



## COMPARISON OF AGGRESSION AND ANXIETY BETWEEN ATHLETES AND NON ATHLETES OF LUCKNOW UNIVERSITY

**Dr. Mamta Dogra**

Assistant Professor, Physical Education ,  
Nari Shiksha Niketan PG College , Lucknow.



### ABSTRACT

Competition is an event or contest in which people take part in order to establish superiority or supremacy in a particular area. It 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 aggression and anxiety between athletes and non athletes of Lucknow University. .

**Research Methodology :** The present study was conducted on 100 female athletes and non athletes of Lucknow University to assess the selected psychological variables aggression and anxiety. To assess the aggression and anxiety, Smith and Spielberger standardized questionnaire were used respectively. 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 aggression and anxiety between athletes and non athletes of Lucknow University. Athletes were found more aggressive and their anxiety level was also high as compared to non athletes.

**KEYWORDS:** stress, anxiety, strain and stress.

### INTRODUCTION

Competition is an event or contest in which people take part in order to establish superiority or supremacy in a particular area. It 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 100 female athletes and non athletes of Lucknow University to assess the selected psychological variables aggression and anxiety. To assess the aggression and anxiety, Smith and Spielberger standardized questionnaire were used respectively. 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 Athletes And Non Athletes**

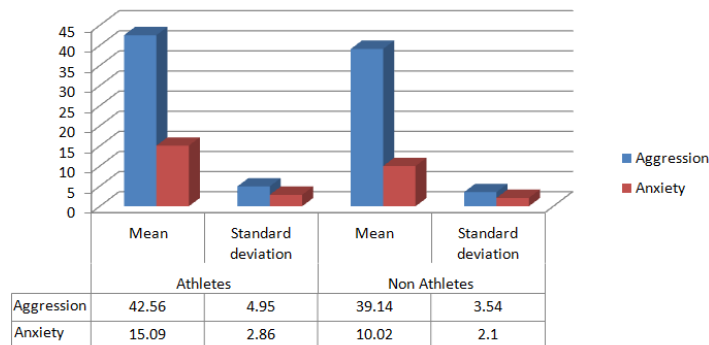
Variables	Athletes		Non Athletes		‘t’ Value
	Mean	Standard deviation	Mean	Standard deviation	
Aggression	42.56	4.95	39.14	3.54	3.512*
Anxiety	15.09	2.86	10.02	2.10	2.121*

*\*Significance at 0.05 level*

It is evident from the table 1 that there is a significant difference between two groups. In Aggression, athletes mean value is 42.56 with standard deviation is 4.95 and non athletes mean value is 39.14 with standard deviation is 3.54 and the ‘t’ value is 3.512. In Anxiety, the athletes mean value is 15.09 with standard deviation is 2.86 and non athletes mean value is 10.02 with standard deviation is 2.10 and ‘t’ value is 2.121. 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 athletes are more aggressive as compared non athletes. It may be due to athletes have faced more competitive situations and taken training before competitions. Athlete’s anxiety level is also high due to the pressure of competition and expectations on their performance.

*Graphical Representation of mean value and standard deviation of Psychological Variables of Athletes and Non Athletes is presented in figure 1.*

**Mean Value And Standard Deviation Of Aggression and Anxiety Of Athletes And Non Athletes**



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## CONCLUSIONS

We can conclude from the above analysis that there is a significant difference in Psychological variables between athletes and non athletes. This shows that athletes are more aggressive as compared non athletes. It may be due to athletes have faced more competitive situations and taken training before competitions. Athlete's anxiety level is also high due to the pressure of competition and expectations on their performance.

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