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## Aggression, performance strategies and psychological well-being among female sprinters and throwers: A comparative study

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### Abstract

The purpose of this study was to examine the aggression, performance strategies and psychological well-being of female sprinters and throwers of Panjab University Inter College Athletic Meet. Researcher had selected (N=50) female sprinters and (N=50) throwers. Age limit of the selected athletes ranges from 18 to 28 years. The random sampling technique was used to select the sample. T-test was employed to compare the aggression, performance strategies and psychological well being used on female sprinters and throwers. For testing the hypothesis, the level of significance was set at 0.05. Questionnaire developed by Buss and Perry (1992) pertaining to Aggression, Hardy *et al.*, (1999) pertaining to Performance Strategies and Carol Ryff (1989) <sup>[1]</sup> pertaining to Psychological well-being has been used for the study. The main objective of this research paper is to find out the comparison between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being. The findings of this study indicate that some skills help them to train together and some skills differentiate them and bring significant difference.

**Keywords:** Aggression, Performance Strategies, Psychological well-being, Sprinters, Throwers

### 1. Introduction

Physical education and sports play an important role in day to day life of different people in different ways. Sports serve as fertile ground for the growth and successful development of relations among different people of different nations. Sports consist of two types of events i.e. team events and individual events. Athletes choose either team event or individual event which depends upon various factors such as psychological, economic, physical and personality etc. All these factors influence the athlete to choose the suitable event because, in sports an athlete has to encounter numerous predictable and unpredictable situations. His physical, tactical, technical, sociological, psychological powers help him to adapt a particular situation. Many scholars in the recent past have studied the social and psychological makeup of athletes of team and individual events. Their findings can be understood better, if we try to understand the event's role and situation of specific socio-psychological interaction of each athlete to analyse and explain an athlete's competitive behaviour, we must explain his socio-psychological dimensions in movement contents, the socio-psychological factor can affect the performance of an individual and as well as the whole team. The social, psychological stress and time pressure associates with competition are likely to affect the decision making and the performance of the athletes. In modern competitive sports, the socio-psychological factors of an individual and team are as important as teaching of different skills of a game on scientific lines.

It is commonly felt that athletes, especially high-level performers are "special breed", still having psychological differences among themselves. In fact each situation in sports whether during practice and competition needs understanding as well as psychologising? Till now sports performance has generally been understood as the result of sports actions. But the sports performance in its real nature is a process of tackling a given motor task.

In the primitive times the sports performance of female athletes was negligible. What to talk about performance, females were not even allowed to participate in ancient Olympic games neither as a spectator nor as an athlete.

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Especially in the context of Indian society the plight of females in sports arena was very disgusting. Females were confined only to the four walls of home. But now in the changing scenario women are marching forward in the sports field. There can be little doubt that women’s sports have seen a dramatic increase and rise in the status over the recent years. If we look at the graph of performance, females are not only making more progress percentage wise but also they are closing the gap in their performance with their male counterparts.

More females are becoming competitive athletes, putting in long hours of workouts training and conditioning. Females have a new attitude towards sports. Gone is the presumption that the female, because of her physical and emotional vulnerabilities, must eschew the all-out pursuit of excellence in sport. The budding female athletes are there to maximize their potential and to be successful; she is not there only for social interaction and fun alone. Positive reinforcement, respect and appreciation of her athletic efforts and achievements are necessary ingredients for happy and psychologically well-adjusted female athletes.

There may be particular self-narrative profiles of elite athletes that relate to their psychological well-being, but little research exists in this area (Rees, Haslam, Coffee, & Lavalley, 2015) [4]. This study examined whether specific profiles or narrative identities among a sample of elite athletes emerged through multiple self-narrative indicators (e.g., perfectionism, fear of failure, and competition- contingent self-worth). Moreover, we compared these profiles on factors of athletes’ psychological well-being (e.g., depression, anxiety, postfailure shame levels, and life satisfaction). Research with Ryff’s (1989) [1] scale has revealed that psychological well-being develops through a combination of emotional regulation, personality characteristics, identity and life experience (Helson & Srivastava, 2001) [2], increases with age, education, extraversion and consciousness, and decreases with neuroticism (Keyes *et al.*, 2002) [3]. In recent years, the psychologists, coaches and athletes have become increasingly aware of the role that anxiety plays in an athlete’s performance in competitions. This awareness has been followed by an increased interest in assessing anxiety responses and analyzing their source. In athletic performance nearly every concern of human endeavour is thought to be effected somehow by anxiety.

This study is focuses on psychological skills included aggression, performance strategies and psychological well-being of female sprinters and throwers of Panjab University

inter college athletic meet. Study will help track and field athletes to enable the teachers of physical education, coaches and themselves to design and formulate many training schedule for better results. An attempt has been made in the present study to explore the area of psychological well-being among the athletes. The findings of the present study will contribute a great deal to the existing literature regarding aggression, performance strategies and psychological well-being.

**2. Objective of the study**

The main objective of this research paper is to find out the comparison between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being.

**3. Method and Procedure**

Random sampling technique was used to select the sample of (N=50) female sprinters and (N=50) throwers. Age limit is 18-28 years of subjects. All the subjects having been informed about the objective and protocol of the study who gave their consent and volunteered to participate in this study. Independent T- Test was employed to compare the Aggression, Test of Performance Strategy and Psychological well-being between female sprinters and throwers. For testing the hypothesis, the level of significance was set at 0.05. To carry out this study, Buss and Perry (1992) pertaining to Aggression, Hardy *et al.*, (1999) pertaining to Performance Strategies and Carol Ryff (1989) [1] pertaining to Psychological well-being has been used for the study. The mean and standard deviation of both female sprinters and thrower’s data was calculated and t-test was applied with the help of SPSS.

**Hypothesis**

Null Hypothesis: There would be no significant difference between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being.

Alternate Hypothesis: There would be significant difference between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being.

**4. Analysis of Data**

In this section of the paper, analysis and interpretation of data has been discussed as follows:

**Table 1:** Comparison between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being of Panjab University Inter College Athletic Meet.

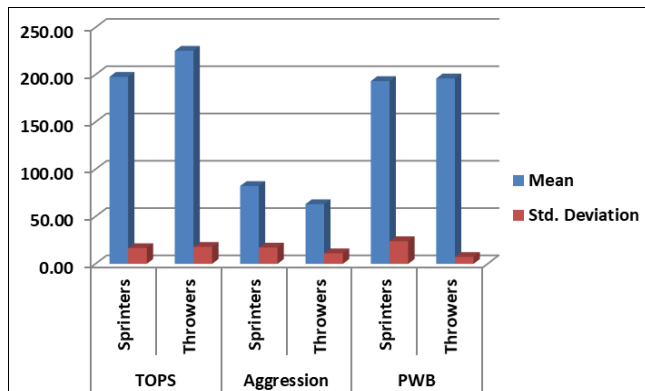
Athletes (female)		N	Mean	Std. Deviation	T value	P value
TOPS	Sprinters	50	197.70	16.60	-7.996	.000
	Throwers	50	225.34	17.94		
Aggression	Sprinters	50	82.28	17.24	6.600	.000
	Throwers	50	63.14	11.10		
PWB	Sprinters	50	193.22	23.89	-.792	.430
	Throwers	50	196.02	7.34		

Table shows the mean, S.D, t value and p value of female sprinters and throwers of Panjab University Inter College Athletic Meet. The table clearly indicates that the mean value of female sprinters is 197.70 and S.D is 16.60 whereas the mean value of throwers is 225.34 and S.D is 17.94 in relation to performance strategies. In the case of aggression, the mean value of female sprinters is 82.28 and S.D is 17.24 whereas

the mean value of throwers is 63.14 and S.D is 11.10. And in the case of psychological well-being, the mean value of female sprinters is 193.22 and standard deviation is 23.89 whereas the mean value of throwers is 196.02 and standard deviation is 7.34. It is also evident from the above table in the case of performance strategies, the p value is.000 in SPSS which is less than 0.05 level of significance. Therefore, the

hypothesis is accepted and the result say that there is significant difference between female sprinters and throwers in relation to performance strategies and in the case of aggression, p value is.000 which is less than 0.05 which states that there is significant difference between female sprinters and throwers and also in the case of psychological well- being the p value is.430 which is greater than 0.05 level of significance and the result says that there is insignificant difference between female sprinters and throwers of Panjab University Inter College Athletic Meet.

The mean scores and standard deviation between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being of Panjab University Inter College Athletic Meet have been depicted graphically through histogram shown in the Figure.



**Fig 1:** Showing the mean and standard deviation between Sprinters and Throwers in relation to Aggression, Performance Strategies and Psychological Well-Being among females

## Discussion

The purpose of this study was to examine the comparison between female sprinters and throwers in relation to aggression, performance strategies and psychological well-being which was analysed with the help of independent sample t-test. Thus, it can be said that in the case of performance strategies, p value.000 is less than 0.05 levels which revealed that there is significant difference between female sprinters and throwers due to difference in skills brings difference in planning and performing strategies. In the case of aggression, p value is.000 is less than 0.05 level and revealed that there is significant difference between female sprinters and throwers due to the difference in skills and we can see that sprinters have higher level of comparison while comparing with each other. And in the case of psychological well-being, p value.430 is greater than 0.05 levels which stated that there is insignificant difference between female sprinters and throwers of Panjab University Inter College Athletic Meet.

## Conclusion

It is concluded from the present study that while we discussed about performance strategies, female sprinters and throwers have different skills and they perform accordingly. Similarly sprinters obtained higher aggression while performing as we compare with throwers. But they possess same psychological state during performance and practice which help them in performing better in track and field events. Study will help coaches, trainers and researchers in making training schedule for female athletes and to know about more.

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