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## A study on aggressive behaviour of school national handball players

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### Abstract

Aggression is one of the major forms of emotion, which is highly essential for sports performance. It is a typical motivated behavior at least for that certain point of time in the actual play, which drives a player with full of his energies towards his aim. Aggression in sport can be caused by a number of factors the rules of the game (level of physical contact) frustration, instinct, presence, arousal, environmental cues, self-control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. Subjects Forty-five represented at School National Handball players aged 14-17 years girls who were studying in higher secondary schools of Bangalore city, Chickballapur, Bangalore Rural and Belgaum districts were randomly selected as subjects. AAPER Youth Test batteries It consists of seven items to measure various components of physical fitness namely.

1. a) Pull-ups, b) Flexed arm hang,
2. Standing broad jump,
3. Bent-knee sit up
4. Shuttle run
5. 50-yard dash
6. 600 yard run and walk
7. Softball throw.

Aggression Scale. This scale was developed and standardized by Dr. G.P. Mathur and Dr. Raj Kumari Bhatnagar, Agra. Aggression scale is used to study the level of aggression in any age group (above 14 years). In the study the raiders would have more aggressive tendency and physical fitness when compared to all-rounder and defenders. It is quite various because the raiders alone i.e., individually are going to face the opponent group of players due to body contact and the struggle for excellence will lead raiders more aggressive than others. It also concludes that on the basis of the findings the raider has an excellent aggression behavior than the all-rounder's and defenders and raiders have more physical fitness than the all-rounder and defenders.

**Keywords:** Aggressive, behaviour, handball players

### Introduction

Aggressive Behavior Effects of psychological factors on performance. Example the influence of psychological factors such as Confidence, Anxiety goal on performance and Aggressive behavior etc. It is better understand how participation in sports and exercise affects psychological factors Aggression is one of the major forms of emotion, which is highly essential for sports performance. It is a typical motivated behavior at least for that certain point of time in the actual play, which drives a player with full of his energies towards his aim. Aggression in sport can be caused by a number of factors the rules of the game (level of physical contact) frustration, instinct, presence, arousal, environmental cues, self-control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in.

Physical Fitness Physical fitness is the ability to perform vigorous physical activity. It is assessed in terms of muscle strength, endurance, and flexibility. The circulatory and respiratory systems are also involved because of their role in supplying muscles with blood and oxygen. Benefits of Physical Fitness Stress Reduction, Lose Excess Body Fat, Increased Energy, Improved Athletic Performance and Injury and Disease Prevention.

## Materials and Methods

**Subjects:** Forty-five represented at School National Handball players aged 14-17 years girls who were studying in higher secondary schools of Bangalore city, Chickballapur, Bangalore Rural and Belgaum districts were randomly selected as subjects.

### Selection of Tests

#### I. AAPHER Youth Test Batteries

It consists of seven items to measure various components of physical fitness namely

1. a) Pull-ups, b) Flexed arm hang.
2. Standing broad jump.
3. Bent-knee sit up.
4. Shuttle run.
5. 50-yard dash.
6. 600 yard run and walk.

7. Softball throw.

#### II. Aggression Scale

1. This scale was developed and standardized by Dr. G.P. Mathur and Dr. Raj Kumari Bhatnagar, Agra.
2. Aggression scale is used to study the level of aggression in any age group (above 14 years).
3. The scale consists of 55 statements. It is Likert type 5 point scale.
4. To find the aggressive behaviour among Handball players

#### Data Analysis

The data obtained from the School National Handball players aged 14-17 years girls who were studying in higher secondary schools of Bangalore city, Chickballapur, Bangalore Rural and Belgaum districts were randomly selected.

**Table 1:** Table showing Number (N), Mean (M), Standard Deviation (SD), 't' value and level of significance of aggression behavior among raiders, defenders and all-rounder National Handball players (Girls)

Variable	Play Position	N	Mean	S.D.	't' value	Level of Significance
Aggression	All rounder	15	199.666	27.406	1.412	N.S.
	Defender	15	187.400	19.503		
	Defender	15	187.400	19.503	3.524	**
	Shooter	15	223.866	35.016		
	All rounder	15	199.666	27.406	2.108	*
	Shooter	15	223.866	35.016		

\* Significant at 0.05 level.

\*\* Significant at 0.01 level.

NS = Not Significant

**Table 2:** Table showing Number (N), Mean (M), Standard Deviation (SD), 't' value and level of significance of physical fitness among raiders, defenders and allrounders National Kabaddi players (Girls)

Variable	Play Position	N	Mean	S.D.	't' value	Level of Significance
Physical Fitness	Allrounder	15	30.066	4.620	0.783	N.S.
	Defender	15	28.800	4.229		
	Defender	15	28.800	4.229	2.073	*
	Raider	15	32.000	4.225		
	Allrounder	15	30.066	4.620	1.196	NS
	Raider	15	32.000	4.225		

\* Significant at 0.05 level.

NS = Not Significant

## Discussions

1. There was no significant mean difference in all-rounder and defender National Handball girl players' aggressive behavior.
2. There was a significant mean difference in aggressive behavior among defender and shooter National Handball girl players and also concluded that mean scores of aggressive behavior of shooter (M=223.866) have more when compared with mean scores of aggressive behavior of defenders (M=187.400).
3. There was a significant mean difference in aggressive behavior among all-rounder and Shooter National Handball girl players and also concluded that aggressive behavior mean scores of Shooter (M=223.866) have more when compared with aggressive behavior mean scores of defenders (M=199.666).
4. There were no significant mean differences in physical fitness of all-rounder & defender and all-rounder & Shooter National Handball girl players
5. There was a significant mean difference in physical fitness among defender and Shooter National Handball girl players and also concluded that physical fitness of raiders (M=32.000) have more mean scores when

compared with physical fitness mean scores of defenders (M=28.800).

## Conclusion

In the study the Shooter would have more aggressive tendency and physical fitness when compared to all-rounder and defenders. It is quite various because the Shooter alone i.e., individually are going to face the opponent group of players due to body contact and the struggle for excellence will lead Shooter more aggressive than others. It also concludes that on the basis of the findings the Shooter have an excellent aggression behavior than the all-rounder's and defenders and Shooters have more physical fitness than the all-rounder and defenders.

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