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Critical study of impulsiveness and aggression among woman players participating in various games

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Abstract

The study aimed to compare the impulsiveness and aggression among woman players participating in various games. A total of fifty (50) subjects, comprising 25 Volleyball players and 25 Kabaddi players. The Subjects were selected by using purposive sampling. The age of the subjects ranged between 18-25 years. To analyze the Impulsiveness and Aggression Of the subjects of both the groups I.e. volleyball and kabaddi players, the standard Questionnaire of The standard Questionnaire of Aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of woman state level players. It contains 28 items. Impulsiveness scale developed by S. N Rai and Alka Sharma, contains 30 items. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of Impulsiveness and Aggression Among Woman Players Participating In various Games and the level of significance was set at 0.05 levels ($p < 0.05$).

Keywords: impulsiveness, aggression, woman players, volleyball, kabaddi

Introduction

Impulsivity (or impulsiveness) is a multifactorial construct that involves a tendency to act on a whim, displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences. Impulsive actions are typically "poorly conceived, prematurely expressed, unduly risky, or inappropriate to the situation that often result in undesirable consequences," which imperil long-term goals and strategies for success. A functional variety of impulsivity has also been suggested, which involves action without much forethought in appropriate situations that can and does result in desirable consequences. "When such actions have positive outcomes, they tend not to be seen as signs of impulsivity, but as indicators of boldness, quickness, spontaneity, courageousness, or unconventionality" Thus, the construct of impulsivity includes at least two independent components: first, acting without an appropriate amount of deliberation, which may or may not be functional; and second, choosing short-term gains over long-term ones.

Automatic vs. controlled processes/cognitive control

Dual process theory states that mental processes operate in two separate classes: automatic and controlled. In general, automatic processes are those that are experiential in nature, occur without involving higher levels of cognition, and are based on prior experiences or informal heuristics. Controlled decisions are effortful and largely conscious processes in which an individual weighs alternatives and makes a more deliberate decision.

Automatic Process: Automatic processes have four main features. They occur unintentionally or without a conscious decision, the cost of the decision is very low in mental resources, they cannot be easily stopped, and they occur without conscious thought on the part of the individual making them.

Aggression

Aggression is a part of human behaviour and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes

alarming and it becomes an anti-social behaviour.

Aggression in sports

In sports today, aggression plays a major role. According to research it is apparent that sports is perhaps the only setting in which acts of inter personal aggression are not tolerated, but enthusiastically applauded by large segments of society, e.g., Tanenbaum, Stewart, Singer and Duda, (1996). Tenebaum, *et al.* 1996 define aggression as the infliction of an aversive stimulus, either physical, verbal, or gestural upon one person by another. This definition encompasses two distinct types of aggression, hostile and instrumental. Tenebaum and colleagues describe hostile aggression as having a principal reward, or intent, to inflict pain upon another for the individuals own sake. In instrumental aggression the major reinforcement is the achievement of pa subsequent goal. Instrument aggression in sports is welcomed as it is beneficial to support both individual and team success, were hostile aggression is unhealthy and can be detrimental to all aspects of a given sport. Professional sports are becoming

increasingly more violent. Social psychologists have discerned a number of influences that may be involved. Sports players have scripts for resolving problems with physical action, thus when problems arise, hey immediately seek to act, aggressively if necessary. Another influence is the violence inherent in over society and the media.

Procedure and Methodology

Fifty subjects were selected for the collection of data which include 25 Volleyball players and 25 Kabaddi players.. The subjects were selected by purposive sampling method. The age of the subjects ranged between 18-25 years.

Equipments used for collection of data

The standard Questionnaire Aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of woman state level players. It contains 28 items. Impulsiveness scale developed by S. N Rai and Alka Sharma, contains 30 items.

Table 1: Comparison of aggression and impulsiveness among woman players participating in various games

Depression	Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Aggression	Volleyball players	91.72	7.09	5.24	48	1.89	2.76
	Kabaddi players	96.96	6.38				
Impulsiveness	Volleyball players	64.04	6.83	3.00	48	1.716	1.74
	Kabaddi players	61.04	5.18				

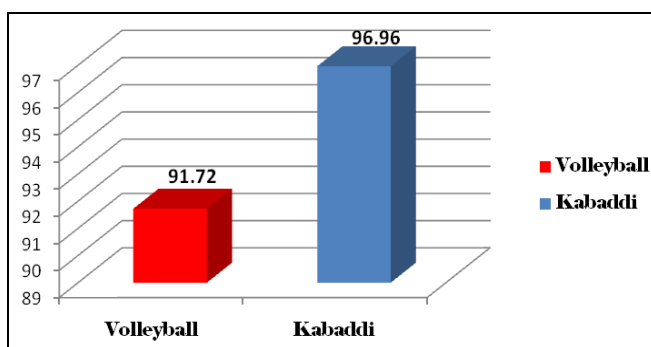


Fig 1: Aggression

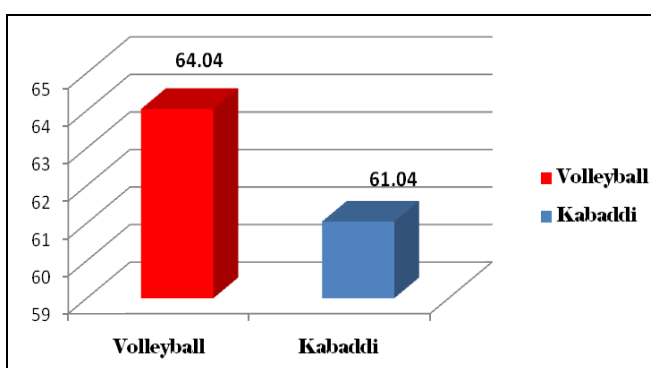


Fig 2: Impulsiveness

Conclusion

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there is found significant difference in aggression and there is found no significant difference in impulsiveness of volleyball and kabaddi women players.

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