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## Influence of gender and sports participation on aggressive behavior

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### Abstract

Sports socio-psychological More specifically, individuals involved with organized sport now understand that for athletes to perform at their peak level of efficiency, they must possess and use a number of psychological skills. This is also true within the world of track and field as coaches and athletes have become interested in enhancing their athletes' psychological skills (Caudill, 1983). Sports Participation Leads and develop personality traits and abilities among participants, scholar has selected the 200 sample including sportsperson and non-sportsperson representing all India interuniversity tournament, further scholar has administered stander zed Aggressive Behavior scale constructed by A Kumar, and collected data has applied and assessed Aggressive behavior between sportsperson and non-sportsperson, it was found that sportsperson has exhibited higher level of aggressive comparing their counter group, it was rationalized that sports situation and stimulus leads to elicit assertive behavior among the sportsperson.

**Keywords:** Assessment of socio-psychological and sex participations of sports person

### Introduction

Sport psychologists conduct research in many areas. They may study the arousal levels of athletes before a hockey game, or ask children why they play a certain sport. The findings are then shared with colleagues, allowing others to benefit from this research. The second role is teaching in which sport psychologists are expected to teach in their chosen field, whether it is at a tertiary level or teaching an intern in the field of psychology. This is so the skill is passed on and sport psychology remains strong around the world. Third is consulting which is very important one has to consult with individual athletes or team athletes to derive skills to enhance performance levels. Some sport and exercise psychologists work in the fitness industry to design exercise programs that maximize participation and promote psychological well-being. Some typical services provided by the sport psychologist are imagery training, arousal management/attention focus, substance abuse management, eating disorders/weight management, relaxation training, motivational strategies, competitive pressure management and programs to cope with retirement from sport. Sports psychology has much to offer athletes and coaches at all levels. If coaches are looking for competitive strategies, or trying to help their players achieve at their maximum level, than sports performance of sports life.

### Performance in Sport

Sport psychology aims at optimizing athletic performance. One mental state that is closely linked to optimal performance in sport is flow. It has been defined as "the state in which people are so involved in an activity that nothing else seems to matter". Nine fundamentals of the flow experience have been identified. First, the challenge of the situation matches the skills of the athlete. Second, awareness and action merge. Third, the goals are clear. Fourth, the athlete is passively told that his performance is correct by unambiguous feedback. Fifth, the athlete is absolutely concentrated. Sixth, the athlete has a clear sense of being in control over his performance. Seventh, the athlete loses his sense of self-consciousness. Eighth, the athlete experiences a transformation of time. Finally, the athlete feels the flow experience as being automatic going along with the experience being fun, enjoyable and highly motivation.

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**Methodology**

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

**Selection of subjects**

The purpose of the study was to find out “Influence of Gender and Sports Participation on Aggressive Behavior” To achieve this purpose 200 sample including non-sportsperson has chosen those are participated in All India inter university and South zone sports person and non-sportsperson were selected as subjects who are studying in post graduate

**Measures**

**Aggression scale**

Aggression: Aggression is a temporary, ever-changing emotional state of subjective, consciously perceived feelings of apprehension and tension, associated with activation of the autonomic nervous system. Aggression: Aggression is a behavioral disposition to perceive as threatening circumstances that are objectively not dangerous and to then respond with disposition ate aggression. Highly trait aggression people usually have more state aggression in highly competitive, evaluative situations than do people with lower of the aggression.

Reading aggression: consists of four related abilities or competencies. The first of these is reading people (that is, identifying how you and those around you are feeling and being able to see how people are really feeling even when then may be putting on an outward show)and others are using anxiety, understanding aggression and managing feeling of the aggression. This cluster of abilities also co-veers the ability to express aggression appropriately for the situation. A competent manager knows what people feel, will talk about feelings, and can show how they feel.

**Using Aggression**

This cluster of aggression competencies is about using feeling and aggression to guide your thoughts and behavior. It means getting in the mood and decision making. The ability to use aggression can help you identify different scenarios and give you a different and enhanced parsec time on issues in work and family life. It will help you see the word in different ways and appreciate other people’s points of view. A skillful manager can feel what others are feeling and focus on that which is important when aggressions are strong.

**Method**

A random sample of 100 sportsperson and non-sports person of inter university and south zone Karnataka state sports person and non-sportsperson were selected for the present study as sample from the background physical education and

sports student, and other postgraduate student who are studying in the university 50 male and female and taking care of representing sportsperson from both both sex group, sportsperson age range between 19to25 average=23),and scale was administered on the sample sub group, and collected questionnaire were scored with the help of manual, after data was calculated through statistical tools.

**Measures Aggression scale**

The aggression scale developed by Dr. A. Kummar was used to measure aggression the scale contains 41 items with a 5 points likert type scaleit gives an overall el score as well as scores for three subscales optimism mood regulation utilizations of aggression and appraisal of emotion.

**Hypothesis**

1. There would be significant difference in their aggression behavior of sportsperson comparing their counterpart.
2. There is no difference in their XI between sportsperson and non-sportsperson

Discussion and Analyzes of results: The scholar carried the research to see the influence of sports participation condition on aggression behavior of spotter son and non-sports person, because sports participation plays important role in developing the personality of a person it provides various opportunity to expose and have qualitative and scientific training and vast experience of the sports tournament, hence aggression I scale had administered on the sportsperson and non-sports of south zone inter university, sports person and non-sports person and hypothesizes obtained data was calculated and hypothesis was tested, the results is as following.

**Differential statistics**

In this section, we compared the groups (sportsman and non-sportsman) and gender (male and female); interactions of groups and gender with respect to aggression, anxiety, emotional intelligence, social intelligence and personality trait and its dimensions scores i.e. Sociability, dominance, extroversion, confidence, self-concept, mental ability and emotional stability of inter university were by applying independent t-test, two way ANOVA followed by Tukeys multiple posthoc procedures and presented in the following section.

**Hypothesis:** There is no significant difference between inter university sportsman and non-sportsman with respect to aggression behavior.

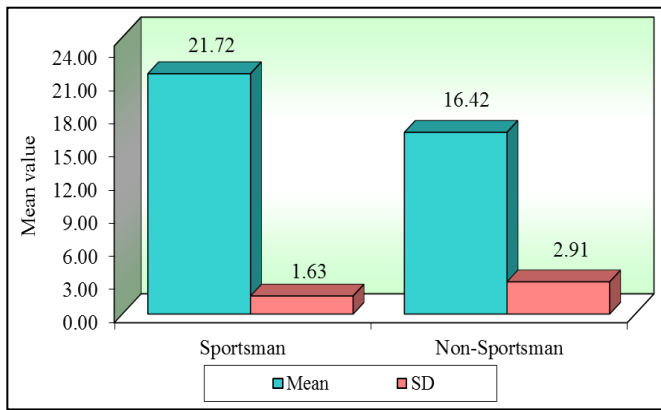
To achieve this hypothesis, the independent t test was applied and the results are presented in the following table

**Table 1:** Results are showing the Mean, SD and t-values of Aggression Behavior between Male and Female Sportsperson.

Groups	n	Mean	SD	SE	t-value	P-value	Sig
Sportsman	050	21.72	1.63	0.16	15.8674	0.0001	<0.05, S
Non-Sportsman	150	16.42	2.91	0.29			

From the results of the above table, it can be seen that, a significant difference was observed between inter university sportsman and non-sportsman with respect to aggression scores (t=15.8674, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative

hypothesis is accepted. It means that, the inter university sportsman have exhibited significant higher aggression behavior as compared to inter university non-sportsman. The mean scores are also presented in the following figure.



**Fig 1:** Comparison between inter university sportsman and non-sportsman with respect to aggression scores

The mean scores and standard deviation of and sports person and non-sports were 21.72, 1.63 and 16.42, 2.91 respectively which show that there is no significant deviation in the aggression level of female and male sportsperson. When these scores were subjected to 'T' test the acquired 'T' value was 15.8674 which was higher than 't' table value at 0.01 level hence. It may be rejected that the level of difference in aggression behavior between male and female was not significant. This may be due to the fact that the respondents consisted of sportsperson, still sports situation are having sex differences it elicit similar kind of aggression behavior among the sports person.

### Conclusion

- The sports participation have positive influence on the psychological variables such as an Aggression and social intelligence behaviour among the sports group comparing to their non-sports men.
- The regular physical activities programme should be the part of the college and university programme to see and develop harmonious development of the body and mind and cultivates the social and psychological values among the sportsperson.

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