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## A study on aggression among male and female judo

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### Abstract

Judo is a combat game played throughout the world. Judo is described as fitting with the fists. Aggression is overt or covert, often harmful, Social interactions with the intention of inflicting damage or other unpleasantness upon another individual. The present research is an attempt to find the difference between Male and female judo players on aggression. Here IIP Aggression Scale developed by Dr. Kranti K. Srivastava was used. It contains 30 statements with six alternatives, “like extremely, like very much, like moderately, dislike moderately, dislike very much, and dislike extremely.” The sample consisted of 40 boxers who has represented state level were randomly selected from different clubs. All participants were in the age range of 15 to 24 years. Student t-test was used to calculate the difference between the groups and the results indicated that there was significant difference between the two groups.

**Keywords:** Aggression, Judo

### Introduction

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as “any form of behavior directed toward the goal of harming or injuring another lived being who is motivated to avoid such treatment” (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic, however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). This is called an assertive behavior (Bredemeier, 1994), where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent. Instrumental aggression is when the main aim is to be non-aggressive but to win the ball. Aggressive energy may find many targets but better if it finds sports as the medium of expression. The aggressive athlete is “active, anger, strong and highly motivated” and he will seek to vanquish the opponent.

Boxing, through its nature, entails and rewards violence and aggression (parry, 1998). It legitimizes, through rules and norms, explicit violence, to the point where it is possible, within the competition boundaries, for a boxer to kill his opponent (Lane, 2008). The most violent of boxers become heroic public icons, popular and celebrated for their aggression and untamed contempt for society (Delgado, 2005). Lane (2008) linked anger, concurrent with vigour, in an instrumental and purposeful sense, with victorious kickboxing performances. Being in control of aggression is crucial to maintain the technical precision that the sport demands.

The purpose of the present study was to find out the Aggression level of the male and female boxers. It was hypothesis that there would be a significant difference in male and female Judo players on aggression.

### Methodology and Procedure

Since the purpose of the study was to find out the both male and female judo player's aggression level, 40 (state level) boxers were randomly selected and they were divided into two groups 20 male and 20 female in age group of (15-nti K. Srivastava it's contain 30 statements with six alternatives, “like extremely, like very much, like moderately, dislike moderately, dislike very much, and dislike extremely”. Participants were asked to read the statements carefully and think about the given situation. A sample of 40 Judo players comprising of both 20 male and 20 female belonging to the age of 15-24 years were selected. The selected subject were state level judo players. The sample were collected from various district from Punjab. The data was collected and analyzed statistically. The statistic used for

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The treatment of the data were mean, standard deviation and 't' Test an analysis of scores obtained by the comparison on two groups.

### Result and Discussion

The aim of the present study is to find out if there is a difference in aggression among male and female (state level) judo players. The statistical analysis of the data has been presented in the study. The data was collected on total (n=40) boxers 20 male and 20 female were. When the groups were compared on the aggression level, it was found from the table that there is no significant between male and female judo players.

**Table 1:** there is no significant between male and female judo players

Group	Samples	Mean value	Standard deviation	't' test	Level of Significance
Male	20	84.4	452.92	0.82	<0.05
Female	20	87.42	343.25		

From the data it infers that the mean of the male and female judo players on aggression was founded to be 84.4 and 87.42 respectively. The stranded deviation was found to be 452.92 and 343.25 and respectively. The t-score was founded to be 0.82 which is not significances at 0.05 levels. Thus the hypothesis which state that "there will be significant different between boxers on the aggression" is rejected.

The result of the study prove that there is significant difference between male and female judo players on their aggression.

### Conclusion

Within the limitation of the present study there is significant difference among male and female judo players on aggression.

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