



A Study On Aggression Of Football Players In Relation To Playing Ability

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Abstract: The purpose of this study was to compare the playing ability and aggression of the Football players playing with different play positions and also found the relationship of playing ability and aggression of Football players. One hundred and twenty intercollegiate Football players of Degrees colleges affiliated to Davangere University those who have represented intercollegiate level tournaments, Karnataka were randomly selected as subjects for this study. The age of the subjects were ranged from 18-25 years. With regard to aggression, Aggression Questionnaire developed by Anand Kumar and Prem Shankar was used. The dependent variable Overall playing ability was assessed by touching skills, kicking skills, foot work, catching skills, movement in chin, defensive skills and tactics. The Pearson Product Moment Coefficient of Correlation was used to find out the relationship between variables and also find out the significant differences among the groups, One-way analysis of variance (ANOVA) was used. Further the Scheffe's Post Hoc test was used to find the significant difference in the paired mean scores. It was concluded that there was a relationship between playing ability and aggression of Football players and also found significant difference in the playing ability of Football players played with different play positions. A better understanding of these relationships will help to understand the aggression and playing ability and help to plan sport specific skills and psychological training.

Index Terms - Psychology, playing ability, aggression, Football, players.

1. INTRODUCTION

Aggression in sports, particularly in contact sports like football, is often a critical factor that impacts players' performance and playing dynamics. In football, aggression can manifest as a strategic advantage and a behavioral challenge, influencing players' ability to perform under pressure, maintain control and interact with opponents and teammates. In India, the sport of football has been steadily growing in popularity, with players competing at various collegiate and professional levels. Research on aggression and playing ability among Indian football players remains limited, yet understanding this relationship is essential to enhance performance and develop psychological interventions tailored to players' needs.

The playing ability of football players includes a wide range of skills such as dribbling, shooting, passing, defensive tactics and agility. These skills vary depending on the player's position on the field, with attackers, midfielders and defenders often displaying distinct skill sets and psychological characteristics. Aggression, defined as a player's readiness to engage in physical confrontations or assertive play, can contribute differently to players' effectiveness across these positions. While attackers might use aggression to overcome opponents and create scoring opportunities, defenders might channel it into successful tackles and physical resistance. However, excessive aggression can hinder performance, leading to penalties or injury risks.

This study explores the relationship between aggression and playing ability in football players from Davangere University in Karnataka, aiming to contribute to Indian literature on sports psychology. By understanding how aggression correlates with performance in various positions, coaches can design

position-specific psychological training programs, thereby improving both player performance and team dynamics.

2. SIGNIFICANCE OF THE STUDY

This research holds significance in the Indian context, where football is emerging as a popular sport at collegiate levels and beyond. Studying the relationship between aggression and playing ability can help coaches and trainers develop more refined approaches to enhance players' skills. By identifying the impact of aggression on players' performance, especially concerning their positions, this study may aid in formulating strategies that balance competitive aggression with emotional control. Additionally, insights gained from this research can contribute to the field of sports psychology in India, providing a foundation for further studies and enhancing understanding of athlete behavior in team sports.

3. STATEMENT OF THE PROBLEM

This study aimed to investigate the relationship of aggression of football players with their playing ability and also compared the playing ability of football players played with different play positions that is attackers, defenders and midfielders and the topic entitled for research is as "A Study on Aggression of Football Players in relation to Playing Ability."

4. OBJECTIVES OF THE STUDY

1. To determine if significant differences exist in the playing abilities of football players due to variations in their playing positions.
2. To examine the relationship between aggression and playing ability in intercollegiate football players.

5. STATEMENT OF HYPOTHESES

1. There is no significant difference in the playing ability of football players based on their playing positions (attackers, midfielders and defenders).
2. There is no significant relationship between aggression and playing ability among football players.

6. REVIEW OF LITERATURE

Aggression in sports has been widely studied, with numerous studies suggesting that it can either positively or negatively influences athletic performance. According to Kumar and Prem Shankar's Aggression Questionnaire, aggression in sports involves an athlete's tendency to display assertive behavior within competitive contexts, which may affect skill execution and decision-making processes (Kumar & Shankar, 2008). Research on football has shown that aggression is often beneficial in defensive roles where physical assertiveness is required, yet may have varied impacts depending on position and player mentality (Deshpande & Bhat, 2019). In India, studies by Bhattacharya and Bhowmick (2017) have highlighted that skill proficiency in sports like football is influenced by psychological factors including motivation, stress resilience and aggression levels. The findings indicate that players who exhibit controlled aggression tend to perform better, aligning with international literature that suggests a balanced level of aggression can be advantageous in team sports. Furthermore, Mishra and Singh (2020) explored the skill sets of Indian football players, emphasizing that while aggression is pivotal for high-contact roles, over-aggression can lead to penalties, reducing the player's effectiveness.

7. METHODOLOGY

7.1 Method: Descriptive Survey Method

7.2 Selection of Samples: One hundred & twenty Football players who were studying in Degrees colleges affiliated to Davangere University those who have represented intercollegiate tournaments Karnataka were randomly selected as subjects for this study. The age of the subjects were ranged from 18-25 years.

7.3 Selection of Variables: The following variables selected for the study with tests and criterion measures

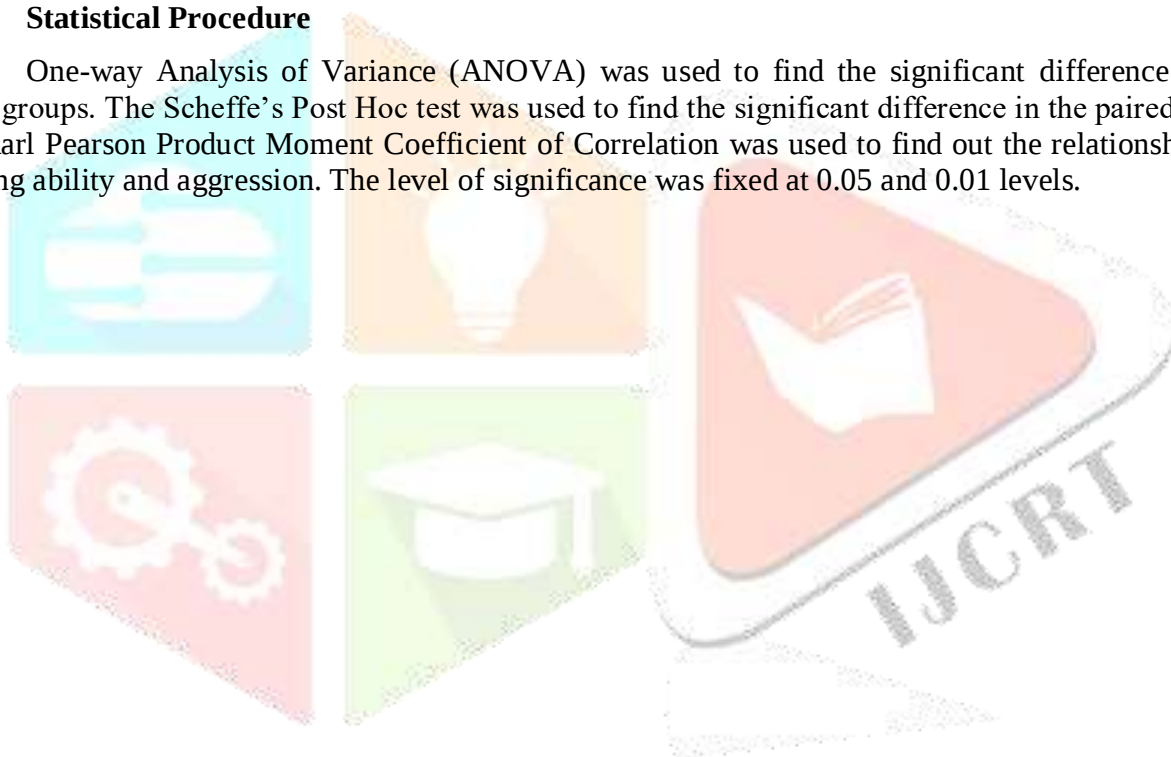
Variable		Test	Criterion Measure
Dependent	Playing Ability	Overall Playing Ability	In scores
Independent	Aggression	The aggression questionnaire developed by Anand Kumar and Prem Shankar	In Scores

7.4 Description of Aggression Questionnaire:

The aggression questionnaire developed by Anand Kumar and Prem Shankar was administered to each subject to estimate the aggression level of college level Football players. The aggression questionnaire inventory consisted of 25 items in which 13 items were keyed 'Yes' and rest of 12 were keyed 'No'. The statements which had keys 'yes' were 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24, 25 and the statements which were keyed 'No' were 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23. The higher the score the higher was the aggression level. One point was awarded for right answer. For each item the score was '1'. The maximum score was '25' and minimum score was '0'.

7.5 Statistical Procedure

One-way Analysis of Variance (ANOVA) was used to find the significant difference among the three groups. The Scheffe's Post Hoc test was used to find the significant difference in the paired means and the Karl Pearson Product Moment Coefficient of Correlation was used to find out the relationship between playing ability and aggression. The level of significance was fixed at 0.05 and 0.01 levels.



8. ANALYSIS OF DATA

8.1 Results of F Test

The One-way ANOVA (F test) results on Playing Ability scores of Football men players with different play positions (Attackers, Midfielders and Defenders).

Table-1: Table shows One-Way ANOVA Analysis on Playing Ability scores of Football men players with different play positions (Attackers, Midfielders and Defenders).

Groups	Sum of Squares	df	Mean Squares	F Value	Sig.
Between Groups	3400.617	2	1700.308	26.00	Significant at 0.01 Level
Within Groups	7651.375	117	65.396		
Total	11051.992	119			

Groups: Attackers (N=40); Midfielders (N=40); Defenders (N=40); Table value at 0.05(df-2, 117); 3.07; Table value at 0.01(df-2, 97) =4.78

From the above table, it was observed that the obtained 'F' value 26.00 is greater than table value of 4.78 for df '2 and 117' required for the significance at 0.01 level of confidence and it is found to be statistically significant at 0.01 level of significance. Hence, the stated hypothesis is **rejected** and an alternative hypothesis has been accepted that "there is a significant difference in the Playing Ability of Football players of different play positions." This indicates Football players with different play positions had varied game performance.

Table-2: Scheffe's Post Hoc Analysis on Playing Ability of Football players with different play positions.

Play Positions of Football players			Mean Difference
Attackers	Midfielders	Defenders	
68.450	78.750	×	10.300*
×	78.750	80.525	1.775 ^{NS}
68.450	×	80.525	12.075*

*Significant at 0.05 level; ^{NS}Not Significant

The table also shows significant paired mean differences on the playing ability between attackers & midfielders; and attackers & defenders and the mean difference values are 10.300 and 12.075 which are greater than the critical difference value at 0.05 level of confidence. It was concluded that there was significant differences in the Playing Ability between attackers & midfielders; and attackers & defenders and no different exists between the midfielders & defenders. The defenders had higher playing ability followed by midfielders and attackers. The following Bar graph shows the comparison of mean scores of the playing ability scores of the Football players with different play positions.

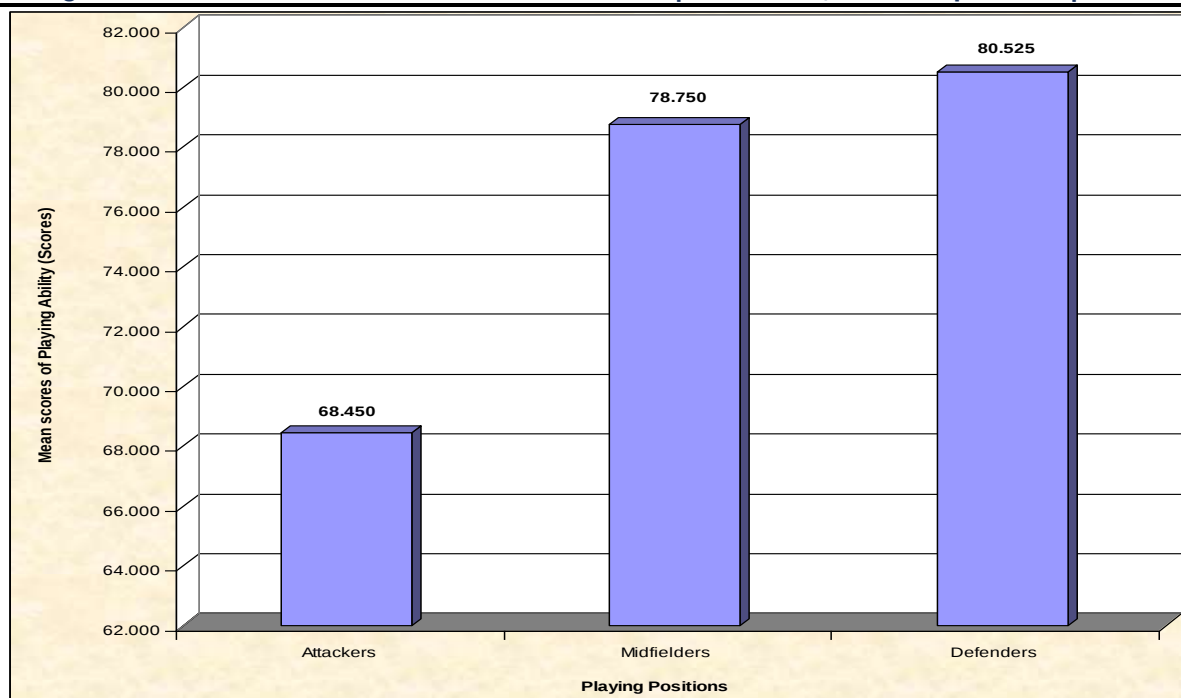


Fig.1: Comparison of mean playing ability scores Football players with different play positions.

8.2 Results of Correlation

The relationship of aggression and playing ability of Football players were ascertained by the obtained values of coefficient of correlation. The result is presented in Table-2.

Table-2: Table shows relationship of aggression and playing ability of Football players. (N=120, df=118).

Variable	Mean	Standard Deviation	'r' value and Sig. level
Playing ability (Dependent Variable)	75.908	9.637	×
Aggression (Independent Variable)	11.025	2.370	-0.379**

** Significant at 0.01 level and the Table value at 0.01 level is 0.228.

From the table it shows that playing ability of the Football players was correlated with aggression variable. The table clearly reveals that there is correlation between playing ability and aggression since the obtained 'r' value -0.379, is greater than the table value 0.228 at 0.01 level of significance. Hence it was found significant relationship between playing ability and aggression of football players.

9. FINDINGS OF THE STUDY

The major findings of the study:

1. There was a significant difference in the Playing Ability of Football players of different play positions.
2. There was a significant relationship between Playing Ability and Aggression of Football Players.

10. CONCLUSION AND IMPLICATIONS

The study highlights the significant relationship between aggression and playing ability in football players, underscoring that psychological factors, such as aggression, are integral to athletic performance. It was found that players' positions on the field-defenders, midfielders, and attackers-showed a clear distinction in playing ability, with defenders exhibiting the highest levels of skill. This suggests that aggression may not only influence performance but also varies in its impact depending on the player's role in the team. Given the increasing prevalence of aggressive behavior in competitive sports, the findings emphasize the need for coaches and sports psychologists to address aggression in a way that enhances rather than hinders performance. The study also implies that managing and channeling aggression effectively can differentiate successful players and teams from less successful ones, especially in football. Therefore, it is important for teams to develop strategies that balance aggression with skill, ensuring that players' emotional and psychological states contribute positively to both individual and team performance. In light of the

findings, further research could explore the specific mechanisms through which aggression impacts playing ability and how these dynamics differ across other sports.

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