

## COMPARISON OF AGGRESSIVE BEHAVIOR BETWEEN INDIVIDUAL AND TEAM SPORTS PERSONS

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### Abstract:

*The purpose of the study was to analysis of aggressive behavior of individual and team sportspersons. Total 200 male players, 100 from individual sports and 100 from team sports were selected as subjects for the purpose of the study. The selected sportspersons were from different universities. Assessment of aggression was done with the help of Aggression scale, developed by Km. Komal pal and Mrs. Tasneem Naqvi. There was significant (calculated  $t=5.25 > 1.653$  the tabulated value) difference found between the individual and team sports in relation to their aggression level. The data was analyzed by applying independent t-test to find out aggressive behavior difference between the individual and team sports at the 0.05 level of significance.*

### KEYWORDS:

Aggression, individual sports, team sports.

### INTRODUCTION

Sports are psycho-social activity. It has both psychological and social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nations share a common interest in sports is found among all the society of the world where interest in sport competition, especially during Olympic games, the people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sportsmen is determined by their psychological factors.

In contrast in individual sports, athletes are depends on to their abilities. In individual sports, performance criteria is one dimensional while in group sports performance depends on the teammates performance, but in team sports, athletes are involved with teammates and spending many amount of practicing with teammates and have more interaction with others and cooperating with peers, in contrast individual sports, spending many amount of time alone in practicing.

The word aggression comes from the Latin root aggredi, ad (to or toward) and gradior (walk). Literally, then the word means to walk towards or approach to 'move against' or to "move with intent to hurt or harm". The major problem when studying aggression in sports is in finding an acceptable universal definition. Johnson (1972) quoted that aggressive behavior has been associated with destructive acts, sexual attack, prejudice, speech, genital activity.

### OBJECTIVE

The purpose of the study was to find out difference between Individual and Team sports person in relation to aggression. .

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### METHODOLOGY

#### Selection of subject

The present study was conducted on 200 male college sportspersons (100 individual and 100 from team sports) who have participated in interuniversity tournaments. Age of the subject was ranged between 18-25 years.

#### Selection of variables

Aggression was selected as dependent variable for the purpose of this study.

#### Criterion Measure

Aggression scale, developed by Km. Komal Pal and Mrs. Tasneem Naqvi was used as criterion measure for the assessment of aggressive behavior of team and individual sports persons.

#### Collection of data

Data was collected with the help of using the relevant questionnaire. Tests were conducted on 200 players, 100 each from individual and team sports. The data of aggressive behavior was collected personally from the individual who had played inter-varsity level at their respective home ground. The data of sportspersons from team sports (Football, Volleyball, Kabaddi, Handball and Hockey) as well as from individual sports (Badminton, Judo, Athletics, Table Tennis and Gymnastics) were collected.

#### Statistical procedure

The data was analyzed by applying independent t-test to find out the difference between individual and team sports. The level of significance was set at 0.05 levels.

### RESULTS OF THE STUDY

The obtained results after statistically analysis of data in relation to the aggressive behavior of team and individual sportspersons are presented in table I to IV.

**Table 1**

| Kind of Sports | Sports       | Descriptive Statistics of Team & Individual sportspersons Aggressive Behavior |      |       |       |        |       |      |       |
|----------------|--------------|---|------|-------|-------|--------|-------|------|-------|
|                |              | mean  | SE   | SD.   | Min   | Max    | range | Sk   | Ku    |
| Team           | Football     | 87.05   | 2.10 | 9.39  | 71.00 | 110.00 | 39    | 1.04 | 1.37  |
|                | Volleyball   | 88.90   | 2.00 | 8.98  | 74.00 | 107.00 | 33    | .33  | -.52  |
|                | Kabaddi      | 86.20   | 2.23 | 9.99  | 71.00 | 107.00 | 36    | .44  | -.43  |
|                | Handball     | 87.40   | 2.48 | 11.12 | 72.00 | 105.00 | 33    | .11  | -.137 |
|                | Hockey       | 88.05   | 2.92 | 13.08 | 72.00 | 109.00 | 37    | .31  | -.158 |
| Individual     | Badminton    | 80.55   | 1.94 | 8.70  | 71.00 | 98.00  | 27    | .65  | -.089 |
|                | Judo         | 80.70   | 1.77 | 7.95  | 71.00 | 95.00  | 24    | .50  | -.119 |
|                | Athletics    | 79.65   | 1.67 | 7.47  | 71.00 | 97.00  | 26    | .78  | -.12  |
|                | Table Tennis | 80.75   | 1.55 | 6.96  | 71.00 | 98.00  | 27    | .65  | .48   |
|                | Gymnastics   | 81.70   | 1.61 | 8.55  | 72.00 | 98.00  | 26    | .78  | -.65  |

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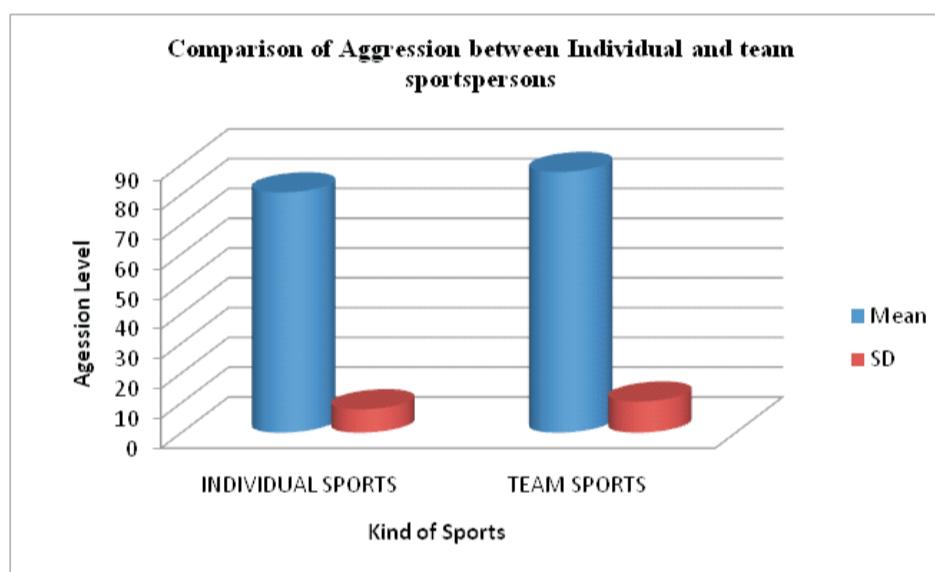
Table-4

| Group       | Mean  | SD    | MD   | t-Ratio | Sig<br>(Two tailed) |
|-------------|-------|-------|------|---------|---------------------|
| Individual  | 80.67 | 7.82  |      |         |                     |
| Team sports | 87.52 | 10.44 | 6.85 | 5.25*   | .000                |

Significant at 0.05 level

Table 4 reveals that the calculated value of  $t=5.25$ , was higher than the tabulated value of  $t=1.65(df,198)$ , at the 0.05 level of significance.

Figure - 1



#### DISCUSSION OF FINDING

Results of the study revealed that significant difference was found between individual and team sportspersons in relation to Aggression. The results prove that, there is less dependent characteristics of individual sports than the team sports and opponents are not usually in direct contact which may be the reason of permanent fixation of the aggressive behavior according to the type of sports.

#### CONCLUSIONS

On the basis of the findings of present study, it was concluded that the team sportspersons are more aggressive than the individual sports where as the different team sports having the similar aggressive behavior as well as different individual sports were also shown the similar aggressive behavior.

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#### COMPARISON OF AGGRESSIVE BEHAVIOR BETWEEN INDIVIDUAL AND TEAM SPORTS PERSONS

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