



ISSN: 2456-0057

IJPNPE 2018; 3(1): 1968-1969

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www.journalofsports.com

Received: 07-11-2017

Accepted: 09-12-2017

Balwinder Singh

Assi. Prof. Mata Gujri College
Fatehgarh Sahib, Punjab, India

Comparison of aggression and anxiety among offensive and defensive school level hockey players of Punjab

Balwinder Singh

Abstract

The purpose of the present study was to compare the aggression and anxiety among offensive and defensive school level hockey players of Punjab. Total Thirty subjects were classified into defensive and offensive groups; each group consisted of fifteen subjects. The age of the subjects ranged between 17 to 19 years were randomly selected from Punjab. All the subjects, after having been informed about the objectives and protocol of the study, gave their consent and volunteered to participate in this study. The level of significance was set at 0.05. The outcome of the study is that Not significant at 0.05 level of confidence. 't' value required to be significant at 0.05 level with 28 degree of freedom is 2.05 in Anxiety and *Significant at 0.05 level of confidence. 't' value required to be significant at 0.05 level with 28 degree of freedom is 2.05 in Aggression.

Keywords: Anxiety, aggression, offensive, defensive, hockey etc.

Introduction

Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administration.

Anxiety is a state of mind in which the individual responds to some event that is going to occur. Anxiety may be motivating force of it may interfere with successful athletic performance. As a positive motivation force, it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performance, and to help to set goals. The athlete who uses his anxiety in this way will seek out ways to improve himself. This not only reduces his anxiety, but helps him to increase his athletic skills and his self-confidence.

Sports may be arranged in a scale according to the intensity and type of aggression inherent in each. Some sports require a great deal of physical force to be directed against one's opponent, whereas others require forceful actions against the environment instead of direction aggression. Many sports however require that individual aggress within structured rules and specified condition.

Material and method

Thirty male hockey players who participated in 58th Punjab school inter-district hockey tournament were selected as subjects for the study. Thirty subjects were classified into defensive and offensive groups; each group consisted of fifteen subjects. The age of the subjects ranged between 17 to 19 years. The anxiety score of the subjects was obtained by using sports competition Anxiety Questionnaire-A form developed by Renier Marten. The Questionnaire had fifteen statements out of which five were spurious questions which had been added to the Questionnaire to diminish response bias towards the actual test items. These five statements were not scored. Every statement had three possibility i.e. (a) hardly ever (b) some times (c) often. The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15 and spurious items not a scored were 1,4,7,10,13. In order to find out the competition anxiety of the subjects, the scores on the above mention items added.

The aggression score of the subjects was obtained by using sports aggression inventory developed by Anand Kumar and Prem Shanker Shukla.

Correspondence

Balwinder Singh

Assi. Prof. Mata Gujri College
Fatehgarh Sahib, Punjab, India

This inventory consisted 25 items, in which are 13 items are keyed 'yes' and rest of 12 are keyed 'no'. The statement which are keyed 'yes' are 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24, 25 and statement which are keyed 'No' are 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23. Scores obtained by each subject on each statement was added up which represent one's total score on Aggression. Scores was added separately for defensive and offensive players.

In order to compare the anxiety and aggression of defensive and offensive groups 't' test was applied. The level of significance was set 0.05

Statistical analysis: Values are presented as mean values and SD. The 't' test was used. A significance level of $p<0.05$ was considered significantly different.

Results

Table 1: Significance of mean difference in Anxiety of Attacking and Defensive Hockey players

Group	Mean	DM	6DM	't' Value
Attacking	20.66			
		-0.266	0.68	0.38
Defending	20.4			

Not significant at 0.05 level of confidence. 't' value required to be significant at 0.05 level with 28 degree of freedom is 2.05

Table 2: Significance of mean difference in Aggression of Attacking and Defensive Hockey players

Group	Mean	DM	6DM	't' Value
Attacking	13.2			
		.933	0.38	3.8*
Defending	14.1			

*Significant at 0.05 level of confidence. 't' value required to be significant at 0.05 level with 28 degree of freedom is 2.05

Discussion and findings

The discussion and findings of the study showed that there is significant difference between defensive and attacking hockey players in anxiety. This might be due to the fact that in modern hockey, the concept of the game has shifted to total hockey i.e. three is on fixed position of the players during the course of the game, but specific responsibility are assigned each player. Due to these factors, players regularity shift from attack to defence according to need of specific situation in the game, significance difference between defensive and attacking hockey players in aggression. This might be due to the fact that in today's game defenders go for over-lapping and support the front line players in scoring goals and sometime deference players score goals them self. Moreover, the defences players have to the more aggression in their approach that is due to their responsibility in the game. The defensive players in order to prevent the opponent from scoring the goals have to perform hard tackles and spectacular saves.

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