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**Psychological Factors on Sports persons of Different sports Discipline****Divakar Vishwanath Ruikar,**Research scholar,  
Rashtrasant Tukadoji Maharaj Nagpur University,  
Nagpur.**Abstract**

*The aim of the study was to find out the of Psychological Factors, on Sports person's Ability. For the present study total 200 sports persons from four sports discipline namely Football, Cricket kabaddi and Kho- Kho were randomly selected for present study of which fifty players for each group sports person. The data was collected from the colleges and club from Nagpur District. Aggression and Frustration were selected as psychological factors. The aggression and frustration measure by the questionnaire prepared by M.K. Sultania and B.M. Dixit & D.N. Srivastava respectively .The result reveals that significant difference was found among the Kho-Kho, Kabaddi, Cricket and Football players with respect to their aggression. The football and kabaddi players were found to have got more aggressive as compare than Kho-Kho and cricket players. While comparing frustration the findings of the study shows that significant difference was found among the Kho-Kho, Kabaddi, and Cricket and Football players. Football and kabaddi players incur significantly less frustrated a compared than Kho-Kho and Kabaddi players.*

**Introduction :-**

Kho-Kho, Kabaddi, Cricket and Football are popular sports across the India; Psychological skills play an important role in Kho-Kho, Kabaddi, Cricket and Football performance. Sport specialists agree that athletic performance is influenced not only by physical skills but also by psychological ones. In order to achieve peak performance athletes need a “total package” including physical skills, psychological skills, fitness and injury prevention Athletic performance could also be influenced by team or coaching variables and social support issues .

Terry and Jackson (1985) defined aggression in sport as: ‘harm-inducing behavior bearing no direct relationship to the competitive goals of sport, and relates, therefore, to incidents of uncontrolled aggression outside the rules of sport, rather than highly competitive

behavior within the rule boundaries Aggressive and violent actions which might be illegal outside sport, or in supposedly non-contact sports like Basketball, Football, Cricket, etc

The word frustration is one of the many psychological concepts originating in everyday speech that is all too susceptible to radically different meanings. Even psychologists have used the term in many different ways, sometimes referring to an external instigating condition and sometimes to the organism's reaction to this event. 3 Amsel's (1958) discussion of frustrative non reward used this latter usage, whereas Dollard and his colleagues were careful to speak of frustrations only in the former sense, as external occurrences. For them, a frustration was "an interference with the occurrence of an instigated goal-response at it s proper time in the behavior sequence" (Dollard et al., 1939, p. 7). It is important to spell out just what is involved in this definition, because a truly adequate test of the Yale group's thesis obviously requires establishing what they regarded as a frustration. Dollard et al. (1939) started their monograph with a sweeping generalization as their core assumption: "Aggression is always a consequence of frustration" (p. 1). This statement means, they were quick to note, that (a) "the occurrence of aggressive behavior always presupposes the existence of frustration" and (b) "the existence of frustration always leads to some form of aggression" (Dollard et al., 1939,). Before one can examine these ideas, however, it is necessary to understand how the Yale group defined the terms frustration and aggression.

### **Methodology**

In this section, the following procedures have been described.

### **Selection of Subject**

For the present study total 200 sports persons from four sports discipline namely Football, Cricket kabaddi and Kho- Kho were randomly selected for present study of which fifty players for each group sports person. The data was collected from the colleges and club from Nagpur District.

### **Measure of Psychological factors**

The Psychological factors were measured through two questionnaires are as :

**Aggression:** For measure the aggression of sports person the inventory was prepared by M.K. Sultana. It consists of 67 items of 8 sub-tests. The sub test are (i) Assault (ii) Indirect Aggression (iii) Irritability (iv) Negativism (v) Resentment (vi) Suspicion (vii) Verbal Aggression (viii) Guilt.



**Frustration:**

Frustration measure by the questionnaire prepared by B.M. Dixit & D.N. Srivastava. It consists of 40 items of 4 sub-tests. The sub tests are Aggression (ii) Resignation (iii) Fixation (iv) Regression.

**Data Collection**

The data was collected to the colleges and club from Nagpur District by using questionnaires of aggression and frustration from 200 sports persons of four sports discipline namely Football, Cricket kabaddi and Kho- Kho of which fifty players for each group sports person. The subjects were requested to give exact information about their families and the confidentiality was assured.

**Research design**

The research design refers to “the researcher’s overall plan for testing the research hypotheses”. This study involves a cross sectional, comparative study of four sports discipline. The research design of the study is to descriptive research design.

**Data processing:**

Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, F-test, was considered statistically technique throughout the study. The level of significant was set-up at 0.05 level.

**Results and Discussion**

The results of the present study are presented in Table I and 2.

**Table – 1**

**Statistical comparison of aggression of sports person**

| Sr. No. | Psychological factors | Source of Variance | F-ratios |
|---------|-----------------------|--------------------|----------|
| 1.      | Assault               | Between groups     | 4.50*    |
|         |                       | Within groups      |          |
| 2.      | Indirect Aggression   | Between groups     | 3.80 *   |
|         |                       | Within groups      |          |
| 3.      | Irritability          | Between groups     | 5.82*    |
|         |                       | Within groups      |          |
| 4.      | Negativism            | Between groups     | 5.17*    |
|         |                       | Within groups      |          |
| 5.      | Resentment            | Between groups     | 6.80*    |
|         |                       | Within groups      |          |
| 6.      | Suspicion             | Between groups     | 4.56*    |
|         |                       | Within groups      |          |
| 7.      | Verbal Aggression     | Between groups     | 5.78*    |
|         |                       | Within groups      |          |
| 8.      | Guilt.                | Between groups     | 5.12*    |
|         |                       | Within groups      |          |
|         | Aggression            | Between groups     | 26.30*   |
|         |                       | Within groups      |          |

\* Significant at .05 level

Table-1 shows the statistical comparison of psychological factors of sportsperson of four sports discipline namely Kabaddi, Kho-Kho and Cricket and football players.

**Table – 2**

**Statistical comparison of frustration of sports person.**

| Sr. No. | Psychological factors | Source of Variance | F-ratios |
|---------|-----------------------|--------------------|----------|
| 1.      | Aggression            | Between groups     | 30.67*   |
|         |                       | Within groups      |          |
| 2.      | Resignation           | Between groups     | 32.56*   |
|         |                       | Within groups      |          |
| 3.      | Fixation              | Between groups     | 34.89*   |
|         |                       | Within groups      |          |
| 4.      | Regression            | Between groups     | 30.66*   |
|         |                       | Within groups      |          |
|         | Frustration           | Between groups     | 126.40*  |
|         |                       | Within groups      |          |

\* Significant at .05 level

Table-2 shows the statistical comparison of psychological factors of sportsperson of four sports discipline namely Kabaddi, Kho-Kho and Cricket and football players.

### Discussion

The result given in Table 1 reveals that significant difference of aggression was found between sportsperson of four sports discipline ( $F=26.30, p<.05$ ). In order to find out the differences of Eight categories of aggression between sportsperson of four sports discipline; F-ratio was computed for each category separately. The result of the study reveals that there were significant difference were found in Assault ( $F= 4.50, P<.05$ ), Indirect Aggression ( $F =3.80, P<.05$ ), Irritability ( $F =5.82, P<.05$ ), Negativism( $F =5.17, P<.05$ ) Resentment ( $F = 6.80, P<.05$ ), Suspicion ( $F =4.56, P<.05$ ), Verbal Aggression( $F =5.78, P<.05$ ), and Guilt ( $F =5.12, P<.05$ ), among sportsperson of four sports discipline. The result given in Table 2 reveals that significant difference of frustration was found between sportsperson of four sports discipline ( $F=126.40, p<.05$ ). In order to find out the differences of Four categories of frustration between sportsperson of four sports discipline; F-ratio was computed for each category separately. The result of the study reveals that significant differences were found in Aggression ( $F= 3.70, P<.05$ ) Resignation ( $F= 32.56, P<.05$ ), Fixation ( $F= 34.89, P<.05$ ), and Regression ( $F= 9.82, P<.05$ ) among sportsperson of four sports discipline.

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