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Sports aggression of university level volleyball players: A comparative study

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Abstract

Aggression can be defined as unprovoked physical or verbal assault, and aggressiveness as the intend to commit such an assault. The present study was conducted to analyse the level of aggression among male and female university level volleyball players of Kashmir. Sample of the study consisted of 40 University level Volleyball players (20 male and 20 female) were randomly selected as subjects. The selected subjects were between the age group of 18 to 30 years. Sports aggression Questionnaire devised by Prof. Anand Kumar Shrivastava and Prem Shankar Shukla (1988) was used for measuring the level of Sports aggression of University level volleyball players. To find out the difference in the level of sports aggression, mean, standard deviation and 't' test was used to analyse the data. The result of present study shows that there is significant difference between male and female University level Volleyball players with regard to their sports aggression.

Keywords: Sports aggression, volleyball, university level, players

Introduction

The term aggression refers to a range of behaviours that can result in both physical and psychological harm to yourself, others or objects in the environment. 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 is 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 antisocial behaviour. Aggression may help into performance into athlete to put in harder effort of the success of the team. Sports aggression (Some call it violence) can be defined as that behaviour which causes harm occurs outside the rules of the sport and is unrelated to the competitive objectives of sport. Aggression has also been defined any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment (Husman and Silva, 1984). In regard to sport, the International Society of Sport Psychology (ISSP) published a position statement that defined aggression as the infliction of an aversive stimulus, physical, verbal or gesture upon one person by another (Tenenbaum *et al.*, 1996^[1]).

In sports two form of aggression has been identified

1. Retaliatory reactive (Angry) or hostile aggression: - is the underlying emotional component and comprises of such acts and behaviours as virtually cause physical or psychological harm to the other person or opponent.
- 1) Instrumental aggression: - it is a non-emotional and task oriented. In this type of aggression may reflect a violent action but not necessarily hostile behaviour it includes physical contact to the other team member or opponent team player with kicking the ball, hitting, pushing etc.

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behaviour directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic,

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however some sport psychologists agree that aggression can improve performance. This is called an assertive behaviour (Bredemeier, 1994), where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent.

A question that can be asked is where does this aggression come from? The frustration aggression theory (Dollard, Doob, Miller, Mowrer, & Sears, 1939) states that aggression occurs because frustration arises due to a goal blockage. However, this theory states that every time a player becomes frustrated this will always cause aggression. This theory does not take into account any other intrinsic or extrinsic factors.

Kumar (2012) found a significant difference in aggression among secondary school students with respect to their gender, stream of study and institution type. He found that female students exhibited higher aggression score as compared to male students. Students studying in science stream depicted higher aggression score than students studying in arts streams. Secondary school students of private institutions were found to be more aggressive as compared to students studying in government institutions.

Rana (2011) concluded that there was no significant difference in aggression among senior secondary school students at different levels of their emotional competence. There was no significant gender-wise, family-wise, stream-wise and institution-wise difference in aggression among students. She also found no significant interaction of emotional competence with gender, family, stream and institution with regard to their combined influence on aggression among senior secondary school student.

The above review led the researcher found the gap of knowledge in this field of research and thereby he here tried to investigate the sports aggression in which a meagre amount of research has been found.

Statement of the study

“Sports aggression of university level Volleyball players – A Comparative Study”

Objective of the study

- To study the sports aggression of male Volleyball players
- To find out the sports aggression of female Volleyball players.
- To compare male and female University level Volleyball players with regard to their sports aggression.

Hypothesis

- There was a significant difference among university level male Volleyball players and university level female volleyball players.

Delimitations of the study

- The study was delimited to volleyball players.
- The study was delimited to 40 subjects 20 males and 20 females.
- The study was delimited to sports aggression.
- The study was further delimited to the age group of 18 to 30 years.

Sample

In the present study, 40 subjects (male and female) was selected randomly by using simple random sampling method. 20 male University level players and 20 female University level players from Kashmir.

Tool used

- **Sports aggression inventory** constructed and standardized by Prof. Anand Kumar Shrivastava and Prem Shankar Shukla (1988). The Sports Aggression Questionnaire was consisting of 25 questions in which 13 questions are keyed ‘yes’ and 12 questions 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. A score ranging from 12-13 is taken as average aggression, the score which range above 12-13 are considered as high aggression and the scores the lower than 12-13 are considered as low aggression.

Analysis and interpretation of data

In the methodology of research, the next step after the data collection was analysis and interpretation of the result. Analysis of data refers to breaking down the complex factors of data into simple parts and putting the parts together in new arrangements in order to determine inherent facts. To analyse the data collected and to interpret it, the researcher did calculations using descriptive statistical measures such as Mean, Standard Deviation and t-value.

Table 1: Descriptive statistics of sports aggression between male and female Volleyball players

Variable	Groups	N	Mean	S. D	t-Value
Sports Aggression	Male	20	14.2	2.876	2.821
	Female	20	11.35	3.483	

*df=38=2.024

Level of significance was set at 0.05

Table-1: indicates that the level of sports aggression among male and female University Volleyball players. The mean and SD of male Volleyball players is 14.2 and 2.876. where as the mean and SD of female Volleyball players recorded 11.35 and 3.483. The ‘t’ value is 2.821 which is more than tabulated value 2.024. Hence Hypothesis is accepted. It means that male Volleyball players are more aggressive than female volleyball players hence there is significant difference between male and female volleyball players with regard to their sports aggression. The comparison of mean and standard deviation (SD) scores of both the groups has been presented graphically in figure 1.

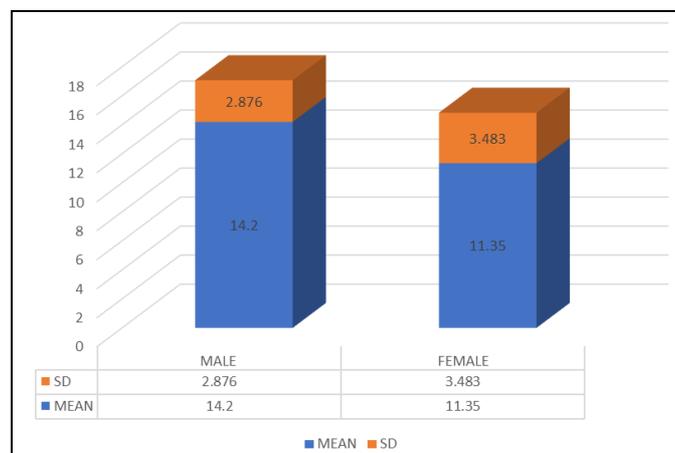


Fig 1: The graphical representation of male and female volleyball players with regard to their sports aggression.

Discussion and Findings

The present study was conducted to compare the male and female university level volleyball players with regard to their

sports aggression. The results of the present study shows that there was significant difference among male volleyball players and female volleyball players with regard to their sports aggression, on the basis of findings of the study the hypothesis was accepted.

Conclusion

To sum up taking into account the result of present study, the researcher might conclude that there was significant difference between male and female university level volleyball players with regard to their sports aggression.

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