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A comparative study of aggression level between Kabaddi and non Kabaddi undergraduate women of Sant Baba Bhag Singh University

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Abstract

This article was aimed to investigate the aggression level between Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University and to find its relationship with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. The population of the study consisted of 20 Kabaddi and 20 non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University. Aggression level of subjects was assessed using the aggression questionnaire constructed by Dr. G. C. Patti (English version) (1976). T-test was used to compare the groups at 0.05 levels of significance. On the basis of result of the present study, it was concluded that Kabaddi players are more aggressive than non kabaddi women.

Keywords: Aggression, Kabaddi and non Kabaddi women

Introduction

Sport psychology has long been making its impact in the field of every sport for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Physical fitness is very important in today's era. It is said that a sound mind is in a sound body. Neuro muscular coordination is very important for proper body functioning. Every activity performed by human being is incomplete without the proper functioning of CNS. Sometimes, some psychological factors effects on CNS which is directly affected the human physical activates. In another words we can say that some psychological factors directly affect the sports performance. Aggression is one of those psychological factors. Aggression is often harmful with the intention of damage to another individual. It is classified as direct and indirect aggression. First is characterized as harm to another person by physical touch. And the second is characterized by behavior is intend by harm to social relations of an individual or a group. Aggression is an action which is performed by an individual that delivers something unpleasant to another person.

The present study deals with a Comparative Study of Aggression level between Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University.

Research methodology

The present study in hand is a survey type research where the survey was conducted on Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University to collect data for the measurement of aggression level of players.

Samples

The population for the study were 20 Kabaddi and 20 non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University

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Tools used

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

- 1) To measure the aggression level, the aggression questionnaire constructed by Dr. G. C. Patti (English version) (1976) was administered.

Statistical Procedure

Significant difference in aggression level of Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University was determined through 't' test. T-test was used to compare the groups at 0.05 levels of significance.

Results and Discussion

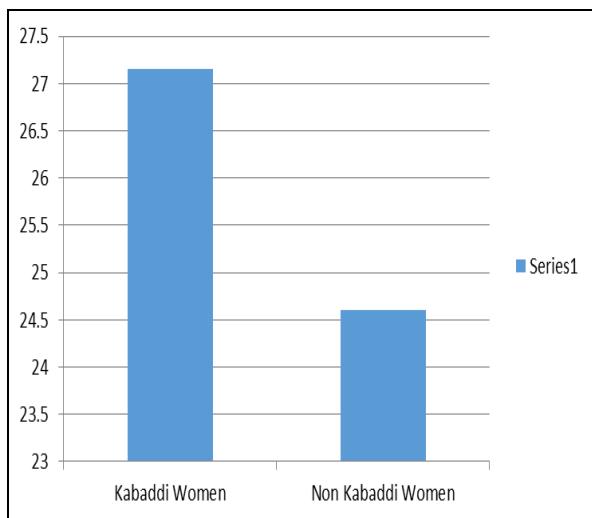
The finding of the various parameters are discussed as under:-

Table 1: Table showing the significance of difference in Aggression levels Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University.

Subjects	N	Mean	SD	Calculated t value
Kabaddi Women	20	27.15		
Non Kabaddi Women	20	24.6	2.73	3.45*

*significant tab. Value at 0.05 level of significance =1.96

The aggression mean score (27.15) of Kabaddi women higher than mean score (24.6) of non Kabaddi women. Their combine SD is (2.73). However, the t ratio is 3.45 which is significant at 0.05 level. It means that there exist significant difference at the aggression level of kabaddi women and non Kabaddi women hence Kabaddi women experience more aggression than non Kabaddi women. The aggression level of Kabaddi Women and Non Kabaddi women is represented in table 1 and its comparison is depicted graphically in graph 1.



Graph 1: Graph showing the significance of difference in Aggression levels Kabaddi and non Kabaddi Undergraduate Women of Sant Baba Bhag Singh University.

Conclusion

On the basis of result of the present study, we can conclude that Kabaddi Women are more aggressive than Non Kabaddi Women. The present study will be helpful in highlighting the problems related to aggression of daily life of women as well as Kabaddi women.

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