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Comparative study of aggressive tendency and adjustment among sports persons and non-sports persons

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Abstract

Man is born free and he loves to enjoy the life without any physical or mental stress so that he can serve society as much as he can. Keeping in view all the environmental factors of the modern world it is difficult for an individual to remain fit both physically as well as psychologically to perform his daily activities according to normal standard. So an attempt has been made to see the fitness difference between a sports person and a non-sports person in psychological point of view and what is the value of sports in day today life.

Keywords: Aggressive tendency, adjustment among, sports persons, non-sports persons

Introduction

Sports is a psycho-social activity. It has both psychological social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nations share a common interest in sport competition, especially during Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sports man is determined by their psychological factors. In this Modern era of competition, psychological preparation of a team is as impotent as teaching the different skill of a game. On the scientific lines, the teams are motivated not only to play the game but also to win the games. It is not only the proficiency in the skill which brings victory but more important is the spirit of the players with which they play and perform their best in the competition. The application of psychological principles is also important for the performance in sports and therefore, it is given greater attention in present days. There are certain accepted psychological principles which have to be applied during training, so that players are able to show their best performance, coaches, physical educationists and psychological principles which are helpful in improving the motor skill of players.

During intense competition a sportsman undergo many important behavioral changes. Today physical education scientists and coaches need not to be expert in the matters of skill training only but also should act as engineers who understand the mechanism of human behavior in and outside the play field, under extremely intense situations. Sports psychology, as an applied branch of psychology has taken giant strides towards the knowledge human endeavor especially during intense competitive situations. So in the modern times, sport are become highly complicated process which involves complex behavioral attens.

Purpose of the study

The main purpose of the study was to investigate the aggressive tendency and adjustment among sports person and non sports person. The allied objectives of the study are as under:

1. The purpose of the study was to find out the aggressive tendency of the sports persons.
2. To find out aggressive tendency of the non sports persons.
3. To find out the adjustment of sports persons.
4. To find out the adjustment of non sports persons.
5. To compare the aggressive tendency of sports and non sports persons.

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6. To find out any difference in aggressive behavior and adjustment among sports persons and non sports persons.
7. To find out any difference in aggressive behavior and adjustment level among sports and non sports person.

Significance of the study

The main significance of the present study is to know the comparison of aggressive tendency and adjustment among sports and non sports persons.

1. The present study is significant to know the aggressive tendency of the sports persons.
2. The present study is significant to know the aggressive tendency of the non sports persons.
3. The present study is significant to know the adjustment of sports persons.
4. The present study is significant to know the adjustment of non sports persons.
5. The present study is helpful to know the different tendencies among sports and non sports persons.
6. The present study is helpful to know the different adjustments among sports and non-sports persons.

Hypothesis

It is hypothesized that there would be significant difference between aggressive tendency and adjustment among sports and non sports persons in Amravati.

Delimitations

Delimitations are considered as boundaries of the study. All those things which are under the hands of researcher so as to make the process of research result oriented and easier to the researcher for the collection of data. Keeping in mind the given study the following will be considered as delimitations of the study.

1. The study was delimited to the Sports and non sports persons of Ajmer city.
2. The study was delimited to only 60 subjects only.
3. The study was further delimited to 30 sports and 30 non sports persons.
4. The study was confine to only male sex.
5. The study was delimited to the subjects of age group between 18-28 years old.
6. The study was delimited to the players who played at least one intercollegiate competition.
7. The study was delimited to the sports persons of Ajmer city.
8. The study was delimited to the non sports persons of Ajmer city.

Limitations

Limitations are those conditions which are beyond the control of the researcher that may place restrictions on the conclusions of the study and their application to other situations. All those things which are not under the control of the researcher and the researcher can't prevent the effect of these things on his study. The effect will remain there but it can be neglected by the researcher on his whole researcher work. So keeping in mind the present study following will be considered as limitation of the study:

1. Family background of the subjects was not taken into consideration.
2. The physique of the subjects was not taken into consideration.
3. The religion of the subjects was not taken into consideration.
4. The socio-economic status of the students was not taken into consideration.
5. The life style of the students was unknown to the researcher.
6. Previous knowledge of students about Aggressive tendency and adjustment was not taken into consideration.
7. There was no control of researcher on other competition/level of sports persons.
8. The type of colleges was not considered.

Methodology

Source of Data

For the present study subjects were selected from colleges of Ajmer city.

Selection of Subjects

The researcher take Sixty (60) subjects for the collection of data which include thirty (30) sports person and (30) non sports person from colleges of Ajmer city.

Sampling Method

The subjects were selected by using simple random sampling method.

Criterion Measures

The data was collected from standard questionnaire of Aggression Tendency and adjustment constructed by Dr. Rajeev Lochan Bhartwaj and Dr. D.N. Srivastava and Govind Tiwari respectively.

The standard questionnaire of Aggressive Tendencies and Adjustment is constructed by Dr. Rajeev Lochan Bhartwaj and Srivastava and Govinda Tiwari and was distributed among the sports and non sports persons and the data was collected and analyzed. These types of questionnaires are associated with particular validity and reliability which is reliable for the study.

Adjustment in Sports

Standard questionnaire namely "The Adjustment Inventory questionnaire prepared by "Srivastava and Govinda Tiwari" was used to know Adjustment among the sports and non-sports persons. The questionnaire of "Adjustment Inventory" consists 80 questions out of which 20 questions belongs to Home adjustment section, 20 belongs to Educational Section, 20 belongs to Emotional section and 20 belongs to Social section. Each question has two options i.e. yes or Issue:

Norms

The norms for scoring are as under;
Adjustment Areas for male separately

Areas	Category	Description	Range of Scoring Male
Home	A+	Excellent	0-1
	A	Good	2-3
	B	Average	4-6
	C	Unsatisfactory	7-8
	-C	Very Unsatisfactory	8 and above
Educational	A+	Excellent	0-1
	A	Good	2-3
	B	Average	4-6
	C	Unsatisfactory	7-8
	-C	Very Unsatisfactory	8 and above
Emotional	A+	Excellent	0-1
	A	Good	2-3
	B	Average	4-6
	C	Unsatisfactory	7-8
	-C	Very Unsatisfactory	8 and above
Social	A+	Excellent	0-1
	A	Good	2-3
	B	Average	4-6
	C	Unsatisfactory	7-8
	-C	Very Unsatisfactory	8 and above

Adjustment Areas for male in terms of Category

Category	Description	Range of Scoring Male
A+	Excellent Adjustment	8 and below
A	Good Adjustment	9-22
B	Average Adjustment	23-34
C	Unsatisfactory Adjustment	35-46
-C	Very Unsatisfactory Adjustment	47 And above

Collection of Data

For the collection of data, the subjects are given full administration of the tests which is used for the collection of data in the study.

Analysis and Interpretation of Data

In the chapter the data collected from sports and Non-Sports persons of Ajmer city is presented in tables, graphs, figures and discussion and findings are also presented in this chapter.

Level of Significance

To test the hypothesis the level of significance was set at 0.05

level of confidence which was considered adequate and reliable for the purpose of this study.

Findings

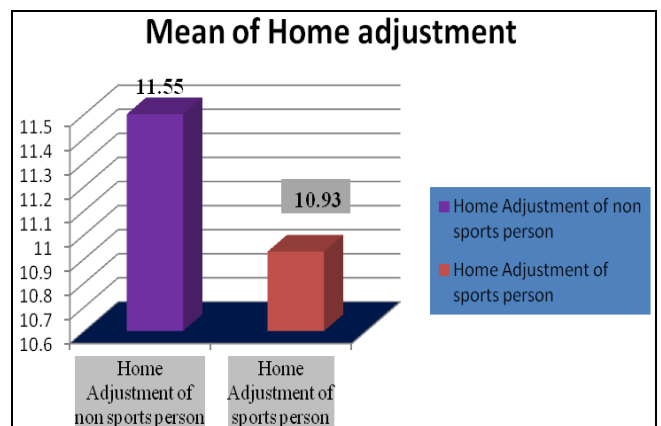
The data is collected from 60-male subject's i.e. from 30 male subjects as sports and Non-Sports persons and 30 male subjects as non- Non-Sports persons on Home, Social, Emotional, Educational and total adjustment and after that the collected data was analyzed by comparing the means of sports and Non-Sports group and was again statistically analyzed by applying t-test to check the significant difference among selected variables.

Table 1: Home adjustment between sports And Non-Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	11.5	3.07	0.57	58	0.50	2.00
Sports persons	10.93	3.05				

*Level of Significance = 0.05
Tabulated 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 11.5, greater than Sports group which is 10.93, and their mean difference is 0.57. To check the significant difference of Home adjustment between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 3.07 and 3.05 respectively. After applying 't' test it was found that there is no significant difference in Home Adjustment between Non-sports and Sports persons group because value of calculated 't' (0.50) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is a insignificant difference in Home adjustment percentage between sports and Non-Sports persons group.



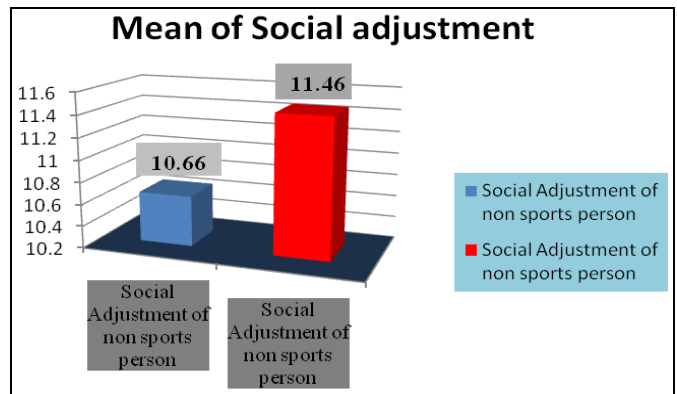
Graph 1: Graphical Representation of Mean Difference Home adjustment between sports and Non-Sports persons

Table 2: Social Adjustment between sports And Non-Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	10.66	2.52	0.8	58	0.28	2.00
Sports persons	11.46	2.55				

*Level of Significance = 0.05
 Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 10.66, smaller than Sports group which is 11.46, and their mean difference is 0.8. To check the significant difference of Social adjustment between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 2.52 and 2.55 respectively. After applying 't' test it was found that there is no significant difference in social adjustment between Non-sports and Sports persons group because value of calculated 't' (0.28) which is less than tabulated 't' (2.00) at 0.05 level of insignificance, which indicates or shows that there is insignificant difference in Home adjustment percentage between sports and Non-Sports persons group.



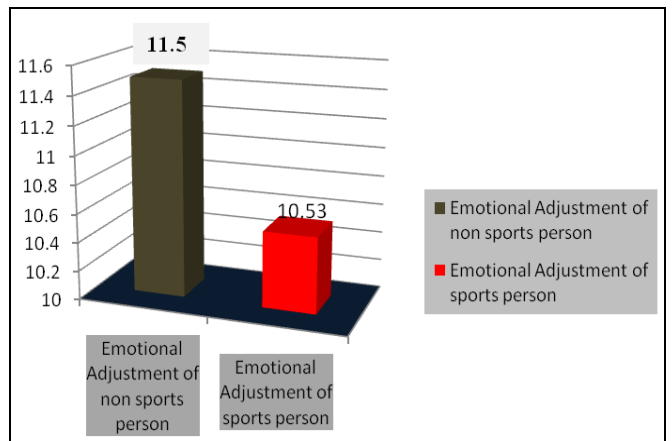
Graph 2: Graphical Representation of Mean Difference Social adjustment between sports and Non-Sports persons

Table 3: Emotional Adjustment between sports And Non-Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	11.5	2.66	1.05	58	0.97	2.00
Sports persons	10.53	2.73				

*Level of Significance = 0.05
 Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 11.5, greater than Sports group which is 10.53, and their mean difference is 1.05. To check the significant difference of Emotional adjustment between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 2.66 and 2.73 respectively. After applying 't' test it was found that there is no significant difference in Emotional adjustment between Non-sports and Sports persons group because value of calculated 't' (0.97) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is a insignificant difference in Emotional adjustment percentage between sports and Non-Sports persons group.



Graph 3: Graphical Representation of Mean Difference Emotional adjustment between sports and Non-Sports persons

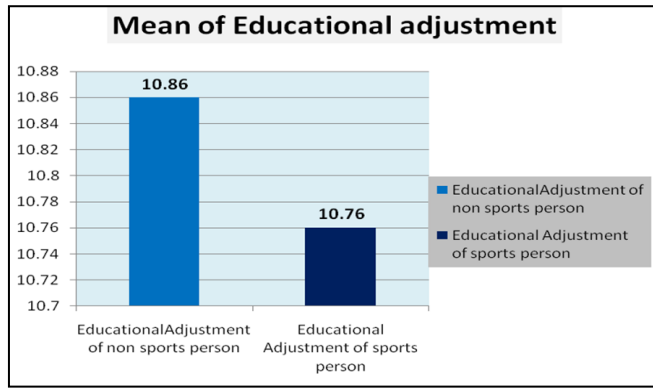
Table 4: Educational Adjustment between sports And Non-Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	10.86	3.22	.10	58	0.88	2.00
Sports persons	10.76	2.20				

*Level of Significance = 0.05
 Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 10.86, greater than Sports group which is 10.76, and their mean difference is 10. To check the significant difference of Educational adjustment between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 3.22 and 2.20 respectively. After applying 't' test it was found that

there is no significant difference in Educational adjustment between Non-sports and Sports persons group because value of calculated 't' (.88) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is a insignificant difference in Educational 1 adjustment percentage between sports and Non-Sports persons group.



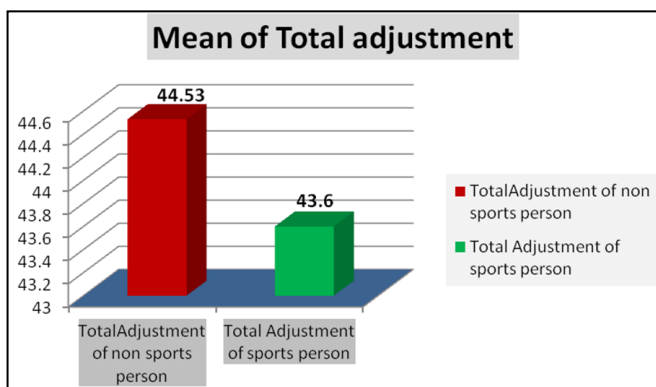
Graph 4: Graphical Representation of Mean Difference Educational adjustment between sports and Non-Sports persons

Table 5: Total Adjustment between sports And Non- ports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	44.53	6.11	0.93	58	0.60	2.00
Sports persons	43.6	6.08				

*Level of Significance = 0.05
Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 44.53, greater than Sports group which is 43.6, and their mean difference is 0.93. To check the significant difference of Total adjustment between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 6.11 and 6.08 respectively. After applying 't' test it was found that there is no significant difference in Total adjustment between Non-sports and Sports persons group because value of calculated 't' (0.60) which is less than tabulated 't' (2.00) at 0.05 level of insignificance, which indicates or shows that there is a significant difference in Total adjustment percentage between sports and Non-Sports persons group.



Graph 5: Graphical Representation of Mean Difference Total adjustment between sports and Non-Sports person

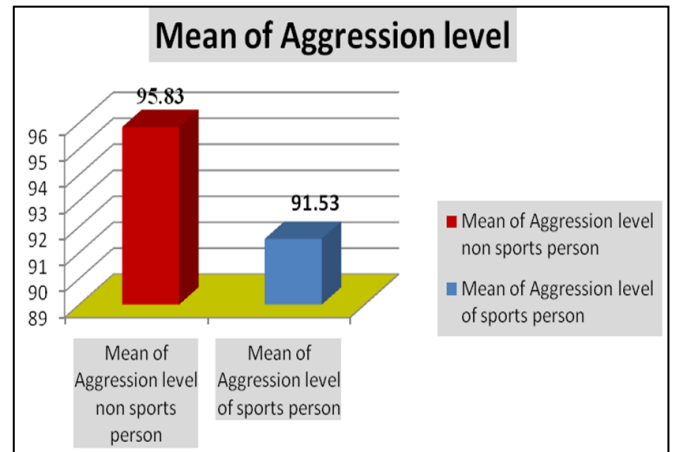
Table 6: Aggression level between sports And Non-Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Non-Sports persons	95.83	12.16	4.3	58	0.24	2.00
Sports persons	91.53	20.62				

*Level of Significance = 0.05
Tabulated 't' 0.05 (58) = 2.00

Table-1 reveals that there is difference between means of Non-sports and Sports group, because the mean of Non-sports group is 95.83, greater than Sports group which is 91.53, and

their mean difference is 4.3. To check the significant difference of Aggression level between Non-sports and Non-Sports persons group the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and Non-Sports persons group which is 12.16 and 20.62 respectively. After applying 't' test it was found that there is no significant difference in Aggression level between Non-sports and Sports persons group because value of calculated 't' (0.24) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is a insignificant difference in Aggression level percentage between sports and Non-Sports persons group.



Graph 6: Graphical Representation of Mean Difference Aggression level between sports And Non-Sports persons

Summary

The main purposes of the study are as under; To find out the aggressive tendency of sports and non sports persons; To find out the home, social, educational and emotional adjustment of sports and non sports persons; To find out the comparison of aggressive tendency between sports and non-sports persons, To find out the comparison of adjustment between sports and non sports persons.

The significance of the study is helpful to know aggressive tendency of the sports persons. It is also significant to know the aggressive tendency of the non sports persons. Present study will be significant to know the adjustment of sports persons and non-sports persons. Present study is also helpful to know the different tendencies among sports and non sports persons. Study is helpful to know the different adjustments among sports and non-sports persons. The delimitations of the study: The study was delimited to colleges of Ajmer city only. The study was delimited to male and female players; Thirty sports and non-sports persons were selected for the study; The study was delimited to those sports persons which represented the Inter-college at least one time; The age of the players was ranging from 18 to 28 years; In this study standard questionnaire was used for the collection of data; The study was delimited only two psychological variables; Aggressive tendency and Adjustment. The players were selected by using available sampling method. The data pertaining to the study were collected by standard questionnaire of Aggressive tendency and adjustment of sports and non-sports persons. After the systematic collection and analysis of data it is found that there is a significant difference Aggressive tendency and Adjustment among Sports and Non-Sports persons. Hence the hypothesis which was given by the researcher is rejected. In the present study the researcher uses the Bhagwant University Library and the internet facilities for collecting the review of

related literature. The researcher take the twenty eight reviews from the three sources (Dissertation Abstract International, Research Quarterly and Various Journals) for his research work and all the review taken from direct resources.

Conclusion

With the limitations of the study and from the statistical analysis of the collected data it is concluded that. There is found no significant difference in Aggressive tendency and Adjustment of among Sports and Non-Sports persons of Ajmer city., hence researchers pre-assumed hypothesis is rejected because in major cases the value of tabulated 't' exceeds than calculated 't'.

Discussion on Hypothesis

In the earlier time the researcher was hypothesized that there will be a significant difference in Aggressive tendency and Adjustment of among Sports and Non-Sports persons of Ajmer city. The finding of the present study has revealed that there is insignificant difference in Aggressive tendency and Adjustment of among Sports and Non-Sports persons of Ajmer city. Hence the hypothesis given by the researcher is rejected

Recommendation of the study

1. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among house hold ladies and office going ladies can be taken.
2. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among bachelor and married individual can be taken.
3. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among citizens of India and china can be taken.
4. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among national and International-Sports persons of various States of India can be taken.
5. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among Sports persons of various games of Amravati can be taken
6. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among female Sports and Non-Sports persons of SGBAU Amravati can be taken.
7. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among female Sports and male Sports persons of SGBAU Amravati can be taken
8. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among school and Non school going boys can be taken.
9. It is recommended that a Comparative Study of Aggressive tendency and Adjustment among govt. officials and business men can be taken
10. It is recommended to take same study of Aggressive tendency and adjustment of high fitness school going students of different states.

It is recommended to take same study of Aggressive tendency and adjustment among various communities of state M

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