



## ORIGINAL RESEARCH PAPER

## Physical Education

### RELATIONSHIP OF AGGRESSION TO PLAYING ABILITY AMONG UNIVERSITY LEVEL DEFENDING AND ATTACKING FOOTBALL PLAYERS

**KEY WORDS:** Aggression, Playing Ability, Defending Player, Attacking Player

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#### ABSTRACT

During the past couple of decades, international sports have been undergoing profound changes, and several major problem areas have emerged that together form the core of modern sport studies. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. The purpose of the study was to find out the relationship of aggression to playing ability of college level football players. The variables selected for the study were aggression and playing ability. The investigator randomly selected 30 attacking players and 30 defending players from different colleges of seven district of north Kerala. The playing ability of players was tested while playing the matches. To measure the aggression of the players, Standardized Buss & Perry (1992) questionnaire for sporting aggression was used to scale the aggressiveness of football players. Independent t test was used to compare the aggression between the players. To test the level of significance of difference between the means 0.05 level of significance was fixed. It was concluded that, the aggression of the attacking players was better than that of the defending players of college level. It was also concluded That aggression level of the attacking players is dependent on the playing ability. The study also reveals that, Defending players are not using their aggression in the playing field to improve the performance

#### INTRODUCTION

The game football is the most popular sport in this world. All over the globe, people are attached to this game in deep and passionate cultural ways today soccer is front and centre in the lives of many families. Currently, the field of sports psychology deals with many different issues that face athletes. Sports psychologists seek to work with athletes in areas such as team dynamics and recovery from injury in order to optimize their abilities. However, although looking to understand and solve the issues facing athletes today is an important part of sports psychology, it is the question of why humans participate in sport in the first place that is becoming increasingly important.

Sports Psychology is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

Aggression is a learned behavior, and that sport may be teaching people to be more aggressive. As a result, people display aggression because they have learned it is profitable to do so. With this fact in mind, coaches say to "being aggressive all the time," "possessing physical size and strength," and "having guts and courage." Assuming acceptance of The Social Learning Theory as it pertains to aggression in sport, it is clear that coaches have a great deal of influence over the attitudes learned and developed by their athletes. As researcher Robert Conan aptly states, "much of the learning of sport participants can be directed effectively by a coach away from the excessive aggression which has become so much more dominant in sport today." One of the stumbling-blocks that has hindered any examination of the subject of aggression in sport is the difficulty that exists in defining the term.

During the past couple of decades, international sports have been undergoing profound changes, and several major problem areas have emerged that together form the core of modern sport studies. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. The purpose of the study was to find out the relationship of aggression to playing ability of college level football players.

#### MATERIALS AND METHODS

The investigator randomly selected 30 attacking players and 30 defending players from different colleges from universities of Kerala. Their age ranged from 18-21 years. The variables selected for the study were aggression and playing ability. To measure the aggression of the players, Standardized Buss & Perry (1992) questionnaire for sporting aggression was used to scale the aggressiveness of football players. The test consists of 29 questions with five levels of responses. The level changes from extremely uncharacteristic to extremely characteristics. The playing ability of players was tested while playing the matches. For getting the basic idea about the data, descriptive statistics was used. For comparing the difference in aggression ability between attacking and defending players, independent t test was used. Level of significance was 0.05.

#### RESULTS AND DISCUSSIONS

Analysis of the data pertaining to the study was presented in this chapter.

**Table 1:** Relationship on aggression to Playing Ability among Defensive & Attacking Players

Independent Variable	Psychological variable	t' value
Playing ability	Aggression-Attacking players	0.488*
	Aggression-Defensive players	-0.108

\*Significance at 0.05 level.

The table reveals that the relationship between aggressions to playing ability was high since the t-value 0.488 is greater than the table value (0.377) in attacking players and it also indicates that there is no relationship between aggression to playing ability of defending players since the t-value -0.108 is lesser than the table value (0.377).

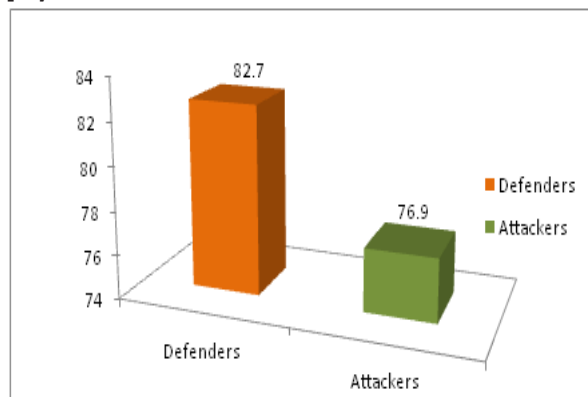
**Table 2:** Comparison of aggression between attacking and defending players

Category	Number	Mean	Standard Deviation	t'-Value
Attacking players	30	76.9000	12.4660	1.708
Defending players	30	82.7000	13.8044	

\*Significance at 0.05 level

The obtained t' ratio of 1.708 was lesser than the table value; it had

nosignificantat0.05levelofconfidence.Itshowsthattherewasno significantdifferenceinaggressionofattackinganddefending players.



**Figure 1:** Comparison of mean score of aggression both attacking and defending players.

In contemporary sports aggression plays a significant role, we can say that aggression as an unprovoked physical or verbal assault. In sport, the performance can be affected by aggression that can be positive or negative. It also proved that positive aggression can improve performance. Defensive players showed better in case of aggression. The attacking players use aggressiveness to tackle his opponent to reach the target. In a study of one ninety-nine team-sport athletes, Kirkcaldy (1982) revealed that offensive players are more tough-minded, aggressive and extroverted than their defensive teammates. On the other hand defensive players characterized with more aggression than the offensive players, it may be due to that they need to oppose the other team players from achieving goals. For that they go for more aggressive playing style. While comparing the aggression between both the players, there was no significant difference between the defensive and attacking players. It was because of the game itself requires the aggressive behavior like, opposing the opposite team players from making the goals and also to win the goal. This is one of the reasons for both defending and attacking players having aggressiveness. The reason for the above result may be due to the fact that the attacking players want to meet opponents while playing so the level of aggression that influence their performance. The reason for the relationship between aggression and playing ability in this game may be; to overcome the opponent and score as much goals for his team. Hence the level of aggression need to be optimum in attacking players. There is no relationship in the case of defending players, it is because they performing for defending the goal.

## CONCLUSION

The study was concluded that defending players having higher level of aggression than the attacking players. The result also reveals that there was no significant difference in the aggression between defensive and attacking players.

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