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## A study on unplanned hostile aggression in national female hockey players of gold, silver and bronze medal Winning teams

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### Abstract

Unplanned hostile aggression is the result of an intense emotional state and it is impulsive as compared to facilitative aggression to achieve goals. The present study analysed unplanned hostile aggression in national female hockey players from gold, silver and bronze medal-winning teams. 32 female hockey players from gold medal-winning teams, 28 female hockey players from silver medal-winning teams and 30 female hockey players from bronze medal-winning teams were selected as samples. The average age of these female hockey players was 24.11 years. Purposive sampling was used to select these female hockey players. The magnitude of unplanned hostile aggression in selected national female hockey players was assessed by an inventory of Sultania (2006). It was found that the hostile aggression in bronze medal winner female hockey players was significantly higher as compared to gold medal winner female hockey players. Similarly, the hostile aggression in silver medal winner female hockey players was significantly higher as compared to gold medal winner female hockey players. No significant difference was observed in hostile aggression between silver and bronze medal winner female hockey players. It was concluded that the gold medal winner female hockey players possess a unique ability to control their emotional outburst in a more meaningful way and thereby the magnitude of hostile aggression in them is lower as compared to silver and bronze medal winner female hockey players.

**Keywords:** Unplanned hostile aggression, female hockey, medals

### Introduction

Instrumental and hostile aggression is common in sport such as modern field hockey. At one end instrumental aggression is considered to be acts that are within the rules of the game with the single objective of motivation to win whereas on the other end hostile aggression is to cause harm to the opponent which results from an intense emotional state or when a player is angry. There are instances when hockey players get angry due to on-field umpiring decisions or injury to fellow teammates. A definition put forth by Baron and Richardson (1994) <sup>[1]</sup> to define hostile aggression and described hostile aggression as an act committed to harm another person. In sports, aggression has two sides i.e. instrumental and hostile. Silva (1983) felt that expressing emotions within the rules are instrumental to sports performance but when this aggression goes over bound or against the accepted norms of that sport it becomes hostile. Hostile aggression is an intentional act on part of a person to cause harm to others. In a sport like female hockey intense tussles go on for possession of the ball and sometimes players got injured intentionally or unintentionally either through a blow of moving ball or stick of the opponent. Sometimes a player feels that the on-field decision is not correct. This causes players to retaliate sometimes and then their act comes under hostile aggression. Most sports psychologists believe that aggression is a negative psychological trait but Widmeyer and Birch (1984) <sup>[11]</sup> opined that aggression may also facilitate sports performance. They termed this type of aggression as assertive behaviour with the sole intention is to win a game with no intention to harm the opponent. The use of instrumental and hostile aggression has also been documented by Coulomb and Pfister (1998) <sup>[3]</sup> in who reported that experienced athletes control their hostile aggression more meaningfully than novice athletes. Sports psychologists think that the cause of aggression lies in frustration tolerance.

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Dollard *et al.* (1939) [4] state that frustration blocks our desired goals and when that happens hostile aggression becomes prominent. In the light of these facts, the researcher decided to analyse unplanned hostile aggression among national female hockey players based on their medal-winning ability.

### Review of literature

Singh and Dubey (2015) [9] compared hostile aggression in sportswomen based on their urban-rural belongingness and reported that the degree of hostile aggression was significantly higher in urban sportswomen as compared to rural sportswomen.

Shambharkar and Agashe (2016) [7] compared hostile aggression among sportspersons based on their participation in combative and non-combative sports. They reported a statistically non-significant difference in hostile aggression among sportspersons based on the type of sports.

Muhammad (2019) [5] reported a significant effect of gender on aggressive tendencies in University sportsperson.

Pacesova and Smela (2020) [6] reported that type of sports discipline has no impact on the level of aggression and anxiety in young athletes.

### Objective

The objective of the present study was to compare hostile aggression between gold, silver and bronze medal winner national female hockey players.

### Hypothesis

It was hypothesized that the hostile aggression among national female hockey players can be predicted with their medal-winning ability.

### Methodology

The following methodological steps were taken in order to conduct the present study.

### Sample

32 female hockey players from gold medal-winning teams, 28 female hockey players from silver medal-winning teams and 30 female hockey players from bronze medal-winning teams were selected as samples. The average age of these female hockey players was 24.11 years. Purposive sampling was used to select these female hockey players.

### Tools

#### Aggression inventory

Unplanned hostile aggression among national female hockey players was assessed by Aggression Inventory standardized by Sultania (2006) [10]. The author used dimensions mainly assault, indirect aggression, irritability, negativism, resentment, suspicion, verbal aggression and guilt to evaluate hostile aggression. The reliability coefficient of this inventory is 0.67 and the validity coefficient is 0.45.

### Procedure

Selected national female hockey players were subjected to Aggression Inventory prepared by Sultania (2006) [10] in a peaceful environment. Scoring of response was done in a normal way by referring to the authors manual. After scoring the data is arranged into three study groups and One-Way ANOVA and LSD test was applied.

Results are given in table 1 and 2 respectively.

### Analysis of data

**Table 1:** One-way ANOVA unplanned hostile aggression in gold, silver and bronze medal winner national female hockey players.

Groups (National female hockey players)	N	Hostile aggression	
		Mean	S.D.
Gold medal winners	32	24.46	8.32
Silver medal winners	28	32.42	9.63
Bronze medal winners	30	34.83	5.80
F = 14.14, p < .01			

As can be seen in table, the calculated F = 14.14 is statistically significant and indicate a significant difference in hostile aggression of gold, silver and bronze medal winner national female hockey players. Hence after establishing a

significant difference in hostile aggression between groups it was decided to apply the Least Significant Difference Method for further analysis of data.

**Table 2:** Comparison of mean hostile aggression between gold, silver and bronze medal winner national female hockey players (n = 90) least significant difference test with significance level .05.

Mean (I)	Mean (J)	Mean difference (I-J)
Gold medal winner female hockey players	Silver medal winner female hockey players	-7.95*
	Bronze medal winner female hockey players	-10.36*
Silver medal winner female hockey players	Bronze medal winner female hockey players	-2.40

A perusal of mean difference between various study groups gives following results:

- Silver medal winner national female hockey players (M = 32.42) and bronze medal winner national female hockey players (M = 34.83) exhibited significantly more magnitude of unplanned hostile aggression as compared to gold medal winner national female hockey players (M = 24.46). The mean difference of 7.95 and 10.36 respectively confirm these findings at .05 level of statistical significance.
- No significant difference was observed in hostile

aggression between silver medal winner national female hockey players and bronze medal winner female hockey players. (Mean difference = 2.40, p > .05)

Based on the analysis of data, the following results are obtained:

### Results

- Hostile aggression in gold medal winner national female hockey players was significantly lower as compared to silver and bronze medal winner national female hockey

players.

- Hostile aggression in Silver and bronze medal winner national female hockey players did not differ significantly from each other.

### Discussion

The result indicates negative outcomes of unplanned hostile aggression on the medal-winning ability of female hockey players. It has been opined that hostile or impulsive uncontrolled emotional burst is detrimental to players concentration. Beedie *et al.* (2000) <sup>[2]</sup> also propagated that hostile aggression is detrimental for sports performance because it decreases the execution of certain sports-specific skills.

### Conclusion

It was concluded that the gold medal winner female hockey players possess a unique ability to control their emotional outburst in a more meaningful way and thereby the magnitude of hostile aggression in them is lower as compared to silver and bronze medal winner female hockey players.

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