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## Comparative study of aggression and anxiety level among wrestlers and judoka

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### Abstract

Present study is Comparative Study of Aggression and Anxiety level among wrestlers and judoka. So the hypothesis is there will be no significant difference of aggression and anxiety quality among All India Inter level Wrestlers and Judoka players. There was significant difference in aggression, among the South, North, East and West zone men wrestlers and judokas. There was no significant difference in anxiety, among the South, North, East and West zones' men wrestlers and judokas. The national level wrestlers had greater anxiety level than judokas. The East zone players had greater aggression level than the South, North and West zones players. Further the South zone players had more aggression level than the North and West zone and also North zone players possessed greater aggression level than West zone players.

**Keywords:** Aggression, anxiety, wrestling, judoka

### Introduction

Writing research articles and books in sports psychology, conducting many research studies on athletic personality, motivation, self-concept, anxiety, emotional arousal, extroversion, introversion, neuroticism, will to win, ergogenic, creativity and intelligence etc., have increased the scope of sports psychology. These differences between individuals that distinguish or separate them from one another and make one as unique individual in oneself, are named as "individual differences" in psychological terminology. The difference in environmental stimulation and influences in the womb of the mother, varying conditions at the time of the birth, and nutrition as well as care received by the infants at the earlier age, differences in the amount and nature of schooling, socio-economic status of the family, race, caste and nationality, education of the parents, peer group relationships and so many other physical, emotional, mental or social environmental stimulation bring about a lot of difference in the personality characteristics and behavior patterns of individuals. Athletes and non-athletes, top level and pre-top-level players, male and female athletes, experienced and in-experienced athletes, team game and individual sport players are reported to differ on the level of pre-competition anxiety.

**Statement of the Problem:** The purpose of the study is - Comparative Study of Aggression and Anxiety level among wrestlers and judoka.

**Hypothesis:** There will be no significant difference of aggression and anxiety quality among All India Inter level Wrestlers and Judoka players.

**Research Design:** The present study is a comparative study under the descriptive type of research. The investigator will assess and compare the selected variables i.e. Aggression and Anxiety 30 wrestlers and 30 judoka players, 15 players in each group out of four groups of topography of All India level.

**Selection of Subjects:** The subject for the present study will be the number of players of 30 wrestlers 30 judoka players 15 players in each group out of four groups of topography of All India level only.

**Sampling Design:** Random sampling method will be used for the better representation of the whole population in the present study. A total number of 60 players (30 wrestler and 30 judoka players of all India level) and 15 players in each group out of four groups of topography only male.

### Research process-selection of variables

- Dependent Variables: Anxiety & Aggression
- Independent Variable: Wrestler & Judoka

**Tools to be used:** The following questionnaires will be used to measure the selected variables for this study.

- Standardized questionnaire of Raniner Marten's (1997) sports competition anxiety test was used to assess the state anxiety.
- Standardized Smith's (1973) Questionnaire for sporting aggression was administered to quantify the aggression.

### Results-results of anxiety

Table 1- shows the analyzed data on Anxiety.

**Table 1:** Factorial Analysis of Variance for Anxiety of National Level Players Wrestlers and Judokas at Different Topography

Source of variance	Sum of squares	Degrees of freedom	Mean Squares	OF	IF
Factor 'A'	27.65	3	9.2167	1.80	2.65
Factor 'B'	815.03	2	6.1167	79.56	3.04
Factor A X B	36.70	6	5.1219	1.19	2.14
Error	1167.80	228			

\* Significant level- 0.05

For the degrees of freedom 2 and 228. As the factor 'B' was significant, the post hoc test was followed.

The obtained 'F' ratio for the factor 'A' and 'B' was 1.19 and table 'F' ratio was 2.14. Hence it was insignificant at 0.05

level of confidence for the degrees of freedom 6 and 228. As the obtained 'F' ratio was lesser than the table 'F' ratio, simple effect test was not applied to find out the overall cell means significant difference as stated by Rothstein (1985).

**Table 2:** Table shows -Scheffe's Post Hoc Test of Anxiety of National Level Players Wrestlers and Judokas at Different Topography

Wrestlers	Judokas	MD	CI
64.8	56.05	8.76*	1.65

\* Significant level- 0.05

Table 1(A) shows the results of Anxiety of two categories of players namely Wrestlers and Judokas. The mean differences between Wrestlers - Judokas were 64.8 and 56.05 respectively. The Scheffe's confidence interval value was 1.65. Hence the following comparisons were significant. Wrestlers and Judokas comparisons were insignificant.

**Results of aggression:** Table 11 shows the analyzed data on Aggression.

- Factor 'A' shows 4 categories of topography namely South, North, East and West zones.
- Factor 'B' shows 2 categories of players namely Wrestlers and Judokas.

- Factor 'A' and 'B' (interaction) show the four categories of topography and three categories of players.

The obtained 'F' ratio of Aggression for factor 'A' was 3.81 and table 'F' ratio was 2.65. As the obtained 'F' ratio was lesser than the table 'F' ratio, the study was significant at 0.05 level of confidence for the degrees of freedom 3 and 228. As the factor 'A' was significant, the post hoc test was followed as stated by Clarke and Clarke (1972).

The obtained 'F' ratio for factor 'B' was 15.46 and the table 'F' ratio was 3.04. As the obtained 'F' ratio was greater than the table 'F' ratio, the study was significant at 0.05 level of confidence.

**Table 3:** Table shows- Factorial Analysis of Variance for Aggression of National Level Men Wrestlers and Judokas at Different Topography

Source of variance	Sum of squares	Degrees of freedom	Mean squares	OF	IF
Factor 'A'	169.58	3	56.5264	3.81*	2.65
Factor 'B'	459.36	2	229.6792	15.46*	3.04
Factor AxB	225.81	6	37.6347	2.53*	2.14
Error	3386.75	228	14.8542		

\* Significant level- 0.05

For the degrees of freedom 2 and 228. As the factor 'B' was significant, the post hoc test was followed.

The obtained 'F' ratio for the factor 'A' and 'B' was 2.53 and table 'F' ratio was 2.14. Hence it was significant at 0.05 level

of confidence for the degrees of freedom 6 and 228. As the obtained 'F' ratio was lesser than the table 'F' ratio, simple effect test was not applied to find out the overall cell means significant difference as stated by Rothstein (1985).

- The mean values of Aggression of Wrestlers and Judocas at different topography are shown in Figure 2.

**Table 4:** Table shows Scheffe's Post Hoc Test Mean Difference of Aggression of South, North, East and West National Level of players Wrestlers and Judocas (Factor 'A')

East	South	North	West	MD	C1
21.55	18.9	18.55	18.53	1.77	2.81
21.55	18.9	18.55	18.53	22.02	
				0.51	

\* Significant level- 0.05

Table shows the Scheffe's post hoc test of ordered mean difference for Factor 'A'.

The mean difference of factor 'A' shows the four topography namely South, North, East and West zones. The mean

difference between East-South, East-North, East-West, South-North, South-West, North-West zones were 1.77, 22.02 and 0.51 respectively. The Scheffe's confidential interval value was 2.81. Hence all the above comparisons were insignificant.

**Table 5:** Table shows the Scheffe's Post Hoc Test of Aggression of National Level Players Wrestlers and Judocas at Different Topography Factor 'B'

Wrestlers	Judocas	MD	CI
13.450	11.025	4.14*	2.81
		2.425	

\* Significant level- 0.05

Table shows the Scheffe's post hoc of Aggression of three categories of players namely Wrestlers and Judocas. The mean difference between Wrestlers - Judocas were

4.14 respectively. The Scheffe's confidence interval value was 2.81. Hence the following comparison was significant. Wrestlers – Judocas comparisons were insignificant.

**Table 6:** Table shows the Simple Effect of Two Different Categories of Players at Four Different Topography

Comparison	Sum of scores	Degrees of freedom	Mean scores	F - ratio
<b>Topography of players</b>				
South Zone	82.90	2	41.45	2.79*
North Zone	64.63	2	32.32	2.18(NS)
East Zone	458.03	2	229.02	15.42*
West Zone	79.60	2	39.80	2.68*
<b>Categories of players</b>				
Wrestlers	229.42	4.5	76.469	5.14
Judocas	165.97	4.5	55.34	3.725
Error	3386.75	228	14.8541	

\* Significant level- 0.05

The table 11(C) shows the simple effect of Aggression for four topographies and three different types of players. The obtained 'F' ratio for South, North, East and West zones were 2.79, 2.18, 15.42 and 2.68 respectively. The table 'F' ratio at 0.05 level was 2.65. Hence the following were significant.

1. South 2. North 3. East 4. West

Further the obtained 'F' ratio for three different types of players namely Wrestlers and Judocas were 5.14 and 3.725 respectively the table 'F' ratio at 0.05 level of confidence was 3.04. Hence the following was significant. Wrestlers and Judocas were found to be insignificant.

**Table 7:** Scheffe's Post Hoc Test of Difference between the Paired Mean on Aggression of East Zone Wrestlers and Judocas

Wrestlers	Judocas	MD	CI
46.9	39.3	13.5*	2.81

\* Significant level- 0.05

The table shows ordered mean difference of Scheffe's post hoc test values of aggression of East zone players. The mean difference of aggression of Wrestler and Judocas were found to be 13.5 respectively. Wrestlers and Judocas Scheffe's confidence interval value was 2.81. Hence the following were significant.

**Discussion on Findings-Anxiety:** The finding of the study showed that there was no significant difference in anxiety levels among the South, North, East and West zone players. Further the study showed that the wrestlers had greater anxiety level than the judocas and also wrestler had greater anxiety level than the judocas. Prior to the sports competition, the wrestlers had to face anxious situation in the form of fear

of fight, fear of injury and fear about the opponents. The judocas were comparatively less anxious than wrestlers because they had secured various kind of psychological preparation like yogic practices, meditation and development of mental concentration.

**Aggression:** The finding of the study showed that there was significant difference in aggression level among the national level wrestlers and judocas at different topography. The East zone players had greater aggression level than the South, North and West zone players. Further the South zone players had more aggression level than the North and West zone players and also the North zone players had greater aggression level than the West zone players. The East zone

wrestlers had greater aggression level than East zone judocas. The boxers of East zone had greater aggression level than West, South and North zones. Further West zone wrestler had greater aggression level than the South and North zone wrestler and the South zone boxers had greater aggression level than the North zone wrestler.

**Discussion on Hypothesis:** First hypothesis stated that there might be significant difference in Anxiety, Aggression of national level wrestlers and judocas. The finding of the study showed that the wrestlers had greater anxiety level than the judocas. Hypothesis second says that there might not be any significant difference in Anxiety, Aggression, of national level wrestlers and judocas of different topography namely North, South, East and West India. The finding of the study showed that there was no significant difference in Anxiety, among North, South, and East and West zones players. South zone players had significantly greater aggression level than North and West zone players and also North zone players had greater aggression level than West zone players. Hence the second hypothesis was only partially accepted with regard to Anxiety, variables. The hypothesis was rejected in the case of all the other variables. The third hypothesis stated that there would be no significant interaction effects in national level wrestlers and judocas at different topography such as North, South, East and West zones in Anxiety, Aggression. The finding of the study showed that there was significant difference in Aggression.

**Conclusions:** There was significant difference in aggression, among the South, North, East and West zone men wrestlers and judocas. There was no significant difference in anxiety, among the South, North, East and West zones' men wrestlers and judocas. The national level wrestlers had greater anxiety level than judocas. The East zone players had greater aggression level than the South, North and West zones players. Further the South zone players had more aggression level than the North and West zone and also North zone players possessed greater aggression level than West zone players. The national level wrestlers had greater aggression level than the judocas.

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