



A REVIEW OF LITERATURE ON ANXIETY AND AGGRESSION IN SPORTS

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ABSTRACT Literature review is an account of what has been published in connection with this research. The main purpose is to gain knowledge and ideas based on the previous establishment and get to know what their strength and weakness are in order to further enhance and upgrade the integration. It identifies the work done by other authors. This paper describes explores various studies that are related to anxiety and aggression in sports.

KEYWORDS : Sports, performance, aggression, etc.

INTRODUCTION

A literature review is a text written by someone to consider the critical points of current knowledge including substantive findings as well as theoretical and methodological contributions to a particular topic. Generally, a researcher conducts and surveys the related literature in order to review the present status of a particular research topic. From the survey of literature, a researcher is able to know the quantum of work already done on his research topic so far and also helps to know the areas which are not touched, or yet to be undertaken. The overview of literature at the national or an international level is to be researched with the help of research reports, articles, books and other materials. The major benefits of literature reviews are: firstly, helps the researcher in avoiding duplication of efforts on the same research topic. Secondly, helps the researcher in adopting methodologies used successfully by other researchers, writers and policy makers. Thirdly, suggests new approaches in planning, organizing the investigation of research topic. Fourthly, helps to narrow down the research problem more clearly and lastly, assists investigators to develop firm understandings of theoretical implications of proposed inquiries.

Review Of Literature

Ankita Aneja (2020) conducted a study of "Comparison of Sports competition anxiety and aggression of two levels of male basketball players". The purpose of this study was to compare the competition anxiety and aggression of two different levels of male basketball players. The study was conducted on intercollegiate and inter-varsity male basketball players in 1977 to know the relationship, if any, between the competition anxiety and sports aggression traits. A total of one hundred (100) subjects in which 50 inter-collegiate and 50 inter-varsity level basketball players were selected as subjects. In this study, sports competition anxiety questionnaire (SCAT) and sports aggression inventory were administered on male basketball players before their major competition. In order to compare low trait results the Pearson's Product Moment Correlation and 't' test were applied as statistical techniques. The finding of the study showed that the University players had lesser anxiety level than college players.

Hemant Sharma (2019) studied playful and aggressive fighting ill middle school children. He found that children have a very good sense of what is rough and tumble play and what is aggressive behavior. It was rate, in Boulton's study, to see a rough and tumble incident escalates into an aggressive incident, which would indicate that children of this age have good self- control and can limit their encounters to "agree upon" rules. While the ability of children to distinguish between play and fighting does not guarantee that they will not use self-defense skills to hurt each other in fight, it does indicate that they would not accidentally harm each other with the skills while playing. It could also be argued that children who wished to harm each other would find ways to do so without exotic fighting skills. The type of bare-handed self-defense skills taught to children would not necessarily concentrate on striking or thrown skills designed to damage an attacker, in fact escape and evasion skills would likely be more practical for children who lack the strength and weight to seriously damage an adult attacker. As for such skill eye or throat strikes, children already possess this knowledge.

Madhu Arora (2018), he explored the relation between physical

Fitness and tendency to aggression, highly trained or physically fitness persons react with low degree of physiological activation including stimuli in the environment without the increased arousal to ready the organism for an aggressive response, hostile behavior is less likely. If his finding is correct, then highly situated athletes should be less likely to exhibit high degrees of arousal when faced with aggressive cues in the environment.

Minakshi Mendiratta (2017) made a comparative analysis of anxiety, aggression, self-confidence, achievement motivation, socio-economic status, academic achievement and intelligence among the national level boxers, wrestlers and judokas at different topography. The subjects between 18-25 years were in three major groups such as boxer, wrestler and judokas. It was found that there was significant difference in aggression, self-confidence and socio economic status factors among the south, north, east and west zone men wrestlers, boxers and judokas.

Megha Karma (2017) conducted a comparative study of anxiety and aggression among cricket players of professional and degree colleges was conducted by For the purpose of the study thirty men cricket players below the age of 25 years from different professional colleges and degree colleges were selected and were put on close observation during the competition period and they were watched individually without their knowledge when they were performing in the game. At the end of the game each player was asked questions orally and recorded their responses related to the psychological variables of anxiety and aggression. As per the analysis the difference in anxiety and aggression level among cricket players of professional and degree colleges was significant.

Vishant Vandana Gahlot (2016) conducted a study of the competition anxiety between medalist and non-medalist boxers. The study was conducted on a total sample of forty subjects drawn from the Andrapradesh senior state level boxing championship held at Warangal from 1st to 3rd October, 1999. The subjects were selected at random and divided into two groups-medalists and non-medalists. For the purpose of the study, Marten's Competition Anxiety Questionnaire was employed prior to the competition and data were collected. On analysis of data by 't' ratio, it was found that the competition anxiety level of medalist and non-medalist boxers were equal.

Deep Narayan Pandey (2016) undertook comparative study on the psychological variables of anxiety and aggression among state – represented and non- state represented youth volley ballplayers of Andhra Pradesh was carried out by. The results of the study revealed that the mean value of state represented and non-state represented youth volley ball players are 13.69 and 17.33 respectively. This also indicated that the obtained value of F- ratio of 11.69 is much greater than the table value of 7.08 at 0.01 level of significance, those students with less than one year of experience were found ~o be no different than the general population on several psychological measures, indicating that there was no selection occurring on entry into the martial art classes. As experience level in the martial art increased students showed lower anxiety, a higher sense of responsibility, a decrease in willingness to take risks, they were less "radical", had increased self-esteem, and were more social intelligent. These trends

were especially pronounced in the black belt levels. Other effects were seen in increased physical fitness, defense skill, self-discipline, concentration and respect.

Kalpna Garg (2015) were interested in the patterns of state of anxiety exhibited by female track and field participants during practice as well as in actual competition. They measured the state at four different times, pre practice, post-practice, pre meet and pre event. There was a drop in anxiety level after practice. The relatively similar levels in anxiety during both practice and before the meet appear to indicate that both the situations contain a potential threat to self-esteem. The highest degree of anxiety was shown just before the event.

Sharmistha Gupta (2014) in his study analyzed anxiety and self-confidence among qualified Football, Volleyball and Basketball referees in Tamilnadu. Ninety qualified referees from Tamilnadu were selected at random as subjects. Sports Competition Anxiety Test Questionnaire was used to find out the anxiety level. F-ratio was the statistics used to find out the significant difference between the mean of the groups. The conclusion drawn was that the volley ball referees had lower level of anxiety than that of soccer and basketball referees. The soccer referees had higher level of anxiety than the basketball and the volleyball referees. The basketball referees had higher level than volley ball referees and lower level of anxiety than soccer referees.

Chhavi Middha (2014) conducted a field experiment. He found that subjects who exhibited aggressive behavior and were thus behaviourally aroused showed poorer performance than did subjects who did not exhibit aggressive behavior. Silva also discovered that subjects who aggressed had lower concentration, levels than did those not aggressing. His finding indicated that arousal, which generally accompanies aggressive behavior can interfere with an individual concentration.

Mukta Airi (2013) conducted a study on Anxiety among swimmers. It was found that swimmers with greater anxiety generally perform at slower time. The cognitive component of anxiety shows a stronger relationship to performance decline than the somatic component. However, the somatic anxiety to performance relationship was evident in distant swimmers. Better performing sprinters tended to control their somatic anxiety better than poor performers. In distance events, better performers tended to attain higher levels of physiological arousal than poor performers. It is important that swimmers approach competition with confidence and a positive mind - set and negative talk is likely to indicate that the swimmers has a strong likelihood of performing below expectations. For distance events, it is important to "get up" for a race to mobilize sufficient energy to maintain a strong pace.

Gulshan Karwa (2013) conducted a study to estimate the difference in the level of motivation, anxiety and aggression among three groups of Hockey players at different performance levels namely, university, college and district. For this purpose, 13 men players from university, college and district levels were taken as subjects at random. The level of anxiety was calculated by using Sports Competition Anxiety Test Questionnaire and the one way analysis of variance. Statistics was used to analyze the result. It was found that there was difference in anxiety level among the three groups.

Rinku Nahata (2012) conducted a study to find out the effect of competition and anxiety of college female Hockey players. In the study 44 female Hockey players who participated in the intercollegiate Hockey tournaments were administered. The translated version of Rainer Martens SCAT questioners was used on three occasions, namely, one month before the actual competition, one hour before the actual competition and one month after the competition to determine whether forthcoming competitions increased the anxiety level of intercollegiate Hockey players. Results indicated that the forthcoming competition increased the anxiety level of the players though not to significant level and also that experienced players possessed higher level of competition trait anxiety than the inexperienced players.

CONCLUSIONS

Aggression and anxiety play vital role in sports. Both are good and bad. If aggression and anxiety is in excess then it may hamper player's performance where if anxiety and aggression are of mild level it may improve sports performance. As it is rightly said by someone that mile pressure increases productivity.

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