



"A COMPARATIVE STUDY OF AGGRESSION AMONG INDIVIDUAL
AND TEAM GAMES PLAYERS OF PUNJAB"

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INTRODUCTION

Now day's sports have become an important part of the education process, in addition, developed into a distinct scientific discipline. Sports performance in various games and activities of life are influenced by many factors such as Physique, level of motor ability, technique lactic, psychological availability etc. When we are talking about psychological scope behind any performance during games may influence by many factors like aggression anxiety motivation stress personality indusial difference etc. aggression is also one of the important psychological aspects which may affect the results of any game or competition.

AGGRESSION

Many psychologists have tried to distinguish the two types of aggression. According to Hunsman (1974) aggression is of two types, hostile or reactive, and instrumental. With hostile aggression, the primary goal is to inflict injury or psychological harm to someone. Instrumental aggression, on the other hand, occurs in the quest of some nonaggressive goal.

Silva (1978) suggested that the "aggressive play" that characterizes sport and lies within its formal rules reflects proactive assertion. Different from instrumental aggression, Silva (1978) explained that proactive assertive behaviour lacks the intent to harm another individual and can be characterized by more of a task orientation. However, instrumental aggression may be the behaviour more often witnessed in sporting events.

The oldest assumption by Freud (1930) is aggressive impulses were constantly being generated within the body and that unless released through overt aggressive acts, those impulses would build up intolerance and dangerous levels.



Massner (1992) argued that the acceptability of violence by males is learned through the socialization process of masculinity, and the role sport plays in this process. It has been argued that sports play a much larger role in the socialization of males and that aggressive behaviour is more socially acceptable for men in everyday life.

Russell (1993) suggested that outside of wartime, a sport is perhaps the only settings in which acts of interpersonal aggression are not only tolerated but enthusiastically applauded by a large segment of society. In recent years, however, violence in sports, both on or off the

The field has come to be perceived as a social problem. For instance, commissions have been appointed in Canada, England, and Australia to investigate violence in the athletic settings (National Committee on Violence, 1989, Pipe, 1993).

STATEMENT OF THE PROBLEM

"A COMPARATIVE STUDY OF AGGRESSION AMONG INDIVIDUAL AND TEAM GAME PLAYERS OF PUNJAB"

OBJECTIVES OF THE STUDY

1. To compare the aggression among individual and team games players of Punjab.

DELIMITATIONS OF THE STUDY

1. The study will be delimited to the male players of Punjab only.
2. The study will be delimited to the age group of eighteen to Twenty-eight years.
3. The study will be delimited to players of team games Basketball, Handball, Hockey and Individual games Athletics, Boxing, Wrestling only.
4. The study will be delimited to the players who had participated at a state and inter-University level.

TOOLS USED

Aggression Scale prepared by Roma pal and Tasneem Naquavi year 1980.

STATISTICAL TECHNIQUE

t test will be used to compare the individual and team game players of Punjab. Data will be analysed to SPSS.

COLLECTION OF DATA

The researcher collected the data from 900 male players of Punjab from the different game like basketball, handball, hockey, athletics, boxing, wrestling only of different participation. Data is collected by using aggression Questionnaire constructed by Roma pal and Tasneem Naquavi year 1980

RESULT AND FINDINGS

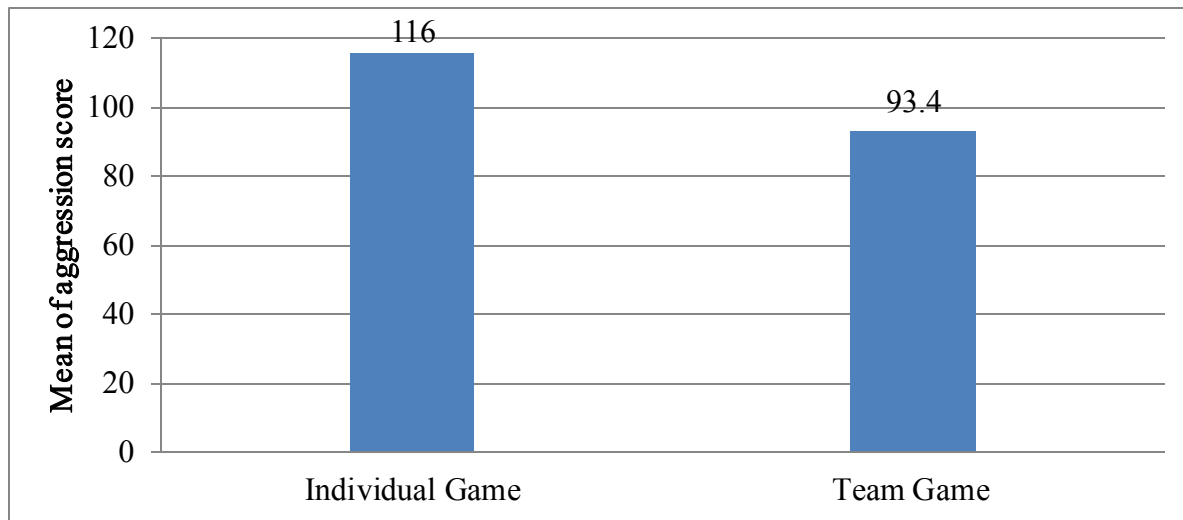
Table 1: Comparison of aggression between the male players of team and Individual games

| Individual Game (n=450) | | Team Game (n=450) | | t value | df | p value |
|----------------------------|------|----------------------|------|---------|-----|---------|
| Mean | SD | Mean | SD | | | |
| 116.0 | 20.2 | 93.4 | 16.2 | 18.5 | 898 | 0.00** |

*Significant at 0.05 level

Table 1 Represent the comparison of the aggression score between male team and Individual game. Mean and SD of the male Individual game was reported as 116.0 and 20.2 whereas Mean and SD of the team games male was 93.4 and 16.2 respectively. The result of the study shows the team game male players were found to be significantly more confident ($t=18.5$, $p<0.00$) as compare to individual game players

Figure 1: Showing the mean comparison of aggression score between Individual and Team Game male players



CONCLUSION

Aggression study concludes that Individual game players are having more aggression comparative to team game players.

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