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Pukhraj Singh
Assistant Professor,
Department of Physical
Education, Lovely Professional
University, Punjab, India

Aggression and will to win between university level male volleyball and American football players

Pukhraj Singh

Abstract

The purpose of the study was to compare the aggression and will to win between inter-university level male volleyball and American football players. The present study was conducted on a sample of forty (N=40), which include twenty each, volleyball (N₁=20) and American football (N₂=20) university level male of age ranging from 18 to 28 years. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study. Data was collected by using aggression questionnaire developed by Anand Kumar and P.S. Shukla (1998) [5]. The independent samples t-test was applied to assess the difference between volleyball and American football university males. The level of the significance was set at 0.05. Results revealed statistically significant ($p < 0.05$) difference between volleyball and American football university level males with regard to aggression and will to win.

Keywords: Aggression, will to win, volleyball, American football

Introduction

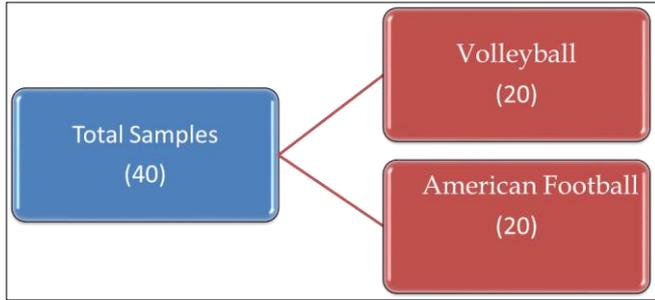
The modern competitive sports have become an extremely complex behavioral phenomenon. The emphasis on healthy body and fair play, by the youth, in sports has been weak by the attitude of winning at all costs. This keep struggle for the excellence has made researchers to explore and emphasize more and more on the psychological makeup, as these factors play an important role in determining the athlete's performance. So, it is very necessary to know that, what is psychology and how it puts effect on any sportsperson's performance. Human aggression is any behavior directed toward another individual that is carried out with immediate intent to cause harm. Orwell (1945) [6] quotes that "Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard for all rules, and sadistic pleasure in witnessing violence. In other words, it is war minus the shooting". Sporting performances are associated with a number of different dimensions including suffering, hysteria, excitement, drama, traditional ideals, cheating, and aggression. It has been suggested that sports provide an opportunity for the expression of feelings and emotions which on the one hand may lead to improved mastering of stressful and emotionally charged situations while on the other hand may lead to aggressive behavior and enhance performance in sports. Will to win is defined as the extent to which a person desires to reach some standard of excellence or defeat of opponent. The will to win is worthless if you don't have the will to prepare. Will or desire is an attitude that makes skillful players are in competent through will be attitude a man can win every battle. Will is the strength of the sportsmen, its character, attribute, determination, unrecoverable decision and total perception of situations. The strong willed overcome the emotions and the weak willed give it. 'Will' is a deliberate of fixed desire or intention; it is an inclination to act without suggestion from others. Will is the determination of the mind coupled with all bodily resources, strength, vitality, agility, speed and many more, which a person moves forward for the achievement of victory. It is the type of determination, which an athlete moves 'Do or Die' and runs, throws, jumps or a swing towards victory.

Methodology

The study was conducted on forty (N=40), which includes twenty each, volleyball (N₁=20) and American football (N₂=20) male university level players of age ranging from 18 to 28 years.

Correspondence
Pukhraj Singh
Assistant Professor,
Department of Physical
Education, Lovely Professional
University, Punjab, India

All the participants were informed about the aim of the study and they volunteered to participate in this study. The purposive sampling technique was used to select the subjects.



Methodology

Questionnaire method was used to collect the data. Aggression was measured by Aggression questionnaire developed by Anand Kumar & P.S. Shukla (1988) [5]. It consists of 25 items measuring the aggression of a person. There was only yes/no answers option in this questionnaire and subjects have to tick only one option. Willingness to win in a competition was measured by will to win questionnaire developed by Anand Kumar & P.S. Shukla (1998) [5]. It consists of 14 items measuring the aggression of a person. In which 7 items are keyed true and rest of 7 false. For each item 1 score should be given. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects.

Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used in data analyses. The data was presented as descriptive statistics viz. mean, standard deviation etc. The independent samples t-test was applied to compare the aggression and anxiety level of basketball and badminton players. The level of significance was set at 0.05.

Results

Table 1: Comparison of Aggression of university level Volleyball and American Football Players

Aggression Test	N	Mean	SD	DF	't' value
Volleyball	20	17.25	2.00	38	3.13*
American Football	20	19.41	1.31		

* Significant at 0.05 levels

It has been observed in table1, that the mean scores of university level volleyball and American football players, was 17.25 and 19.41 respectively. When statistical technique 't' was applied it was found that the 't' value was 3.13, which is greater than the table value at 0.05 level. Hence it is significant at 0.05level of significance.

Table 2: Comparison of Will to win of university level Volleyball and American Football Players

Will to Win Test	N	Mean	SD	DF	't' value
Volleyball	20	10.33	1.37	38	2.80*
American Football	20	8.41	2.23		

* Significant at 0.05 level

It has been observed in table2, that the mean scores of university level volleyball and American football players, was 10.33 and 8.41 respectively. When statistical technique 't' was applied it was found that the 't' value was 2.80, which is

greater than the table value at 0.05 level. Hence it is significant at 0.05level of significance.

Discussion

The present study was conducted to compare the aggression and will to win between university level male volleyball and American footballplayers. Results of the present study showed that volleyball players haveexhibited statistically significant differences with regard to aggression as compared to American football players. While comparing the means, American football players had shown greater aggression than volleyball players. The findings fall totally in line with the study of Hasan *et al.* (2015) [2] as they concluded that there was a significant difference exists among inter-collegiate, north-zone intervarsity and all India intervarsity level hockey players on aggression. Results also get full support from the results of Khan (2015) [2, 3] as he revealed in his study that aggression level of bowlers was higher than the batsmen. Same output was also given by Kumar and Yadav (2014) [4], as they found significant difference between the mean of the cricket and volleyball players on the scores of aggression. On the other hand, results of the present study showed that volleyball players haveexhibited statistically significant differences with regard to will to win as compared to American football players. While comparing the means, volleyball players had shown greater will to win than American football players. Similarly, significant differences were found in a study conducted by Singh (2014) [1, 10] as he found statistically significant differences between basketball and volleyball players with regards to will to win. Bal *et al.* (2014) [1] revealed significant differences among different playing positions of male hockey players' on the variable i.e., will to win. The findings of the present study are in line with Tiwari (2011) [11] revealed significant relationship between will to win and locus of control of high and low achiever rowers. Reddy *et al.* (2010) [8] showed significant differences with regard to will to win among male long distance runners, short distance runners, jumpers and throwers

Conclusion

The purpose of the study was to investigate the comparison of aggression and will to win between university level volleyball and American football players. The findings pertaining to the study resolvedstatistically significant difference of aggression and will to win university level volleyball and American football players respectively. The results show that university level American football players had significantly greater aggression than volley ball players. However, university level volleyball players had significantly greater on the account of will to win than American football players.

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