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## A comparative study of aggression between men and women kabaddi and kho-kho players

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### Abstract

The purpose of this study was to compare the psychological variable namely aggression between men and women kabaddi and kho-kho players. To achieve the purpose of this study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. Aggression was assessed by using standardized test item Smith's aggression test questionnaire and it was statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women players on selected psychological variable namely competition anxiety irrespective of their games (kabaddi and kho-kho) and gender (men and women). Among them, men kabaddi players were better on aggression than other categories of players.

**Keywords:** Psychological, aggression, men and women kabaddi and kho-kho players

### Introduction

There is a decent amount of empirical data on the physical benefits of martial arts training, the psychological and social effects are more obscure. The effects of long-term martial arts training are still being investigated, and there have been a number of interesting studies. Most of the studies that have been conducted are similar in showing that martial art training generally causes positive psychological and social adjustments.

Aggression is defined as behavior aimed at causing harm or pain, psychological harm, or personal injury or physical distraction. An important aspect of aggressive behavior is the intention underlying the actor's behavior. Not all behaviors resulting in harm are considered aggression. For example, a doctor who makes an injection that harms people, but who did so with the intent of preventing the further spread of illness, is not considered to have committed an aggressive act. Aggression can be direct or indirect, active or passive, and physical or verbal.

### Statistical technique

The collected data's were statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

### Selection of subjects

To achieve the purpose of the study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women

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kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects.

**Selection of variable**

In the present study, the investigator selected the psychological Variable namely aggression.

**Analysis of the data**

The mean and standard deviation values on aggression of men and women kabaddi and kho-kho players have been analysed and presented in Table 1.

**Table 1:** The mean and standard deviation on aggression of men and women kabaddi and kho-kho players

Gender / Games		Kabaddi Players	Kh-Kho Players
Men	Mean	44.27	41.03
	SD	1.21	0.66
Women	Mean	36.73	34.90
	SD	1.00	0.79

Table 1 shows that the mean values on aggression of men kabaddi, men kho-kho, women kabaddi and women kho-kho players were 44.27, 41.03, 36.73 and 34.90 respectively.

The two way factorial ANOVA on aggression of men and women kabaddi and kho-kho players have been presented in Table 2.

**Table 2:** Two way factorial anova on aggression of men and women kabaddi and kho-kho players

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
A factor (Gender)	1400.83	1	1400.83	1541.71*
B factor (Games)	192.53	1	192.53	211.89*
AB factor (interaction) (Gender x Games)	14.7	1	14.70	16.18*
Error	105.4	116	0.91	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

Table 2 shows that the obtained 'F' ratio value on aggression 1541.71 for factor-A (Gender - men and women players) irrespective of their games which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between men and women players irrespective of their games on aggression. The obtained 'F' ratio value on aggression 211.89 for factor-B (Games – kabaddi and kho-kho) irrespective of their gender which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between the kabaddi and kho-kho players

irrespective of their gender on aggression.

The obtained 'F' ratio value on aggression 16.18 for interaction [AB factor - (Gender × Games)] which was also greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study showed that there was a significant difference between men and women kabaddi and kho-kho players on aggression.

Since, the obtained 'F' ratio for the interaction effect was found significant, the simple effect test was applied as follow up test and it was presented in Table 3.

**Table 3:** The simple effect test for gender and games on aggression

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
Gender and Kabaddi Players	851.27	1	851.27	936.88*
Gender and Kho-Kho Players	564.27	1	564.27	621.02*
Games and Men	156.82	1	156.82	172.59*
Games and Women	50.42	1	50.42	55.49*
Error	105.40	116	0.91	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

Table 3 shows that the obtained 'F' ratio values on aggression 936.88 and 621.02 for gender and kabaddi players and gender and kho-kho players which are greater than the table value of 3.924 with df 1 and 116 required for significant at .05 level of confidence. The results of the study indicated that there was a significant difference between gender and kabaddi players and gender and kho-kho players on aggression.

Table 3 also revealed that the obtained 'F' ratio value on aggression 172.59 and 55.49 for games and men players and games and women players which are greater than the table value 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between games and men players and games and women players on aggression.

The mean values of men and women kabaddi and kho-kho players on aggression are graphically represented in Figure 1.

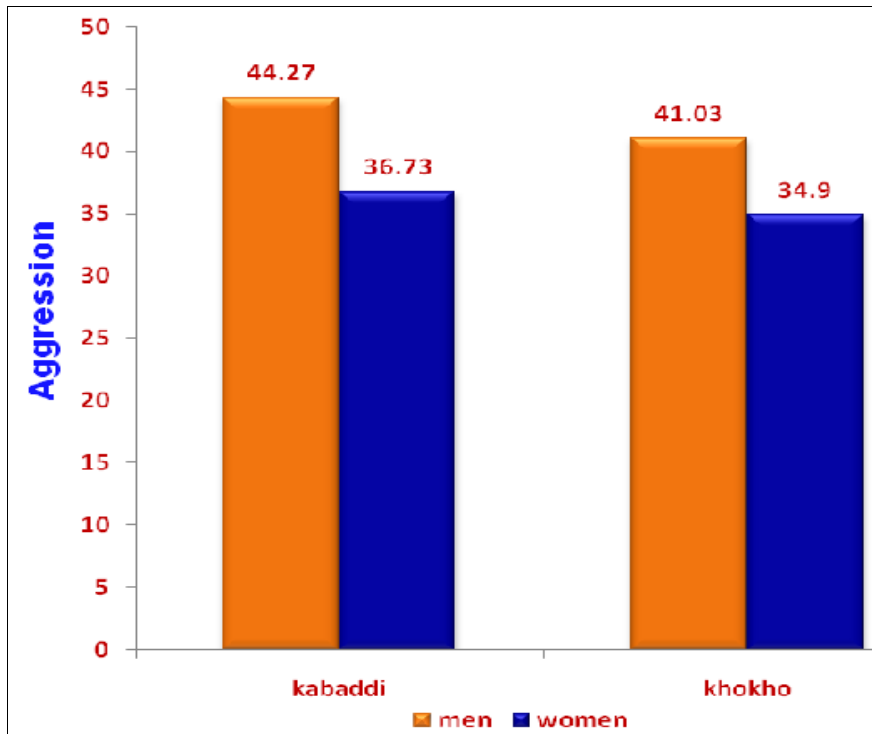


Fig 1: The mean values of men and women kabaddi and kho-kho players on aggression

### Conclusions

Based on the results of the study, the following conclusions were drawn,

1. There was significant difference between men and women players on psychological variable aggression irrespective of their games (kabaddi and kho-kho).
2. There was significant difference between kabaddi and kho-kho players on selected psychological variable aggression irrespective of their gender (men and women).
3. There was significant difference between men and women kabaddi and kho-kho players on selected psychological variable aggression.
4. Among the groups, men kabaddi players were better on selected psychological variable aggression than other categories of players.

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