

"A Comparative Study of Aggression among Individual And Team Games Female Players of Punjab"

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INTRODUCTION

The ability to do whatever is necessary in life to achieve your goals in life, sports, or any endeavour you undertake. The will to win is a phrase held by only those who truly believe in the will to do something that others believe one cannot do. 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 industrial difference etc. Will to win is also one of the important psychological aspects which may affect the results of any game or competition.

AGGRESSION

Some sports expert say that aggression can be defined may be physical, mental or social. But in sports aggression, the main focus of player is physical harm.

Human conduct is an opposite situation of conflicting tendencies. These trends play a vital role in human behavior and sharp the style of a person. Aggression is one of the tendencies of human behaviour. It is as old as human beings and continuously used in games or sports. Aggression is frequently used to define the sports situation. On one side it is used to define sports in a positive way and on another side it uses to criticize the sports participants or sports lover. Alderman (1974)

Seldom gives us the idea that one word has so many opposite application and definitions. Aggression is accepted all over the world in sports but the question is that weather is positive or negative. It is not limited to any nation, region or time. It always shows the harmful and dangerous Side of human behaviour. Aggression is regarded as harmful behaviour generally, aggression referred to a situation where it does not play a good role. According to Bhushan in a sports setting, aggression may also have a good role in the outcome. Bandura, Albert (1973)

The aggression's roots may be in the instincts of the fight but it has a constructive meaning also. One meaning of aggression derived from a Latin word which means "for attack". By aggression meaning an act of attacking especially with the purpose of war or fight. Basically, the word aggression comes from a Latin word which means 'walk towards' than the clear meaning is 'move against' or 'move with the intention of hurt and harm'. There is no specific definition to define aggression in sports. Many experts describe aggression is a

term of human conduct but different schools studied a lot of aggression and presented it a most comprehensive side of the human body that works on three main principles. These three principles of aggression are:

- (1) Instinct drive (Sigmund Freud's psychoanalytical theory) which related to the biological side of human conduct.
- (2) Frustration-aggression (Dollard and Miller's theory) which is related to an emotional drive which faces frustration and as its result, this frustration finally leads aggression.
- (3) Social learning (Bandura's theory) which is related to the learned attitude that pushed an athlete to achieve the goal in any way which leads to aggression

STATEMENT OF THE PROBLEM

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

OBJECTIVES OF THE STUDY

1. To compare the aggression among female players of Punjab.

DELIMITATIONS OF THE STUDY

1. The study is delimited to the female players of Punjab only.
2. The study is delimited to the age group of eighteen to Twenty-eight years.

3. The study is delimited to players of team games basketball, handball, hockey and industrial game athletics, boxing, wrestling only.
4. The study is delimited to the players who had participated at a state and inter-college level.

TOOLS USED

Aggression Scale prepared by Roma pal and Tasneem Naquavi year 1980

STATISTICAL TECHNIQUE

t test is used to compare the individual and team games players of Punjab. Data is analysed to SPSS.

COLLECTION OF DATA

- The researcher collected the data from 900 female players of Punjab from the different games 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

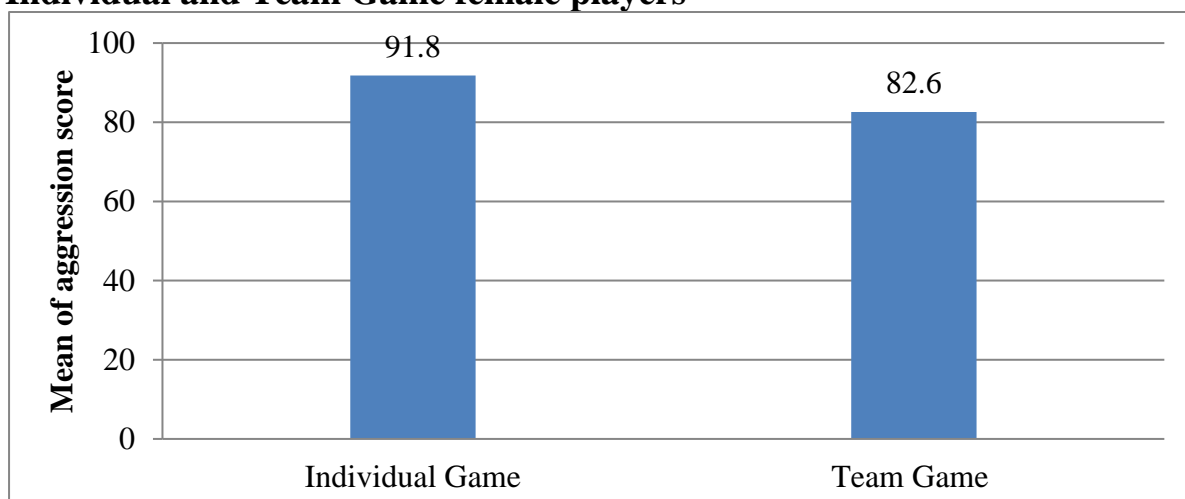
Table 1: Comparison of aggression between the female players of team and individual games

Individual Game (n=450)		Team Game (n=450)		t value	df	p value
Mean	SD	Mean	SD			
91.8	15.3	82.6	11.8	10.1	898	0.00*

*Significant at 0.05 level

Table 21 Represent the comparison of the aggression score between female team and individual game. Mean and SD of the female individual game was reported as 91.8 and 15.3 whereas Mean and SD of the team games female was 82.6 and 11.8 respectively. The result of the study shows the team game players were found to be significantly more confident ($t=10.1$, $p<0.00$) as compare to individual game players

Figure 15: Showing the mean comparison of aggression score between Individual and Team Game female players



CONCLUSION

Study concludes that individual players are having more aggression comparative to team game players of Punjab.

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