

To Study The Aggression Of Football Players Of The Jodhpur Region

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The purpose of the study was to study the psychological characteristics of different levels of football players of Jodhpur region. Total one hundred fifty football players were the subject of the study. The subjects were divided into three categories 1.) Santosh trophy/ Intervarsity, 2.) Under-19 national level and 3.) State level were selected as the subject for the present study. Only male football players who had participated from 2016 onwards were selected as subject for the present study. The psychological characteristics (Sports Aggression) were selected for the present Study. To collect the data, selected psychological characteristics were taken on each subject individually during practice time. Scholar had used authentic psychological questionnaires for psychological characteristics, i.e. Sports Competition Anxiety Test Questionnaire developed by Rainier Martin, Sports Aggression Inventory developed by Prof. Anand Kumar and Mr. Prem Sankar Shukla. For the data analysis one way analysis of variance (ANOVA) was used and the level of significant was set as 0.05 levels.

Keywords: Football, Aggression, psychology

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INTRODUCTION

The existence of physical activity or any body movement can be traced from the pre-historic period. History begins with the advancement of writing but the period prior to the invention of writing is termed as pre-history. As no written language was developed, practically all we know about this pre-historic culture have been pieced together from various scattered fragments that have been recovered. During those days also, physical fitness was essential the weak could not survive, Muscular strength, endurance, muscular power, speed and reaction time were important physical attributes that ensured survival. Initiation rites usually involve feats of strength and endurance, as well as tests of motor skills and courage. Dancing had a very important place in the pre-historic societies, It was considered as a serious and usually a religious activity.

Physical activity and movements have played numerous roles from fun and enjoyment to attainment of fitness, from maintenance of health to therapeutic care, from education of individual to the emergence of sports as a strong social force. Whatever be the form at every stage of human history, physical activity have been providing exciting outlet for human expression - often creative in nature.

Singh has suggested that most of the coaches agree that the physical characteristic, skills and training of the players are extremely important but they also indicate the good mental preparation for competition, which is necessary component of success. In western countries like Russia, G.D.R., Bulgaria, Czech and Islovakia much stress was given on the mental preparation of their international teams as well as on the psychological conditioning of their sportsman. A coach had the job of helping the athlete to find out his specific talents and factors for their fullest potential. This included developing not only the physical attributes but also his attitudinal motivation and psychological spirits.

The concept of physical fitness, in general athletic terms, means the capability of the individual to meet the varied physical and physiological demands made by a sporting activity, without reducing the person to an excessively fatigued state. Such a state would be one in which he/she can no longer perform the skill of the activity successfully. **(Davis Bob & et.al, 2000)**

This is where the theoretical ideas involved in the discussion on the system that provide the energy necessary for human exercise, become directly related to day to day physical activities. The idea is that we should use our knowledge of the scientific basis of exercise to help and improve performance in our sport and perform in a systematic and predictable way. Unfortunately, nothing a human being does is ever thoroughly predictable and psychological. Cultural and emotional factors tend to upset the true progress of science. However, it must be possible to enhance the aims of physical training by using knowledge of physiology. The aim and objective of training are to improve performance, skill, game ability, motor abilities and physical fitness.

Training methodology and teaching has crossed many milestones as a result of different types of researches in general and their application to the sports development in particular. In the modern scientific age, athletes are being trained by highly sophisticated means for better achievement in their concerned sports. They are being exposed to the exercises and training methods, which have proved beneficial for achieving higher standards. Much progress has been made in the recent years in the acquisition of knowledge about training means and techniques of sports skills. In sport training specialized exercises are being prescribed for the fullest and optimum development for a particular game.

Volleyball occupies a significant place among all other games and sports. In some respects it is unique as a sport. It is an ideal sport and a grand energetic game, giving enjoyment and pleasure, determining fitness and dedication. It requires physical and mental attitudes to be on top goal to tackle all eventualities in the match. In order to achieve optimum performance in game and sports, physical education teachers, coaches and trainees has to understand about all these factors. That contributes to overall performance, these factors one physical fitness, technical and tactical level of sportsman, physiological fitness, physiological make up and finally anthropometrics measurement of the performer and the trainer. Teachers or coaches must train the performer through there aspects of training.

Volleyball, which is an excellent around team sport, has been widely

Accepted as a highly competitive as well as a recreational game throughout the world. It is now recognized as one of the most breath taking and dramatic sport of the Olympics both from the players and spectators view point.

Performance of an athlete in sports does not depend only upon the physical fitness components but several other factors also contribute to his success, such as, scientific and quality of equipments, clothing, training schedule, competition frequency psychological preparation, and balanced diet. All these factors together prepare the athlete for the competition. Apart from those all, he must develop the motor fitness. Research findings show that high level of technique perfection alone cannot produce success in competitive sports. Most of the games demand a higher level of fitness of the athletes.

PROCEDURE

In this chapter selection of subjects, selection of variables, collection of data, criterion measures, reliability of data, procedure of administration of test and statistical technique for the analysis of data has been described.

Selection of the subjects

A total number of 150 Football players were the subject of this study. The subjects were selected from Jodhpur Region. The subjects were divided in three category that is shown in the following table :

Santosh trophy/Intersarsity players	Under-19 National level players	State level players
50	50	50

Selection of Variables

Psychological variables: Sports Aggression

Collection of Data

All the subjects of the study were informed about the aims and objective of the study and were requested for their cooperation. The subjects were explained about different characteristics variables required for the study with the necessary instructions. The scholar contacted the players personally and their sincere cooperation was solicited .Necessary instructions were given to the players before the administration of each test .The research scholar motivated the team coaches and managers by promising them to send a copy abstracts of the study .No time limit was

Set for filling questionnaire but the players were requested to respond as quickly as possible. As soon as a team / group of players completed one questionnaire, another was given.

With the help of the Questionnaire related to psychological variable i.e. Sports Aggression necessary data were collected from the places of training and competitions of players like Stadium, Universities and Colleges.

Criterion Measures

The collection of Data for this study was taken with the help of Questionnaire which are given below:

For the assessment of Sports Aggression Inventory developed by Prof. Anand Kumar Srivastava and Mr. Prem Sankar Shukla was used.

Reliability of Data

To ensure the reliability of the data, the reliability of Questionnaire, tester’s reliability and the reliability of subjects was established.

Questionnaire Reliability

The Questionnaire which was used for the study was obtained from standard firms, and was authentic.

Tester Competency

To ensure that the investigator was well versed in the techniques of conducting the test, the investigator had a number of practice session in the testing procedure under the guidance of the expert.

Tester competency was also evaluated together by reliability of tests.

Subject Reliability

The above test-retest coefficient of correlation method also established that subjects reliability was significant at .01 level of confidence as the same subject were under similar condition by the same tester and no motivational techniques were used nor any training imparted.

Administration of Test and Collection of The Data

Before administration of the test, the subjects were given a chance to ask any question and to clear the doubts so as to become familiar with various questionnaire. The use of questionnaire

Was clearly explained and ensured them not to leak their information's. The questionnaires were distributed to the cricket players. The direction read by researcher at a direction speed to make the subjects understood about what they have to exactly require doing.

Administration of Sports Aggression Test

The Sports Aggression was measured by Sports Aggression Inventory developed by Prof. Anand Kumar and Mr. Prem Sankar Shukla.

The Sports Aggression Questionnaire was distributed to all the players. Before/after matches during the competition. The direction was read out by the researcher at a direction speed to make the subjects understand about what they were exactly required to do.

Scoring

This inventory consisted to 25 items in which 13 items were keyed "Yes" and rest of 12 keyed "No". The statement which was keyed " yes" were 1,4,5,6,9,12,14,16,18,21,22,24 and 25 and the statement which were keyed "No" were 2, 3, 7, 8,10,11,13,15,17,19,20, and 23.

For each item score was "1".The maximum score might be 25 and minimum score might be zero.

Statistical Techniques employed for the Analysis of Data

To find out the relationship of selected psychological characteristic of different levels of cricket Players, One way Analysis of Variance (ANOVA) was used at 0.05 level of significant. The data was analyzed by SPSS.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

The data was analyzed using one way analysis of variance method to find out relationship of psychological variables of different levels of Football players are presented in Tables-

Table-1

ANALYSIS OF VARIANCE OF SPORTS AGGRESSION AMONG DIFFERENT LEVELS OF FOOTBALL PLAYERS

Source of variance	Degree of freedom(df)	Sum of squares(SS)	Mean squares(M.S)	F-Ratio
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Between the group	2	21.121	10.437	5.241*
Within the group	147	277.128	1.854	

*Significant at 0.05 levels

F 0.05 (2, 147) =3.06

Table-1 revealed that there was significant difference in the different levels of Football players in relation to Sports Aggression as obtained F-ratio was 5.241 which was higher value than the tabular value 3.06, required for F-ratio to be significant.

Since the one way analysis of variance was found significant in relation to aggression, the least significant difference (LSD) test was applied to find out which of the differences of the means amongst the different level of cricket players were statistically significant.

Table-2

LEAST SIGNIFICANT DIFFERENCE POST-HOC TEST FOR THE MEANS OF ALL DIFFERENT LEVELS IN RELATION TO SPORTS AGGRESSION

Means (M)			Mean Difference (M.D.)	Critical Difference (CD)
Santosh trophy/ Intersarsity players	Under-19 National level players	State level players		
7.52	8.32		0.80*	0.536
7.52		8.40	0.88*	
	8.32	8.40	0.08	

*Significant at 0.05 levels

It is evident from table-4 that mean difference of all level in relation to Aggression was found to be significant between Santosh trophy/Intersarsity players and Under-19 players, Santosh trophy/Intersarsity players and State level players.

Mean difference between Under-19 players and State Level players did not prove to be significant at 0.05 level.

Discussion of Findings

The findings of the as reveal that the good level of controlled Sports Aggression is prerequisite to the cricket players .As far as the Sports Aggression was concerned a significant difference was found between the SantoshTrophy/Intersarsity football players and Under-19 Players and SantoshTrophy/Intersarsity and State Level players .Where as there was no significant difference found between the Under- 19 football players and

State Level football players. This may be attributed to the fact that the Santosh Trophy/Intervarsity players are the players belonging to the elite class of players. These players are highly professional and matured footballers. Hence a significant difference was found as far as Aggression is concerned. Where as the players of State level and the Under-19 cricket players belong to nearly similar category and hence these players exhibit similar Aggression. Which is also supported by the studies conducted by **Wildmeyer and Birch(1986)**. Thus the null hypothesis that there is no significant difference of psychological characteristic (Sports Aggression) among different levels of cricket players is rejected.

Discussion of Hypothesis

It was Hypothesized that there would not be significant difference among the means of different levels i.e. Santosh Trophy/Intervarsity football players, Under-19 Cricket players and State level football players in relation to psychological characteristics i.e. Sports Aggression

Therefore the Hypothesis is partially rejected since significant difference was found among the means of different level of Cricket players i.e. Ranji trophy, Under-19 national level and All India Intervarsity players in relation to Aggression.

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