

COMPARATIVE STUDY OF THE ANXIETY & AGGRESSION AMONG PLAYERS REPRESENTING UNIVERSITY IN TEAM & INDIVIDUAL EVENT


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The game was invented more as a recreational game rather than anything else involving more people. The results of the present study will help to identify anxiety and aggression of sports representing university in team event. The skill involved in the game are of simple, natural and highly stimulating and satisfying to anyone who participates in the game. This study assumes significance in view of the anxiety and aggression among the team and individual sportsmen. The finding also suggested that on anxiety and aggression individual sportsmen were high on mean scores. The two variables anxiety and aggression have a significant difference at two levels finding the significant difference but differ on mean scores. The finding lead to indigenous intervention package for coaches belonging to university teams. Research evidence revealed the level of anxiety and aggression among team and individual sportsmen.

Keywords: Psychology, Anxiety and Aggression and Players

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Introduction

Competitive sports are full of challenges, so youngsters taken to competitive sports must display the required psychological attributes including aggression, anxiety and emotional intelligence to meet the challenges successfully. The variables anxiety and aggression need to be studied properly, both from the theoretical and practical point of view. The knowledge about the variables may enable the teacher and coaches to take decisions in their work with young players taking part at different levels and train them in a proper way. The results of the present study will help to identify anxiety and aggression of sports players representing university in team event.

Related Literature

Jaskaran Singh Sindhu, Karanjit Singh and Charanjit Singh (2011): The purpose of the present study was to investigate and compare the anxiety and aggression level among the university level male and female athletes. A total 60 athletes (30 males and 30 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G. L. Patil. Anxiety among the subjects was measured by using the sport competitions Anxiety test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male athletes had significantly greater aggression ($p < 0.05$) as compared to the female athletes. The female athletes were found have significantly higher anxiety level ($p < 0.01$) when compared to male athletes. In conclusion, the male athletes were more aggressive whereas female athletes were more anxious.

Competitiveness and Anxiety

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an Anxiety is a complex emotional state characterized by a general by tension. It is usually accompanied by tension.

Sports and Aggression

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Experienced athletes used self-control to help them with their aggression.

The researcher has therefore undertaken study entitled "To Study the Effect of Anxiety and Aggression level on Performance of Ball Badminton Players for Enhancing Performance of Savitribai Phule Pune University". In this study the researcher planned to conduct the anxiety and aggression tests on Savitribai Phule Pune university ball badminton players.

Methods and Materials

The research tool for Competitive state Anxiety Inventory-2 (CSAI-2) by Martens, Valley & Burton, (1990) Sport Aggression Inventory by Anand Kumar and Prem Shankar Shukla.

For the investigation the players aged between 18-25 years are considered as the total sample (N=50) of the study.

Statistical Method

The data collected was treated with the statistical technique 't' and results are presented in the following tables.

Result and Discussion

It was observed from the Sports Competitive State Anxiety and Aggression variable from table was shows that there was a mean difference between of the sample of 50 cases of subjects regarding to the psychological variables.

Table no. 1: Anxiety and Aggression Executing and Performance Score for Players

Enclosed as Annexure 01

As for Anxiety of performance t- test no significant difference between: 10.48 ± 2.41), and: 12.56 ± 3.170 , $T(98) = 4.3$, $p > 0.05$) and for Aggression too indicated no significant difference between: 5.2 ± 2.28) and: 5.53 ± 1.59), $T(98) = 0.32$, $p > 0.05$) at Anxiety level. Whereas Aggression results indicated there was significant difference between: 9.76 ± 6.15) and: 12.56 ± 3.17) and: $(1, 28) = .15.05$, $p < 0.05$.

Conclusion

The scope of this study, the researcher concluded that player's sports competitive state anxiety and aggression. This study impact on the field of Physical education & sports in field our nation. Sports player's part of various sports & games activities, express important role of Psychology sports players & coaches helps to characterized adjustment and managed & know the level of sports competitive state anxiety & aggression for that further contribute to better performance. It was concluded that important in view of the Anxiety & Aggression in concluded that researcher evidence revealed the level of Anxiety & Aggression in Boys & Girls players these Psychological variables are vital in the field of sports coaching and performance. It is known from the review of related literature that status to level of Anxiety & Aggression of sports players. It was concluded that study may help to developed efficient coaching plan for better performance consider the Anxiety & Aggression variables of the psychology.

Annexure

Annexure 01

Table no. 1: Anxiety and Aggression Executing and Performance Score for Players

Table no. 1
Anxiety and Aggression Executing and Performance Score for Players

Mean	S.D.	N	T- Value
Anxiety			
10.48	2.41	25	T (98) =4.3
12.56	3.17	25	p>0.05
Aggression			
9.76	6.15	25	T (98) =5.2
11.45	1.57	25	p<0.05

Level of significance 0.05 Tabulated "p" 0.05 (15)

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