



## Comparative Study of Aggression and Anxiety of Inter College Players of Different Games.

### KEYWORDS

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### ABSTRACT

The purpose of the study was to compare the level of aggression and anxiety of inter college players of different games. To achieve the purpose of the study 45 inter college players 17-23 years old of different games acted as subjects. The subjects comprise from different games and sports viz. Combative (Football, Volley ball & Kho- Kho) 15 players were selected from each sports. In this study analysis of variance was applied. The answer were got through the questionnaire prescribed norms "Sports Competitive Anxiety test" constructed by "MARTIN & SMITH", and "Aggression inventory test" constructed by "P. S Shukla". Finally the results of the study was got that there was no significant difference between the groups of inter college level of Football, Volley ball & Kho- Kho players. These groups were found to be an average range of competitive anxiety and aggression neither it was low nor it was high. It was moderate. There was no significant difference found in players participating in different groups Inter College. Inter college of Football, Volley ball & Kho- Kho players did not show any significant difference among them in the dimension of state competitive

### INTRODUCTION

The world Aggression comes from the Latin word Aggress, "ad (to or towards) and grader (walk) then the word means to "to walk towards or approach" to move against or to move with intent to hurt or harm. Most psychologists describe aggression in terms of behavior. Aggressive behavior is associated with destructive acts, Sexual attacks, Prejudiced, aspects genital activities, drug and alcohol addiction. Sports and exercise crying complaining waging wars and no forth. There is no simple behavior that may be described aggression in terms of behavior. Aggressive behavior is associated with spots competition without "Aggression" in a body without soul, competition and aggression are twin, there is clear evidence that in general aggression is move boisterous games may help performance because it arouses of individual skill as well as success of the team. Sport is a psycho-social activity full of tension, aggression, anxiety, fear, stain and stress. In a sports competition team and individual players play to win their spirit of winning the match and individual events courses many psychological stress, on one has to prepare or stresses and overcome the effect of over-stress and stain may deteriorate the sport performance. Sports may be arranged in a scale according to the intensity and type of aggression inherent on us each. Some sport requires that a great deal of physical force to be directed against one's opponent, whereas other requires forceful actions against the environment instead of direct aggression. Many sports, however requires that individual agrees within structured rules and specified conditions. Thus, in sports as in life one problem is to encourage an optimum amount of aggression when it is called for and to enable athlete to suspend aggression when that is called for.

Sports aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. It is a virtually universal behavior among animals. It may occur either in retaliation or without provocation. In humans, frustration due to blocked goals can cause aggression. Submissiveness may be viewed as the opposite of aggressiveness.

Although there are many positive aspects to sport participation- as a players or spectator- athletic events are also often allied with aggressive behavior. Defined as the intention to physically, verbally, or psychologically harm someone who is motivated to avoid such treatment, aggression can be either hostile or instrumental. Hostile aggression refers to actions that are motivated by anger and that intended solely to harm someone. Thus, with this form of aggression, the perpetrator simply wants the victim to suffer- eg: a soccer player deliberately and illegally tripping an opponent with the sole purpose of injuring that person. An instrumental aggression, however harmful actions have a purpose over and above that of wounding another player. Athletes might, for instance, attempt to injure an opponent because they believe that doing so will increase their chances of victory.

At all levels of competition, winning has become not an easy task. The pressure or strain on the part of the players to meet the expectations of their coaches, team mates and supporters has result in augmented level of tension and anxiety among them. The capacity to handle this pressure has become highly important contributing factor towards success of any team especially at higher levels of competitions. Athletic performance has three parts: physical preparation, technical skill and mental readiness. This model suggests that if any of the above areas are neglected athletic performance will decline.

Anxiety is among the most frequently investigated variables in sports psychology (Hardy, Jones, and Gould, 1995). An individual anxiety level experienced immediately before a competition has a moderating effect on subsequent athletic performance (Martens, 1982). Performance based on open skills may be more influence by anxiety and self-confidence than performance based on closed skills. An open skill can involve either an individual or team sport with the athlete performing in an interactive and even changing environment (i.e., basketball, tennis). A closed skill is performed in a more stable environment that is relatively predictable and often self-paced (i.e., golf, gymnas-

tic, crew teams).

Sports Aggression and anxiety can be a great parameter for the performance in games like football, volleyball and kho-kho. In this present study the scholar had attempted to find out some relation between football, volleyball and kho-kho players.

#### Objective of the study:

The purpose of the study was to access the level of aggression and anxiety among players of different sports.

#### Methodology:

45 inter college players 17-23 years old of different games acted as subjects. The subjects comprise from different games and sports viz. Combative (Football, Volley ball & Kho- Kho) 15 players were selected from each sports.

**Selection of Variables:** A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria's in mind the two psychological variables (Aggression, Anxiety) were selected for the present study.

The answer were got through the questionnaire prescribed norms "Sports Competitive Anxiety test" constructed by "MARTIN & SMITH & "Aggression inventory test" constructed by "P. S Shukla".

#### Statistical procedure

In order to assess the level of Anxiety & Aggression descriptive statistics was used and for comparing the sources among various groups. One way analyses of variance was also applied & for determine the relationship person's product movement correlation Technique was applied.

#### Results of the study:

**Table-1:**

#### The Analysis of Variance (ANOVA) of Aggression among Different Sports & Games

Source of Variance	df	Sum of Square	Mean sum of Square	F-Ratio
Between the groups	2	21.82	10.96	1.191
Within the groups	42	371.76	8.912	

F 0.05(2, 42) =3.22, Calculated value is 1.191, Tabulated value is 3.22

It is evident from the above able that there was no significance difference among the three study groups as obtained F-ratio of 1.191 was less than required F-value of 3.22 As the F- ratio was not found significant so there was no need for the LSD test.

**Table-2:**

#### The Analysis of Variance (ANOVA) of Anxiety among Different Sports & Games

Source of Variance	df	Sum of Square	Mean sum of Square	F-Ratio
Between the groups	2	1.91	0.942	0.195
Within the groups	42	205.79	4.92	

F 0.05(2, 42) =3.22, Calculated value is 0.195, Tabulated value is 3.22

It is evident from the above able that there was no significance difference among the three study groups as obtained F-ratio of 0.195 was less than required F-value of 3.22 As the F- ratio was not found significant so there was no need for the LSD test.

The level of significance to assess the relationship obtained by person's product movement correlation was set at 0.05 which was considered adequate for the purpose of this study. The score was obtained through Aggression and Anxiety variable questionnaire through the players after the games. This has been presented in table.

Variable correlated	Co-efficient of correlation.
Aggression and Anxiety	.67

Significant at 0.05 r 0.05 (45) = .288

The obtain value of r = .67 form table shows a positive correlation between Aggression & Anxiety variable score is significant because the required value at 0.05 level of confidence with 45 degree of freedom is .288

#### Discussion of findings:

Present study reveals that there is no significant difference between the groups of Inter college level football, volleyball and kho-kho players. Three groups were found to be an average of competitive anxiety and aggression neither it is low nor it is high. It is moderate. The reason of this may be attributed due to the fact that football, volleyball and kho-kho players vigorous in nature required a lot of skill practice and a tough physical and mental fitness. The players participated at these games are doing for hard training process. Another reason of this may be due to the fact that players participation in three groups may be emotional well stable & self confidence tough minded and perceive the situation positively when going to positively correlative with each other. Those variables are significant this may be due to the fact same level of participation in all three group.

#### CONCLUSIONS

1. There was no significant difference found in aggression of players participating in different groups in the of Inter College players.
2. Inter college levels of football, volleyball and kho-kho players did not show any significant different among them in the dimension of state competitive sports Anxiety,
3. Both variable were positive correlated with each other and significant.

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