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Examination of aggression levels in women playing body contact games and non-body contact games

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Abstract

The purpose of this study was to examine the Aggression level in Women players between body Contact Game and Non body Contact Game. For the purpose of this study a total of 150 female subjects were chosen from body Contact Game (n=75) and Non body contact Game (n=75) from Purvanchal Region of Uttar-Pradesh were selected as subject. The subjects were chosen using Quota sampling technique. Aggression was measured using Aggression Questionnaire of Dr. G.C. Pati. Independent sample 't' test was used to compare the Aggression level between body Contact Game and Non body Contact Game players. The results showed that there is a significant difference in Aggression between body Contact Game and Non-body Contact Game players wherein Contact game players possessed a higher level of Aggression than Non-Contact Game players. The higher level of Aggression can be attributed to the high amount of contact that occurs in contact games.

Keywords: Aggression, physical aggression, verbal aggression, hostility, anger, body contact game, non-body contact game

Introduction

The way that psychology aims to understand people's thought processes and behavior sets it apart from the other social sciences, such as anthropology, economics, political science, and sociology. Psychology is largely concerned with the systemic relationship between mental processes and behavior, while biology and neuroscience research the biological or brain processes and how they connect to the subjective mental effects they create. Biological psychology examines the biological underpinnings of behavior and mental states; neuropsychology, on the other hand, focuses on real brain functions.

Psychology can be defined solely in terms of phenomenology or information processing theories of mind, and it need not pertain to the brain or nervous system. However, knowledge of brain function is finding its way into psychological theory and practice more and more, especially in fields like cognitive neuroscience, neuropsychology, and artificial intelligence. Characterizing athletes' personalities has always been an interesting area of research in sports psychology. Taking a close look at the complex realm of personality traits among female players, this essay highlights the striking distinctions between players who play body contact games and those who play non-body contact games. This paper seeks to shed light on the distinctive qualities exhibited by female athletes in diverse sporting contexts by analyzing a number of personality trait components, such as aggression levels, confidence, teamwork abilities, and more.

Aggression is overt, frequently destructive social engagement directed toward another person with the goal of causing them pain or other displeasure. It might happen without provocation or as a form of revenge. Aggression in humans can result from anger over unfulfilled aspirations. Human aggressiveness is categorized into two types: direct and indirect aggression. Direct aggression is characterized by actions taken with the intent to hurt another person, such as physical or verbal abuse, while indirect aggression is characterized by actions taken with the intention of harming a group's or an individual's social relationships.

A person's aggression can manifest in many ways, including physical manifestation, verbal or nonverbal communication, defensive (fear-induced) aggression, predatory aggression, dominance aggression, inter-male aggression, resident-intruder aggression, maternal

aggression, species-specific aggression, sex-related aggression, territorial aggression, irritable aggression, and aggression triggered by brain stimulation. Emotions that are strongly negative are frequently present in aggression. Anger is typically triggered by some sort of provocation. Most of the time, anger is understood as an intervening state that leads to emotive violent conduct that is primarily intended to harm the person who provoked it. The instances of aggressiveness that have been presented thus far point to a wide range of violent behaviors, each with its own unique origins and motivations. These types of aggressive behavior are frequently recognized in the study of aggressiveness based on intervening processes and antecedents.

One key aspect that sets them apart is their aggression levels, which are often heightened due to the physical nature of the sports they engage in. Studies have shown that Women who participate in body contact games such as rugby or ice hockey tend to exhibit higher levels of controlled aggression compared to their counterparts in non-body contact sports. Keeping in view the above ideas and scholars' own understanding the study was conceptualized as examination of aggression levels in Women playing body contact games and non-body contact games".

Procedure

The researchers adopted following procedures to achieve the objectives of the present study.

Selection of subjects

This study was focused upon the purpose of these 150 players and further comprised in 75 female of body contact and 75 females of non-Body contact sports from Purvanchal Region

of Uttar Pradesh were selected as subject. The aged range between were 13 to 19 years. The level of participation of the subjects were inter school competition in Purvanchal Region of Uttar Pradesh

Selection of Tools

The questionnaire of aggression of Dr. G.C. Pati was used as the tool of the study. Questionnaire is based upon sixteen questions each question has three options.

Administration of the Test

Based on expert opinion and personal understanding the was used. Before Aggression Questionnaire developed by Dr. G.C. Pati administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase their motivation level. The subjects were instructed to respond to each item according to how they generally felt just before the time of competition. The questionnaire was filled by the subjects during the Inter school competition of the Purvanchal Region.

Statistical analysis

Descriptive Statistics like Mean, Standard Deviation, and range were computed to know about the characteristics of the groups, and the independent 't' test was applied to compare the mean value of aggression level in Women playing body contact games and non- body contact games. All the statistical analysis was done by using SPSS 26. The level of Significance was set at 0.05.

Results

Table 1: Comparative and Descriptive table of aggression level in women playing body contact games and non-body contact games

Variable	Type of game	N	Mean	S. D	t-value	DF	P-value
Aggression	Body contact games	75	106.83	9.36	5.43	148	.001
	Non-body contact games	75	100.97	7.39			

Significant at 0.05 level tab t 0.05(148) = 1.96

Table 1 appears the aggression level in Women playing body contact games and non- body contact games. Mean and Standard deviation are described in detail. For body contact games player's mean squares and standard deviation are 106.83 ± 9.36 , respectively. For non- body contact games players mean squares and the standard deviation are 100.97 ± 7.39 , respectively. The body contact games players were found to have a comparatively little high mean score as

compared to the non-body contact games players.

It indicated that there was significant difference between the mean of body contact games and non-body contact games on the scores of the Aggression test. The obtained 't' value (5.43) was greater than the tabulated 't' value (1.96) which was required to be significant at the degree of freedom at 148 with 0.05 level of significance.

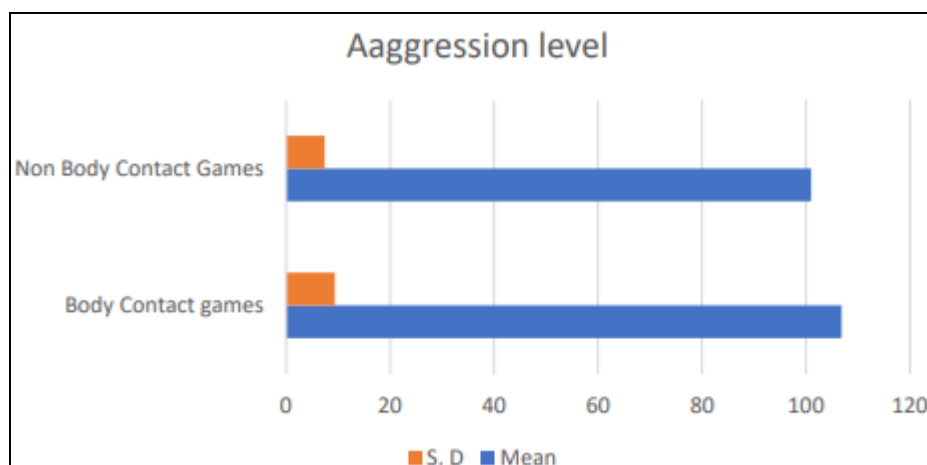


Fig 1: Graphical representation of aggression level in women playing body contact games and non-body contact games

Discussion of the study

From the findings it was observed that the body Contact Game players possessed higher Aggression level, whereas non body contact Game players possessed lower level of Aggression. Body contact game participants exhibit much higher levels of aggressiveness than non-body contact game players. Players in body contact games are more likely to be aggressive because they are frequently in physical contact with players on opposing teams or other teams. The majority of the time, there is a touch from the other players; nevertheless, the players may interpret this touch differently, which could result in hostile conduct. Additionally, there is no physical contact between opponents in non-body contact games, which reduces the likelihood of aggressive conduct, as demonstrated by the results of this study.

Conclusions

Within the limitations of the present study, the following conclusions were drawn:

We conclude that there is a significant difference in Aggression between body Contact Game and Non- body Contact Game players wherein body Contact game players possess a higher level of Aggression as comparison of non-body contact players.

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