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Comparison of aggression among different team game players of khelo India under 17 boys (2019).

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Abstract

Khelo India is a national level sports competition to encourage young players from urban and rural school across the country. Ministry of youth affairs and sports (MYAS), India launched Khelo India scheme to promote culture of sports and excellence in sports. Under the component, first Khelo India school games were conducted in year 2018, further it has been decided to organise Khelo India youth games (KIYG) from 2019 Onwards. In present scenario sports has become very competitive. In fact, competitive sports are self-beyond sports. The ethical qualities such as justice, equality, solidarity, cooperation, friendship, honesty and so on, play a very important part in the development of adolescents. Sports competition without aggression is a body without soul, competition and aggression are twins. The relationship between different sports and aggression has been studied extensively for professional players. The investigators have an incomplete understanding of the association between these two for young (U17 YEARS) sports person participating in Khelo India 2019. In the present study the researcher has select 154 players. In these 154 players the researcher had select 47 players from volleyball, 44 basketball players, 29 badminton players, 21 kho-kho players and 13 kabadi players. All the subjects were selected randomly from Khelo India Youth Games (KIYG), held at Maharashtra, India 2019. The criterion measure chosen to test the hypothesis was the score obtain in sports personality questionnaire (SPQ20) from my skill profile. For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further scheffe's post hoc test was used to find out the paired mean difference. It was concluded that volleyball players are less aggression than kabaddi, badminton, kho-kho and basketball players of U17 year's boys of Khelo India Youth Games 2019.

Keywords: Aggression, Khelo India, Adolescent, Sports

Introduction

Sports have been a part of civilized societies throughout history. It has an antagonism to bring erratic outcomes, and is fit for characterizing a nation, area or city ^[1]. Among all organized activities in adolescence, sports have received the most research attention. Sports are believed to bring both positive and negative development experiences to adolescents on the positive side, sports are likely to give adolescents the chance to create aptitudes, capability and activity, increment identification and responsibility to class; and cultivate positive associations with the active companions and pioneers ^[2]. On the negative side, sports are additionally speculated to involve elevated amounts of stress aggression, unfortunate rivalry among young people, and critical instructing ^[3].

Khelo India is a national level sports competition to encourage young players from urban and rural school across the country. The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. The Khelo India program has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation. Ministry of youth affairs and sports (MYAS), India launched Khelo India scheme to promote culture of sports and excellence in sports. Under the component, first Khelo India school games was conducted in year 2018, further it has been decided to organise Khelo India youth games (KIYG) from 2019 Onwards and include competitions under 17 years and under 21 years age groups.

In present scenario sports has become very competitive. In fact, competitive sports are self-beyond sports. The ethical qualities such as justice, equality, solidarity, cooperation, friendship

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Honesty and so on, play a very important part in the development of adolescents [4]. An aspect of coaching and improving sport achievement that cannot be ignored is the presence of psychological factors. There are many either athletes or coaches who still prioritize physical and skill only, to the exclusion or less give special attention to matters involving mental factors. The result of recent research showed that there was a significant relationship between self-confidence and achievement among athletes.

All emotional symptoms such as: fear, anger, anxiety, aggression, stress, hope, pleasure and so on can affect changes in one's physical condition. Psychic symptom will affect the performance of athlete achievement. Therefore, the influence of emotional disorder should be noted because emotional disorder can affect overall psychological balance, and will be effected towards athletes Achievement.

Aggressive act can be defined as those which the athlete is highly motivated / demonstrate the great realize of physical energy, and / or is not inhibited by fear of potential fracture or injury [5]. Sports competition without aggression is a body without soul, competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort and "do or die" for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skills as well as success of the team [6]. Most aggression in sport results from frustration. This frustration is the result of various motives being blocked. Those motives which are predominant in sport and which generate aggression when wasted, they revolve around achievement dominance powers, recognition, prestige and excellence. The relationship between different sports and aggression has been studied extensively for professional players. The investigators have an incomplete understanding of the association between these two for young

(U17 YEARS) sports person participating in Khelo India 2019. The purpose of the study was to compare the level of aggression among different game players of under 17 players who participated in the Khelo India 2019 held at Pune, Maharashtra, India.

Methodology

For the purpose of the present study 154 players were selected as subjects. There were 47 volleyball players, 44 basketball players, 29 badminton players, 21 kho-kho players and 13 kabaddi players. All the subjects were selected randomly from Khelo India youth games (KIYG), held at Maharashtra, India from 9th to 20th January 2019. The age of the subject was less than 17 years. The criterion measure chosen to test the hypothesis was the score obtain in sports personality questionnaire (SPQ20) from my skill profile (2016). It contains 168 questions to known the psychological personality for the athletes with 20 psychological scales and in the present investigation the aggression was compared among volleyball, basketball, badminton, kho-kho and kabaddi players out of 168 questions, aggression was measured through eight questions (2,7,48,49,84,88,140 and 149). The maximum score for each statement was four out of these eight statement four has positive scoring system and four has negative scoring system. The scores obtained for each statement was added up, which represent an individual's total score on aggression. For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further scheffe's post hoc test was used to find out the paired mean difference. The level of confidence was fixed at 0.05 to test the significance. SPSS version 21 was used to find out 'F' and scheffe's test.

Results and findings

The data was analysed by using one way ANOVA and presented in table-I.

Table 1: Descriptive and ANOVA of different game players on aggression (u: 17 players)

Group	Mean	SD	SOV	S.S	DF	MS	F	Sig.
Volleyball	18.48	1.38	B	267.28	4	66.82	18.15	.000
Basketball	20.72	1.70						
Badminton	21.75	2.37						
Kho-Kho	20.85	2.15	W	548.35	149	3.68		
Kabadi	22.00	2.67						

It was evident from table-I that there was a significant difference among volleyball, basketball, badminton, kho-kho and kabaddi players on the scores of aggression, since the obtained 'F' value is 18.15 was higher than required table

value at 0.05 level. Hence to find out the paired mean difference scheffe's post hoc test was employed and the results were presented in table-II.

Table 2: Scheffe's paired mean difference on aggression

	Basketball	Badminton	Kho-Kho	Kabadi
Volleyball	2.23*	3.26*	2.36*	3.51*
Basketball		1.03	.12	1.27
Badminton			.90	.24
Kho-Kho				1.14

*Significant at 0.05 level

The result of the post hoc test indicates that, kabaddi, badminton, kho-kho and basketball players were better than volleyball players on aggression. However rest of the mean difference are not found significant at 0.05 level. Hence, it was concluded that volleyball players are less aggression than kabaddi, badminton, kho-kho and basketball players of under

17 years boys of Khelo India Youth Games.

Discussion

Sports has the powerful ability to bring people together to break down racial and gender barriers, encourage cultural understanding, reintegrate refugees, heal mental trauma and

encourage economic development. Sports do not have any of the drivers, professional or legal, that motivate the integration of spirituality into education or healthcare. The concern for personal development is traditionally linked with the idea that practice of sports can enable transformation, liberation and personality growth [7]. The positive advantages of sports can go much more distant than the physical and mental change of the person. It is a beneficial for the wellbeing and quality of our social orders. Children gets enjoyment through recreation sports, young and adults take part in competitive sports all over the world and health conditioning sports for the elder persons of the society. Sports helps in building a good healthy individual and which in turn helps in a healthy brain.

The results of the study clearly stated that, boys under 17 years of different sports have significantly differ on aggression. In particular kabaddi, badminton and kho-kho players score more in aggression scale than volleyball and basketball players. The Khelo India event provides an environment within which youth strive to become competent, to become excellent. The institutionalized nature of sport means that rules and conditions are standardized so that performance can be compared fairly. It is within this standardized forum of tradition that sports persons can learn about their performance. Many scholars believe the pursuit of competence, the pursuit of excellence to be the fundamental, sustaining motivation for sport involvement.

The appearance of an athlete was an interaction between some factors, such as technique, tactic, physical and mental aspects [8, 9]. A research in personality aspect was more general than psychological aspects showed that there was different personality among wrestlers, swimmers, baseball athletes, basketball athletes and football athletes [10]. Although, all the sports events are small area in nature with body contact and non-body contact, there was a significant difference found in terms of aggression among selected sports boys under 17 years.

Team sports helps in development of friendship, camaraderie, cooperation, teamwork skills, leadership skills, appreciation of different abilities, respect, a sense of belonging, social interaction skills, self-esteem and self-concept, team goal-setting skills, self-discipline, patience and persistence and resilience through sharing positive and negative experience.

Yildiz [11] In his study named "examination of the aggression levels of secondary school students who do and do not sports", did not find any differences between the general aggression and assertiveness of the students who do and do not do sports. However, a significant difference was found in the disruptive behaviours of the students who did sports. There was a significant difference in the passive aggression of the students who do not engage in sports. Gokcicek [12] showed that the students who did sports were more assertive than those who did not. Cetin [13] found in significant difference between the aggression levels of the students of physical education and sports school students in terms of whether they do sports or not in a licensed way. The results of Odas [14] study, no significant difference was found in students, aggression scores in terms of their state of doing sports. The limits of aggression in sport activities are determined by the intention and deliberateness of the action done by the rules of the related sports branch [15]. Some sport psychologists agree that aggression facilitates performance outcome, whereas others feel it does not [16]. Aggression in sports is a way to discharge—A person can eliminate the aggressive behaviour forbidden by the society through sports.

Conclusion

Within the limitation of the present study following conclusions may be drawn:

- In regard to aggression there was a significant difference among under 17years boys of different sports in Khelo India 2019.
- The aggression levels of body contact players were higher than non-body contact athletes.

Implication

- The result of the study will give an insight to physical education teachers, coaches to understand the role of aggression of different sports.
- The study will be helpful for the coaches in moulding the required personality traits of different sports.
- The result of the study will be useful for the coaches of various games are assessing the aggression of their players and accordingly prepare the training programme.

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