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## A comparison of anxiety and aggression level between male and female players

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### Abstract

Anxiety is needed for peak performance. It is important for the coach to check such players who become over anxious which may affect their performance. Without certain level of anxiety, there cannot be competitive performance. Competition and aggression are twins, aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and do and die for the success of the team. The purpose of the present study was to investigate and compare the anxiety and aggression level among the male and female players. A total 120 players (60 males and 60 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G L Pati (1976). Anxiety among the subjects was measured by using the Sports Competition Anxiety Test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male players had significantly greater aggression ( $p<0.05$ ) as compared to the female players. The female players were found have significantly higher anxiety level ( $p<0.01$ ) when compared to male players. In conclusion, the male players were more aggressive whereas female players were more anxious.

**Keywords:** Anxiety, aggression, players

### 1. Introduction

Games and sports significantly differ from one another in skill structure, load, techniques and tactics. Sportsmen competing in individual events experience more anxiety than sportsmen engaged in team games. The explanation for this state may be that in individual sports the total stress is on the individual himself while in team games the stress shifts from one to another. As we know that a certain amount of anxiety is needed for peak performance, but excessive anxiety, however, is debilitating. Thus, it is important for the coach to check such players who become over anxious which may affect their performance. Without certain level of anxiety, there cannot be competitive performance. The threshold of optimal level differs from players to players and from situation to situation. With the rise in level of performance and experience in a sport the level of anxiety is said to decline. Pre-competitive anxiety is inevitable under all competitive situations and all players are affected by it more or less. Besides this, greater the resemblance between the practical conditions and competitive situations the better the players learn how to cope up with competitive anxiety Cratty (1989) [3] adds “conditions within players combined with his or her cognitive evaluation of the threat of competition and with the objective nature of competition itself work together to produce anxiety in players”

Aggression says Cratty (1989) [3] “is behavior and actions that usually seek to inflict psychological and/or physical harm, either on another persons or on an individual’s possessions or dear ones” Sports competition without “aggression” is a body without soul. Competition and aggression are twins, there is clear evidence that, in general, aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and do and die for the success of the team. Bandura (1973) [1] clearly spelled that players indulge in aggressive acts of behavior because they are appreciated, awarded or rewarded which sometimes accompanies athletic success, gaining status and others forms of social rewards. There is adequate evidence to the effect that players participating in contact sports such as boxing, wrestling, judo etc. are more aggressive than those participating in non-contact sports. Hence, in these days, psychological training of the players and players had attracted greater attention.

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Thus, the purpose of the present study was to measure the anxiety and aggression of university level male and female players and to find out the differences in anxiety and aggression level between the male and female players.

## 2. Method and Procedure

The present study was conducted on 60 (30 males and 30 females) university level players. The age of players was between 18 to 25 years. The subjects were randomly selected from the different colleges affiliated to the Panjab University, Chandigarh, Punjabi University, Patiala and Guru Nanak Dev University, Amritsar. The investigator has used the following tools to collect the data of the study:

1. For Aggression, AGG Questionnaire constructed by Dr. G.L Pati (1976) was used. The questionnaire consists of 16 questions. The validity of the test is significant at one percent level of significance. For establishing the reliability a test was calculated by 'split-half method' of the 16 questions. 8 odd and 8 even questions supplied the halves. The reliability coefficient was found 0.71.
2. For Anxiety a Questionnaire for the Sports Competition Anxiety Test (SCAT) constructed by Rainer Martens (1990) was used.

To collect the data, the investigator with the help of coaches distributed the questionnaire to the players. Instructions were given to them while explaining the purpose of the study both the questionnaire (Aggression and Anxiety) taken one by one. After filling it up the investigator collected the questionnaire.

## 2.3 Statistical analysis

Values are presented as mean values and SD. Independent samples t test was used to test if population means estimated by two independent samples differed significantly. Data was analyzed using SPSS Version 16.0 (Statistical Package for the Social Sciences, version 16.0, SSPS Inc, Chicago, IL, USA).

## 3. Results

Table 1 shows the distribution of mean values and standard deviation and t-value of aggression measurement among male and female players. On aggression score the male players had mean value of 28.4 and female players had mean value of 25.97. There was significant difference at 0.5 levels as t-value was 2.04. It showed that male players were significantly more aggressive than their female counterparts.

**Table 1:** Difference in aggression between male and female players

	N	Mean	S.D.	t-value
Male	30	28.4	5.42	2.04*
Female	30	25.97	3.66	

\* indicates  $p<0.05$

**Table 2:** Difference in anxiety test between male and female players

	N	Mean	S.D.	t-value
Male	30	17	3.50	4.02**
Female	30	20	2.11	

\*\* indicates  $p<0.01$

The distribution of mean values and standard deviation of anxiety level among male and female players along with t-value are presented in table- 2. It was noted that male players had lower mean value of 17 than female players having mean value of 20 showing significant difference at 0.01 levels among them as t-value was 4.04. This showed that female players were more anxious than male players.

## 4. Discussion

The results of present study showed that there was significant difference in aggression between the male players and female players. These findings are in conformity with the results of Graham and wells (2001) [4] and Coulomb-Cabagno and Rasle (2000) [2] those studied the aggression among the players and compared them on the basis of gender. Their results support the results of the present study that male players display more aggressive behavior than female players. On anxiety, the results of the present study showed that there was significant difference between the male players and female players and the female players were more anxious than the male players. These findings have supportive evidence from a group of researchers on different types of games. Mulumphy (1968) [6] and Kane (1972) [5] found female team players to be significantly more anxious than individual players and non-participants.

## 5. Conclusion

In conclusion, the male players were found to have significantly greater aggression as compared to female players whereas the female players were significantly more anxious than the male players.

## 6. Recommendations

Coaches and trainer should check periodical aggression and anxious level of the male and female players for achieve top performance level

## 7. References

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