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## A comparative study of aggression level of men and women handball players representing all India inter university

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### Abstract

This article was aimed to investigate the aggression level of Urban and Rural Handball Players representing All India Inter University and its relationship with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 250 men and 250 women Handball Players representing All India Inter University. Aggression level of players was assessed using the aggression questionnaire constructed by Dr. G. C. Patti (English version) (1976). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that men handball players are more aggressive than women handball players.

**Keywords:** Aggression, handball, inter university

### 1. Introduction

Sport psychology has long been making its impact in the field of every sport for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors [1]. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

In social psychology, aggression is most commonly defined as a behaviour that is intended to harm another person, who is motivated to avoid that harm (Bushman & Hussmann, 2010; De Wall, Anderson, & Bushman, 2012) [2, 3]. This harm can take many forms such as physical injury, hurt feelings, or damaged social relationships. Although definitions vary slightly, highly similar definitions have been utilized by many prominent aggression researchers (Anderson & Bushman, 2002; Baron & Richardson, 1994; Berkowitz, 1993; Geen, 2001; Krahe, 2013) [4-8].

The definition provides above include several key characteristics that help distinguish aggression from other phenomena.

*Firstly*, aggression is an observable behaviour and not a thought or feeling. Although aggressive cognitions (e.g. hostile attitudes, beliefs, thoughts, or wishes) and aggressive affect (e.g. feelings of anger, rage, desire for revenge) can and frequently do serve as important precursors to aggressive behaviour, neither aggressive cognition nor aggressive affect is considered aggression.

*Secondly*, the act must be intentional and be carried out with the goal of harming another. This means that accidental harm (e.g. unintentionally elbowing someone in a crowded room) does not count as aggression. The focus on intent also outweighs the outcomes of the behaviour in question i.e. whether or not harm has actually occurred. This means that scenarios in which one person harms another for their benefit (e.g. a doctor amputating a patient's leg to save his or her life, but also causing pain) are not considered aggression. Conversely, scenarios in which individuals attempt to harm another but fail to do so (e.g. a person shoots to kill someone but misses) are considered aggression.

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Thirdly, aggression involves people, meaning that damaging inanimate objects (e.g. kicking a wall, smashing plates, or pounding one's fists on a table) is not considered aggression unless it is carried out with the intention of harming another person (e.g. slashing the tires on your enemy's car). Finally, the recipient of the harm must be motivated to avoid that harm. This condition excludes phenomena such as masochism (i.e. deriving pleasure, often sexual, from pain), suicide, and assisted-suicide from the realm of aggression. This does not mean that some of these latter forms of behaviour are totally unrelated to aggression. Indeed, some of the same psychological processes are likely at work. Nonetheless, research over many decades has shown that the more specific definition of "aggression" used by social psychologists has proven to be extremely useful in developing and testing high-quality theories of aggression, and shown that the various types of behaviours that do meet this specific definition are very similar in etiology and underlying processes. Accidental harm is not aggression, but acts that are intended to injure others are aggression, whether or not they are successful. The present study deals with a Comparative Study of Aggression level of Men and Women Handball Players representing All India Inter University

## 2. Review of related literature

Reviewing the relevant literature is essential to know the work done in the field of sports. Since effective research is based on past knowledge this helps to eliminate the duplication of what has been done and provide useful hypothesis and helpful suggestion for significant investigation.

J. Silva (1980) [9] argues that aggression undermines athletic performance because aggressive athlete shifts his/her focus to the aggressive target against the rival and this shift cause an interruption in the competition. The results of the study shows that aggression has negative effects on the performance of athletes, and their abilities are lost after reacting aggressively. The scholar (J. Silva 1984) further conducted a study through which he came to a conclusion that, Aggressive behaviour is affected by different factors attributed to the personal differences including gender of the athletes. Tor Stornes & Erling Roland (2004) [10] worked over a research study entitled "Handball and Aggression. The study suggested that by stimulating an aggressive winning strategy, the handball arena may become an arena for violence and hostile attitudes incompatible with ideals of sportpersonship. J. G. Chris, M. L. Larry (2007) [11] worked over a study in which, Aggression was exhibited by athletes in different forms including physical aggression, abusiveness, or even encroach other's rights. The results of the researches show that there are different factors including sensitivity of competition, performance of referees, provocation constituted by audience, personality traits of athletes, and gender, that are effective in aggressive behaviour. Christoforidis *et al.* (2010) [12] worked over a research study to publish its investigation entitled, "anger and aggressiveness of male and female team-handball players with different game expertise". Male players exhibit their aggressiveness during a handball game significantly more often compared to female players.

## 2.1 Research methodology

The present study in hand is a survey type research where the survey was conducted on Handball players, who were selected to represent their respective University in All India

Inter University Handball Championship to collect data for the measurement of aggression level of players.

## 2.2 Samples

The population for the study were 256 men and 256 women Handball Players representing All India Inter University Handball tournament.

## 2.3 Tools used

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

- 1) To measure the aggression level, the aggression questionnaire constructed by Dr. G. C. Patti (English version) (1976) was administered.

## 2.5 Statistical Procedure

Significant difference in aggression levels of Handball players representing their respective University to participate in All India Inter University Handball championship were determined through 't' test. T-test was used to compare the groups at 0.05 levels of significance.

## 3. Results and Discussion

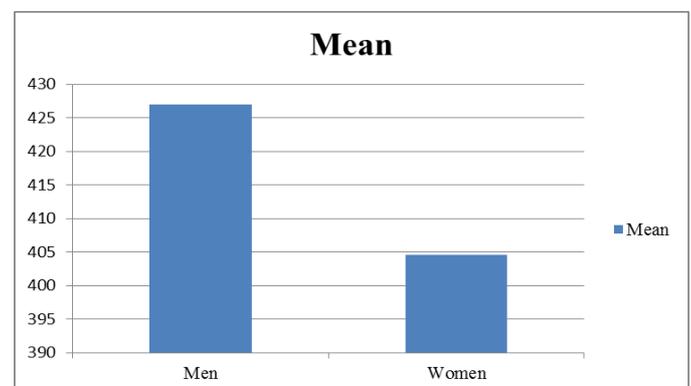
The finding of the various parameters are discussed as under:-

**Table 1:** Table showing the significance of difference in Aggression levels of men and women Handball Players

Area	N	Mean	SD	Calculated t value	df
Men	250	426.9	72.64	3.515*	498
Women	250	404.6	69.14		

\*significant tab. Value at 0.05 level of significance =1.96

The aggression mean score ( $426.9 \pm 72.64$ ) of men handball players is higher than mean score ( $404.6 \pm 69.14$ ) of women handball players. However, the t ratio is 3.515 which is significant at 0.05 level. It means that there exist significant difference at the aggression level of men and women handball players hence men handball players experience more aggression than women handball players. The gender wise aggression level of the All India inter-university Handball Players is represented in table 1 and its comparison is depicted graphically in graph 1.



**Graph 1:** Graph showing the significance of difference in Aggression levels of men and women Handball Players.

## 4. Conclusion

On the basis of result of the present study, we can conclude that men handball players are more aggressive than women handball players. The present study will be helpful in

highlighting the problems related to aggression of Handball players. The result of the study will work as a milestone in increasing the performance of the Handball players. The study will throw a light to understand about the aggression level of players which contributes to performance in Handball game. This study can be helpful to the coaches, physical education teacher advisory bodies, administrators, parents, sports pre-schools players.

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