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## Comparison between jumpers and throwers in regard to aggression, performance strategies and psychological well being

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### Abstract

The purpose of this study was to examine the aggression, performance strategies and psychological well-being of jumpers and throwers of Panjab University Inter College Athletic Meet. Researcher had selected (N=100) jumpers and (N=100) throwers including male and female athletes. Age limit of the selected athletes ranges from 18 to 28 years. The random sampling technique was used to select the sample. T-test was employed to compare the aggression, performance strategies and psychological well-being used on jumpers and throwers. For testing the hypothesis, the level of significance was set at 0.05. Questionnaire developed by Buss and Perry (1992) pertaining to Aggression, Hardy *et al.*, (1999) pertaining to Performance Strategies and Carol Ryff (1989) pertaining to Psychological well-being has been used for the study. The main objective of this research paper is to find out the comparison between jumpers and throwers in relation to aggression, performance strategies and psychological well-being. The findings of this study indicate that some skills help them to train together and some skills differentiate them and bring significant difference.

**Keywords:** aggression, performance strategies, psychological well-being, jumpers, throwers

### 1. Introduction

Physical education and sports play an important role in day to day life of different people in different ways. Physical education and sports help in all round development of human beings. It is a process through which social, physical, emotional and psychological development of human can be achieved by doing various physical exercises. The sports competition is a sort of human activity that appears when clarify some of the psychological characteristics of its practitioners, and some of these properties are positive and some might be the other negative, which requires him a lot of research and study so as to reach to the nature of these properties, which vary from one individual to another, depending on what has each individual and that distinguish it from other individuals. From a psychological perspective, there are some reasonable arguments for athletes in individual sports to be at a higher risk for depression. In this regard, attribution of failure and success might be one such psychological difference. Hanrahan and Cerin (2009) <sup>[5]</sup> showed that athletes in individual and team sports differ in style of attribution. In detail, athletes competing in individual-sport disciplines showed attribution with higher levels in the dimension "internality". For positive events, individual-sport athletes showed attributions to be more internal, stable, and global. As the authors point out, it seems logical for individual-sport athletes to make more internal attributions as they do not have teammates which can be credited or blamed for results. For positive events, this style of attribution has potentially benefits in regard to performance or persistence (Hanrahan and Biddle, 2008) <sup>[4]</sup>. However, for negative events it can be a risk factor for depression and negative mood (Abramson *et al.*, 1989) <sup>[1]</sup>. Internal attribution after negative events (failure) is associated with negative effect, such as guilt and shame (Tracy and Robins, 2004) <sup>[9]</sup>. Moreover, research on depression indicated that internal, stable, and global attribution after failure can lead to depression (e.g., Hull and Mendolia, 1991; Alloy *et al.*, 2006) <sup>[7, 2]</sup>.

It happen quire frequently that individual as well as team athletes do not produce their optimum performance in a competition, which would normally be expected of them, despite

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having the abilities, both technically and tactically, and their excellent physical condition. In fact, an athlete's actual ability depends not merely on his physical, technical and tactical qualities but also on his psychological profile. Therefore, the psychological considerations have assumed very significant global interest in the domain of athletics, sports and games. The quality of performance depends upon the ability of a sports person to direct all the psychological functions optimally before and during competition. The main function of psychological training is to overcome the thoughts and emotional process in a constructive way that it may improve the performance of a sports person. The knowledge of psychology can help in removing, before competition, tensions through psycho-regulatory techniques. It not only helps in the development of a suitable programme but also builds up some specific characteristics required for peer performance. Man's performance in sport or in any other fields depends on his movement oriented behaviour and other psychomotor factors. All these actions which can be noted by others with or without the aid of instruments have their roots in the biological phenomena. In other words, the performance of individuals is the result of an integrated and harmonious functioning of several dynamic processes of the body which are physiological, psychological, and psycho-physiological or biochemical such as climate, temperature and humidity etc, may also have their effect on the performance of an individual.

Mashhoodi *et al.* (2013)<sup>[8]</sup> compared aggression between the male and female, young and adult athletes competing in four different sports including volleyball, football, judo, and wushu. Results of multivariate analysis of variance (MANOVA) at the alpha level of 0.05 percent show that there was a significant difference between the aggressive behavior of the young athletes and that of adult athletes, in such a form that the young athletes, whether male or female, had been more aggressive than adult athletes did. The comparison of the aggressive behaviors of male and female athletes showed that male athletes were more aggressive than female athletes. However, there was no difference between the aggression exhibited by both male and female adult athletes. Many researchers have done studies and used tools on teams games and individual events. Dachen (2012)<sup>[3]</sup> too examined in his study that there was possible differences in the use of performance strategies of college going athletes of different type of sports and gender. The sample consisted of 68 athletes from laxshmibai national university of physical education Gwalior (36 males and 32 females), aged  $21.04 \pm 1.75$  years, with different supports (team sport and individual sport). The result showed that there were significant differences in performance strategies used by male and female athletes during competition and practice condition, further there are significant differences in performance strategies used by athletes of team sports and individual sports during practice and competitions conditions. During both practice and competition condition female athletes were better compared to male athletes in emotional control whereas male athletes perform better than female athletes in goal setting.

Hassmen *et al.* (2000)<sup>[6]</sup> resulted in their cross sectional study that those who exercised at least twice a week reported significantly higher levels of sense of coherence and a stronger feeling of social integration than their less frequently exercising counterparts. Furthermore, regular exercisers perceived their health and fitness to be better than less frequent exercisers did. The results indicated that a consistent association between enhanced psychological well being, as measured using a variety of psychological inventories, and regular physical exercise.

This study is focuses on psychological skills included aggression, performance strategies and psychological well-being of jumpers and throwers including male and female athlete of Panjab University Inter College Athletic Meet. Study will help field athletes to enable the teachers of physical education, coaches and themselves to design and formulate many training schedule for better results. An attempt has been made in the present study to explore the area of psychological well being, aggression and performance strategies among the athletes. The findings of the present study will contribute a great deal to the existing literature regarding aggression, performance strategies and psychological well being. Also study will help female and male jumpers and throwers to train together and will boost them to explore performance in the field events.

## 2. Objective of the study

The main objective of this research paper is to find out the Comparison between Jumpers and Throwers in relation to Aggression, Performance Strategies and Psychological Well Being.

## 3. Method and procedure

Random sampling technique was used to select the sample of (N=100) jumpers and (N=100) throwers including male and female athlete. Age limit is 18-28 years of subjects. All the subjects having been informed about the objective and protocol of the study who gave their consent and volunteered to participate in this study. Independent T- Test was employed to compare the Aggression, Test of Performance Strategy and Psychological well-being. For testing the hypothesis, the level of significance was set at 0.05. To carry out this study, Buss and Perry (1992) pertaining to Aggression, Hardy *et al.*, (1999) pertaining to Performance Strategies and Carol Ryff (1989) pertaining to Psychological well-being has been used for the study. The mean and standard deviation of both jumpers and thrower's data was calculated and t-test was applied with the help of SPSS.

## Hypothesis

Null Hypothesis: There would be no significant difference between jumpers and throwers in relation to aggression, performance strategies and psychological well being.

Alternate Hypothesis: There would be significant difference between jumpers and throwers in relation to aggression, performance strategies and psychological well being.

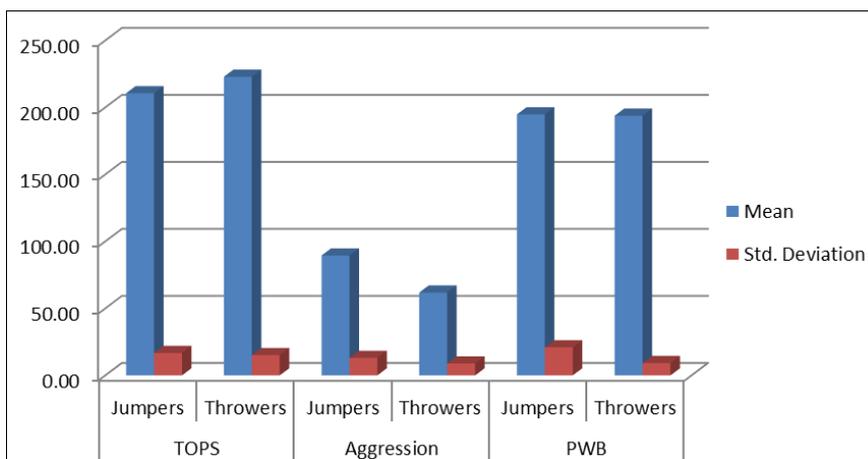
**4. Analysis of data**

**Table 1:** Comparison between jumpers and throwers in relation to aggression, performance strategies and psychological well being of Panjab University Inter College Athletic Meet.

Athlete		N	Mean	Std. Deviation	T value	P value
TOPS	Jumpers	100	210.61	16.73	-5.44	.000
	Throwers	100	222.91	15.21		
Aggression	Jumpers	100	89.49	13.11	17.43	.000
	Throwers	100	61.83	8.94		
PWB	Jumpers	100	194.78	20.96	.410	.682
	Throwers	100	193.84	9.24		

Table shows the mean, S.D, t value and p value of jumpers and throwers of Panjab University Inter College Athletic Meet. The table clearly indicates that the mean value of jumpers is 210.61 and S.D is 16.73 whereas the mean value of throwers is 222.91 and S.D is 15.21 in relation to performance strategies. In the case of aggression, the mean value of jumpers is 89.49 and S.D is 13.11 whereas the mean value of throwers is 61.83 and S.D is 8.94. And in the case of psychological well-being, the mean value of jumpers is 194.78 and S.D is 20.96 whereas the mean value of throwers is 193.84 and S.D is 9.24. It is also evident from the above table in the case of performance strategies, the p value is .000 in SPSS which is less than 0.05 level of significance. Therefore, the result revealed that there is significant difference between jumpers and throwers due to difference in

skills brings difference in performance level in relation to performance strategies and in the case of aggression, p value is .000 which is less than 0.05 which states that there is significant difference between jumpers and throwers and jumpers have higher level of aggression as compares with throwers and also in the case of psychological well being the p value is .682 which is greater than 0.05 level of significance and the result says that there is insignificant difference between jumpers and throwers of Panjab University Inter College Athletic Meet. The mean scores and S.D between jumpers and throwers in relation to aggression, performance strategies and psychological well-being of Panjab University Inter College Athletic Meet have been depicted graphically through histogram shown in the Figure.



**Fig 1:** Showing the mean and standard deviation between Jumpers and Throwers in relation to Aggression, Performance Strategies and Psychological Well Being.

**5. Discussion**

The purpose of this study was to examine the comparison between jumpers and throwers in relation to aggression, performance strategies and psychological well-being which was analysed with the help of independent sample t-test. Thus, it can be said that in the case of performance strategies, p value .000 is less than 0.05 levels which revealed that there is significant difference between jumpers and throwers due to difference in skills brings difference in planning and performing strategies. In the case of aggression, p value is .000 is less than 0.05 level and revealed that there is significant difference between jumpers and throwers due to the difference in skills and we can see that jumpers higher level of aggression while comparing with each other. And in the case of psychological well being, p value .682 is greater than 0.05 levels which stated that there is insignificant difference between jumpers and throwers including male and female athlete of Panjab University Inter College Athletic Meet.

**6. Conclusion**

It is concluded from the present study that while we discussed about performance strategies, jumpers and throwers have different skills and they perform accordingly. Similarly jumpers have obtained higher aggression while performing as we compare with throwers, which is according their results outlets. But they posses same psychological state during performance and practice which help them in performing better in field events. Study will help coaches, trainers and researchers in making training schedule for male and female jumpers and throwers. Study will help them to develop their skills and strategies. Study will also boost female athlete’s confidence to practice and explore more and to excel in the field events.

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