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" A comparative study of inter university & inter collegiate Kho Kho players with respect to aggression & loneliness"

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Abstract:

A study was conducted in Dr. Babasaheb Ambedkar Marathwada University, Aurangabad which is under preview of Marathwada Region. A well structured questionire showing A comparative study of inter university & inter collegiate Kho Kho players with respect to aggression & loneliness from 2012-2015. Total eighty players have been interviewed.

Findings: The analyzed data have been processed with the help of aggression & loneliness in Kho-Kho players & presented below.

Being aggressive often means being physical or showing force, but it is equally powerful as an adjective reflecting a forceful determination to get something done. An aggressive football player may tackle everyone in sight to get a win, while a driven student might tackle a project or problem head-on with aggressive determination to improve their grade. Aggressive comes from the Latin aggress-,"attack," and being aggressive shows an intention to attack bodily, mentally, or verbally whatever gets in the way.

Aggression can be either physical or verbal, and behavior is classified as aggression even if it does not actually succeed in causing harm or pain.Behavior that accidentally causes harm or pain is not aggression.Property damage and other destructive behavior may also fall under the definition of aggression.Aggression is not the same thing as assertiveness.Aggression is a perplexing phenomenon.Why are people motivated to hurt each other?

How does violence help organisms to survive and reproduce?

After two centuries of theories and technological advances, psychologists and other scientists have been able to look deeply into aggression's biological and evolutionary roots, as well as its consequences in society.

The area from which all emotion originates is the brain.While scientists continue to test various areas of the brain for their effects on aggression, two areas that directly regulate or affect aggression have been found.

The amygdala has been shown to be an area that causes aggression.Stimulation of the amygdala results in augmented aggressive behavior, while lesions of this area greatly reduce one's competitive drive and aggression.

Another area, the hypothalamus, is believed to serve a regulatory role in aggression.The hypothalamus has been shown to cause aggressive behavior when elect

People can experience loneliness for many reasons and many life events may cause it, like the lack of friendship relations during childhood and adolescence, or the physical absence of meaningful people around a person. At the same time, loneliness may be a symptom of another social or psychological problem, such as chronic depression.

Many people experience loneliness for the first time when they are left alone as infants. It is also a very common, though normally temporary, consequence of a breakup, divorce, or loss of any important long-term relationship. In these cases, it may stem both from the loss of a specific person and from the withdrawal from social circles caused by the event or the associated sadness.

The loss of a significant person in one's life will typically initiate a grief response; in this situation, one might feel lonely, even while in the company of others. Loneliness may also occur after the birth of a child (often expressed in postpartum depression), after marriage, or following any other socially disruptive event, such as moving from one's home town into an unfamiliar community leading to homesickness. Loneliness can occur within unstable marriages or other close relationshipsof a similar nature, in which feelings present may include anger or resentment, or in which the feeling of love cannot be given or received. Loneliness may represent a dysfunction of communication, and can also result from places with lowpopulation densities in which there are comparatively few people to interact with. Loneliness can also be seen as a social phenomenon, capable of spreading like a disease. When one person in a group begins to feel lonely, this feeling can spread to others, increasing everybody's risk for feelings of loneliness. People can feel lonely even when they're surrounded by other people.

A twin study found evidence that genetics account for approximately half of the measurable differences in loneliness among adults, which was similar to the heritability estimates found previously in children. These genes operate in a similar manner in males and females. The study found no common environmental contributions to adult loneliness.

Mental health

Loneliness has been linked with depression, and is thus a risk factor for suicide.Émile Durkheim has described loneliness, specifically the inability or unwillingness to live for others, i.e. for friendships or altruistic ideas, as the main reason for what he called egoistic suicide.In adults, loneliness is a major precipitant of depression and alcoholism. People who are socially isolated may report poorsleep quality, and thus have diminished restorative processes.Loneliness has also been linked with a Schizoid character type in which one may see the world differently and experience social alienation, described as the self in exile.[

In children, a lack of social connections is directly linked to several forms ofantisocial and self-destructive behavior, most notably hostile and delinquentbehavior. In both children and adults, loneliness often has a negative impact onlearning and memory. Its disruption of sleep patterns can have a significant impact on the ability to function in everyday life.

Physical health

Chronic loneliness can be a serious, life-threatening health condition. It has been found to be associated with an increased risk of stroke and cardiovascular disease. Loneliness shows an increased incidence of high blood pressure, high cholesterol, and obesity.[34]

Loneliness is shown to increase the concentration of cortisol levels in the body. Prolonged, high cortisol levels can cause anxiety, depression, digestive problems, heart disease, sleep problems and weight gain.

"Loneliness has been associated with impaired cellular immunity as reflected in lower natural killer (NK) cell activity and higher antibody titers to the Epstein Barr Virus and human herpes viruses".Because of impaired cellular immunity, loneliness among young adults shows vaccines, like the flu vaccine, to be less effective. Data from studies on loneliness and HIV positive men suggests loneliness increases disease progression.Physiological mechanisms link to poor health

There are a number of potential physiological mechanisms linking loneliness to poor health outcomes. In 2005, results from the American Framingham Heart Study demonstrated that lonely men had raised levels of Interleukin 6 (IL-6), a blood chemical linked to heart disease. A 2006 study conducted by the Center for Cognitive and Social Neuroscience at theUniversity of Chicago found loneliness can add thirty points to a blood pressure reading for adults over the age of fifty. Another finding, from a survey conducted by John Cacioppo from the University of Chicago, is that doctors report providing better medical care to patients who have a strong network of family and friends than they do to patients who are alone. Cacioppo states that loneliness impairs cognition and willpower, alters DNA transcription in immune cells, and leads over time to high blood pressure.aLoneliness also appears to affect viral reactivation; herpesviruses come in many forms (other than the more well known oral and genital forms), and once infected a person has the herpesvirus for the rest of their life. Lonelier people are more likely to show evidence of viral reactivation than less lonely people. Lonelier people also have stronger inflammatory responses to acute stress compared with less lonely people; inflammation is a well known risk factor for age-related diseases.

When someone feels left out of a situation, they feel excluded and one possible side effect is for their body temperature to decrease. When people feel excluded blood vessels at the periphery of the body may narrow, preserving core body heat. This class protective mechanism is known as vasoconstriction.