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**COMPARISON OF ANXIETY AND AGGRESSION BETWEEN FEMALE BASKETBALL AND NON FEMALE BASKETBALL PLAYERS OF UNIVERSITY LEVEL**

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**ABSTRACT:**

Competition is a specialized situation where the athletes fight for supremacy and excellence. No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in sound scientific methodology. Sports in the present day world have become extremely competitive. It is believed that sports are a psycho-social activity full of fear, stress, anxiety, strain and stress. Winning is one of the main objective in sports but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. Considering the role of Psychology variables, the present study was undertaken.

**Purpose of the study :** The main purpose of the study was to identify the difference between anxiety and aggression between female Basketball and non female Basketball players of University level. It was hypothesized that there would be significant difference on Psychological variables between female of Basketball players and non female Basketball players of University level.

**Research Methodology :** The present study was conducted on 30 female Basketball and 30 non female Basketball players selected randomly from colleges of Lucknow University 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 Basketball and non female basketball players to collect data for both psychological variables.

The collected data were analyzed **using 't' test** statistical technique at **0.05 level of significance**.

**Conclusions:** The study clearly indicated that there is a significant difference in anxiety and aggression between female Basketball and non female Basketball players of University level. Female Basketball players of University level were found high anxiety level and more aggressive as compared to non female Basketball players of University level.



**KEYWORDS:** female Basketball players , psychological variables , Mental proficiency.

**1. INTRODUCTION:**

Competition is a specialized situation where the athletes fight for supremacy and excellence. Sports in the present day world have become extremely competitive, previous records are being broken whenever there is a competition. It is not the few day's practice that

brings out the individual's performance or victorious, but the continuous hard training, determination, discipline and various physical, psychological and social factors. No two individuals are exactly alike. Psychology is the scientific study of human behavior and mind: how we think, feel, act and interact individually and in groups. Sports Psychology is a science in which we study about sports person by observing, measuring and testing, and then arriving at conclusions that are rooted in 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. Winning is one of the main objective in sports but winning requires consistent performance at a high level. It is believed that sports are a psycho-social activity full of fear, stress, anxiety, strain and stress. 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.

#### RESEARCH METHODOLOGY:

The present study was conducted on 30 female Basketball and 30 non female Basketball players selected randomly from colleges of Lucknow University 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 Basketball and non female basketball players to collect data for both psychological variables.

The collected data were analyzed using 't' test statistical technique at **0.05 level of significance**

#### RESULTS AND DISCUSSIONS

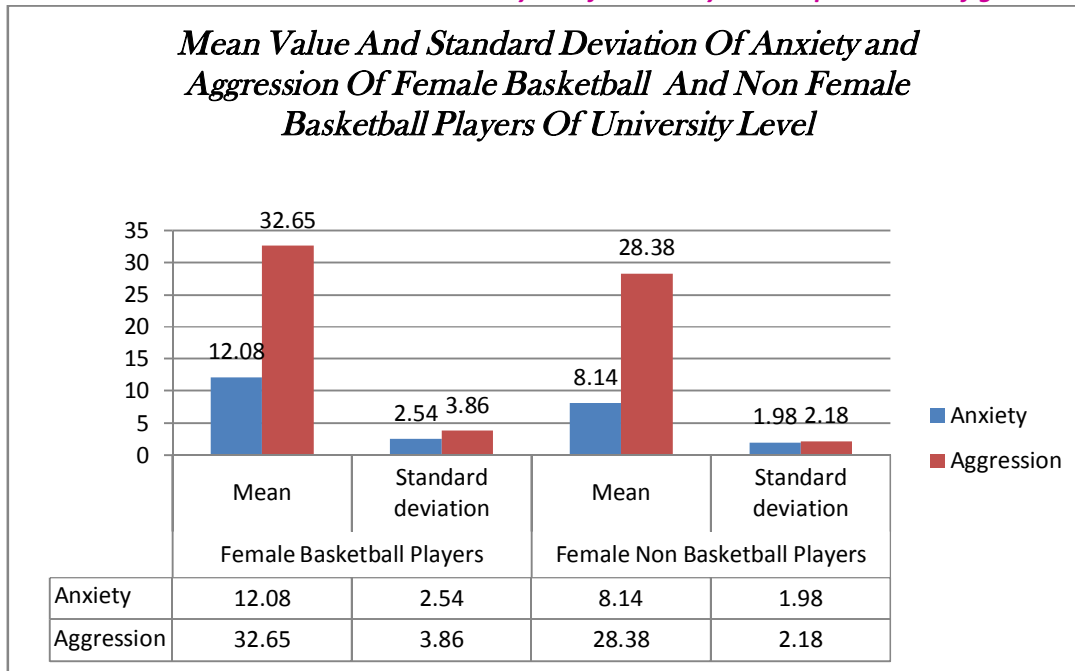
**Table 1**  
**Mean, Standard Deviation And 't' Value Of Female Basketball and And Non Female Basketball Players Of University Level**

<i>Variables</i>	<i>Female Basketball Players</i>		<i>Female Non Basketball Players</i>		<i>'t' Value</i>
	<i>Mean</i>	<i>Standard deviation</i>	<i>Mean</i>	<i>Standard deviation</i>	
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 basketball players mean value is 12.08 with standard deviation is 2.54 and non female Basketball players mean value is 8.14 with standard deviation is 1.98 and the 't' value is 2.121. In Aggression, the female Basketball players mean value is 32.65 with standard deviation is 3.86 and non female Basketball 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 basketball 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 Basketball players. It may be due to players have faced more competitive situations and taken training before competitions.

*Graphical Representation of mean value and standard deviation of Anxiety and Aggression Of Female Basketball And Non Female Basketball Players Of University Level is presented in figure 1.*



**CONCLUSION**

We can conclude from the above analysis that there is a significant difference in Psychological variables between female Basketball players and non female Basketball Players of University level. This shows that female basketball 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 Basketball players. It may be due to players have faced more competitive situations and taken training before competitions.

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