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## Comparison of aggression and mental toughness between sports person and non-sports person

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### Abstract

The purpose of the study is to compare aggression and mental toughness between sports person and non-sports person. Sample of 25 sports person and 25 non-sports person of University were selected. The aggression and mental toughness of sports person and non-sports person measured by the questionnaire. Collected data were analysed by computing the 't' test to see the significance difference between sports person and non-sports person of University. The results indicated that there would be significant difference in aggression has been rejected and while the hypothesis for mental toughness has been accepted, due to significant differences between sports person and non-sports person. The outcome of study may help the coach to handle the players of the team in better way.

**Keywords:** Aggression, mental toughness, sports person

### Introduction

Elite performance in sports does not merely depend upon systematic training of physical, psychological variables and technical aspects of sport but, it also demand training of psychological characteristics of the sportsman for success.

Throughout the world, the concept of sports psychology was changed. Today athlete faces acute and unique challenges. The standards are higher, the competition is tougher and the stakes are higher. Among the best physical preparation is more complete and psychological component is more important than ever before. According to Silva and Weinberg<sup>[1]</sup> during the past two decades, sports psychology has emerged as a legitimate field of scientific enquiry. As with all scientific endeavours sports psychology show the same basic goal of science: researchers are awarded with ample opportunities to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity.

There are certain moments during competition that appear to carry great psychological significance, when the momentums start to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Tennis player talk of the big point during a tight match, such as a fleeting chance to break serve.

For an athlete it could be final triple jump in competition after seriously underperforming; for a footballer, it could be how you react to a perceived bad referring decision or behind in a match your team is expected to win. Thinks about the time when things have not gone quite as per plans & how you reacted. The journey towards peak performance is rarely a perfect smooth road and we learn from our mistakes or should do. Do setbacks shake your self-belief and lower your motivated or act as a catalyst for even greater effect? Even great athlete and teams suffer set back. Olympic athlete Steve Backley is prime example. In his book, "the winning mind" Backley cities his psychological strength and at times, his weakness as major determinate of whether he performed near to or below his own strict target in competition. He talks of the transition from young up and coming javelin thrower to major international competition when after experiencing success as often as a junior, he found himself under prepared for the mental hurdles and barriers created by higher level competition. Backley says that psychological strategies were the key to help him to deal with competition stress.

A key question for sports and exercise psychologist is whether champions have simply inherited the dominant psychological traits necessary for success or whether mental toughness

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Can be acquired through training & experience. Recent research has attempted to explore the concept of mental toughness in sports more thoroughly, and it appear that, will some people are naturally more tough minded, other people can be “toughened-up” with the correct approach to training. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is primary focus. On the other hand, highly robust behaviour within the rules of the games is not aggression. Sports are a psycho-social activity. In this modern era of competition the psychological preparation of a team is a much important as teaching the different skill of a game on the scientific line. The team are not only to play the games, but to win the games &for running the games, it is not only the proficiency in the skill which bring victory but more important is the will, spirit, desire of the player which they play & perform their best in the competition.

**Purpose of study**

To assess Aggression and Mental toughness between sports person and non-sports person of Panjab University.

**Procedure**

50 male sports person and non-sports person were selected as respondents collection of data was done by the questionnaire. Questionnaire included 30 questions (Statement) were covering aggression and mental toughness prepared by the investigator himself with the help of his guide.

**Results**

The collected data for aggression and mental toughness of sports person and non-sports person are analyzed below in tables.

**Table 1:** Aggression test for sports person and non-sports person.

S. No.	Category	No. of subjects	Mean	Obtained ‘T’ value	Tabulated ‘T’ value
1.	Sports Person	25	12.20	0.731	1.711
2.	Non-Sports Person	25	11.60		

Significant at 0.05 levels

From the table 1, it is evident that the obtain t-value is 0.731 which is not significant at 0.05 level with df=48. As the value is much lesser than tabulated t-value 1.711. It may be said that

there is no difference in relation to aggression among armed force sports person and non-sports person.

**Table 2:** Mental toughness test for sports person and non-sports person.

S. No.	Category	No. of subjects	Mean	Obtained ‘T’ Value	Tabulated ‘T’ Value
1.	Sports Person	25	19.48	2.312	1.711
2.	Non-Sports Person	25	17.44		

Significant at 0.05 level

From the table-2 it is evident that the obtain t-value is 2.312 which is significant at 0.05 level with df=48. The value is greater than tabulated t-value 1.711. It may be said that there is difference in relation to mental toughness among sports person and non-sportsperson.

**Discussion**

The study revealed that there was no significant difference between sports person and non-sports person on aggression. This clearly shows that sports person and non-sports person required same amount of aggression as they involve themselves for various competition.

The aggression was asses in term of sports aggression since the referral assessment of aggression was same that mean in the same context of similar situation of aggression was measure i.e. sports completion the aggression level are to be similar.

On the other hand, the study revealed that there was significant difference on Mental Toughness between sports person and non-sports person. This clearly shows that the task of the sports person differed from the non-sports person, due to the reason that the sports person are required to train themselves to the nature of their daily routine which required vigorous physical training and to overcome it the sports person required strong mental toughness.

**Conclusion**

On the basis of the finding of the present study the following conclusion are made.

1. The players of armed force sports person and civilian sports have no significant difference in aggression.

2. The players of armed force sports person and civilian sports man have significant difference in mental toughness.
3. A large majority of the respondents expressed that the mental toughness and aggression are important in games.
4. It also indicates that for optimum level of performance psychological aspect of training played a very important role.
5. By the finding it has observed that better performance needs both aggression and mental toughness.

**Recommendations**

On the basis of finding and conclusion, the following recommendations have been made:

1. Aggression and Mental toughness is an important component for games. Therefore, necessary care should be taken in training programme to enhance the aggression and mental toughness of the players.
2. Several research studies can be carried out on the impact of aggression and mental toughness on the performance of the players in various national and international competitions.
3. Specific research also can be carried out to explore the process of formation of aggression and mental toughness among non-athletes.
4. A comparative study can be carried out between women’s on aggression and mental toughness.
5. Similar type of studies can be done within the armed forces sports persons.

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