

A Study of Aggression As A Socio-Psychological Differential Between Individual And Team Sports Person

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INTRODUCTION

Sports come cloaked in many guises-men in defiance of nature, man confronting man, man against animal, man against machine. The range of athletic competition is great from individual contests to team meets, from summer games to winter past times from regional events to national competition. Whether aquatics, skiing or hot dog skiing, motorcycle racing or motorboat racing, demolition derby or Irish Sweepstakes Derby, lumberjacking or wrist wrestling, Gaelic games or Olympic games, each has its own unique character, its own interest and passion, and its own enthusiasts. All sports however have two common denominator dynamic challenges to man and a psychological spur to victory.

Human aggression is as old as mankind itself. Within the framework of the history of Psychology, theorists and researchers have been attempting to explain, define and predict the performance of aggressive acts since psychology emerged as a science. Virtually all- major personality theorists have made statements concerning the composition and casual factors involved in aggression as an inborn instinct, trait theorists analyze a trait called aggression, and behavior theorists focus upon the operant and vicarious reinforcements that lead to the performance of aggressive acts.

Aggression is defined as the infliction of an aversive stimulus physical, verbal or gestural, upon one person by another. Aggression is not an attitude but behavior and most critically, it is reflected in acts committed with the intent to physical harm. This definition of aggression includes such wide ranging acts engaged in by athlete's coaches and/or spectators -as physically hitting another individual and verbal abuse.

Aggression is a term that has always been confused with violence. Aggression is an important but confusing subject. In its worst form it refers to violent behavior perpetrated by one human being against other. At the other pole, it is considered a desirable quality in competitive situation, a trait i.e. associated with masculinity, a sign of strength and competence. Aggressiveness is taken in normal biological senses and violence as behavior definitely directed towards others.

Aggression carries numerous connotations in sports psychology. Many psychologists have explained aggression in terms of behavior. They describe aggression behavior intended to cause harm or pain. The key to this definition is the word "intend". If an athlete fractured another athlete's nose by accident, the fracture is not the result of aggression. But if the athlete intended to fracture the nose he or she was being aggressive in the negative sense of the word. Similarly aggression has been defined as an intention to inflict injury. (Tatum 1973) He viewed as the deliberate intend to harm another person. This includes physical, psychological or social harm, but in sports, physical harm is the primary focus.

Many other psychologists have tried to distinguish between two types of aggression. According to Hunsman (1954), 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 non-aggressive goal.

Eysenck (1964) describes the typical extravert as one who craves excitement, takes risk, is impulsive, tends to be aggressive, loses his temper easily and does not control his feeling well. Eysenck therefore regard aggression one of the sensitive traits of extra-version.

Because of the pervasiveness of violence and acts of aggression in our society generally considerable research, focusing on the origin, instigation and maintenance of aggression has substantially increased the understanding of many of the processes mediating aggression but a sufficient explanation of why human has yet to be derived.

Method Sample

For the purpose of the study, 200 inter university male and female (50 male individual sports person, 50 female individual sports person, 50 male team sports person, 50 female team sports person) were randomly selected as the subjects for the study.

Tool

The variable selected for the purpose of this study was: Aggression. Aggression was assessed by the total scores in Aggression Scale constructed by Dr. (Mrs.) G.P. Mathur and Dr. (Mrs.) Raj Kumari Bhatnagar.

Procedure

With the help of the questionnaire related to aggression as a socio-psychological variable necessary data were collected. Data were collected with regard to aggression variable from 200 male and female, individual and team sports person in a group setting. Before administering of research questionnaire, the team incharge, coaches/managers of different teams were contacted and their cooperation in the task of data collection was solicited.

Techniques

The data pertaining to aggression variable had been analyzed by using the t-test in order to assess and compare the socio psychological variable of interuniversity male and female, individual and team sports person .

RESULTS

The findings pertaining to descriptive statistics for the aggression variable between individual and team sports person have been presented in table no. 1

Table No. 1: 't' value for Male Team Sports person and Male Individual Sports person with respect to their Mean Score on 'Aggression'

Groups	N	Mean	MD	SD	SEM	't'
Male Team Sports person	50	193.60	13.82	24.60	3.47	3.116*
Male Individual Sports person	50	207.42		19.43	2.74	

**Significant at 0.01 level of confidence.*

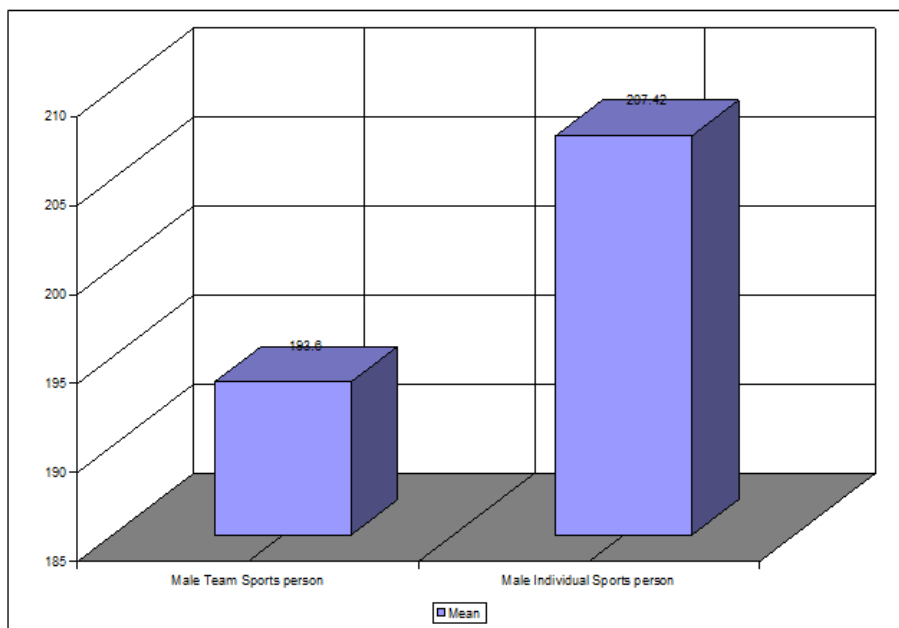


Figure No. 1: Mean scores of two groups of Male Team Sports person and Male Individual Sports person in respect of 'Aggression'

Table 1 reveals that the 't' value for inter university male team sports person and inter university male individual sports person with respect to their mean score on 'Aggression' came out to be 3.116, which is significant at 0.01 level of confidence (table value of 't' at 0.01 level=2.63 for d.f. 98). This indicates that inter university male team sports person and inter university male individual sports person differ significantly with respect to 'Aggression'. Since the mean score for male individual sports person (207.42) is higher in comparison to male team sports person (193.60), it may be interpreted male individual sports person are more⁴ 'Aggressive' in comparison to the male team sports person. Hence the formulated hypothesis that "There will be no significant difference between inter university male team sports person and inter university male individual sports person on aggression" null hypothesis stand rejected.

The Aggression variable of is graphically depicted in the figure 1 in which comparison of mean value of inter university male team sports person and inter university male individual sports person are shown by drawing the histogram type of graph. The difference in the height of histogram indicates the mean difference.

Table 2: 't' values for Female Team Sports person and Female Individual Sports person with respect to their Mean Score on 'Aggression'

Groups	N	Mean	MD	SD	SEM	*p
Female Team Sports person	50	194.46	15.96	23.47	3.32	3.39s
Female Individual Sports person	50	210.42		23.51	3.32	

**Significant at 0.01 level of confidence.*

Table 2 reveals that the 't' value for inter university female team sports person and inter university female individual sports person with respect to their mean score on 'Aggression' came out to be 3.396, which is significant at 0.01 level of confidence (table value of 't' level=2.63 for d.f. 98). This indicates that inter university female team sports person and inter university female individual sports person differ significantly with respect to 'Aggression'. Since the mean score for female individual sports person (210.42) is higher in comparison to male team sports person (194.46), it may be interpreted male individual sports person are more 'Aggressive' in comparison to the female team sports person. Hence the formulated hypothesis that "There will be no significant difference between inter university female team sports person and inter university female individual sports person on aggression" null hypothesis stand rejected

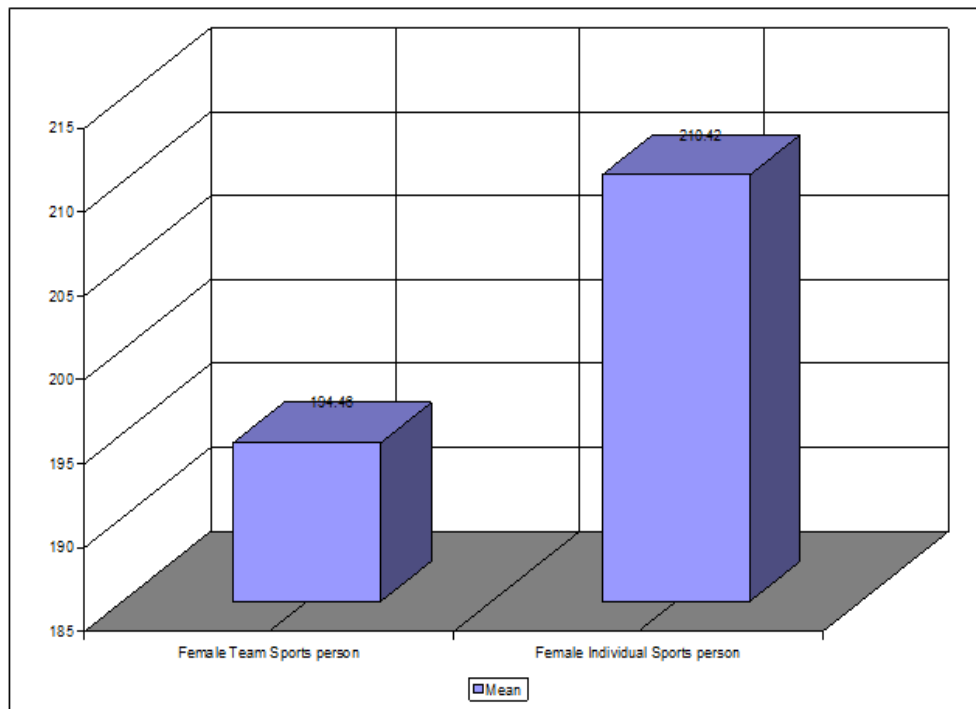


Figure No. 2: Mean scores of two groups of Female Team Sports person and Female Individual Sports person in respect of 'Aggression'

The Aggression variable of is graphically depicted in the figure 2 in which comparison of mean value of inter university female team sports person and inter university female individual sports person are shown by drawing the histogram type of graph. The difference in the height of histogram indicates the mean difference.

DISCUSSION

Comparison of Inter-University Male and Female Individual Sports person wit Inter-University Male and Female Team Sports person in terms of 'Aggression'.

The result presented in table 1 and table 2 in relation to sports aggression showed higher level of aggression in inter university male and inter university female individual sports person in comparison to inter university male and inter university female team sports person. This may be attributed to the fact that aggression is the infliction of an aversive stimulus either physical verbal or gestural, upon one person by another. Aggression is not an attitude but behavior and most critically , it is reflected in acts committed with the intent to physical harm. The results attributed that inter university male and inter university female individual sports person were more serious because of their expectation to win. They know that aggression is necessary in sports but up to some extent. More or less aggression will cause poor performance in sports and moderate level of aggression will make their performance better. On the other hand inter university male and inter university female team sports person were lack of experience. They thought that aggression is the only characteristic by which they could win against their opponent. That's why they showed optimum aggression. They don't know that for winning in competition competitor must possess certain other qualities such as strong will power, strength, endurance, self confidence, patience and calmness which is more important than aggression.

DISCUSSION OF HYPOTHESIS

The hypothesis earlier set that there might have not been significant difference in aggression as a socio-psychological variable of individual and team sports person is rejected.

CONCLUSION

On the basis of the findings of the study, the following conclusions are drawn: Inter university Male and Female individual sports person are more aggressive as compared to Inter university male and female team sports person.

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