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Dr. Sunil Dhiman
Assistant Professor, MM degree
College Khokra, Baghpat, Uttar
Pradesh, India

A comparative study on aggression between football and hockey players

Dr. Sunil Dhiman

Abstract

The purpose of the study was to compare the degree of aggression between Football and Hockey players who were participated in All India Inter University. The study was delimited to the 40 Football and 40 Hockey players who had participate in inter university athletic championship were selected purpose sampling for as the subjects for the study. The age of the subjects were ranging from 18-28 years. For the study was to the assessment of aggressiveness by using aggression questionnaire of Anand Kumar and P.S. Shukla. For the purpose of analysis of data 't' test was employed to compare the degree of aggression between Football and Hockey players. There was a significant difference between the means of Football and Hockey players. The aggression level of Football was found to be higher than the Hockey players.

Keywords: Aggression, football and hockey players

Introduction

The human body is a machine of wondrous complexity capable of strong and violent movements. This machine is made up of slightly more than two hundred bones to which are attached better than six hundred muscles" (Eston, R., and Reilly, T. 2008). There are numerous factors, which are influencing performance of sportsman of the physical including shape, size, weight and height. Each and every nation wants to show their supremacy in any sports and games. The Olympic motto itself shows "Faster, higher and stronger". The challenges inspire the entire nation to exhibit greater performance in sports through application of research in modern science and technology. A typical characteristic of body build in sports men is advantageous in one way or another during the game. In order to dominate and excel in a particular sport, the player must possess all the essential elements required for the performance tasks, and also must have an appropriate body size, shape and proportion. If a player enters a competition for which he is unfit, he does so with distinct disadvantage compared to his opponent who possesses required features for meeting challenges and technology.

The nature of aggression in sport should be considered the degree of ambiguity aggression in sports. That is in some sports direct aggression in the form of physical acts against the person of another players are encouraged within rules. (American football, Boxing and Wrestling) whereas in other sports the directions, amount and indices of aggression are highly subjective and dependent on the degree of aggression tolerated by the fans, officials and team mates. The word aggression comes from the Latin word aggress, 'ad' (to or toward)' and grader (walk). Literally then the word means to "to walk towards or approach", to move against or to move with intent to hurt or harm. Most psychologists describe aggression in terms of behavior. Aggression occurs in sports where an athlete's generalized expectancies for the re-enforcement for aggressive behavior are high (e.g.: receiving praise from parents, coaches, peers) and where the reward value out weights punishment value (e.g.: gaining a tactical and psychological advantage with a personal foul, a yardage penalty in American Football). This is deemed an appropriate time to exhibit aggression.

Objectives of the study

The objective of the study was to compare competitive the aggression level of Football and Hockey players of university level athletes.

Correspondence
Dr. Sunil Dhiman
Assistant Professor, MM degree
College Khokra, Baghpat, Uttar
Pradesh, India

Methodology

Selection of subjects

For the purpose of the study 40 male. Football and 40 male Hockey players. Who were participated in Inter University and open state tournament? The purposive sampling technique by used to select the objective of the study. All the subject after having been inform about the objective and purpose of the study. Gave there constant and volunteered to participate in the study. The age of the subjects were ranged between 18 to 25 years.

Procedure

Sports Aggression inventory consists of 25 items in which 13 items are keyed “YES” and 12 are keyed “NO”. The statements which are keyed “YES” are 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 and 25 and the statements which are keyed “NO” are 2,3,7,8,10,11,13,17,19,20 and 23. Maximum score for each statement was one. Scores obtained for each statement was added up which represent an individual’s total score on aggression.

Statistical Technique Applied

For the purpose of analysis of data ‘t’ test was employed to compare the degree of aggression between Football and Hockey players.

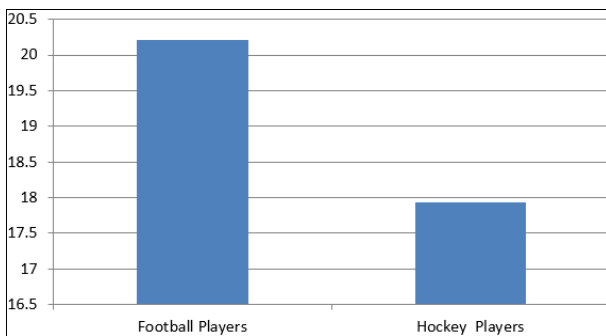
Finding and Result

Table 1: Comparison of aggression level between football and hockey players

| Group | Mean | SD | MD | T-value |
|----------------|-------|------|------|---------|
| Football | 20.21 | 3.87 | 2.27 | 2.73* |
| Hockey Players | 17.94 | 4.32 | | |

*Significant at 0.05 level

It is evident from table that there was a significant difference on aggression between the Football and Hockey players. The mean of aggression to Football and Hockey players were 20.21 and 17.94 respectively. ‘t’ test was applied and t-value (2.73) appeared significant at 0.05 level of confidence. Table was illustrated through graphical representation for clear understanding of this study.



Graphs showing aggression between Football and Hockey Players

Discussion of Findings

The mean value (20.12) of Football on aggression was found to be higher than the Hockey players of university level athletes which revealed that Football was more aggressive in comparison to Hockey players. It may be because a large percentage of an elite sprinter’s musculature consists of fast-twitch -- Type II -- muscle fibers. A Type II fiber has a high anaerobic energy capacity and contraction speed. It’s also very elastic. Whereas a distance runner has more slow-twitch

-- Type I -- muscle fibers, which have a slower contraction speed but a higher aerobic capacity and resistance to fatigue. Subsets of fiber types can exhibit characteristics of both fast- and slow-twitch fibers, according to “Runner’s World the Cutting-Edge Runner:

Conclusions

In regard to aggression there was a significant difference between the means of University level Football and Hockey players. The aggression level of Football was found to be higher than the Hockey players.

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