team game players. The present study is significant because of the following reason.

- The study will help to compare the aggression between individual and team game players.
- The result of the study will give an insight to physical educators and coaches to understand the role of aggression in individual and team game players.
- It helps to know the level of aggression of individual and team game women players.
- It helps to chalk-out psychological training programme for individual and team game women players.

Methodology: The selection of subjects criterion measures, experimental design, administration of test, statistical technique have been described. Sixty women players and thirty from each category were selected as subjects for this study during Gulbarga University Inter collegiate tournaments. The age of the subjects ranged between 18 to 28 years. For individual games Badminton and Table Tennis players, for team events Handball and Volleyball players were selected.

Criterion Measures

The criterion measures chosen to test the hypothesis were:

1. The aggression score of the subjects will be obtained by Aggression questionnaire developed by Buss and Perry 1992.

Administration of Aggression Questionnaire: The aggression questionnaire was distributed to the players during the competition, the directions were read out by the researcher at a dictation speed to make the subjects understand about what they were exactly required to do. This questionnaire is having 29 questions measure four factors such as physical aggression (PA), verbal aggression (VA), Anger (A) and hostile aggression (H).

Statistical Procedure: To compare the aggression between individual and team game women players “t” test statistical technique was applied, the level of significance was set at .05. Data was analyzed by using statistical package for social science.

Analysis And Interpretation Of Data:

Table – I. Mean, Standard Deviation And ‘T’ Value Of Physical Aggression

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Individual game	30	34.17	3.66	10.60*
2.	Team game	30	24.63	2.61	

Significant at 0.05 level.

The mean difference in physical aggression variable was analyzed by ‘t’ test for statistical significance of inter collegiate individual and team game women players. It is evident from the table I that there’s significant difference exist in physical aggression between individual and team game women players. Since the calculated ‘t’ value 10.60 is greater than tabulated ‘t’ value 2.04, it is significant at 0.05 level. Therefore, the significant difference exist in physical aggression between inter-collegiate individual and team game women players. The result shows that individual game women players are significantly better than team game women players in physical aggression.

The graphical representation of Physical aggression between inter collegiate individual and team game women players is shown in Fig I.

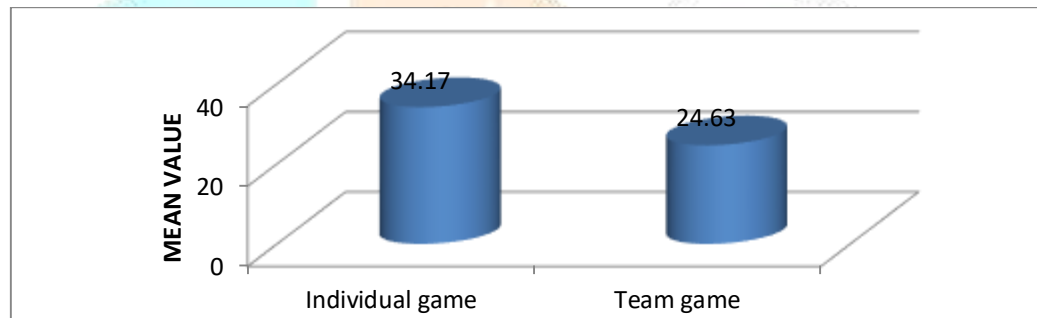


Fig. I. Mean value of Physical aggression between individual and team game women players

Table – II. Mean, Standard Deviation And ‘T’ Value Of Verbal Aggression

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Individual game	30	10.63	2.30	3.71*
2.	Team game	30	7.97	2.94	

Significant at 0.05 level.

The mean difference in verbal aggression variable was analyzed by ‘t’ test for statistical significance of inter collegiate individual and team game women players. It is evident from the table II that there’s significant difference exist in verbal aggression between individual and team game women players. Since the calculated ‘t’ value 3.71 is greater than tabulated ‘t’ value 2.04 it is significant at 0.05 level. Therefore, the significant difference exist in verbal aggression between collegiate individual and team game women players. The result shows that individual game women players are significantly better than team game women players in verbal aggression.

The graphical representation of Verbal aggression between inter collegiate individual and team game women players is shown in Fig. II.

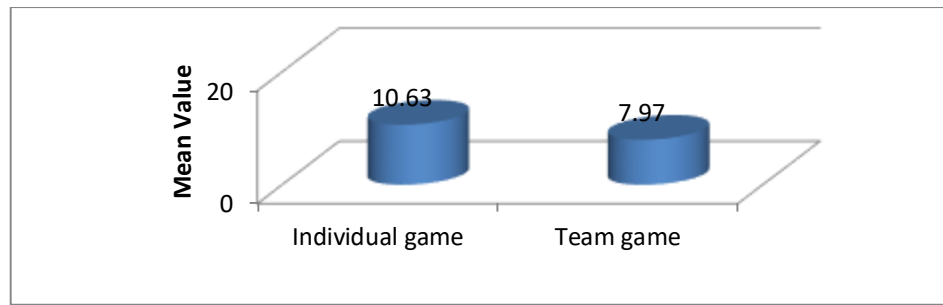


Fig. II. Mean value of Verbal aggression between individual and team game women players

Table – III. Mean, Standard Deviation And ‘T’ Value Of Anger

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Individual game	30	25.47	3.75	1.60
2.	Team game	30	23.53	5.00	

Significant at 0.05 level.

The mean difference in anger variable was analyzed by ‘t’ test for statistical significance of inter collegiate individual and team game women players. It is evident from the table III that there’s significant difference exist in anger between individual and team game women players. Since the calculated ‘t’ value 1.60 is lesser than tabulated ‘t’ value 2.04, it is not significant at 0.05 level. Therefore, there is no significant difference exist in anger between inter-collegiate individual and team game women players. But the mean value result shows that individual game women players are more anger than the team game women players.

The graphical representation of Anger aggression between inter collegiate individual and team game women players is shows in Fig. III.

Fig. III. Mean value of Anger aggression between individual and team game women players

Table – IV. Mean, Standard Deviation And ‘T’ Value Of Hostile Aggression

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Individual game	30	25.77	5.70	3.11*
2.	Team game	30	21.80	5.31	

Significant at 0.05 level.

The mean difference in hostile aggression variable was analyzed by ‘t’ test for statistical significance of inter collegiate individual and team game women players. It is evident from the table IV that there is significant difference exist in hostile aggression between individual and team game women players. Since the calculated ‘t’ value 3.11 is greater than the tabulated ‘t’ value 2.04, it is significant at 0.05 level. Therefore, the significant difference exist in hostile aggression between inter-collegiate individual and team game women players. The result shows that individual game women players are significantly better than team game women players in hostile aggression.

The graphical representation of Hostile aggression between inter collegiate individual and team game women players is shows in Fig. IV.

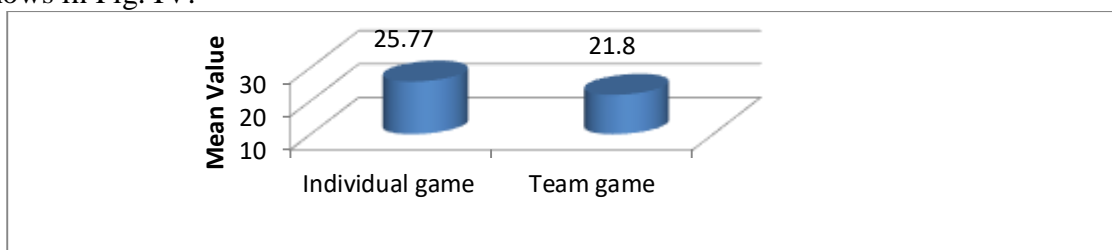


Fig. IV. Mean value of Hostile aggression between individual and team game women players

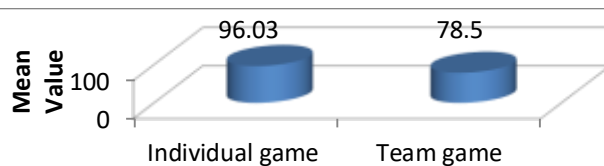
Table – V. Mean, Standard Deviation And ‘T’ Value Of Overall Aggression

Sl. No	Players	Sample size	Mean	Standard Deviation	‘t’ value
1.	Individual game	30	96.03	9.17	6.79*
2.	Team game	30	78.50	12.09	

Significant at 0.05 level.

The mean difference in overall aggression variable was analyzed by ‘t’ test for statistical significance of inter collegiate individual and team game women players. It is evident from the table V that there’s significant difference exist in overall aggression between individual and team game women players. Since the calculated ‘t’ value 6.79 is greater than tabulated ‘t’ value 2.04, it is significant at 0.05 level. Therefore, the significant difference exist in overall aggression between inter-collegiate individual and team game women players. The result shows that individual game women players are significantly better than team game inter-collegiate women players in overall aggression.

The graphical representation of overall aggression between inter collegiate individual and team game women players is shows in Fig. V.

**Fig. V. Mean value of Overall aggression between individual and team game women players****Table.VI. Minimum, Maximum, Mean And Standard Deviation Values Of Inter Collegiate Individual And Team Game Women Players**

Sl. No.	Variables	Players							
		Individual				Team			
		Mini mum	Maxi mum	Mean	Std. Dev	Mini mum	Maxi mum	Mean	Std. Dev
	Physical aggression	26	40	34.17	3.66	18	28	24.63	2.61
	Verbal aggression	4	15	10.63	2.30	3	14	7.97	2.94
	Anger	14	31	25.47	3.75	13	32	23.53	4.99
	Hostile aggression	11	36	25.77	5.70	13	28	21.80	5.31
	Overall aggression	78	120	96.03	9.17	49	106	78.50	12.06

Table VI shows the minimum, maximum, mean and standard deviation of variables between individual and team game players. The mean and standard deviation of physical aggression of individual game are 34.17 and 3.66, verbal aggression, 10.63 and 2.30, Anger 25.47 and 3.75, hostile aggression 25.77 and 5.70 and overall aggression 96.03 and 9.17 respectively and in case of team games are 24.63 and 2.61, verbal aggression, 7.97 and 2.94, Anger aggression 23.53 and 4.99, hostile aggression 21.80 and 5.31 and overall aggression 78.50 and 12.06 respectively.

The graphical representation of variables between individual and team game women players is presented in Fig. VI.

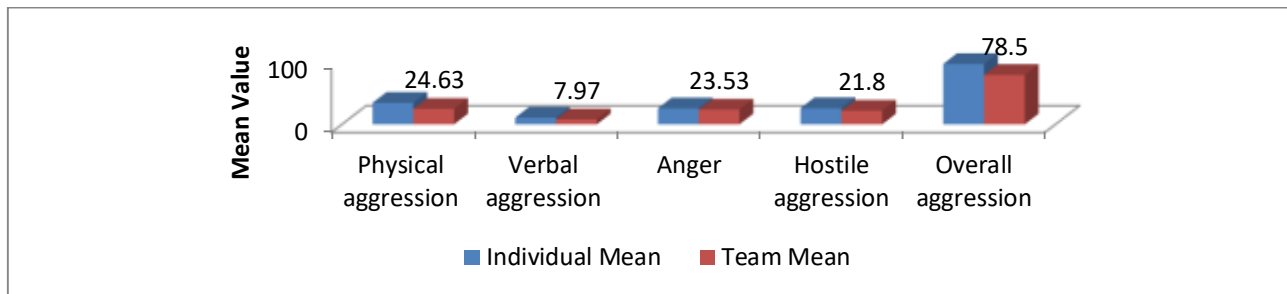


Fig. VI. Mean values variables between individual and team game women players

Summary : The purpose of the study was to compare the aggression between individual and team game Gulbarga University Inter collegiate women players. The subjects for the study were sixty (n=60) individual and team game women players who had participated in the Gulbarga University . inter collegiate tournaments. The aggression questionnaire was used to collect data to measure the aggression of individual and team game inter-collegiate women players. Aggression questionnaire was administered to all the subjects during the competition. On the basis of key answers given by Buss & Perry, 1992 for aggression, score were given to the subjects.

Conclusion: To compare the aggression of individual and team game players, the ‘ t ‘ test was applied and it shows that there is a significant difference exist between individual and team game women players in all the aspects of aggression except in anger. With in the limitation of the study following conclusion were drawn.

- In physical aggression Individual event player are better than team game players.
- In verbal aggression also Individual event players are better than team game players.
- In anger individual event players shown more anger than team game players.
- Hostile aggression individual event players are better than team game players.
- In overall aggression also Individual event better than team game players.

Recommendations: In the light of conclusion drawn the following recommendations were made,

- It is recommended that a similar study may be undertaken to individual and team game women players as subjects
- Study may be conducted in a different sports for comparing their performance.
- The same study may be conducted at different levels.
- Similar study may be conducted on larger sample.
- It is recommended to conduct on the psychological variables which were not considered in this study.
- Similar study may be conducted on the variables other than psychological variables.

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