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A comparative study of level of aggression in university players of Himachal Pradesh and Jammu & Kashmir state

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Abstract

When the players are ready to perform in tournament then level of aggression is very high of players during match. According to this the researcher was selected this study "level of Aggression in University Players of Himachal Pradesh and Jammu & Kashmir State". A total number of 200 male players (100 Himachal Pradesh, 100 Jammu & Kashmir) are observed for the study by having a questionnaire schedule including closed-ended questions. And when we talk about players, they all are university player's e.g Basketball, Football, Hockey, Kabaddi and Volleyball etc. Their age group is in the stage of between 18 to 25 years. To evaluate the test aggression scale which contains 67 items formulated by M.K. Sultania was applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of aggression among Himachal Pradesh and Jammu & Kashmir players. The level of significance set at 0.05 levels.

Keywords: comparative study, aggression in University players, Himachal Pradesh and Jammu & Kashmir

Introduction

Psychology in physical education and sports

While activity is the bedrock of physical education, the gorgeous monument of sport stands on the foundation of physical education, which at the baseline is the function of school education. From an academic perspective physical education and sports make an art-science combine based on the fundamental concepts of movement, motion, activity, play, recreation, etc. In structure, they are activity-oriented behaviors; in function, they are instruments of good health and fitness; in objective, they are developmental to the hilt; in nature, they are joyful, recreating and relaxing; and in purpose, they are perfectly educational. Psychology is their guiding force [Kamlesh M.L, 2011] ^[2].

Aggression

Aggressive behavior / actions fall outside of the formal rulebooks which go above and beyond the strategic physical contact is quite visible in sport. Over all aggression is used as an inclusive term to bind diverse behavior associated. As not all-aggressive behavior in sport is violent and destructive, each individual has within him the potential for aggression: A constructive and a destructive force, which is chosen by him and expressions reflects maturation and individual's early conditioning. This implies that individual has developed suitable ego controls, which will enable him to deal realistically with frustration and with aggressive impulses. Aggression is legitimately employed in the service of ego; dominance and mastery of one's environment are constructive forms of aggression. Constructive aggression may be carving a statue, painting a picture or engaging in competitive sports, of all these participation in a competitive sport is the most difficult for the emotionally ill individuals, as it implies moving ahead of or overcoming others (Dr. Kumar Avinash 2015) ^[1].

Types of Aggression

- Positive aggression
- Negative aggression

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Aim of the study

- To evaluate the level of aggression in university players of Himachal Pradesh.
- To analyze the level of aggression in university players of Jammu & Kashmir state.
- To comparison the level of aggression in university players of Himachal Pradesh and Jammu & Kashmir.

Method and Technique

The survey type study was designed to find out the significance difference in male university players (Basketball,

Football, Hockey, Kabaddi, and Volleyball) of Himachal Pradesh and Jammu & Kashmir state. The 200 (20 players of each game) male players (100 from Himachal Pradesh & 100 from Jammu & Kashmir) were selected for this study with the age group of 18 to 25 years. The random sampling method was used for selection of players. Only level of aggression was calculated through the aggression inventory which includes 67 items designed by M.K. Sultania was applied. The t ratio was used for significance of this study. After that the difference in level of aggression was presented in following table & graph.

Table 1: Showing the ‘t’ ratio in level of aggression between university Players

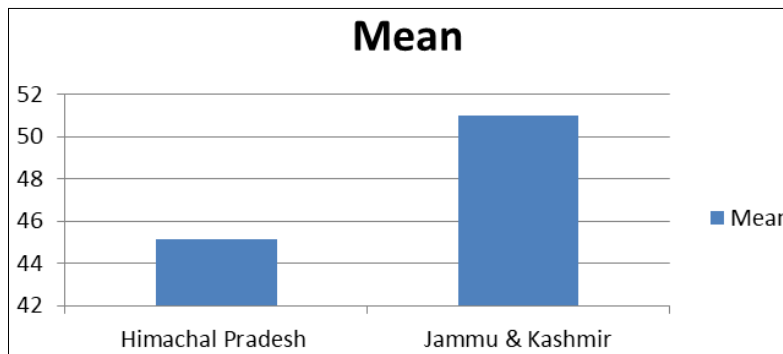
S.No	State	Mean	S.D	Mean difference	S.E	‘t’ ratio
1	Himachal Pradesh	45.15	8.64	5.85	1.52	3.84
2	Jammu & Kashmir	51	8.85			

Level of Significance 0.05, Tabulated value at (98df) =3.40

According to Table 1 statistically represent that the Mean and Standard Deviation with regard to university players of is 45.15 and 8.64 of, where as in case of university players of Himachal Pradesh is 8.64 and 8.85 of Jammu & Kashmir respectively. The calculated t-value (3.84) which is more than the tabulated ‘t’ value (3.40) at 0.05 levels.

In this table it can be concluded that university players of Himachal Pradesh have low level of aggression as compare the Jammu & Kashmir players.

So, it indicates that there is significant difference between university players of Himachal Pradesh & Jammu & Kashmir state for their aggression level.



Graph 1: Graphical representation of descriptive statistics of level of aggression

Conclusion

After the used of suitable statistical analysis (t ratio) it can be concluded that the level of aggression is high in university players of Jammu & Kashmir compare to university players of Himachal Pradesh state.

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