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Ritika Dubey
Research Scholar, Devi Ahilya
University Indore, Madhya
Pradesh, India

Dr. Vijay Francis Peter
Associate Professor, Devi
Ahilya University Indore,
Madhya Pradesh, India

Assessment of aggression between male and female hockey players of Indore

Ritika Dubey and Dr. Vijay Francis Peter

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Abstract

The word Aggression comes from the Latin word Aggression “ad (to or towards) and grader (walk) literally them the word means to “to walk towards or approach” to move against or to move with intent to hurt or harm. Most psychologist describe in terms of behaviour. Aggressive behaviour is associated with destructive acts. The purpose of the study was to Assessment of Aggression between male and female Hockey players of Indore Division. The subjects selected for this study were 25female Hockey players from Indore Division and 25 male Hockey players from Indore division. The age of the subject was range between 18 to 25 years. The Aggression of players of Indore Division was measured through AGGRESSION QUESTIONNAIRE by ANAND KUMAR AND P.S. SHUKLA. The score of the subjects of female hockey players and male hockey players of Indore Division were analyzed by calculating the data applied to Descriptive Statistics Mean and Standard Deviation and T-test in order to find out the significance difference to compare between male and female hockey players of Indore Division The results have shown that there is No Significance Difference between male and female Hockey players of Indore Division in Aggression through AGGRESSION QUESTIONNAIRE. The selected level of significance as set at .05 levels. After applying the t-test it was observed that there was No Significance difference in Aggression.

Keywords: Psychology, aggression, hockey

Introduction

In modern competitive sports, psychological preparation of an athlete or a team is as important as technique of the different skills of the game on specific lines. In modern competitive sports the athletes and team are prepared not only to play the game, but also to win the game and for winning the game it is not only the proficiency in the skills which bring victory but more important is the mental preparation, the spirit and the attitude of the athlete which they play and perform in the competition. Modern competitive sports of today demands more emphasis on the training of psychological aspects of sport. The high level performance seen in competitive sports is nothing but a perfect optimum harmonious relationship between one's psychological preparedness and technical preparation. It is believed that superior athletic performance has benefited from knowledge about physiology and biomechanics of human motor activity. However, many coaches and psychologists throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameter of human personality. It is believed that superior athletic performance has benefited from knowledge about the physiology and biomechanics of human motor activity. However, many coaches and psychologists throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameter of human personality. Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athlete to perform more proficiency. This psychological aspects of sports is gaining much attention among sports administrators. Hockey is a sport in which two teams play against each other by trying to manoeuvre a ball or a puck into the opponent's goal using a hockey stick. There are many types of hockey such as bandy, field hockey, ice hockey and rink hockey. Games played with curved sticks and a ball can be found in the histories of many cultures. In Egypt, 4000-year-old carvings feature teams with sticks and a projectile, hurling dates to before 1272 BC in Ireland, and there is a depiction from approximately 600 BC in Ancient Greece. In Inner Mongolia, the Daur people have been playing beikou, a game similar to modern field hockey, for about 1,000

Corresponding Author:
Ritika Dubey
Research Scholar, Devi Ahilya
University Indore, Madhya
Pradesh, India

years. Most evidence of hockey-like games during the Middle Ages is found in legislation concerning sports and games. The Galway Statute enacted in Ireland in 1527 banned certain types of ball games, including games using "hooked" sticks. The roots of hockey are buried deep in antiquity. Historical records show that a crude form of the game was played in Egypt 4,000 years ago and in Ethiopia around 1,000BC, whilst an ancient form of the game was also played in Iran in around 2,000BC. Various museums offer evidence that a form of the game was played by the Romans and Greeks as well as by the Aztecs several centuries before Columbus arrived in the New World. The modern game of hockey emerged in England in the mid-18th century and is largely attributed to the growth of public schools, such as Eton. The first Hockey Association was formed in the UK in 1876 and drew up the first formal set of rules. The original association survived for just six years but, in 1886, it was revived by nine founding member clubs. It is form of overall behavior intended to harm a living person either physically or psychologically. It includes physical attack and verbal abuse. Aggression may be defined as the infliction of an oversize stimulus physical, verbal or gesture upon one person by another. Aggression is not an attitude but behaviour and most critically it is rejected as the act committed with the attentions to injure. The definition of aggression is by athletes, coaches and spectators as physically hitting another individual and verbal abuse. Aggression has long been a part of sports. Outside of the war time, sports perhaps the only setting in act of interpersonal aggression are not only tolerated but enthusiastically applauded by a large segment of society. Sports would serve as a suitable vehicle for example, whereas war would not. In fact Lorenz advocates that sport ought to be a substitute for war. In other words, because all competitive sports situations hold some degree of hostility between opponents, participants in them allow aggression to be dissipated in an acceptable manner. Winning has become an essential part of sport, and increased professionalism breeds atmosphere of "WINNING AT ANY COST". The traditional cause of sports engagement such as fun and fair play. Subsequently, research has shown that when athlete place a strong emphasis on beating others (in contrast to focusing on personal associated with the injuries that often accompany aggressive acts call in to a question such short term game. Improvement and their own performance) they are more likely to endorse heating and perceive intentionally injuries act as more acceptable. Unfortunately, some coaches and athlete take this state of affairs that extreme and suggest that the use of aggression is necessary in order to win. Although there is some suggestion in the literature that

aggression can lead to winning the human and monetary coasts Moreover, when an athlete is frustrated and focused on inflicting harm to others he or she is not concentrating on the task at hand and thus cannot perform optimally. The heightened state of arousal that usually is coupled with frustration should also result in performance improvement.

Methodology

Study Participants

25 female and 25 male hockey players from Indore Division were considered for the study. Their age ranged between 18 to 25 years.

Study Organization

The data was collected on 25 male and 25 female hockey players who acted as subject. The data of the subjects was obtained by administrating. sports aggression inventory. The score was obtained by using the key as suggested by Anand Kumar/ Prem Shankar shukla for aggression.

Sports aggression inventory consists of 25 items in which 13 items are 'YES' and a rest of 12 are keyed 'NO'. The statement which are keyed yes are 1,4,5,6,9, 12, 14, 16, 18, 21, 22, 24 and 25 the statement which are keyed No are 2, 3, 7,8,10, 11, 13, 15, 17, 19, 20 and 23.

The sample question of questionnaire are

1. I believe in aggressive playing YES NO
2. I never loose temper while playing YES NO
3. I never loose temper even if Spectators hoot me YES NO

Statical Analysis

The statical method for assessing the aggression between male and female hockey players was the T-test. For descriptive statics, mean and standard deviation were taken. The level on significance was set at 0.05.

Findings

Table 1: Below the table which depicts the mean and standard deviation of female hockey players

Variable	Mean	Stand. Deviation
Aggression	9.12	2.7586

Table 2: Below the table which depicts the mean and standard deviation of male hockey players

Variable	Mean	Stand. deviation
Aggression	10.32	3.023

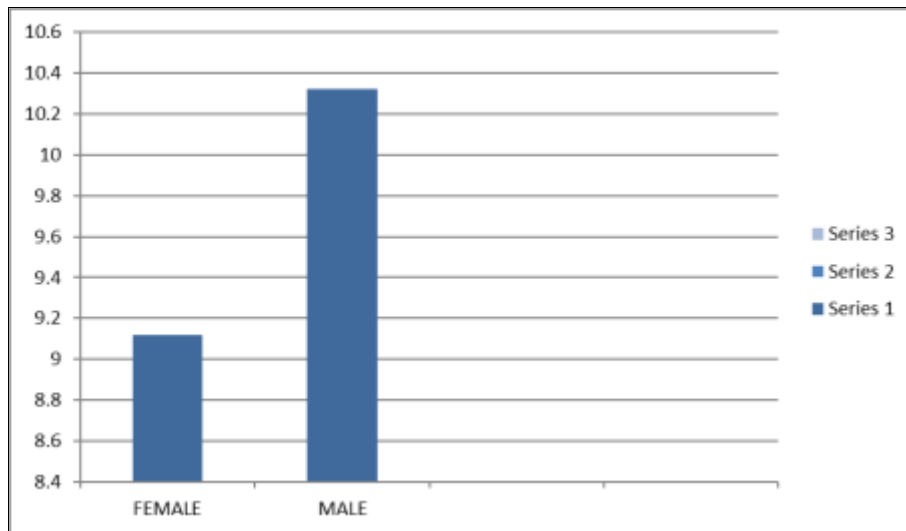
Table 3: The data was analyzed by 'T' test. The significance of mean difference found between score obtain on aggression by the subject of male and female is presented

Variable	Mean Female male	Stand. Dev. Female male	Mean Diff.	T Ratio		
Aggression	9.12	10.32	2.7586	3.023	1.2	0.1492

Tab. Value at 48 D.F.= 2.021

Table-1 reveals that female hockey players were having mean and SD (9.12+2.758) and table-2 reveals that male Hockey players were having mean and S.D. (10.32+3.023). Table-3 reveals that male hockey players were having greater mean in comparison to female hockey players. There

was no significant difference found between male and female hockey players because the calculated value 0.1492 value is smaller than the Tabulated value (2.021) at 48 D.F. At 0.05 level of significance.



* Significance at .05 level.

Fig 1: Tabulated "t" at .05 level with df 48 for two tailed test= 2.021

Discussion of Findings

The findings of the study clearly indicated that there is no significant difference of aggression between male and female Hockey players. Male players and female players showed similar level of aggression in their sports. The reason may be the fact that as the competition level increases the motivation and arousal level of players also increases which results in higher level of aggression. Since players are selected from a bigger lot they may have been selected due to their level of aggression towards their sports. Jack Gaitler a renowned psychologist has often said "Aggressive Athlete seems to be desirable athlete".

The higher level of aggression in Male players may be due to the fact that as the level of competitions increases the anxiety level of the player tends to increase. Research studies had shown earlier that anxiety is directly related with aggression. Male players may have taken the competition very seriously and are originally Hockey players.

All team plays for win but winner is only seen, hence competition can be frustrating particularly when we lose. But even in undecided net frustration can arise from anxiety of anticipating possibly defeat and the demand upon one's behavior created by the competition conditions results in the higher level of aggressions or anger produced by frustrating situation.

Conclusion

On the basis of the result obtained it is concluded that there is no significant difference between of two groups' i.e. male and female Hockey players. The aggression level is found similar in male and female players. Present study concludes that as the competition level increases, level of aggression also increases

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