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## Investigation of aggression between handball and canoeing players of S.P. Pune University, Pune

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### Abstract

The aim of the present study was to investigate and compare the aggression between Handball and Canoeing players of S.P. Pune University, Pune, Maharashtra. To achieve the aim of the study forty (40) male students of S.P. Pune University, for the year 2016-17 and 2017-18, were randomly selected as subjects for the present study. From the forty (40) subjects, twenty (20) subjects were Handball players and remaining twenty (20) subjects were Canoeing players. The subject's age ranged from 18 to 25 years. To assess the aggression inventory developed by Anand Kumar and Prem Shankar Shukla was used.

In order to compare the mean of aggression of Handball and Canoeing players, mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 level. Results showed insignificant difference between Handball and Canoeing players in aggression.

**Keywords:** aggression, handball, canoeing, players

### Introduction

The acquisition of new knowledge, for betterment of performance of the human organism in relation to physical, motor, and physiological qualities in process of saturation to strive for still better is a million dollar question to the expert of sports. In the process they explore the field of psychology and enlist psychological parameters which do influences sports performance. Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators.

The use of the word "aggression" is somewhat confusing. The term aggression is employed to describe angry violent behavior with intent to hurt a person or cause damage to property. "Aggressive" behavior is also used to depict a strong and somewhat adventurous effort. Thus an aggressive sales person or athlete, for example, may be perceived as obnoxious or violent by some and motivated and hard working by others. Most psychologist describe aggression in terms of behaviour. Aggressive behaviour is associated with destructive acts, sexual attacks, prejudiced, speeches, genital activities, drug and alcohol addictions, sports and exercise crying complaining, waging wars and so forth. There is no simple behaviour that may be described under the rubric aggression.

Individuals who participate in sports seem to exhibit higher levels of aggression than those who do not. However, this may be because sports attract people who are naturally more aggressive than non athletes. Some sports are more likely to be associated with violence and inappropriate aggression. When provoked, for example, participants in contact sports reveal much higher levels of aggression than those in non-contact sports. Research also shows that aggression may give players an edge when used early in a contest, or they may show aggression if they fail in the sport. Other factors also influence aggression during sports events. For example, the presence of officials in organized sports increases the number of fouls since the athletes assume it is the referees' job to control inappropriate aggression.

Sports competition without "aggression" is a body without soul, competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and "do or die" for the success of the team. Contrarily there is also indication, and valid too, that aggression

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committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team.

### Types of Aggression in Sport

Coaches often want players to display more 'aggression' in their play — what they actually mean, in psychological terms, is they want to see more assertive behaviours.

- **Assertive behaviours** reflect behaviours that are physically vociferous, but do not contravene rules nor do they have the intent to harm, rather they are aimed at imposing influence and dominance, other behaviours that are violent but are neither assertive (aim to influence/dominate) nor aggressive (intent to harm) are not tolerated e.g., bad language, equipment abuse.
- **Hostile aggression:** Has the primary goal of injuring another person or player e.g., response to provocation, high emotional arousal, usually spontaneous
- **Instrumental aggression:** Has intent to harm another but with the superordinate goal to achieve an outcome that is beneficial to the player or the team e.g., planned or calculated aggressive acts.

### Factors Influencing Aggression

#### Gender

- Men are more likely to engage in aggressive behaviour
- Men are also more likely to display aggressive attitudes and beliefs This may be due to:
- Elevated levels of androgens (e.g., testosterone)
- Evolutionary benefit to aggression in terms of status and dominance
- Socialisation of aggressive tendencies during development
- Majority of aggressive acts in sport are committed by men and it is more endorsed by men
- Young girls tend to express higher levels of moral behaviour in sport and rate such behaviours as more virtuous
- Females do endorse aggressive behaviours if the group norm endorses it
- Females are much less likely to engage in verbal and physical aggressive behaviour than men
- BUT are equally likely to engage in verbal assault as men

#### Morality Issues

- Social identity theory states that people in groups tend to forgo their personal attitudes and beliefs and assume those of the group - they adhere to the group norm and become 'de-individualized'
- Sports players in teams can adopt a 'bracketed morality' in which the "usual moral obligation to equally consider the need and desires of all persons is suspended"
- In the group aggressive acts can therefore be tolerated or condoned if the norm permits it.
- Canoeing players gave fewer prosocial and more egocentric reasons to moral dilemmas in sport.

#### Arousal

- Arousal is heightened with physical exertion and remains elevated for a while thereafter
- Evidence suggests that such arousal may be misinterpreted as anger or frustration
- Feelings of anger may be elevated in intense sports and, if the group norm legitimises it, may be expressed as

aggression

### Hormones and Steroid Abuse

- One side effect of misuse of steroids for performance enhancement is aggressive behaviour
- There is a clear link between aggressive behaviour and steroid abuse
- This is particularly the case if the steroid mimics the androgen testosterone, which itself is linked with aggression
- Likely to be a small contributing factor but may interact with situational factors result in aggressive behaviour in sport.

### Theory of Aggression Psychology and Sport

#### 1. Frustration-Aggression Hypothesis

Aggression the product of an 'anger response' to the frustration of goals and desires Aggression directed to perceived source of frustration e.g. hockey player's aim of scoring goals is frustrated due to lack of service from her wing-players but also marked out of the game by opponents - may lead her to assault the marking defender out of frustration. However, competitive environs lead to lots of frustration but seldom is that expressed in terms of aggression.

#### 2. Social Learning Theory (Bandura, 1977, 1997)

Connelly (1988) suggests that modeling aggressive behaviours may help non-assertive players. But these need to be checked with distinctions between legitimate, goal-directed and assertive behaviours and aggressive behaviours (c.f. Silva's (1980) model). Modeling may therefore help coaches enhance the assertiveness of players, but should be used in conjunction with education and information on the distinction between aggressive and assertive behaviours.

#### 3. Personality and Individual Differences

- Little evidence that one single personality trait that characterises an 'aggressive personality' Agreeableness consistently and negatively linked with aggression Agreeableness: personality dimension linked to maintaining positive and harmonious social relationships.
- Type 'A' personalities: Highly competitive, driven, extrovert individuals.
  - Type 'A' personalities tend to be attracted to sport.
  - Some evidence type 'A' is related to displays of aggression and hostility in competitive situations.
  - Situational factors (e.g., competitive or frustrating environment) may interact with personality factors like type 'A' to foster aggressive behaviour
  - But in many sports (e.g., dancing) no extrovert or aggressive behaviours are observed as emotionality and aggressive displays are perceived as signs of weakness (group norm).
  - Personality effects criticized as they tend to downplay the situation
  - Social cognitive variables such as group norms, group cohesion and self-efficacy can mitigate personality effects.

### Materials and Methods

In order to achieve the aim of the present study forty (40) male students of S.P. Pune University, for the year 2016-2017, 2017-18, were randomly selected as subjects for the present study. From the forty (40) subjects, twenty (20)

subjects were Handball players and remaining twenty (20) subjects were canoeing players. The subject's age ranged from 18-25 years.

To assess the aggression, sports aggression inventory developed by Anand Kumar and Prem Shankar Shukla was used. 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.

In order to compare the mean of Handball players and canoeing players in relation to aggression, mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels.

### Results and Discussion

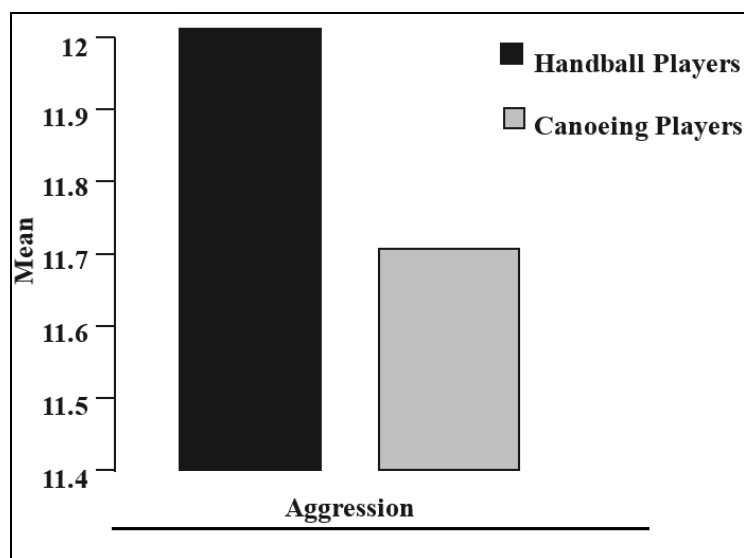
The findings with regard to the present study have been presented in Table 1. Further the Graphical Representation also presented in Figure 1

**Table 1:** Mean Comparison of Aggression between Handball and Canoeing Players

| Variable   | Group Mean       |                  | Mean Difference | Std. Deviation Difference | t     |
|------------|------------------|------------------|-----------------|---------------------------|-------|
|            | Handball Players | Canoeing Players |                 |                           |       |
| Aggression | 12,000           | 11,600           | .400            | 2.112                     | 0.847 |

\* Significant at 0.05 level of confidence.

$t_{.05} (38) = 2.021$



**Fig 1:** Graphical Representation in Aggression between Handball and Canoeing Players

The above Table reveals that insignificant difference was found in Aggression, as the calculated value of 't' = .847 was less than the tabulated  $t (38) = 2.021$ , thus, data provides insignificant evidence to ensure that the mean of aggression of the Handball and Canoeing player of S.P. Pune University, Pune, Maharashtra.

### Conclusions and Recommendations

The findings of the present study revealed that there was statistically insignificant difference in aggression between Handball and Canoeing University players of S.P. Pune University, Pune. Both the Handball and Canoeing Players of S.P. Pune University, Pune, were similar to Aggression.

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