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Comparison of aggression between team and individual game players

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Abstract

Aggression is instrumental in achieving performance objectives, but it can have both positive and negative consequences depends on the level, type of aggression and for what objectives one is using aggression. The present study aim at comparing the aggression in the context of different nature of sports activities i.e. team games and individual games. For the study 100 male (18-28 age) interuniversity team game (Kho-Kho, Handball, Basketball, Softball, Baseball, and Volleyball) players and individual game players (Power lifting, Boxing, Taekwondo, Badminton, Chess, Judo, Weightlifting and Yoga) were conveniently selected. The data was collected using Maathur & Bhatnagar's aggression scale. Descriptive statistics and independent sample t-test revealed team game players mean 189.28 ± 13.75 , players of individual game 170.4 ± 17.06 revealed team game players were more aggressive as compare to individual game players, so as has been proved by independent sample t-test as the calculated t-value -6.092 is found far greater than the tabulated value 1.984 at $\alpha 0.05$, $98df$ for 2-tailed test hence concluded that team game players were more aggressive as compared to individual game players.

Keywords: Aggression, team and individual games, independent sample t-test

1. Introduction

Aggression can have both positive and negative consequences on performance. Aggression is defined as "any form of behavior engaged toward the objective of hurting of injuring another lived being who is inspired to avoid such treatment" [2]. Most people see aggression as a negative psychological characteristic, however some sport psychologists reach on agreement that aggression can improve performance (Widmeyer & Birch, 1984). Known as an assertive behavior [3] where a player will play according to the rules of the sport at very high intensity, but will have no purpose to harm an opponent. In sport, aggression has been defined into two classes: instrumental aggression and hostile aggression. Hostile aggression is when the main purpose is to cause harm or injury to your opponent. Instrumental aggression is when a player plays the game abiding by the rules and regulations without intentionally harming the other to achieve performance objectives. For example a rugby player using aggression to challenge his opponent to win the ball. The player is not using aggression to upset the challenger but rather to win the ball back. A question that may be asked is where does this aggression come from? The frustration aggression theory states that aggression arises because frustration rises due to inability to achieve goal. However this theory states that whenever a player becomes frustrated this will always cause aggression. This theory does not take considered any other intrinsic or extrinsic factors. On the contrary the general aggression model claims that situational and individual factors play a part in causing a individual to behave aggressively. Therefore, a player's personality will play a large role in defining whether they are aggressive or not in certain situations. This model also consider socially learnt cues and therefore if a player has been taught not to be aggressive in certain condition then he will not use aggression.

Obviously aggression comes from varied number of sources thus it is imperative to understand where these sources stem from. Sport stressors permit us to realize what causes an athlete to develop frustration which can lead to aggression and a weakening performance. In a player's business they will come across a number of high-pressured situations where they will have to deal with many stressors. These can range from individual stressors such as anxiety and worry, to situational stressors such as team-related problems. Much research on stress in sport has been focused on golf and figure skaters, therefore identifying stressors in a team environment

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are very important [2]. Stress can have a negative impact on performance and has been shown to even increase the likelihood of injury studied Australian football players, looking at the different stressors that they experience. They found that the pressure to perform constantly, poor form and high expectations were all key stressors that affected the players. As well as this, players also found it hard to balance their sport and other commitments. This research can prove very important for psychologists and how they help these players deal with these stressors. In elite sport the main type of stress that has been studied is organizational stress. Organizational stress as “work related social psychological stress”. Investigation organizational stress in elite athletes and they found that there were four main stress issues, which were personal, team, leadership and environmental. Within team issues a large factor that caused stress was tension among athletes. Researchers have conducted a similar study looking at organizational stress and they found that the coach athlete tension was a large contributing factor. Therefore strict coaching and negative feedback can affect performance in many ways. Learning how to deal with sport stressors is key as players must find ways to overcome these problems. In sport psychology, little research has been focused on the coping processes of elite players. It has only just recently been of interest to sport psychologists and is something which needs to be addressed in more detail to improve our understanding. Looking at the coping processes of young elite

players will allow us to understand how the players deal with stressful situations.

2. Objectives

- To study aggression in the players of team and individual games.
- To compare aggression between team and individual game players.

3. Hypothesis

- There might be significant difference in aggression between team and individual game players.

4. Methodology

The comparative study was conducted on conveniently selected male inter university players equally 50 from both team (Handball, Kho-Kho, Basketball, Softball, Baseball, and Volleyball) and individual (Chess, Power lifting, Boxing, Taekwondo, Badminton, Judo, Weightlifting and Yoga) games of age group 18-28 years. Aggression scale by Maathur, G. P. and Bhatnagar, P K. was used to measure aggression. The data was interpreted using descriptive and independent sample t-test at 0.05 level of significance using SPSS.

4.1 Analysis and Interpretations

Table 1: Descriptive statistics

Groups	N	Mean		SD	Range		Skewness	
		Stat	Std. error		Min.	Max.	Stat.	Std. error
Team Game	50	189.28	1.94	13.75	57		-.288	.337
					156	213		
Individual Game	50	170.4	2.41	17.06	76		-.598	.337
					123	199		

The descriptive statistics calculated above on the basis of mean value 189.28±13.75 for team games and 170.7±17.06 for individual games revealed the players of the team games were more aggressive, but to ensure whether difference is significant independent sample t-test was applied. Further the normality of the data was calculated using skewness which revealed the data was symmetrical.

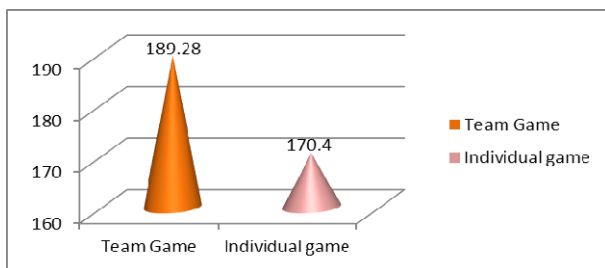


Fig 1: Comparison of Aggression between team and Individual game players

The result of the independent sample t-test found significant difference in aggression between both the groups with team game players scoring high on aggression than individual game players, as the calculated t-value -6.092 is found greater than the tabulated value 1.984 at α 0.05, 98df for 2-tailed test.

4.2 Discussion on Hypothesis

The study was conducted with an aim to determine whether there any difference exists between two different natures of

sports i.e. players of team and individual games in the selected psychological variable aggression. The researcher progressed with the two-tailed hypothesis that there will be a significant difference in aggression between team and individual game players. On the basis of findings the hypothesis of significant difference was accepted on specified level of significance.

The finding of the study was in line with and fully supported with the findings of Khetmalis (2012) [3] and Trivedi and Pinto (2015) [7].

5. Conclusion

The players of the team games were highly aggressive than the players of the individual games.

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