



## COMPARISON OF ANXIETY AND AGGRESSION BETWEEN UNIVERSITY AND NON UNIVERSITY FEMALE HANDBALL PLAYER

Dr. Bhaskar Shukla<sup>1</sup> and Mr. Sachin Gupta<sup>2</sup>

<sup>1</sup>Assistant Professor, H.N.B. Govt., P.G., Collage, Naini, Allahabad.

<sup>2</sup> Athletic Coach, LNIPE, Gwalior.

### ABSTRACT

The main purpose of the study was to identify the difference between anxiety and aggression between university non university players of handball. It was hypothesized that there would be significant difference on Psychological variables between female of University and non University Handball players. The present study was conducted among 30 Female players in each categories i.e; university and non university players of handball and they were selected randomly from colleges of HNB Govt. P.G. College, Naini level to assess the selected psychological variables anxiety and aggression. To assess the anxiety and aggression, Spielberger and Smith standardized questionnaire were used respectively. With the help of the questionnaires related to psychological variables necessary data were collected. The tests were conducted on 60 female Handball and non female Handball players to collect data for both psychological variables. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance. The study clearly indicated that there is a significant difference in anxiety and aggression between female Handball and non female Handball players of University level. Female Handball players of University level were found high anxiety level and more aggressive as compared to non female Handball players of University level.



**KEY WORDS:** Handball, University, Non-University, Anxiety, Aggression etc.

### INTRODUCTION :

Competition is a specialized situation where the athletes fight for supremacy and excellence. Sports have become extremely competitive in today's world, preceding records are broken whenever there is a competition. It is not the practice of the few days that brings out the success or victory of the person but the continuing hard work, commitment, dedication and various physical, psychological and social factors. No two people are exactly alike. Psychology is the empirical study of human actions and mind: how, internally and in groups, we think, feel, behave and communicate. Sports Psychology is a science in which we study the sport person through observation, measurement, and testing, and then arrive at conclusions based on sound scientific methodology. Sports in the present day world have become extremely competitive. Sports psychology training is that enhances performance on the court and field. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. For years sports psychologists have examined how psychological skills training, including mental skills training helps athletes improve performance. Sports psychology also can help athletes with problems off the court that may affect performance on court. It was hypothesized that there would be no significant difference among the university and non university players of handball.

**METHODOLOGY**

The present study was conducted on 30 University and 30 Non University Handball players selected randomly from colleges of HNB Govt. P.G. College, Naini. To assess the selected psychological variables anxiety and aggression. To assess the anxiety and aggression, Spielberger and Smith standardized questionnaire were used respectively. The requisite data were collected with the aid of the questionnaires relating to the psychological variables. In order to gather data for both psychological factors, the experiments were performed on 60 female Handball and non-female Handball teams. The collected data were analyzed using 't' test statistical technique at **0.05 level of significance**

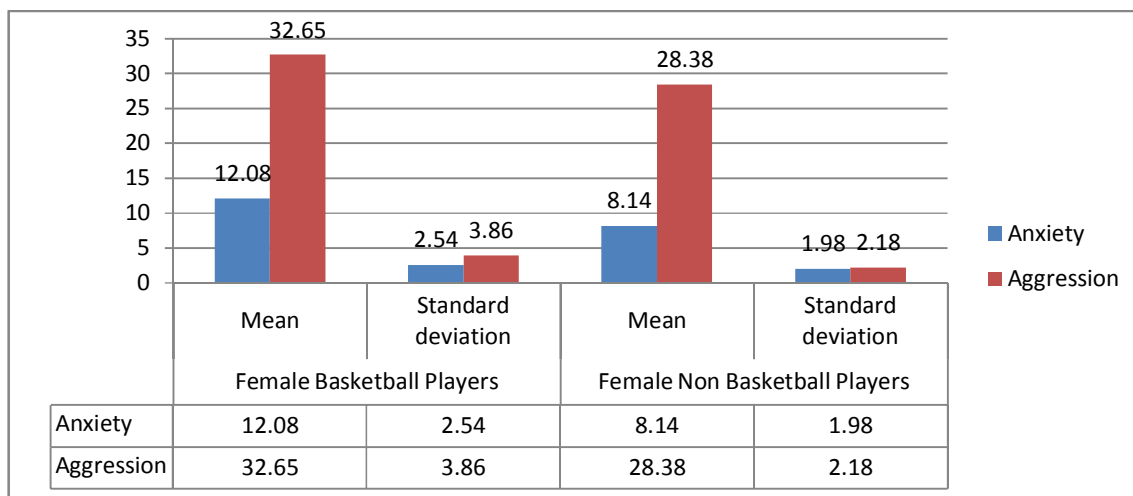
**RESULTS AND DISCUSSION**

**Table 1**  
**Comparison of Female University and Non University Handball Players**

Variables	Female Handball Players		Female Non Handball Players		‘t’ Value
	Mean	Standard deviation	Mean	Standard deviation	
Anxiety	12.08	2.54	8.14	1.98	2.121*
Aggression	32.65	3.86	28.38	2.18	3.512*

*\*Significance at 0.05 level*

It is evident from the table 1 that there is a significant difference between two groups. In Anxiety, female Handball players mean value is 12.08 with standard deviation is 2.54 and non female Handball players mean value is 8.14 with standard deviation is 1.98 and the ‘t’ value is 2.121. In Aggression, the female Handball players mean value is 32.65 with standard deviation is 3.86 and non female Handball players mean value is 28.38 with standard deviation is 2.18 and ‘t’ value is 3.512. The mean differences are found in both the groups and calculated ‘t’ values are greater than the tabulated value i.e. 2.05. This shows that female Handball players’s anxiety level is high due to the pressure of competition and expectations on their performance and they are also more aggressive as compared non female Handball players. It may be due to players have faced more competitive situations and taken training before competitions. The graphical representation of Descriptive information of Anxiety and Aggression of Female University and Non University Handball Players is presented in figure 1.



**Descriptive information of Anxiety and Aggression of Handball Players**

---

## CONCLUSION

On the basis of the finding it is concluded that there is a significant difference in Psychological variables between female university and non university players of handball. This shows that female Handball players' anxiety level is high due to the pressure of competition and expectations on their performance and they are also more aggressive as compared non female Handball players. It may be due to players have faced more competitive situations and taken training before competitions. Due to such result and on the basis of findings the hypothesis stated earlier that there would be no significant difference among the university and non university players of handball was rejected.

## REFERENCES

1. Cox Richard, H.(1885). Psychology Concepts And Application. Dubuque, Iowa:W.M.C. Brown and Company, pp.151
2. David, H. Clarke, and Helen M. Kchert(1985). Limits of Human Performance. Human Kinetic Publication Inc, New York.
3. H.A.Devries, "Physiology of Exercise for Physical Education and Athletics" 2<sup>nd</sup> edition, Wm. C. Brown Co., Dubuque, Iowa, 1974, p.354.
4. Heidbreder, E., "Measuring introversion and extroversion", journal of Abnormal Social Psychology 21(1926):120-134.
5. Judith Rich Harris, "No Two Alike: Human Nature and Human Individuality".
6. Kamlesh M.L.,(2002) Psychology In Physical Education and Sports". Metro Politan Book Co. Pvt Ltd., New Delhi, India. P. 266.
7. Llewellyn and Blucker, Psychology of coaching: Theory and application"1981.
8. Lorraine Slaven, Chritina Lee, "Psychological effects of exercise among adult women: The impact of menopausal status", Journal of Psychology and Health, University of Newcastle, Australia, Vol 9 , Issue 4, May 1994.
9. Murphy Shane. M, (1995),ed. Sports Psychology Interventions, Human Kinetics, pp.2