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Comparative study of aggression and self-concept among sports and non-sports persons of district Budgam (J&K)

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Abstract

The study aimed to compare the Aggression and Self Concept among Sports Persons and Non-Sports Persons Of district Budgam (J&K). A total of sixty (60) male subjects from different parts of Budgam District of Kashmir division, comprising 30 sports person who have at least once participated in Inter-College or inter university competition and 30 as non-sports person and all the subjects were randomly selected for the study. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18-28 years. To analyze the Aggression and self of both the groups I.e. Sports and Non-Sports Persons. The data pertaining to Aggression Tendency of sports and non-sports persons was collected via standard questionnaire prepared by (Dr. Rajeev Lochan Bhardwaj), it contains 28 items and the data pertaining to Self-Concept was collected via standard questionnaire prepared by (Dr. Mukta Rani Rastogi). The comparison of self-concept between Sports Persons and Non-Sports Persons was done on the basis of ten individual characteristics of Self Concept and these ten individual characteristics of self-concept are as follows Health and Sex Appropriateness, Abilities, Self-Confidence, Self-Acceptance Worthiness, Present Past and Future, Beliefs and Convictions, Feeling of Shame and Guilt, sociability and Emotional. The descriptive statistic mean and standard deviation and 't' test was applied to compare the degree of Aggression and Self-concept between Sports and Non-Sports person of Amravati University, Amravati, the level of significance was set at 0.05 levels ($p < 0.05$). The findings means and standard deviation of aggression of Sorts Person group (22.55 ± 31.21) and Non-Sports person group (8.1 ± 11.92) and football players hence football player were found to be more aggressive than Non-Sports Person this difference might be due to the will to win or to suppress the opponents. while taking the second part of the study in to consideration there was found no, significant difference in the self-Concept of Sports and Non-Sports person because in all cases the tabulated 't' exceeded the value of calculated 't'.

Keywords: Aggression, self-concept, sports-person, sociability, self confidence

Introduction

Personality is a set of traits that define the way a person's behavior is perceived. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions. The term personality is derived from the Latin word 'persona' it means or 'mask' which actors used to put on whenever they appeared on the stage in Rome later persona was understood to be specific role on the state of Romans.

Aggression is a part of human behavior and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behavior. Aggression may help into performance of an athlete because it arouses the athlete to put in harder effort of the success of the team. Athletes must be helped to reduce and control aggression in order to play calmly and perform the best.

Self-Concept

Self-concept is an individual's perception of self, including Self-esteem, body image, and ideal self. A person's self-concept is often defined by self-description such as "I am a mother,

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a nurse, and a volunteer.” Client self-descriptive Statements such as these help the nurse gain insight into the Client’s perception of self. The nurse should be observant for self-descriptive statements when assessing the client’s Self-concept. A healthy self-concept is necessary for overall Physical and mental wellness.

Procedure and Methodology

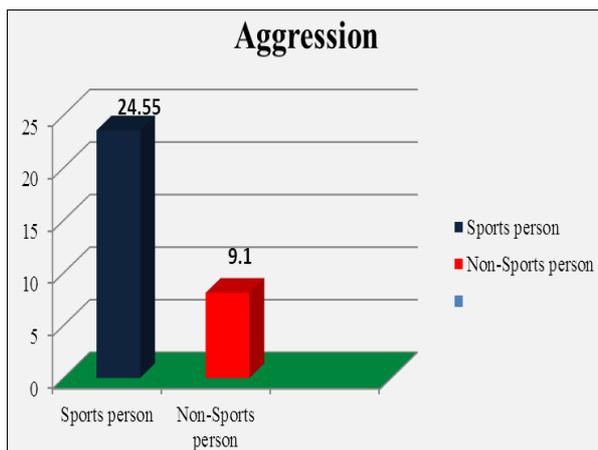
Sixty subjects were selected for the collection of data which include 30 subjects as sports and 30 as Non-sports person of District Budgam in Kashmir Division. The subjects were selected by simple random sampling method. The age of the subjects ranged between 18-28 years.

Equipment’s used for collection of data

The data pertaining to Aggression Tendency of sports and non-sports persons was collected via standard questionnaire prepared by (Dr. Rajeev Lochan Bhardwaj, it contains 28 item and the data pertaining to Self-Concept was collected via standard questionnaire prepared by Dr. Mukta Rani Rastogi.

Table 1: Comparison of Aggression between sports and Non- sports persons.

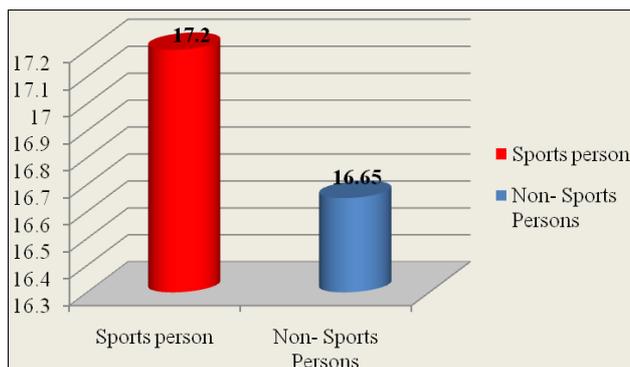
Group	Mean	S.D.	M.D.	O.T.	T.T.
Sports person	24.55	32.21	15.45	3.35	2.00
Non- Sports persons	9.1	12.92			



Graph 1: Graphical representation of mean difference of Aggression Between sports and non- sports persons of Kashmir division

Table 2: Comparison of Self-Concept Between Sports and non-sports Persons

Group	Mean	S.D.	M.D.	O.T.	T.T.
Sports Person	17.2	3.05	0.55	0.22	2.00
Non- Sports Persons	16.65	2.88			



Graph 2: Graphical representation of mean difference of Self-Concept Between Sports and non- sports Persons

Conclusion

Within the limitations of the study and from statistical analysis the following conclusion was drawn.

While taking the first part of the study that is aggression into consideration there was found significant difference in the aggression of the Sports and Non-Sports Persons of Budgam District of Jammu and Kashmir. Hence the researchers pre-assumed Hypothesis is accepted in aggression level of the study, Sports and Non-Sports Persons the calculated value that is calculated ‘t’ exceeded tabulated ‘t’ at 0.05 level of significance.

While taking Self-Concept part in to consideration there was found no, significant difference in Self-Concept of Sports and Non-Sports Persons of Budgam District of Jammu and Kashmir. Hence the researchers pre-assumed Hypothesis is rejected of Self-Concept the calculated value that is calculated ‘t’ is less than tabulated ‘t’ at 0.05 level of significance.

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