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## Aggression among sportsmen and non-sports men

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### Abstract

The purpose of this study is to measure the Aggression level among sportsmen and non-sportsmen. Casual comparative research design was employed by involving 150 graduate students those who were actively involves in various sports and games and 150 graduate students, those who are not involved in any kind of sports activities. From Bangalore University, affiliated colleges, the results were obtained by using Aggression Scale by Km. Rompal and Tasneem Naqvi. The results of an independent sample t test showed that the sports men are most aggressive if compared to non-sports men and non-sports men are less aggressive if compared to sports men.

**Keywords:** Aggression, graduate students

### Introduction

The word Aggression begins from the Latin work aggress, 'ad' (to or toward) and more significant (walk). Really then the word means "to work towards or approach". Aggressive act can be portrayed as those which the contender is highly propelled; show the extensive recognize of physical vitality, and additionally; isn't repressed by fear of potential break or harm (Silva *et al*, 1984). In all the official games and sports play within the rules and regulation. This assertiveness is required in many sports where a degree of physicality is required for success. Whether in soccer, cricket or in Hockey the match pressure in the game, conflict between the players and teams determination always remain a main and important part of the sport's nature. The frustration of a player which leads unfriendly high level of physical arousal aggression which may influence the players to improve their performance or harm the opponent players in sports competitions. Some specific factors of sports aggressive related behavior of players are high temperature in environment, perception of loosing the game, and game pressure or fear, in the cricket the if the batsmen in attacking mood (hitting a every bowl) the bowler comes under pressure in the fear of giving more runs in his particular over, that may leads frustration and also sometimes if the a good batsmen in the screams the bowler comes under pressure. And also if an athlete perceives harm or injure intentional their opponents the response will potentially be influenced by their level of a aggression. In sports, aggression is a quality that can have various negative and furthermore positive outcomes for the performance of competitors. Aggression is portrayed as "a behavior composed toward the objective of harming of hurting another lived being who is roused to keep up a key separation from such treatment" (Baron and Richardson, 1994). In sport, aggression has been described into two characterizations: unfriendly aggression and instrumental aggression (Silva, 1983). Antagonistic aggression is the time when the essential point is to make harm or harm your adversary. Instrumental aggression is the time when the central point is to be non-aggressive yet to win the ball. Coulomb and Pfister (1998) drove an investigation looking in high-level sport. They found that expert competitors used more instrumental aggression in which they used further bolstering their good fortune and that threatening aggression was less as frequently as conceivable used. Experienced competitors used discretion to help them with their aggression.

### Statement of the Research Problem

To study the Aggression between Sportsmen and Non-Sports Men

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**Objectives**

The accompanying destinations have been figured for the present investigation

1. To assess the level of aggression between sports students and non-sports students.

**Hypotheses**

The accompanying hypotheses have been defined for the investigation.

1. Can find the significant difference in the level of aggression between sports and non-sports students
2. Non sports students are aggressive than sports students

**Method**

Methodology includes the research design, participant’s details, inclusion and exclusion criteria, measures and the statistical procedure used in the present study

**Research design**

Descriptive survey research design was used to examine aggression among sports and non-sports college students. To depict the participants in an accurate way, descriptive research study is designed. It is all about describing the behavioral phenomena of people who take part in the study.

**Sampling design**

Purposive sampling design has been used to select and classify the participants. In the present study total 300 populations were included. Purposive sampling is a technique in which particular criteria of participants are identified and included in the sample that represents the population.

**Participant details:** The students of Bangalore University affiliated college students aged between 18 to 21 years (late adolescents) total of 300 participants in those 150 students who involved in sports and another 150 students who were not involved in sports activities.

**Inclusion criteria**

- **Region:** Bangalore University, affiliated colleges population was sampled.
- Included only boys students.
- **Age:** late adolescents aged between 18-21yrs.

**Exclusion criteria**

- Excluded The Girls students
- Populations aged below 18yrs and above 21yrs (i.e. early adolescents) are excluded.
- Adolescents those who suffering from illness and facing Psychotic symptoms.

**Measures**

**Semi-structured Interview:** Developed by the researcher to elicit the information on demographic details such as name, age, number of social media profiles, etc. and other relevant information in neutralizing several confounding variables.

**Description of Research Tools**

The following research tools were used to investigate the variables selected for the present study.

**Aggression Scale**

The aggression scale of Roma and Tasneem Nagavi (1980) has been managed

**Reliability:** The reliability of the scale was found to be at 0.78.

**Validity**

The validity was developed by Roma Pal and Tasneem Naqavi (1980) and validity coefficient of the scale which has been found 0.79.

**Statistical analysis**

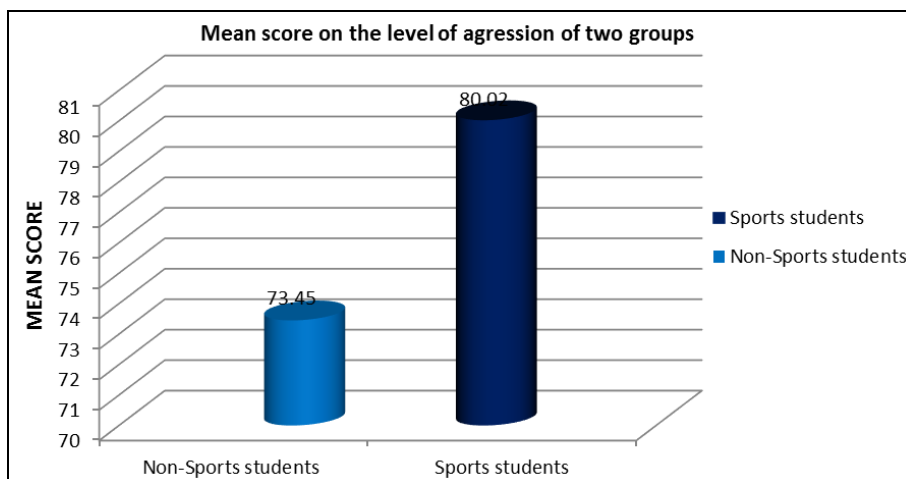
To verify the hypotheses of this study, an independent sample t-test was calculated along with simple descriptive statistics. The mean of the two independent groups have been compared to see whether both the variables are significant or not as influenced by the independent variable.

**Analysis of Results and Discussion**

The aim of the present study was to examine the level of aggression between sports and non-sports students. The research was conducted on a group of 300 adolescents aged between 18 to 21yrs of Bangalore university affiliated colleges. To verify the hypotheses of the present study, an independent sample t-test was calculated along with simple descriptive statistics. The mean of the two independent groups have been compared to see whether both the variables are significant or not as influenced by the independent variable. The results were analyzed as follows

**Table 1:** shows the mean score, SD and t statistic on the level of aggression of two groups’ i.e. Sports students and non- sports students

Variables	N	Mean	SD	Df	T-test	Significance
Sports students	150	76.06	2.31	298	4.26	0.001
Non-Sports students	150	74.99	1.95			



**Fig 1:** Shows the mean score on the level of aggression of two groups’ i.e. sports students and non- sports student

The table shows the number, mean, SD, df and t-ratio on mean score of level of aggression among sports students and non-sports students. The mean score of non-sports students on the level of aggression is low (Mean =73.45, SD =23.53) when compared to sports students (Mean =80.02, SD =2.85). The results of the t statistics indicate that there is a significant difference in the level of aggression as influenced by their sports participation (t =2.85) between sports students and non-sports students, therefore there is a significant difference on the level of aggression as influenced by their sports participation among college students. Hence the hypothesis which states “there will be a significant difference in the level of aggression among sports and non-sports students” is accepted. It is clearly shown that’s sports students have expressed a higher level aggression compared to non-sports students.

### **Conclusions**

**These are conclusions drawn based on the statistical results obtained**

1. There is a significant difference in the level of aggression among sports and non-sports students. It is an evident that sports students are more aggressive compared to non-sports students.

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