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Aggression & mental health among tennis players of different colleges of Chandigarh: A comparative study

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Abstract

The aim of the present study was to compare the aggression and mental health among tennis players of different colleges of Chandigarh. For this purpose, a sample size of 50 (25 males and 25 females) tennis players age ranged 17-25 years was randomly selected. The hypothesis of the study was that there is significant difference in the mean score of males and females on aggression & mental health. Further it is also hypothesized that there is significant relationship between aggression and mental health of tennis players of different colleges of Chandigarh. The tools used for the study were Aggression Scale (A-Scale) by Roma Pal and Tasneem Naqvi (1980), Mental Health (GHQ) general health questionnaire by (Goldberg & Williams, 1988). To compare score and relationship between aggression and mental health of two different groups independent t-test & correlation was used. The hypothesis of the study was tested at 0.05 level of significance. Result revealed that there is no significant relationship between aggression and mental health on tennis players. It is also revealed that male and female tennis players have same mental health and aggression.

Keywords: Aggression, mental health, tennis players, t-test, correlation

Introduction

Many psychologists agree that aggression must be in the competition but it should be at optimum level so that player achieve the goal or can improve performance. Frustration is the main reason for aggression, it is seen across the sports. There is a difference between instrument and hostile aggression. Instrumental aggression is a behaviour which is performed to achieve a goal. On other hand, hostile aggression is a feeling of opposition or unkindness toward someone. Several researchers have been working on aggression. The term "Aggression" is common use in sports, it is considered to be one of the features in sports to achieve a goal and also a kind of desire to attain a goal. Aggression has several positive as well as negative effects on sports. Anger is a trait which is present within an individual since human development. It is an intrinsic desire to achieve a goal. The behaviour is to be a goal. The behaviour is to be considered as unwanted when it harms to others. It is hard to visualize two competitions without sports, if we see a boxer who is not aggressive, will not be capable to punch, so it can be harmful from both methods.

Aggression among human is as old as the human race. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is the primary focus (Jones, Bray, & Olivier, 2005; Grange, & Kerr, 2010; Katko, Meyer, Mihura, & Bombel, 2010) [9, 6, 10]. On the other hand, highly tough behaviour within the rules of the games is not aggression (Gazar, & Raziak, 2010) [6]. Aggression is defined as the infliction of an oversize stimulus physical, verbal or gestural upon one person by another (Berkowitz, 1962) [1]. In sports psychology, the term aggression is generally defined as any behaviour that is intended to harm another individual who does not want to be harmed. It is an ability to constantly sustain over the ideal performance state during an adversity in competition

Aggression is operationally defined as an intentional physically or psychologically harmful behaviour that is directed at another living organism. The frequency of aggression in sports on all levels has led to a great deal of academic research. Even the Sport Psychologists recently recognized that sport aggression has become a social problem both on and off the playing field and has recommended ways to curtail this behaviour (Chahal & h Chaudhary, 2014; Chander & Pankaj, 2013; Peter, 2014; Razavi, Alavi & Zabihi, 2014; Sing & Jasmer, 2014) [3, 2, 19, 20].

The phrase of aggression has been used by considered psychologists in terms of behaviour. For Example: - An athlete ruptures his/her opponent nose by accident, it is not be considered the result of aggression. In short Aggressiveness is one of the components to achieve goal in the games, in the competition without aggression means body without spirit and their intensity is diverse from an individual to individual. For a player their mood is also important while he is losing or winning in the competition, that's few players are more aggressive and some players are less aggressive. Health is perceived as one of the requirements for social welfare frameworks. As indicated by World Health Association, mental health is a condition of prosperity where in each person's understand their own potential. Mental health is depicted as more than non-attendance of mental handicaps and various elements social, mental and organic can dangers to mental health. It is very well may be likewise portrayed as a sickness that is analyzed and causes significant changes in persons thinking, enthusiastic state & conduct and disarrange the person's capacity to work and support individual relationship. Mental health plays very important role in players life it helps them in perform well in sports activities as well as competition throughout the year. It is true reflection of one's temperament and behavior, happiness, calmness and cheerful demeanor are signs of a healthy mental well-being. Self-pity and self-condemnation are never helpful and the most important virtue is self-satisfaction. Health is just not physical well-being. A stable mental health is crucial for life. In today's world, mental health of people is in jeopardy because of the changing world order. Globalization and social changes in our society are having its impact on the younger population.

Methodology

The current study was descriptive research and method used for current study was survey method. The data was collected from the students by researchers in their respective institutions.

Samples: The samples were collected from tennis players of different colleges of Chandigarh. The techniques used to select sample was probability sampling technique in which simple random sampling was done. Total of 50 samples were taken in which 25 male tennis players and 25 female tennis players were randomly selected. The age of samples was from 17 to 25 years. The samples were taken from DAV College Sector-10-D, Post Graduate Government College Sector-11, Goswami Ganesh Dutta Sanatan Dharma College Sector-32, Sri Guru Gobind Singh College Sector-26 of Chandigarh.

Tools Used: Aggression Scale (A-Scale) developed by Roma Pal and Tasneem Naqvi (1980) Aggression scale consists of 30-items and each item ranging from strongly agree and strongly disagree. Higher the score indicates more aggression. General Health questionnaire developed by Goldberg and Williams (1988) was used. GHQ consist of 12-items and based on 4 Likert scoring scale (0-1-2-3). Higher score indicates the poor mental health.

Data collection: Research scholar had a meeting with the samples in which aims and objectives of study were explained to the samples. The consent of the subjects was taken and researcher assured the confidentiality of the information to subjects. After the completion of the test scoring was done

manually. Each item had six options - very much, much, ordinary, less, very less and not at all. The score 5 was given to very much, 4 score was given too much 3 score was given to response ordinary, the score 2 was given to response less, 1 score was given to very less response and 0 score was given to not at all response. To assess the mental health the 12-item General Health Questionnaire (GHQ-12) originated from a general health questionnaire designed by Goldberg, which reflects the mental health condition of respondents by 12-item self-assessment results, the answer codes for questions (a), (b), (c), (d), (e), (h) and (I) were re-coded in reverse term (i.e., to 4; 2 to 3; 3 to 2; and to). Scoring is to be done by Likert scoring method (0-1-2-3). Range of total score is 0-36. The higher score is the indicator of poor general and psychological health.

Statistical Techniques: The data was analysed by using descriptive statistics such as Mean, Standard deviation. The relation between the variables was measured by using product moment correlation. Further the data was put to inferential statistical analysis i.e., the independent sample t-test. All the calculation was done by using SPSS (version-19). The hypothesis of the study was tested at 0.05 level of significance.

Results and discussion

The collected data was computed to test the hypothesis of the study. The results of study are as follows

Table 1: Mean, SD, SEM, t-value and p-value of tennis players on Aggression.

Gender	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Male	25	65.32	22.07	4.41	.648	.520
Female	25	69.52	23.71	4.74		

From table-1, it can be seen that t-value is not significant at 0.05 level of significance, with the df of 48. This shows the mean score of males and mean score of females from different colleges of Chandigarh on aggression do not differ significantly. Hence, the alternate hypothesis that there is significant difference in the mean score of male tennis players and mean score of female tennis players of different colleges of Chandigarh on aggression is rejected. It may therefore be said that female tennis players have similar aggression as compared to male tennis players.

Table 2: Mean, SD, SEM, t-value and p-value of tennis players on Mental Health.

Category	N	Mean	Std. deviation	Std. error mean	t-value	p-value
Male	25	12.32	6.60	1.32	1.031	.307
Females	25	14.28	6.83	1.36		

From table-2, it is observed that t-value is not significant at 0.05 level of significance, with the df of 48. This shows the mean score of males and mean score of females from different colleges of Chandigarh on mental health do not differ significantly. Hence, the alternate hypothesis that there is significant difference in the mean score of male tennis players and mean score of female tennis players of different colleges of Chandigarh on mental health is rejected. It may therefore be said that female tennis players have similar mental health as compared to male tennis players of different colleges of Chandigarh.

Table 3: Mean, SD, SEM, r-value and p-value of tennis players on Mental Health and Aggression.

	N	Mean	Std. deviation	r-value	p-value
Aggression	50	67.42	22.77	-.183	.202
Mental health	50	13.30	6.72		

Table-3, reveals that mean value of tennis players of Chandigarh on aggression is 67.42. The homogeneity of the group can be seen with the help of standard deviation 22.77. Further, mean value of tennis players from different colleges of Chandigarh on mental health is 13.30 with the standard deviation of 6.72.

It can be seen from the table that 'r' value is -.183 which is not significant at 0.05 level of significance. It shows that there is no relationship between Aggression and Mental Health. Hence, the alternate hypothesis that there is significant relationship between aggression and mental health of tennis players of different colleges of Chandigarh is rejected. It can be therefore said that there is no relationship between Aggression and Mental Health.

Conclusion

On the basis of the analysis of data of the present study are as follows:

1. There is no significant difference in the mental health between Males and Females tennis players of different colleges of Chandigarh.
2. There is no significant difference in the aggression between Males and Females tennis players of different colleges of Chandigarh.
3. There is no significant correlation between aggression and mental health between tennis players of different colleges of Chandigarh.

Discussion of the findings

Rahaman, *et al.* (2015)^[21] The present empirical investigation was to examine the difference between males and female's national boxers of Manipur. Sixty boxers (30 males and 30 females) who represented in the national boxing championship were randomly selected as the subjects. The aged of the subjects ranged 17 to 28 years. Sports Aggression Inventory (SAI) developed by Srivastava and Shukla (1988) was used. T-test was used to analyse the data. The study revealed there is no significant difference between male and female national boxers of Manipur with regard to sports aggression.

Chara and Singh (2021) conducted a study to compare the Aggression between Paramilitary Force sportsperson and civilian sports man. For the purpose of this study, a total of 50 (fifty) male players 25 (N-25) each of Paramilitary force sportsperson and civilian sports man were selected. The age of the selected players ranges between 20 to 35 years. Out of the 50 (fifty) players 5 (five) players each from the game of Football, Basketball, Volleyball, Badminton and Judo were chosen for the study. To compare between the groups and obtain the data, Sports Aggression Inventory questionnaire by Anand Kumar and PS Shukla was administered and independent t-test was used to analyse the data at 0.05 level of significance. The finding of the data reveals that there was no significant difference in mean score between Paramilitary force sports person and civilian sports man Liu, *et al.* (2020)^[13] conducted a survey study to investigate the mental health status of students from medical college in Hubei province. For the study they used total 217 number of subjects in which 127 were females and 90 were males. All the data were collected

online by using various questionnaires. The We Chat-based survey program questionnaire star (which contained questions from patient health) Questionnaire-9(PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7) were utilized for the present study. The result of the study showed that the 77 students (35.5%) were in a state of depression and 48 (22.1%) were in a state of anxiety. The majority of students who were in depressed (n=75) or anxiety (n=46) states had mild or moderate states. The study also revealed that there was no significant difference in students in terms of gender, geographical and grade, for the prevalence of depression and anxiety.

Dhurandher and Agrawal (2015)^[4] studied on mental health of students of science and art subject. The sample of the study consisted of 60 adolescents in which 30 boys and 30 were girls. The data was collected with the help of mental health inventory by A.K. Singh and Alpana Sen Gupta. Six popular indices of mental health were selected by this battery which was emotional stability, adjustment, autonomy, security, insecurity, self-concept, and intelligence. In mental health battery there were 130 items, the battery included 15 items for emotional stability, 40 items for adjustment, 15 for autonomy, 15 for security-insecurity, 15 for self-concept and 30 items for intelligence. No significant difference was seen in the mental health of boys and girls of higher secondary school in study while only one factor autonomy showed significant difference on mental health of science and art subject's students.

Khan, *et al.* (2015)^[12] The purpose of the study was to compare the aggression and mental toughness of men and women basketball players of all India intervarsity. One hundred (50 men and 50 women) basketball players were randomly selected as the subjects. Aggression inventory constructed and standardized by Srivastava (1984), and Mental toughness questionnaire prepared by Goldberg (1995) was used to collect players responses on aggression and mental toughness, respectively. The data were analysed by using descriptive statistic i.e., mean, standard deviation, and t-test. The significance level was 0.05. The study showed there is no substantial significant difference in aggression and mental toughness between men and women all India intervarsity basketball players.

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