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## Comparative analysis of aggression and self-confidence between intercollegiate volley ball and hand ball players of Rabindranath Tagore University

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### Abstract

The main purpose of the study was to investigate aggression and self-confidence between intercollegiate volley ball and hand ball players of Rabindranath Tagore University. For the present study subjects were selected from intercollegiate volleyball and handball players of Rabindranath Tagore University, Madhya Pradesh. Sixty subjects were selected for the collection of data which include thirty intercollegiate volleyball and thirty handball players. The standard questionnaire of aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of intercollegiate volleyball and handball players of Rabindranath Tagore University which contains 28 items and the Self Confidence inventory was developed and standardized by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati were used. The scale consists of 25 items in which 15 are positive and 10 are negative statements. The subjects were selected by using available sampling method. The statistical analysis and interpretation has done on the basis of data collection and after that the collected data was analyzed by comparing the means of volleyball and handball and was again statistically analyzed by applying t-test to check the significant difference among selected variables. The results of the study showed that there was found insignificant difference in both variables aggression and self-confidence of intercollegiate volleyball and handball players while applied 't' test.

**Keywords:** aggression, self-confidence, volley ball and hand ball players

### Introduction

Human beings are capable of a wide range of behaviors. On one hand they may show compassion and help each other, on other hand they may see to harm each other through aggressive action. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behavior. Aggression may help into performance of an athlete because it arouses the athlete to put in harder effort of the success of the team. Athletes must be helped to reduce and control aggression in order to play calmly and perform the best. Appropriate level of aggression as permitted under the rules governing the game tends to improve the skill and enhance the effort and on the other hand, high or low level of aggression will hamper and retard the performance in sports. In sports today, aggression plays a major role. According to research it is apparent that sports is perhaps the only setting in which acts of inter personal aggression are not tolerated, but enthusiastically applauded by large segments of society.

Self-confidence is an attitude that is characterized by a positive belief that individual can take control of his/her life and of his/her plans. It is a belief in individual's abilities. Confidence is the state of being certain that a chosen course of action is the most effective given the circumstances. Self-confidence is related to self-esteem, but it's a little bit different. Self-confidence has to do with how confident or assured you feel in a new or challenging situation. If you generally think that you can take on a challenge and succeed, you're doing well in the self-confidence department. If you're feeling intimidated or freaked out and you're not sure you can succeed, your self-confidence could use a bit of a boost.

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**Methodology**

**Source of data**

For the present study subjects were selected from intercollegiate volleyball and handball players of Rabindranath Tagore University, Madhya Pradesh.

**Selection of subjects**

Sixty subjects were selected for the collection of data which include thirty intercollegiate volleyball and thirty handball players from Rabindranath Tagore University, Madhya Pradesh.

**Sampling method**

The subjects were selected by using available sampling method.

**Collection of data**

The data were collected by standard questionnaire.

**Criterion measures**

**Aggression**

The standard questionnaire of aggression constructed by R. L. bhardwaj scale, was used to know the aggression level of intercollegiate volleyball and handball players of rabindranath tagore university which contains 28 items.

**Self confidence**

This inventory was developed and standardized by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati. The scale consists of 25 items in which 15 are positive and 10 are negative statements.

**Analysis and interpretation of data**

The statistical analysis and interpretation has done on the basis of data collection. The data has been analyzed by using independent 't' test and interpretation was drawn. The level of significance was set at 0.05 to test the hypothesis. Therefore separate tables and graphs have been presented for each variable. Each table gives the mean of volleyball and handball also the researcher found the standard deviation of volleyball and handball and also their mean difference is been given in the table.

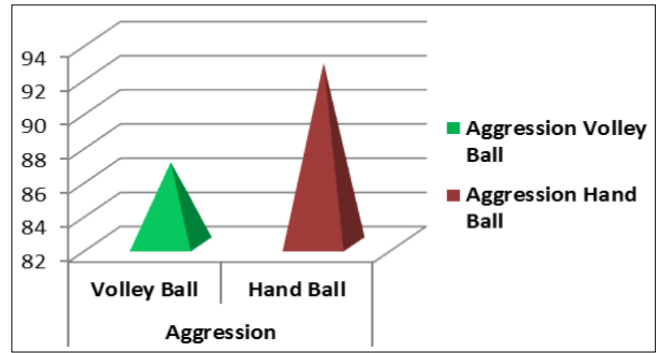
**Table 1:** Showing the mean score of aggression between volleyball and handball players

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Volleyball	86.83	12.23	5.8	3.24	58	1.78	2.02
Handball	92.63	12.92					

Level of significance=0.05

Tabulated 't' (58) =2.00

Table No 1 reveals that there was difference between mean of Volleyball and handball players group because mean of volleyball players group = 86.83 which is greater than the mean of Handball players group=92.63 so the mean difference where found as 5.8 and standard error is 3.24, to check the significant difference between Volleyball and handball players, the data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Volleyball and handball players of Rabindranath Tagore University. Where SD of group volleyball players =12.23 and SD of group Handball players=12.92 and the calculated value of 't' where found 1.78 which is less than tabulated t=2.00 at 0.05 level of significance. So the researchers pre assumed has been rejected.



**Fig 1:** Showing the mean score of aggression between volleyball and handball players

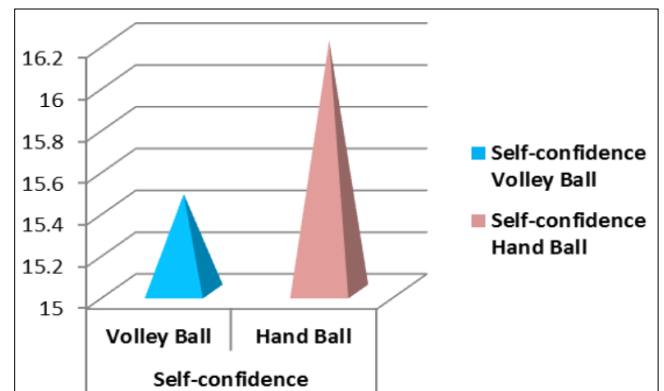
**Table 2:** Showing the mean score of self confidence between volleyball and handball players

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Volleyball	15.46	4.53	0.73	1.11	58	0.65	2.02
Handball	16.2	4.08					

Level of significance=0.05

Tabulated 't' 0.05 (58) =2.00

Table No. 2 reveals that there is difference between means of Volleyball and handball players group because mean of volleyball players group =15.46 which is slightly less than the mean of Handball players group =16.2 and therefore mean difference is= 0.73 and standard error is 1.11, to check the significant difference between Volleyball and handball players data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Sports persons where SD=4.53 and Handball players group where SD=4.08 and there was insignificant difference between Volleyball and handball players because value of calculated 't'=0.65 which is less than tabulated 't'=2.00 at 0.05 level of significance Hence the researchers pre assumed has been rejected.



**Fig 2:** Showing the mean score of self confidence between volleyball and handball players

**Conclusion**

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there was found insignificant difference in both variables aggression and self-confidence of Intercollegiate volleyball and handball players while applied 't' test.

The researcher initially pre assumed that there will be a significant difference in the aggression and self-confidence of Intercollegiate volleyball and handball players of Rabindranath Tagore University. After the statistical analysis interpretation of data it was found that there is insignificant

difference. Because for both cases the calculated 't' is less than tabular 't' at the level of significance 0.05, so the pre assumed has been rejected.

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