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A Comparative Study Of Sports Aggression Of Handball Players Of Amravati And Patna Districts

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Abstract: Aggression and aggressive behaviour are sometimes out of the ethical realm of sports, and sometimes very much part of sport, depending on the type of sport, the demand on the performer, and so on. Aggression includes different behaviours that serve a common end – to inflict pain or injury on the opponent. This paper aims to compare aggression level of handball players of Amravati and Patna districts. Descriptive research method was used. Purposive sampling techniques was used to select sample. 50-50 handball players had been selected from both districts. Results shows that men handball players of Amravati have more sports aggression than men players of Patna district. Women handball players of both districts have same level of sports aggression.

Keywords: Sports Aggression, Handball, Assertiveness.

INTRODUCTION

Sports aggression is a trait that can have many negative and positive effects on sports performance. Negative aggression is defined as “any behaviour aimed at harming or injuring another living being,” which is motivated to avoid such behaviour (Baron and Richardson, 1994). Most people view aggression as a negative psychological trait, although some sport psychologists agree that aggression can improve performance (Widmeyer & Burch, 1984). This is called assertive behaviour (Bredemeier, 1994), where a player will play with great intensity within the rules of the game, but will have no intention of harming his opponent. Sports aggression is defined into two categories as: hostile aggression and instrumental aggression (Silva, 1983). Hostile aggression occurs when the main objective is to cause harm or injury to one's opponent. Instrumental aggression occurs when the main objective is to achieve a goal using aggression. Coulomb and Pfister (1998) conducted a study on “aggression in high-level sport” in which they found that experienced athletes used more instrumental aggression to their advantage and used hostile aggression less frequently. Experienced athletes use self-control to control their aggression.

Aggression can be caused by physical or psychological reasons. It may be due to physical, genetic or innate intentions and psychological factors or due to gender differences. Many people think that aggression is a basic instinct. At a popular level aggression is seen not so much as an external displacement of an innate internally directed destructive instinct, but as a universal externally directed instinct, possibly a trait linked to a survival instinct, that unites humans. According to Lorenz, aggression has an important role in the development of social structure. Those who believe in the tendency to aggressiveness believe that penetrating influences are the cause of the expression of aggression. Empirical research, however, casts

doubt on this. Unfortunately, those who believed in the theory of penetrating influence were proved wrong. Violence is creating violence instead of reducing it.

The literature focusing on the relationship between participation in organized sports and aggressive and violent behaviour has revealed several trends. Sports that are more aggressive in nature are more likely to produce aggressive athletes (Gilbert, 2006; Steinfeld et al., 2012). Additionally, sports that are more historically established, as well as higher paid, tend to produce athletes who are more popular and powerful in their social environment, and thus more likely to engage in aggressive behaviour (Messner, 2002).

The type of game is also closely related to players' aggressive behaviour and participation (Gage, 2008; McCauley et al., 2014; Messner, 2002). This aggression is often learned through observation of the behaviour of fellow team members (Coulomb-Cabagno & Rascal, 2006). For example, handball players are generally more aggressive due to the aggressive nature of the game, which regularly involves hitting, running, and blocking other players. Similarly, athletes participating in sports such as basketball, karate, and shooting also typically display aggression due to the nature of their sports. Research shows that expressing aggression does not act as catharsis, but rather encourages feelings of aggression and aggressive acts in the future. Thus, the more aggressive an athlete is on the field, the more likely it is that further aggression will be shown in athletic and non-athletic contexts. The social environment on sports teams has an impact on behaviour as well as attitudes.

In the present times, the problem of players thinking about aggressive behavior and lack of adjustment in their environment has become a major reason. As a result, the birth of ego and aggression was seen among the players. Mathur; Kusum, Alka & Sinha, S.P. (2002) study revealed that positive differences were found in extreme punitive and non-constructive directions of aggression, high and low self-coverage, conflict suppression, ego defensiveness and need situation reaction pattern.

Research Objective

1. To compare the mean score of sports aggression level of handball players of Amravati and Patna.
2. To compare the mean score of sports aggression level of men handball players of Amravati and Patna.
3. To compare the mean score of sports aggression level of women handball players of Amravati and Patna.

Null Hypothesis

H₀₁: There is no significant difference between mean score of aggression level of handball players of Amravati and Patna.

H₀₂: There is no significant difference between mean score of aggression level of men handball players of Amravati and Patna.

H₀₃: There is no significant difference between mean score of aggression level of women handball players of Amravati and Patna.

Research Method

Descriptive survey research method had been adopted in this research.

Population

Handball players from Maharashtra and Bihar states have been included as the population for the present study.

Sample

A total of 50-50 handball players from Amravati district of Maharashtra state and Patna district of Bihar state were selected as sample. Among those 50 players in which 25 male and 25 female players were selected from each district. A total of 100 players were selected as sample for this study.

Sampling

Purposive sampling technique had been used for selection of samples.

Tool

To measure aggression level, a standardized tool 'Sports Aggression Inventory' developed by Prof. A. K. Shrivastava and P. S. Shulka had been used.

Statistical analysis

To analyze the data obtained for testing null hypothesis, t-test was used.

Data analysis and interpretation

Objective- 1: To compare the mean score of sports aggression level of handball players of Amravati and Patna.

H₀₁: There is no significant difference between mean score of aggression level of handball players of Amravati and Patna.

Psychological Variable	Player's District	N	Mean	SD	't' Calculated Value	df	't' table Value
Sports Aggression	Amravati	50	12.84	3.04	0.574	98	1.98*
	Patna	50	12.6	2.88			

* At 0.05 level of Significance

The above table shows that 't' ratio of the mean scores on Sports Aggression of players of Amravati and men players of Patna is 0.574. The obtained value is lower than the 't' table value 1.98 at 98 df and 0.05 confidence level. So, there is no significant difference between the mean of both the groups of players. On this basis, hypothesis which states "There is no significant difference between mean score of aggression level of handball players of Amravati and Patna" is accepted. In this way, we say that no difference is found in the players of Amravati and players of Patna on Sports Aggression Test. So, Sports Aggression in both group of players is same.

Objective- 2: To compare the mean score of sports aggression level of men handball players of Amravati and Patna.

H₀₂: There is no significant difference between mean score of aggression level of men handball players of Amravati and Patna.

Psychological Variable	Male Player's District	N	Mean	SD	't' Calculated Value	df	't' table Value
Sports Aggression	Amravati	25	12.38	3.16	2.28	48	2.01*
	Patna	25	10.58	2.45			

* At 0.05 level of Significance

The above table show that 't' ratio of the mean scores on Sports Aggression of men players of Amravati and Players of Patna is 2.28. The obtained value is greater than the table value 2.01 at 48 df and 0.05 confidence level. So, there is a significant difference between the mean of both the groups of players. On this basis, hypothesis which states "There is no significant difference between mean score of aggression level of men handball players of Amravati and Patna." is not accepted on Sports Aggression Test. So, Sports Aggression in both men group of players is not same.

Mean score of men players of Amravati is more than the players of Patna. Thus, men players of Amravati have more Sports Aggression than men players of Patna.

Objective- 3: To compare the mean score of sports aggression level of women handball players of Amravati and Patna.

H₀₃: There is no significant difference between mean score of aggression level of women handball players of Amravati and Patna.

Psychological Variable	Women Player's District	N	Mean	SD	't' Calculated Value	df	't' table Value
Sports Aggression	Amravati	25	11.64	3.01	0.38	48	2.01*
	Patna	25	11.32	2.98			

* At 0.05 level of Significance

The above table shows that 't' ratio of the mean scores on Sports Aggression of women players of Amravati and Players of Patna is 0.38. The obtained value is lower than the table value 2.01 at 48 df and 0.05 confidence level. So, there is no significant difference between the mean of both the groups of players. On this basis, hypothesis which states "There is no significant difference between mean score of aggression level of women handball players of Amravati and Patna" is accepted on Sports Aggression Test. In this way no difference is found in the women players of Amravati and players of Patna on Sports Aggression Test. So, Sports Aggression in both group of women players is same.

Findings

1. There is no significant difference in aggression level of players of Amravati and Patna.
2. There is a significant difference in aggression level of men players of Amravati and Patna.
3. There is no significant difference in aggression level of women players of Amravati and Patna.

Conclusions

1. Sports aggression level of players of Amravati and Patna is same.
2. Men players of Amravati have more sports aggression than men players of Patna.
3. Women players of Amravati and women players of Patna have same sports aggression level.

Suggestions

A limited amount of sports aggression is considered motivating for better performance, but if the amount of aggression exceeds normal then it becomes harmful for both mental and physical health. Therefore, it is necessary that small exercises should be done for aggression management or aggression control or aggression neutralization so that aggressive situations can be easily faced because the effect of aggression has been clearly seen on the situational adjustment of the players.

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