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## Comparison of aggressive behavior between hockey and football players: A sports psychological study

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### Abstract

108 Ss were administered socio-economic status scale by Janbandhu and Aggression Questionnaire by Buss and Perry. The Ss were hockey and football players, as well as, males and females. The study was designed to examine gender and hockey and football players' differences with regards to different types of aggressive behavior. A 2x2 factorial design was used. Males had shown significantly more physical aggression anger and hostility than females. Females had predominance of verbal aggression. Hockey players were significantly more aggressive than the football players.

**Keywords:** Comparison, aggressive, hockey, football, etc.

### Introduction

Aggressive behavior is seen among both the sport persons as well as among non-sport persons, and of course among males and females. Aggression, the institution of direct physical contact accompanied by the intent to do bodily harm to another, is not confined to the human species. Many studies of animals all along the evolutionary scale, both in the wild and in the laboratory have focused on aggression (Cratty, 1983, P.91) <sup>[1]</sup>. Sports may be arranged along a scale according to the intensity and type of aggression inherent in each. Some sports require a great deal of physical force be directed against one's opponent, whereas others require forceful action against the environment instead of direct aggression. In sports, as in life one problem is to encourage an optimum amount of aggression when called for and to enable athletes to suspend aggression when it is called for. But some athletes are unable to keep their aggressive tendencies within bounds dictated by good sense and by rules (Cratty, 1983) <sup>[1]</sup>.

In daily life, individuals come across many such incidences, which evoke aggression among them; many keep control on them, while some could not, as a result various types of aggressive behavior is seen among the people. There is a common belief that males are more aggressive than females. In studies conducted by Harris (1994, 1996) males reported a higher incidence of many aggressive behavior than do females. Even Walker, Richardson & Green (2000) found similar results. However, a fact cannot be ignored that there are women who are more aggressive than many men, and men who are less aggressive than many women; it suggests that socialization practices influence sex differences in aggression (White and Humprey, 1994) <sup>[8]</sup>. Probably, socialization process and biological differences are responsible for sex differences with regards to aggressive behavior. Toldos (2005) <sup>[6]</sup> examined sex and age differences in aggression. Compared with girls boys reported a more frequent use of physical and verbal aggression. No gender differences were found for indirect aggression.

Sportsperson and non-sportsperson also differ from each other with regards to aggressive behavior. O'Brien *et al.* (2012) <sup>[4]</sup> conducted a cross sectional study. Results revealed that university sportspeople were more likely than non-sportspeople to have displayed aggressive behavior. Antisocial behavior was greater in male university sportsperson than in their female sporting counterparts. Sunderland *et al.* (2014) <sup>[5]</sup> reviewed a large number of studies and inferred that higher rate of violence was found in athletes populations.

Present study is designed to search gender differences, as well as difference among sportspersons and non-sport persons in different kinds of aggressive behavior.

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**Hypothesis:** Following hypotheses were tested in the study.

- Physical aggression, anger and hostility are significantly more among males than females.
- Verbal aggression is significantly more among females than males.
- Sports person exhibit significantly more aggressive behavior- physical aggression, verbal aggression, anger, hostility than football players.

**Sample:** It was necessary to match the hockey and football players in age, educational qualification, socio-economic status etc. hence criteria based purposive sampling technique was used. Total sample consisted of 108 Ss only, of which 50% were sportspersons and remaining were non-sportspersons. Male-female ratio was 1:1. Age range was 21 to 26 years. Educational qualification was graduation.

**Tools used for data collection**

- Socio-economic status scale:** This scale was constructed and developed by Janbandhu. It consists of thirteen questions only, which ask for factual information about social, educational and economic conditions of family members. Test-retest reliability was .83.
- Aggression Questionnaire:** This instrument is constructed and standardized by Buss and Perry. It consists of 29 statements depicting various types of aggressive behavior. Each statement is provided with five alternatives. Reliability of the scale is high.

**Procedure of Data Collection:** Two approaches were used for collecting data. First, socio-economic-status scale was administered for selecting the subjects. Later on aggression questionnaire was administered on selected Ss. Both group

testing as well as individual testing was done.

**Results and Discussion:** Hockey and football and males and females were treated as independent variables. Since, type of individual and gender, each were varied at two levels, a 2x2 factorial design was used. Naturally, there were four classified groups. Means and standard deviations obtained by four classified groups on physical aggression, verbal aggression, anger and hostility are given in the following table.

**Table 1:** Mean and SDs obtained by four classified groups on four different types of aggressive behavior.

		A1B1	A1B2	A2B1	A2B2
Physical Aggression	X	29.96	24.11	20.00	18.07
	S	2.62	2.04	1.80	1.82
Verbal Aggression	X	18.96	15.93	18.00	14.00
	S	2.19	2.02	2.08	1.71
Anger	X	25.81	22.00	18.00	16.07
	S	2.09	2.00	1.94	1.92
Hostility	X	29.78	27.33	23.93	20.59
	S	1.99	1.90	2.20	2.45

A1= Males A2s= Females B1= sports persons B2= non-sports persons

Means and standard deviations shown in table 1 denote that the four classified groups differ remarkably on the four different measures of aggressive behavior. Moreover, distribution of scores in each group seems to be more or less normal. To search whether the groups differ significantly from each other or not, the data were treated by two-way analysis of variance (ANOVA). A composite table of ANOVA results is given below.

**Table 2:** Composite table of ANOVA results for different measures of aggressive behavior.

Source	Df	Physical aggression F	Verbal aggression F	Anger F	Hostility F
A: Gender	1	392.83**	13.99**	321.76**	232.38**
B: Type	1	92.83**	83.00**	56.16**	48.95**
AxB	1	23.65**	1.55	6.08*	1.16
Within	104				
Total	107				

\* Significant at .05 level \*\* Significant at .01 level

ANOVA results show that physical aggression was significantly more among males than females (F=392.83,df=1 and 104, p< .01). Sportspersons exhibited significantly more physical aggression than non-sportspersons (F=92.83, df=1 and 104, p< .01). Interaction AxB was significant (F=23.65, df=1 and 104, p<.01) which denotes that gender and type of Ss functioned in collaboration with each other.

Verbal aggression was found significantly more among males than females (F=13.99, df=1 and 104, p< .01). These results failed to support the hypothesis. In line with the assumption of study sportspersons had shown significantly more verbal aggression in non-sportspersons (F=83.00, df=1 and 104, p< .01)

With regards to anger as well as hostility predominance was significantly more among males than the females.

Likewise, sportsperson had significantly more predominance of anger and hostility than non-sportsperson. In case of anger gender and type functioned in collaboration with each other, whereas, in case of hostility they functioned independently. Significant sex differences in aggressive behavior were found by Toldos (2005) [6] also. O-Brien *et al.* (2012) [4], and

Sunderland *et al.* (2014) observed that sportspersons were more aggressive than non-sports person.

In Indian cultures aggressive behavior among females is not appreciated, but it is tolerated among males. Probably, due to this, gender differences were found significant. Compared to the non-sports persons, sportspersons perceives themselves as superior. Secondly, for winning spirit aggressiveness to some extent is necessary. Because of these reasons sportspersons might be more aggressive than non-sportspersons.

**On the basis of results, following conclusions were drawn**

- Physical aggression was significantly more among males than females.
- Anger and hostility were exhibited significantly more by males than females.
- Sportspersons were significantly more aggressive than non-sports persons.

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