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## A comparative study on level of Aggression among the male University players of hockey, football and basketball

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### Abstract

This research study is aimed at to know and compare the level of aggression among the male university players. These players compete in three different sports. i.e Hockey, football and Basketball. The athletes selected for the study have participated on various level university competitions. An aggression questionnaire in which three subscale of aggression including Hostile, Instrumental and General aggression had been used. The questionnaire has been designed by Buss and Perry (1992). This questionnaire consist of 5 point scale. Anger, verbal aggression, physical aggression and Hostility are the variable of this questionnaire. All athletes had to answer the questions with a 4 point scale to compare the level of aggression. The level of significance was set at 0.05 level.

**Keywords:** Aggression, anger, hostility, verbal, physical. Team sports, hockey, football and basketball

### Introduction

It has been said that sports and games are biggest source of stress buster. Many time during the time of stress and anger people get involved them sleve in sports or any other physical activity so that they can remove burst the stress. But is it really true or it is just a myth cause it has been observed many time when any player also face psychological traits like anger, frustration and aggression. In the condition of aggression some time player misbehave physically, mentally and emotionally.

In a player's career they will come across a number of high-pressured situations where they will have to deal with many stressors. These can range from personal stressors such as worry and anxiety, anger to situational stressors such as team-related problems. (Gould, D, Jackson, S& Finch L, 1993) [5]. As far as aggression is concerned, in sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behaviour directed toward the goal of harming of injuring another live being who is motivated to avoid such treatment" (Baron, R.A & Richardson, D.R, 1994) [1]. Most people view aggression as a negative psychological characteristic, however some sport psychologists agree that aggression can improve performance. (Widmeyer, W.N & Brich, J.S., 1984) [7]. this is called an assertive behaviour. (Bredemieier, 1994).

It is no secret that sports can be physical, but there is a big difference between aggressions used within the rules of the game, versus aggression used specifically to take an opponent out of the game. Healthy aggression can help a team out-physical an opponent, generate crowd enthusiasm, and create anxiety within the minds of the opponent. Unhealthy aggression does the opposite in that it leads to penalties, suspensions, unnecessary injuries, and possibly legal consequences. Knowing the difference between these types of aggression is paramount to a healthy, fun, and safe sport experience for athletes. Where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent. In sport, aggression has been defined into two categories: hostile aggression and instrumental aggression. (Silva, 1983) [6]. Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is achieve a goal by using aggression. For example a rugby player using aggression to tackle his opponent to win the ball.

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The player is not using his aggression to hurt the opponent but rather to win the ball back conducted a study looking at aggression in high-level sport. They found that experienced athletes used more instrumental aggression in which they used to their advantage and that hostile aggression was less frequently used. Experienced athletes used self-control to help them with their aggression. (Coulomb, G & Pfister, R., 1998) [4].

There is a fine line between appropriate and inappropriate aggression in sports, making this an important topic for parents, coaches, and student athletes to fully understand. A big part of sportsmanship is playing by the rules and ensuring the safety of all athletes, making the lessons on sports aggression that much more important for everyone involved.

**Objective of the study**

The purpose of this study is to know the level of aggression among the university level players of Hockey, Football and Volley ball. Also the various type of aggression like hostile and instrument in different games mentioned above.

**Methodology**

The selections of subjects for the purpose of this study sixty players were randomly selected from the various colleges and university who have participated at the various competition at university level. They are practicing at various colleges and others places in New Delhi. Twenty players were selected from each games. I.e Hockey, football and Basketball. The ages of the players were between 18 and 25 years.

**Variables**

The Independent variable selected were the questionnaire of aggression that had to fill by the players of Hockey, football and Basketball. This research is based on the answers given by athletes. The independent variable of aggression traits measured such as- physical aggression, Verbal aggression, anger and Hostility.

**Criterion measures/tools administration**

To assess the aggression level of different sports players, the personality trait aggression has been as variable. To measure the level of aggression with the help of Buss and Perry questionnaire (1992) BPAQ, which was constructed and developed by psychologists A.H. Buss and M Perry in 1992. The Aggression Questionnaire is one of the most used instruments to assess aggression; it includes 29 items grouped into 4 factors. In this study, examining and positive models were evaluated among a sample of adolescents from the various colleges and centre of Delhi and study in various colleges (N =60). Participants were asked to rate each item using a 5-point Likert-type scale (1 = uncharacteristic of me, 5 = very characteristic of me). The questionnaire was taken collectively in each course during a normal day. In general, internal consistency was acceptable. Implications and limitations are discussed. The design of study was a survey type of research design applied on competitive players. The survey for the purpose of this study has been done at various colleges and others training centres and competitions. All the 60 players, who have been selected as subjects were asked to fill the selected questionnaire. (Buss & Perry, 1992) [3].

**Collection of Data**

The data had been collected by selected variables with the help of standardized questionnaire to measure personality traits aggression from college and inter-university players

participating in various competition in Hockey, Football and Basketball. Buss and Perry questionnaire (BPAQ) is distributed among the players to fill it. No time limit has been fixe. Players are told to answer the questions with honesty and without taking any pressure with open mind.

**Statistical Analysis**

To study and compare the level of personality trait aggression of different level of players of Hockey, Football and Basketball. All the players have participated in various level of university sports competition in above mentioned games. The normal score of BPAQ filled lilled by plyers of Hockey, football and Basketball. The descriptive statistics like mean, standard deviation was also calculated. To compare the level of aggression the ANOVA test” is applied. The level of significant is set at 0.05 level.

**Results**

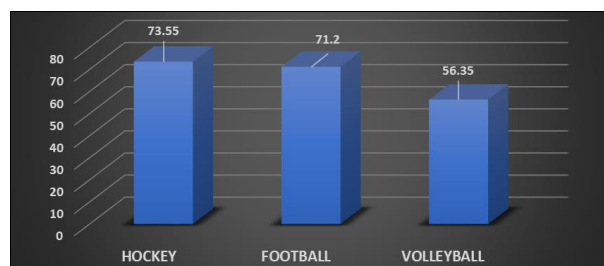
**Table 1:** (Descriptive Statistic) Aggression95% Confidence Interval for Mean Min.

Player	N	Mean	Std. deviation	St. Error	Lower Bound	Upper Bound	Min.	Max.
Hockey	20	73.5500	4.97864	1.11326	71.2199	75.8801	62.00	83.00
Football	20	71.2000	5.33706	1.19340	68.7022	73.6978	63.00	81.00
Basketball	20	56.3500	3.09966	.69311	54.8993	57.8007	50.00	62.00
Total	60	67.0333	8.90052	1.14905	64.7341	69.3326	50.00	83.00

**Findings**

Table-1shows the mean score of the aggression level of different players. The mean value found higher is 73.5500 in hockey category and lower in 56.0333 which is found in Basketball category. The standard deviation value is found higher in football (5.33706) and the deviation value found lower in Basketball (3.09966).

**Graphical Presentation**



**Fig 1:** Mean value

**Table 2:** ANOVA TEST

	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	3479.233	2	1739.617	82.998	.000
Within Groups	1194.700	57	20.960		
Total	4673.933	59			

**Finding**

Table, 2- This table showed the result of ANOVA test, analysed through SPSS- 22 version. This analysed score P value (.000) is highly significant and less than the significant level 0.05. Which means there is highly significant differences between the groups but as far as within the groups is concerned it is not found significant. Degree of freedom in between the group only 2 on the other hand within the group is 57. The higher the degrees of freedom, the lower the threshold for a significant result.

**Table 3:** Post hoc test Multiple Comparisons Dependent variable-Aggression LSD 95% Confidence Interval

I-Game	J- Game	Mean Difference (I-J)	Std. Error	Sig.	Lower Bound	Upper Bound
Hockey	Football	2.35000	1.44774	.110	-.5491	5.2491
	Volley ball	17.20000	1.44774	.000	14.3009	20.0991
Football	Hockey	-2.35000	1.44774	.110	-5.2491	.5491
	Basketball	14.85000*	1.44774	.000	11.9509	17.7491
Basketball	Hockey	-17.20000*	1.44774	.000	-20.0991	-14.3009
	Football	-14.85000*	1.44774	.000	-17.7491	-11.9509

### Findings

The post hoc test is a tests are used to uncover specific differences between three or more group means when an analysis of variance (ANOVA) F test is significant. Here in this table the result found significant differences on the level of aggression between Hockey and Basketball (0.000) and also volley ball and football (0.000). There is no significant differences in the level of aggression between Hockey and football as the result revealed in the table.

As far as Physical aggression is concerned Football players are more aggressive in comparison of other two games. Basketball players have more higher in verbal aggression level in comparison of football and Hockey players. On the basis of collected data it has been found that Hockey players have higher level of anger. Hostility is the variable where all the players don't have any differences

### Conclusion

This study was based on to compare the level of aggression of various games player like Hockey, football and Basketball. Also to test the aggression level in terms of Physical aggression, Verbal aggression, anger and Hostility of various games player like Hockey, football and Basketball. The aggression questionnaire designed by Buss A. and Perry M. filled players of mentioned games was used to collect the data. Dependent variable was Aggression. "ANOVA" test was applied to compare the aggression level as Statistical tool. L Keeping in mind the score and analysis of the collected data of hockey, football and Basketball players. Highl significant differences were found between Hockey and volley and football and Basketball in terms of aggression. No significant difference found in Hockey and football. Players of both the games have equal level of aggression.

As far as Physical aggression is concerned Football players are more aggressive in comparison of other two games. Basketball players have more higher in verbal aggression level in comparison of football and Hockey players. On the basis of collected data it has been found that Hockey players have higher level of anger. Hostility is the variable where all the players don't have any differences all the players are very much friendly whether they were on the filed or out of the field.

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