

## An Analysis of Aggression and Anger Expression Among All India Inter-University Female Boxers



### Physical Education

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### ABSTRACT

*The aim of the present study was to compare the aggression level and anger expression between high achievers and low achievers female boxers. The total sample comprise of 60 subjects, including 30 high achievers and 30 low achievers boxers from All India University Championship. Aggression Scale developed by G. P. Mathur and R. K. Bhatnagar was used to measure the aggression level, and in order to measure anger expression, Spielbergers STAXI-2 Questionnaire was applied. The level of aggression among high achievers and low achievers boxers are at moderate level. High achievers boxers are characterized by higher level of state anger and trait anger than low achievers boxers. At the same time high achievers boxers cope better with emotion control and expression, this is probably due to the demand of the sports because in boxing the higher level of anger with better emotion control is beneficial for boxing contestants.*

### Introduction

Boxing is a combat sport in which two people fight in a game of force, rapidity, stamina and spirit to continue hit the punches to the opposite of same weight category. Boxing is one of the greatest passions for a lot of youngsters around the world. Women boxing championship also got the popularity in the world. It is also very helpful for maintaining physical health and fitness. Endurance and agility are more important components in this game.

Aggression is used extensively in sports and is an evitable part of combative sports. Since its fluctuation is necessary for better and winning performance. Sport competition without "aggression" is a body without soul. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and "do or die" for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team (Altman, 2006).

Aggression directly effects on the sportsman's performance. Dollard and his colleagues (1939) suggest that aggression is any sequence of behaviour, the goal of which is to do injury to the person towards whom it is delivered. Aronson (1977) describes aggression behaviour intended to cause harm or pain. If an athlete fractures another athlete nose by accident, the fracture is not the results of aggression. But if the athlete intended to fracture the nose he or she was being aggressive in the negative sense of the words. Anger is another human trait which drives its origin since human evolution. It has resulted in producing aggression, be itself directed or outwardly. Inwardly directly aggression destroys the self whereas aggression directed outwards harm the others. Both ways, the same is a socially undesirable trait. However without aggression it would be just impossible to visualize many sports. A boxer who is not aggressive to legitimately cause injury to the other is bound to lose.

The concept of anger is associated with that of aggression. A display of aggressive behavior causes the emotion of anger (Balkaya, 2001; Kulaksizoglu, 2000). Factors including the individual's development, the media and the environment may also influence feelings of anger. Anger is frequently experienced and expressed as aggressive behavior in the athletic domain, particularly in combative and contact sports such as ice-hockey, American football, boxing, soccer, swimming and karate (Atay et al., 2011; Maxwell, 2004; Ruiz et al., 2004).

Spielberger (1999) defines anger as an emotional state which involves different feelings in terms of intensity ranging from subtle annoyance, irritation to strong fury and rage. Spielberger distinguishes two aspects of anger: anger as a state and anger as a trait. The first concept of anger (state anger) is defined as a psychobiological state consisting of feelings differentiated in terms of intensity ranging from subtle annoyance, irritation to strong fury and rage together with the stimulation of autonomic nervous system. State anger changes over time as the function of frustration, observed insult or injustice and physical experience or verbal attack. Whereas anger understood as a relatively permanent trait (trait anger) refers to individual differences in terms of frequency of experiencing angry feeling over time. In other words, it is a tendency to react with anger to different situations.

The analysis of anger is definitely more common in sport; the results of aggressive behaviour or its consequences are very often discussed whereas feelings which trigger aggression are often omitted. Aggressive states are very frequently related to the feeling of anger. There are various forms of aggression in sport; mainly these are instrumental and hostile aggression. Hostile aggression is an aggressive behaviour provoked by the feeling of anger. Instrumental aggression is an aggressive behaviour directed to the obstacle which is between an aggressor and aim which he/she wants to achieve. Re-viewing the psychological concept of anger, Spielberger, et al (1995) indicates significant incoherence and ambiguity of the following notions: anger, hostility and aggression.

So in present study investigator intends to find out the difference in aggression and anger expression between high achievers and low achievers female boxers.

### 2 Methods and Procedure

#### 2.1 Selection of Subjects

In the present study the purposive random sampling procedure was adopted by the investigator for the collection of the data. The total sample of study comprise of 60 boxers, including 30 high achievers and 30 low achievers boxers from All India University Women Boxing Championship held at Lovely Professional University, Phagwara (Punjab), from 28-01-2015 to 02-02-2015. The subjects selected were of the age group 18 to 25 years.

#### 2.2 Measurements of Aggression and anger expression

In order to measure the aggression, Aggression Scale developed by G. P. Mathur and R. K. Bhatnagar was used, and in order to obtain data on anger with the regard to high

achievers and low achievers, Spielbergers STAXI-2 Self-assessment Questionnaire was applied. Before administering the test, the purpose and procedure of the test were making clear for better understanding of test items to the subjects. The STAXI-2 questionnaire consists of 57 questions divided into three parts. The first part assesses the state of anger and comprises 15 questions. The second part tests anger understood as relatively permanent trait and includes 10 questions. The third part evaluates anger expressions and control, consists of 32 questions.

### 2.3 Statistical Analysis

For the analysis of data SPSS version 18 was used. In order to compare the aggression level and anger expression between high achievers and low achievers boxers, unpaired student t- test was applied.

### 3. Results

**Table I: Comparison of Aggression between high achievers and low achievers boxers**

Vari-able	Position	N	Mean	S.D	S.E.M	t- Value
Aggres-sion	High achievers	30	192.37	19.41	3.54	0.55
	Low achievers	30	189.87	15.63	2.85	

\*Significant at .05 level (t=2.01)

The finding of table-I indicates that high achievers boxers had higher mean value of aggression (192.37) than low achievers boxers (189.87). However, insignificant difference (t=.55) between high achievers and low achiever female boxers has been found at .05 level of confidence.

**Table II: Comparison of state, trait, anger control and anger expression between high achievers (n=30) and low achiever boxers (n=30)**

Variables	High achiev-ers		Low achievers		t val-ue
	Mean	S.D	Mean	S.D	
State anger	29.6	9.67	28.4	7.75	.53
Trait anger	21.83	4.31	21.77	5.60	.05
Anger Expression-Out	17.07	4.18	17.33	3.01	.28
Anger Expression- In	19.03	3.38	19.17	3.38	.15
Anger Control out	22.23	4.75	21.73	3.95	.44
Anger Control in	23.07	3.62	21.8	5.62	1.0
Anger expression Index	40.5	7.49	38.93	8.69	.75

\*Significant at .05 level (t=2.01)

The results of data analysis in table-II show that high achievers boxers had higher mean score in the state anger (29.6) and trait anger (21.83) as compare to low achievers (28.4) and (21.77). However, high achievers boxers are better at coping with anger expression-out (17.07) and anger expression-in (19.03) than low achievers boxers having mean scores (17.33) and (19.17), respectively. Also high achievers boxers are better in anger control-out (22.23) and anger control-in (23.07) compare to low achievers (21.73) and (21.8). In anger expression index, the high achievers boxers had also presented higher mean value (40.5) than low achievers boxers (38.93). Statistically finding of table-II showed insignificant difference in all sub scale of STAXI-2 (State anger t=.53, trait anger t=.05, anger expression-out t=.28, anger expression-in t=.15, anger control-out t=.44, anger control-in t=1.0 and anger expression index t=.75) between high achievers and low achievers boxers at .05 level of significance.

### 4. Discussion on findings

Significant number of research and articles on aggression can be found in the literature; however anger issues are rarely discussed. After all, anger is the emotion, which very often triggers aggression. From scientific and pragmatic point of view it is worth undertaking research which allows to assess not only the level of anger, its state, trait and ability to control it, The aim of this paper is to asses aggression level, state, trait, anger expression and control in the high achievers and low achievers female boxers of All India Inter-University.

It has been observed from table-I that high achiever boxers were more aggressive as comparison to low achiever boxers. However the difference is insignificant. It indicates that high aggression level affects the performance in boxing. Cezary et al (2014) also found that the aggressiveness level was recorded highest in the group practising boxing, whereas the lowest was observed in the group of ju-jitsu athletes.

Table-II showed that high achiever boxer's possess insignificantly more state anger and trait anger as compared to low achiever female boxers. It has been also found that high achievers are insignificantly better at coping with anger expression-out and anger expression-in than low achievers boxers. Finding also indicates that high achievers boxers are insignificantly better in anger control compare to low achiever boxers. In total anger expression index, the high achievers boxers had also presented higher value than low achievers boxers. These differences may be result of more boxing practising. Probably higher anger may be beneficial for boxing contestants, causing more offensive and effective fight style.

### Conclusions

Generally, the level of aggression and anger within boxers remains moderate level; high achievers boxers are characterized by higher level of state and trait than low achievers boxers. At the same time high achievers boxers cope better with emotion control and expression, which is probably (due to experience and training) the result of training the skill of handling strong emotions. However, there exist insignificant difference in aggression level and in all the variables of anger expression namely state anger, trait anger, anger expression-out, anger expression-in, anger control-out, anger control-in and anger expression-index between high achiever and low achiever female boxers.

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