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A comparative study of aggression levels between the Santosh Trophy and inter-university football players of Mizoram state

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Abstract

The present study aims to compare the aggression level between the Santosh Trophy and the Inter-University football players of the State of Mizoram, India. For this purpose, a total of 34 football players were randomly selected, with 17 players each from the Mizoram Santosh Trophy team and the Mizoram Inter-University team who participated in their respective tournaments in the year 2017, and with ages ranging from 19-28 years. The study was further delimited to obtain the aggression level of football players by using the Sports Aggression Inventory questionnaire developed and standardized by Prof. Anand Kumar Srivastava and Prem Shankar Shukla. The t-test was used in the data analysis to compare the aggression level in which the significant level was set at 0.05. There was a significant difference in aggression level between the Santosh Trophy and the Inter-University football players of Mizoram state. On the score of aggression the obtained 't' was higher than the tabulated value which was required to be significant at (32) degrees of freedom at a significance level of 0.05. The findings showed that: 1) The Santosh Trophy and Inter-University football players of Mizoram state showed a significant difference in their levels of aggression. 2) The Santosh Trophy football players showed a higher aggression level compared to the Inter-University football players in the State of Mizoram.

Keywords: Aggression, Mizoram, Santosh Trophy, inter-university, football

Introduction

A sport has developed into great psycho-social activities. The outcome of a competition is not always decided by physical strength and skill alone. Several psychological variables are significant in getting sportsmen to excel in their performance during sports competition. The scientific study of the behaviour of players in sports or in sports-related contexts is called sports psychology. The aim of sport psychology is to understand the effects psychological factors have on physical performance and the effects that participants in physical activity has on psychological development as well as their health and well-being.

Aggression in human nature is as old as the existence of humankind itself. Since psychology emerged as a science, researcher and theorist are trying to define, explain, as well as predict the aggressive act of human being. Almost all the major theorists about personality have made statements about the causal factors and compositions involved in aggression as an inborn instinct. Theorists about traits examine a particular trait called aggression while behaviour theorists examine the operant and vicarious reinforcements that could result in the carrying out of the aggressive acts.

The term aggression is derived from the Latin word *aggressio*, which means attack. This is again a combination of the words *ad-* and *gradi-*, which mean 'step at'. It is literally mean "to walk towards or approach"; to move against; or moving with intent to harm or hurt. Aggression can be defined as "A behaviour intended to injure another person either psychologically or physically (Smith, 1983)". Aggressive acts can also be defined as that in which the athlete has a high level of motivation whereby releases a great deal of physical energy and also is not restrained by fear of potential fracture or injury (J.M. Silva *et al.*, 1984) [6].

Objective

The objective of the present study is to compare the aggression level between the Santosh Trophy and the Inter-University football players of Mizoram State.

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Methodology

For this purpose, a total of 34 football players were randomly selected, with 17 players each from the Mizoram Santosh Trophy team and the Mizoram Inter-University team who participated in the respective tournaments in 2017, with an age ranging from 19-28 years. The variables selected for this study were delimited to sports aggression of football players by using the Sports Aggression Inventory questionnaire developed and standardized by Prof. Anand Kumar Srivastava and Prem Shankar Shukla (1985). There are 25 items in the Sports Aggression Inventory questionnaire of which 13 items are keyed "YES" and the remaining 12 are keyed "NO". 1,4,5,6,9,12,14,16,18,21,22,24 & 25 are the statements which are keyed "YES"; and the 2,3,7,8,10,11,13,15,17,19,20 & 23 are keyed "NO". The score is 1 (one) for each correct item while 25 may be the maximum score and 0 (zero) as the minimum score. The scores of each subject on each statement are summed up and represent the individual's total score with regard to aggression. A score ranging from 12-13 is taken as average aggression, the scores which range above 12-13 are considered as high aggression and the scores lower than 12-13

are considered as low aggression. The t-test was applied in the analysis of the data to compare the aggression level by setting the significance level at 0.05.

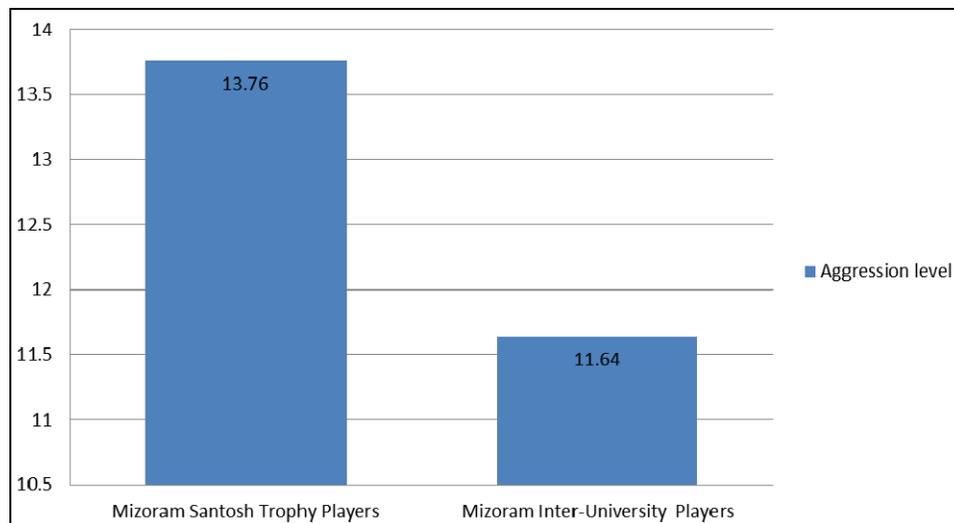
Results

From the Table 1 and Figure 1 given below, it is clear that the Santosh Trophy and the Inter-University football players of Mizoram State show a significant difference in aggression level. The value of 't' (2.913) obtained regarding the aggression score was higher than the tabulated value (2.042) which had to be significant at (32) degrees of freedom with significance at 0.05 level.

Table 1: Comparative Table of Aggression Level between the Santosh Trophy and the Inter-University Football Players of Mizoram State

Groups	N	MEAN	SD	t-value
Mizoram Santosh Trophy players	17	13.76	2.08	2.913*
Mizoram Inter-University players	17	11.65	2.60	

*Significance at 0.05 level, "t" 0.05 (32) = 2.042



12-13 Avg Aggression, >12-13 High Aggression & <12-13 low Aggression.

Fig 1: Comparative Aggression Level between the Santosh Trophy and the Inter-University Football Players of Mizoram State

It is evident from Figure 2 below that 53% of the Santosh Trophy players showed high aggression level as compared to 29% of the Inter-University players, with the average aggression levels being 35% and 24% respectively. In contrast, low aggression level was 47% among the latter

group while being only 12% in the former. Thus it can be seen that aggression levels are higher among the Santosh Trophy players than in the Inter-University players of Mizoram State.

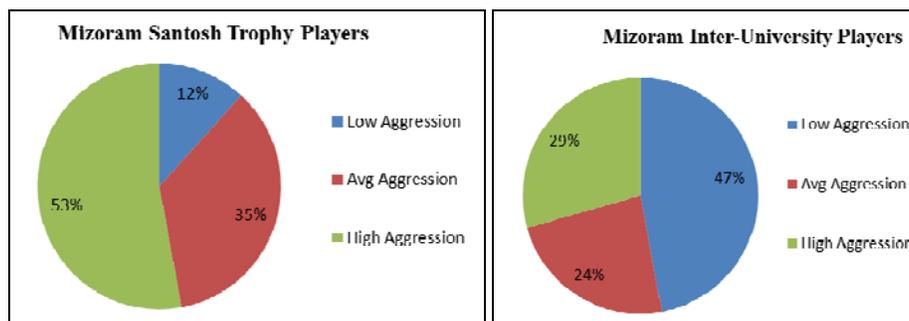


Fig 2: Percentage Levels of Aggression of the Santosh Trophy and the Inter-University football players of Mizoram State

Discussion of the Findings

It is found out that in Mizoram State, the Santosh Trophy players have higher levels of aggression mainly due to their

playing at higher levels of competition along with the associated training as compared to the Inter-University players.

Conclusion

Based on the aforementioned findings, the following conclusion was drawn:

- a. The Santosh Trophy and Inter-University football players of Mizoram state showed a significant difference in their levels of aggression.
- b. The Santosh Trophy football players showed a higher aggression level compared to the Inter-University football players in the State of Mizoram.

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