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Review Of Research



AGGRESSION AND ANXIETY OF ENGINEERING INTER COLLEGIATE KABBADI AND HAND BALL PLAYERS

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ABSTRACT:

The purpose of the study was to determine the assessment of anxiety and aggression among the Engineering College Kabaddi and Hand ball players at inter collegiate level. For this study thirty Kabaddi and 30 Handball players were selected from the Engineering colleges of Erode District who have participated at the inter collegiate level. The subject's age ranged from 18 to 23 years. The selected subjects were measured as only one group. The subsequent criterion variables were selected for the study was anxiety and aggression. The questionnaires were selected for collection data about the aggression and anxiety. The collected data were statistically evaluated by using the 't' ratio test. The 't' value of anxiety 0.2039 was less than the table value 2.0009 and was found that there was no significant difference between Kabaddi and Handball players on anxiety. The 't' value of aggression 2.9955 was more than the table value 2.0009 and was found that there was significant difference between Kabaddi and Handball players on aggression. The significant was set at 0.05 level of confidence.

KEYWORD: Engineering college, Anxiety, Aggression, Kabaddi, Handball.

INTRODUCTION :

It is well known that psychology grew out of philosophy and within a few decades of the modern era of science and education, it shaped into a huge banyan tree with hundreds of branches. As the time-past the people got increased and also the participation in physical activities also got increased. Today as there is immense competition among these persons, so a person with just physical abilities, motor abilities, and any other kind of physical abilities at peak-level

and if the sports persons want to become successful, his psychological factors abtaining plays an important role. So the psychological training is needed to be given. That includes motivation, achievement motivation, aspiration levels, anxiety and arousal, aggression and team-cohesion etc. Therefore a success in the field of sports needs both the physical and psychological factors. This gets us to an understanding that it is default and very much necessary to train the physical education teachers, coaches



in these psychological factors as they are directly linked with the people involved in sports. Among these psychological factors the "aggression" is important one. And the birth of this factor has different opinions. The one opinion says that this comes along with birth and be a survival of the fittest. Whereas the other opinion says that it depends on the environment where he grows. The sports persons get into depression when the factors like fear, worry, socio-inequity, attitudinal factors. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behaviour directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment". Most people view aggression as a negative psychological characteristic; however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). In sport, aggression has been defined into two categories: hostile aggression and instrumental aggression (Silva, 1983). Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is achieve a goal by using aggression. For example a kabaddi or handball player using aggression to tackle his opponent to win the point. The player is not using his aggression to hurt the opponent but rather to win the ball back. Coulomb and Pfister (1998) conducted a study looking at aggression in high-level sport. They found that experienced athletes used more instrumental aggression in which they used to their advantage and that hostile aggression was less frequently used. The frustration aggression theory (Dollard, Doob, Miller, Mowrer, & Sears, 1939) states that aggression occurs because frustration arises due to a target obstruction. However this theory states that every time a player becomes frustrated this will always cause aggression. This theory does not take into account any other intrinsic or extrinsic factors. A player's personality will play a large role in determining whether they are aggressive or not in certain situations. Research into player aggression has identified several factors that might promote violence. As temperatures rise, tempers flare. In baseball, more batters being hit by pitches on hot match days than on cold days. A second situational determinant of player aggression is the point differential between two teams, with the highest degrees of aggression arising when teams are separated by a wide scoring margin. Furthermore, players on winning and losing teams exhibit different patterns of aggression as game progresses. Hence, the aggressive behaviour of those on winning teams increases constantly throughout the contest, whereas individuals on losing teams are particularly aggressive at the commencement of a game, and less so towards the midpoint of the competition. Most probably, athletes in the disastrous teams conclude that their aggressive actions are not effective and, consequently, switch to less aggressive strategies in an attempt to perform better. Finally, possibly because of frustration, a team's position in the overall league affects the degree of individual player aggression. Indeed, teams that come first tend to exhibit lower amounts of aggression than the frustrated teams who have to be content with second place and those who come last and who find it hard to justify to themselves their overall poor performance. A person also needs to have control on his aggression to much of aggression and also to low of it is dangerous because his low aggression pulls –him back in the participation of the sports itself and that of high aggression leads to an irregular activities such as breaking of rules and non-coordinative behaviours with his teammates, opponents and others. Anxiety- Anxiety is a psychological state characterized by somatic, emotional, cognitive, and behavioural. The root meaning of the anxiety is to trouble in either the absence of psychological stress; anxiety can crate feeling or fear, worry and uneasiness. Anxiety has been defined in a variety of ways such as disturbed state of the body. "Emotional reactivity, Nervousness, Unpleasant state of the body and mind. Anxiety or feeling physically and mentally anxious can present in different ways, such as fear and nervousness, but it has an essential cause, stimulation of the sympathetic nervous system. The sympathetic nervous system is exactly that a system of nervous sympathetic to both our mood and our environment. Anxiety is a natural reaction to treat threats in the environmental and part of the preparation for the fight or flight response. This is our body's primitive an automatic response that prepares it to 'fight or flee' from perceived harm or attack. Anxiety can be of two types State Anxiety and Trust Anxiety. State anxiety can be controlled and attired. It contains two subcomponents; cognitive anxiety which is characterized by disturbed attention and somatic Anxiety, somatic Anxiety is one's perception of psychological arousal such as rapid heart rate, tense muscles and butterflies in the stomach. Anxiety has been proposed to differentially relate to athletic performance and has different antecedents. Cognitive anxiety is expected to negatively affect athletic performance while somatic anxiety will have a

curvilinear relationship with performance. Anxiety level is different from sports to sports. For instance the anxiety wins the individual sports like wrestling, Gymnastic, track and field etc. The athletes in individual sports express higher anxiety than these in team sport. In sport duration activities like sports in track and field event and swimming, the athletes go all out to make supreme effort in one base or long duration events sports person have enough time to plan their moves and makes use of alternative strategies and tactics, thereby experience anxiety. Handball, kabaddi, Netball and Volleyball is a non-body contacts game. As we know anxiety is one of the important factors while performing. To gain success in Volleyball and Netball Game low level of anxiety is very important. When Netball and Volleyball players control and overcome their anxiety level then only they succeed in their game. In the study of Kristijan Kais and Lennatr Reulsepp competitive state anxiety, self-confidence and performance in Basketball and Volleyball players prior to different matches have concluded that moderate level of state anxiety and very high self-confidence of sportsman before the matches help to perform well. The cognitive and somatic anxiety and self-confidence were stable prior to different matches. It is evident from these and other studies, that both forms, state and trait anxiety, adversely influence performance in sports. As all we know team sports like basketball, handball and Netball, have been widely accepted as a highly competitive sports throughout the world. And now kabaddi has also joined the list. In order to study the aggression and the anxiety of the engineering college inter collegiate level kabaddi and Handball players the present study was taken.

METHODOLOGY

The purpose of the study was to study the anxiety and aggression among the engineering college inter collegiate level kabaddi and Handball players. To achieve the purpose thirty Kabaddi and Handball players each were selected from the engineering colleges of Erode district who have played at the inter collegiate level. The subject's age ranged from 18 to 23 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study such as anxiety and aggression. The questionnaires were selected for collection data about the anxiety and aggression. The study was restricted to two psychological variables namely Aggression and Anxiety. The primary concern of the study was to evaluate of anxiety and aggression among engineering college inter collegiate level kabaddi and Hand ball players. As per the existing literature, the following consistent questionnaire was used to accumulate the appropriate data on the selected variables. Sports competition anxiety test was used to get the data of subjects anxiety level. Dr. G.C. Patil's (1976) aggression test scale consisting of 16 questions was used to collect the data regarding aggressive tendency of sports persons towards different games. The subject was requested to indicate the best appropriate response out of the given three responses i.e. "low to mildly aggressive", "moderately aggressive" and "highly aggressive" manners elicited by the situation from persons described in the question.

STATISTICAL TECHNIQUE

To evaluate the anxiety and aggression levels among engineering college inter collegiate level kabaddi and Handball players. 't' ratio was used to calculate, to find out the significant of the difference between the mean of pre and post test of the group.

Analysis of Data

Results of the data obtained on the aggression of the group have been analyzed and are presented in table I.

VARIABLES	GROUP	MEAN	SD	DF	T	TABLE VALUE
Aggression	Kabaddi	28.5667	2.6997	58	2.9955	2.009
	Hand ball	26.6667	2.1867			

*Significant at 0.05 level of confidence

Table I. Table showing the mean difference, standard deviation and 't' value of aggression between

kabaddi and Handball players

To find out the significant difference between Kabaddi and Hand ball players on aggression 't' ratio was employed and the level of significance was set at 0.05. The aggression of Kabaddi players was 28.5667 and aggression of Hand ball players was 26.6667 respectively. The obtained 't' ratio on aggression was 2.9955 was more than the table value 2.009. The results of the study reveal that there is a significant difference between Kabaddi and Handball players on aggression.

A mean difference of aggression between Kabaddi and Hand ball players was shown in figure I.

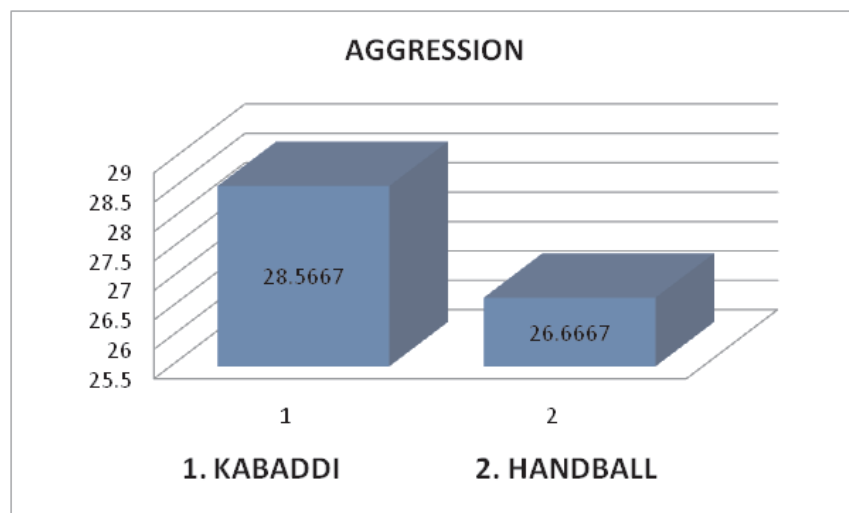


Figure I. showing the mean difference of aggression between Kabaddi and Handball ball players.

The data obtained on the anxiety of the group have been analyzed using the analysis of variables are presented in table II.

VARIABLES	GROUP	MEAN	SD	DF	T	TABLE VALUE
Anxiety	Kabaddi	19.2333	5.9782	58	0.2039	2.009
	Hand ball	19.1000	6.8517			

*Significant at 0.05 level of confidence

Table II. Table showing the mean difference, standard deviation and t value of anxiety between Kabaddi and Handball players

To find out the significant difference between Kabaddi and Handball players on anxiety 't' ratio was employed and the level of significance was set at 0.05. The anxiety of Kabaddi players was 19.2333 and anxiety of Handball players was 19.1000 respectively. The obtained 't' ratio on anxiety was 0.2039 which was lesser than the table value 2.0009. The result of the study reveals that there is no significant difference between Kabaddi and Hand ball players on anxiety.

A mean difference of anxiety among Kabaddi and Hand ball players was shown in figure II.

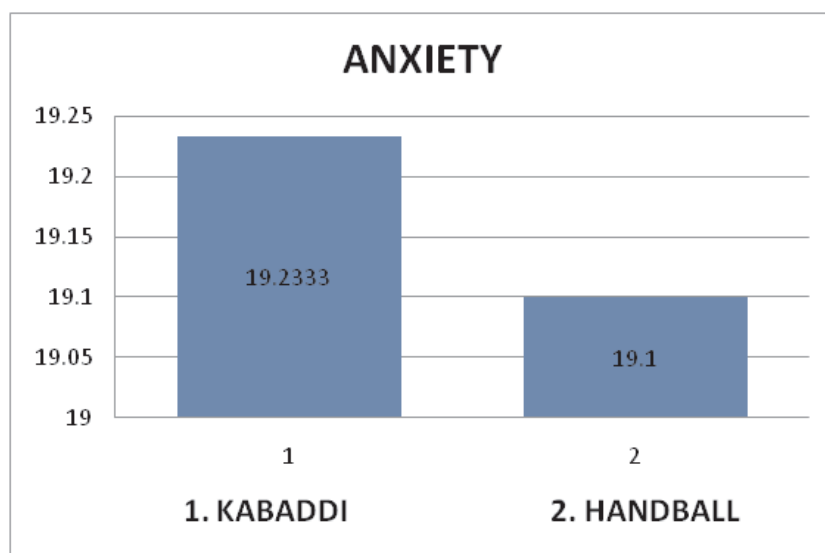


Figure II. Showing the Mean Difference of Anxiety between Kho- Kho and Ball Badminton Players

CONCLUSIONS

1. It was concluded that there was a significant difference between Kabaddi and Hand ball players on aggression.
2. It was concluded that there was no significant difference between Kabaddi and Handball players on anxiety.

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