



ORIGINAL RESEARCH PAPER

Physical Education

A STUDY OF AGGRESSION AMONG THE STRIKERS AND DEFENDER SOCCER PLAYERS OF UTTAR PRADESH

KEY WORDS: Aggression, robust, strikers, defenders

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ABSTRACT

Human nature is being competitive and ambitious for excellence in professional fields even in athletic performances also. Aggression has long been a part of the sports domain. The objective of the study is to find out the level of aggression among the strikers and defenders soccer players of Uttar Pradesh. A total of 50 players (25 strikers & 25 Defender) were selected for the purpose of the study and their age in between 18 - 24 years. Sports aggression inventory by Anand Kumar and Prem Shanker Shukla was employed. The inventory consists of 25 items in which 13 items are given as "YES" and 12 items are given as "NO". T-test was employed to justify the objective. The result indicated that a significant difference was found among the strikers and defenders soccer players on aggression level. The nature of robust style of play and physique of defenders would be the reasons for aggressiveness.

INTRODUCTION

'Aggression' the term derived from Latin word means to work aggressively, or "to work towards or approach". It can be defined as those who are highly motivated, demonstrate the great realization of physical energy, and are not inhibited by fear. It is a basic component of human instinct and without it, no one can succeed. But if it runs amok or is misguided, it can undermine the most-talented competitor in sports competition. Without aggression, the sports competition is like a body without soul, competition and aggression are twins. 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. By nature human beings are competitive and ambitious for excellence in athletic performances. Not only every human but every nation wants to show their supremacy by challenging the other nation. Thus, these challenges stimulate, inspire and motivate the nations to sweat and strive to run faster, jump higher, throw longer in the present competitive sports world. Outside of wartime, sport is perhaps the only setting in which acts of interpersonal aggression are not only tolerated but enthusiastically applauded by a large segment of society. In fact, sport ought to be a substitute for war. In other words, all competitive sports situations hold some degree of hostility between opponents, participants in them allow aggression to be dissipated in an acceptable manner. Psychologists have distinguished two types of aggression in sport, hostile and instrumental. Hostile aggression is a participant's purpose to solely harm someone physically, using their fist or elbow can fall into this category. This can also be called reactive aggression (sympathetic arousal) and is associated with anger. Instrumental aggression can be used to achieve a goal, which can be to tackle harder to gain possession of the ball i.e. rugby. It is also known as channeled aggression, the ability to turn it on and off and control their temperament and it is not associated with anger.

Social learning theory suggests that aggression is something that can be instilled in a child from a very early age. We learn social behaviour by observing and imitating the behaviour of others, in particular observing the consequences of particular actions (Bandura, 1979). Children learn that aggressive behaviour can be rewarding, they observe and copy actions increasing the use of aggression in sports activities. A child whose aggressive acts intimidate their opponents will increasingly become more aggressive due to the fact it gets them more rewards. The idea that aggression breeds aggression is also part of cognitive neoassociation theory, according to which venting of aggression activates aggressive thoughts and primes angry feelings, thereby increasing the possibility of further aggressive behavior (Bushman, 2002). This theory is related to the classic

frustration-aggression hypothesis as modified by Berkowitz (Wann, 1997). Inability to attain a goal leads to frustration which triggers an aggressive drive, and the likelihood of aggressive behavior is enhanced by cues in the environment. Contact sports are particularly likely to provoke aggression because they provide many aggressive cues.

Individuals who participate in sports seem to exhibit higher levels of aggression than those who do not. However, this may be because sports attract people who are naturally more aggressive than non-athletic. Some sports are more likely to be associated with violence and inappropriate aggression. Precisely how sports and aggression are linked is unclear, but that they are linked seems certain. Sports may be one way to teach young people how and when to use violent forms of aggressive behavior. Young athletes observe the behavior of role models and learn from interactions with coaches, parents, and others. This may well have long-lasting consequences for individuals and for society. Studies suggest that sport could be reformed so that it would not necessarily lead to increases in aggression. Spectators and players both would experience sport in a different way. Nevertheless, it seems likely that sport could be enjoyed without the promotion of inappropriate aggression. Physical education and sports are passing through a period of change and transformation from traditional rules to modern purposive rules. There is change in today's world of sports, which is made by increased knowledge in the field and the emergency of new disciplines. Competitions have seriously turned, which manifests its worthlessness through many streams. Likewise the modernization in other fields, this field has also made quick turns in utilizing more scientifically developed methods of training. Being able to regulate an athlete's level of aggression throughout the competition is an extremely important skill for maintaining a higher level of performance proficiency.

Objective of the study

The objective of the study is to find out the level of aggression among the strikers and defenders soccer players of Uttar Pradesh.

Hypothesis

- H₀: There is no significance difference on aggression among the strikers and defenders soccer players of Uttar Pradesh.
- H₁: There is a significance difference on aggression among the strikers and defenders soccer players of Uttar Pradesh.

Methodology

Sample

A total of 50 soccer players (25 strikers & 25 defender) were selected from the state of Uttar Pradesh and their age in between 18 - 24 years. Sports aggression inventory by Anand Kumar and Prem Shanker Shukla was employed.

Administration of questionnaire and collection of data

Sports aggression inventory was used on both the target group. The inventory was designed by Anand Kumar/ Prem Shanker Shukla. The Sport Aggression Inventory consists of 25 items in which 13 items are keyed as "YES" and 12 items are keyed as "NO". The statements which are keyed "YES" are 1,4,5,6,9,12,14,16,18,21,22,24,25 and the statements which are keyed "NO" are 2,3,7,8,10,11,13,17,19,20,23. Maximum score for each statement is one. Sores obtained for each statement was added up which represent an individual's total score on aggression.

STATISTICS

The data were analyzed by applying descriptive statistics and further to find out the significance difference between two groups T-test was employed and level of significance was set at 0.05 level of confidence.

Data Analysis

Table -1 Significant Difference of Mean on Aggression

Variable	Group Mean		Mean Difference	Dm	t-Ratio
	Defenders	Strikers			
Aggression	13.72	11.20	2.52	.77	3.26*

*Significant at 0.05 level of confidence t.05 (48) 2.01 (Source; Author's own calculation)

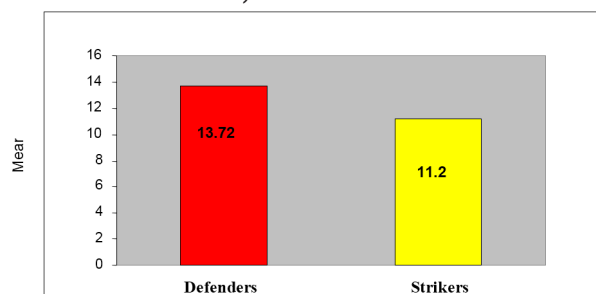


Figure: 1

To analysis the score t-test was employed the level of significance for testing the hypothesis was set at 0.05 level of confidence. The mean of the score of defender players was 13.72 and striker players were 11.20. The obtained t- value was 3.26 which showed significant difference between the aggression level of defender players and striker players.

CONCLUSION

The mean value (13.72) of defender players on aggression was found to be higher than the strikers, which revealed that defenders were more aggressive in comparison to the strikers. The nature of robust style of play and physique of defenders would be the reasons for aggressiveness. This fact might be attributed due to the fact that the training schedule and training pattern also play an important role in building up athlete personality and regulates their emotions. Therefore, aggression among the strikers and defenders soccer players of Uttar Pradesh, H1 is accepted.

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