



## A Study on Pre-Competitive and Post-Competitive Aggression of National Level Yoga Performers

### KEYWORDS

Yogasanas, Aggression, SAI

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**ABSTRACT** *The purpose of the present study was to find out pre-competitive aggression and post-competitive aggression in national level male and female yoga performers. Total sixty (N=60) national level yogic performers i.e. thirty male performers (Gr. M) and thirty female performers (Gr. F) were randomly selected from National level School Yogasanas Competition, held at Delhi, 2012. Data were collected from performers using a Sports Aggression Inventory (SAI) consists of 25 items which include 13 keyed are 'Yes' and 12 keyed are 'No'. The t-test was used to test the effect of aggression between pre and post competition. The significance level was determined as  $p < 0.05$ . The result of the study reveals that there was significant difference in 0.05 levels of pre-competitive aggression and post-competitive aggression among the male and female national level yogic performers and significant difference was also observed among male and female of national level performers in pre-competition aggression and post-competition aggression.*

### INTRODUCTION:

Aggression refers to any behaviour that is holistic, destructive or violent. Generally, aggressive behaviour has the potential to inflict injury or damage to the target person or object. Example of aggressive behaviour include physical assault, throwing objects, property destruction, self-harming behaviours and verbal threats. Aggression can have mental aspects as well.

The frustration Aggression theory (Dollard, Doob, Millar, Mowrer, & Sears, 1939) states that aggression occurs because frustration arises due to a goal blockage. However this theory states that every time a player becomes frustrated this will always cause aggression. This theory does not take other intrinsic or extrinsic factors. On the other hand the general aggression model (Anderson & Bushman, 2002) argues that situational and personal factors play a role in causing a person to behave aggressively. Therefore, a player's personality will play a large role in determining whether they are aggressive or not in certain situations. This model also takes into account socially learnt cues and therefore then he will not use aggression.

It can be seen that aggression comes from a variety of sources and it is important to understand where these sources stem from. Therefore sport stressors allow us to understand what causes an athlete to become frustrated which can lead to aggression and decline in performance.

In player's career they will come across a number of high pressured situations where they will have to deal with many stressors. Woodman and Hardy (2001) investigated organisational stress in elite athletes and they found that there were four main stress issues, which were personal, team, leadership and environmental. Within team issues a large factor that caused stress was tension among athletes. Fletcher and Hanton (2003) conducted a study looking at organisational stress and they found that the coach athlete tension was a large contributing factor. Therefore strict coaching and negative feedback can affect performance in many ways.

In modern time, school yogasanas competition is one of the most popular competitions in India. Yogasanas is a part of physical education. It is well known that yoga reduces stress, anxiety and aggression. But in the time of competition these

psychological components may increase and affected performance. Now the question is that can aggression be controlled through yoga at the time of competition? Thus, investigators intended to find out the state of pre-competitive and post-competitive aggression among male and female yogic performers. The purpose of this study was to examine the pre and post competitive aggression in national level yoga performers. Investigators also intended to compare between male and female yoga performers in sports competitive aggression stat.

Psychology takes a lead role on performance in sports and games. It is the systematic and scientific study of behaviour and mental processes. Sports psychology is a specialization within the brain psychology that seeks to understand psychological or mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviours in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Yoga can reduce aggressive nature of performers and to prepare for particular competition.

The purpose of this study is to examine the pre and post competitive aggression in national level yogic practitioners. Investigators also intended to find out the compared between male and female national yoga practitioners in sports aggression.

### METHODOLOGY :

**SAMPLE:** Total sixty (N=60) national level yogic practitioners i.e. thirty male performers (Gr. M) and thirty female performers (Gr. F) were randomly selected from National level School Yogasanas Competition, held at Delhi, 2012. They came in different state in India. Age limit of the subjects was from 17 years to 19years.

**TOOLS:** Aggression was assessed by **Sports Aggression Inventory** constructed and standardized by Prof. Anand Kumar Shrivastava and Prem Shankar Shukla (1988). Sports Aggression Inventory consists of 25 questions in which 13 items of keyed are 'Yes' that are 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 & 25 and the statements which are keyed 'No' that are 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20, 23. Score of 12-13 as average on aggression and those score higher

than 12-13 will be considered as high on aggression and those score lower than 12-13 will be considered as low on aggression. For each item score was either '1' or '0'. The maximum score may be '25' and minimum score may be '0'.

**STATISTICS:** In the present study for the sake of analysis of data; mean and standard deviation of the raw scores of aggression were calculated separately for pre & post competition for both groups and statistical t-test was used to compare the mean. The level of significance was set at  $p < 0.05$  level of confidence. For statistical calculations Excel Spread Sheet of windows version 7 was used.

**RESULTS AND DISCUSSION:**

All the Scores of aggression were analyzed by t-test and level of significance was set up at .05 level of confidence.

**TABLE-I**  
Pre-competitive and Post-competitive aggression of National Level Male and Female Yogic Practitioners

TYPE OF TEST	Gr. M			Gr. F		
	Mean	SD	t	Mean	SD	t
PRE-SCAT	13.76	1.83	9.95	15.33	1.32	8.38
POST-SCAT	8.66	1.32		10.4	1.57	

Significant at .05 level of confidence

Table-I, indicates the mean values of Pre competitive and Post competitive aggression score of national level male yogic performers are 13.76 and 8.66 respectively. The t-value is 9.95 which were significant at 0.05 level of confidence. The mean values of Pre competitive and Post competitive aggression score of national level female yogic performers are 15.33 and 10.4 respectively. The t-value is 8.38 which were significant at 0.05 level of confidence. Thus it indicates that there is significant difference between aggression scores of Pre competitive and Post competitive aggression of national level male and female yogic practitioners.

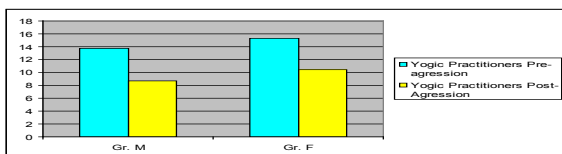


Fig. 1, A comparison of means of pre and post sports aggression among Gr. M and Gr. F.

Fig.1 showed that the pre and post sports competitive aggression of male yogic performers were improved significantly. On the other hand, female yogic performers were also improved significantly of pre and post sports competitive aggression. Both of the cases, pre competitive aggression were higher than post competitive aggression. The frustration Aggression theory (Dollard, Doob, Millar, Mowrer, & Sears, 1939) states that aggression occurs because frustration arises due to a goal blockage. However this theory states that every time a player becomes frustrated this will always cause aggression. This theory does not takes other intrinsic or extrinsic factors. On the other hand the general aggression model (Anderson & Bushman, 2002) argues that situational and personal factors play a role in causing a person to behave aggressively. Therefore, a player's personality will play a large role in determining whether they are aggressive or not in certain situations. This model also takes into account socially learnt cues and therefore then he will not use aggression.

**TABLE-II**  
Comparison of Mean Difference of Pre and Post Competitive Aggression among Gr. M and Gr. F

GROUP COMPARED	YOGIC PRACTITIONERS (n=60)		
	MEAN	SD	t
Gr. M (n=30)	5.07	1.04	0.32
Gr. F (n=30)	4.93	1.14	

Significant at .05 level of confidence

Table-II, represent the mean values of Gr. M and Gr. F in sports competitive aggression of yoga performers. The mean values of Gr. M and Gr. F were 5.07 and 4.93 respectively. The t-values between Gr. M and Gr. F were 0.32 in aggression and it was not significant at .05 level of confidence t-values should be greater than 2.04.

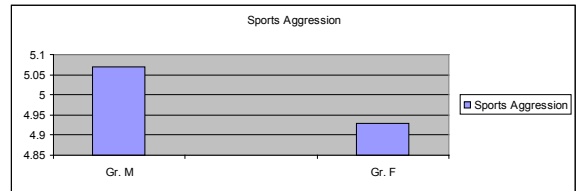


Fig. 2, Showed the mean difference of anxiety among Gr. M and Gr. F

Fig. 2, From findings of the present study, it can be stated that male yoga performers group was higher aggression level than female yoga performers group. On the other hand, pre competitive level of aggression in male national level yoga performers was higher than post competitive aggression and the findings are in supportive of previous reports. Yoga reduces stress, anxiety and aggression but in time of competition these psychological components may be increase. So investigators intended to find out the state of pre-competitive and post-competitive aggression among male and female yogic performers and results also revealed that the national level male yogic performers were low aggression than national level female yogic performers according to mean values but there were not statistically significant. Aggression is one of the most commonly measured construct in sports psychology. Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of aggression and anxiety in athletes (Moran, 2004). Mahash(2012) and Mitra Ghosh, S (2013) studied on related variable and their results were partly related in the present study.

**CONCLUSION:**

Within the limitations of the present study, the following conclusions are enumerated:

- Pre-competitive aggression of national level male yoga performers were higher than post competitive aggression of national level male yogic performers.
- Pre-competitive aggression of national level female yoga performers were higher than post competitive aggression of national level female yogic performers.
- Significant improvement was observed among pre and post competitive aggression of national level male yoga performers.
- Significant improvement was observed among pre and post competitive aggression of national level female yoga performers.
- No significant difference was found in aggression among national level male and female yoga performers.

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