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## A Study on The Influence of Aggression on Sports Performance of Physical Education Students

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### Abstract:

*The study aims at assessing the influence of the psychological factor "Aggression" on the sports performance of physical education students studying B P Ed vs. M P Ed in the colleges of physical education affiliated to Acharya Nagarjuna University, Andhra Pradesh. The students undergoing training in Kabaddi, Kho-Kho, Athletics, Swimming, Cricket and Volleyball were taken as sample. The subjects were administered the "Aggression Questionnaire" designed by Smith (1979) to test Aggression. The scores in the questionnaire range from 4 to 20. Results showed that there is a significant no difference with respect to Aggression of Males vs. Females ( $p = 0.315$ ). in the case of Rural vs. Urban comparison ( $p = 0.001$ ) and High-performer vs. Low performer ( $p = 0.001$ ), there is a overwhelming difference. The study findings of 'Aggression' are part of an important psychological domain in sports. Hence, the sports people may undergo training in managing aggression for achieving better performance.*

**Key Words:** Aggression; Psychological parameters; Sports performance

### Introduction

Sports are an artistic transformation of the inherent fighting nature of mankind. Today, sports are the key to competition or medals. It has a wide influence on the country's social, political and patriotic fields. Therefore, the pressure on sportsmen and athletes has greatly increased, and the psychological parameters have a great influence on the performance of athletes and athletics. Dr. Pani (1980) has substantiated the fact "losing threatens sports where as winning strengthens it" by finding that the decrease in the intelligibility of kinesthetic sensations was more pertinent after defeat than the post - victory stage (Gurbaksh S. Sandhu, 1992).

The branch of sports psychology involves the study of how psychological factors affect performance, how participation in sport and exercise affect psychological and physical factors. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.

Human beings are capable of a wide range of behaviors. Aggressive behavior is quite visible in sport. On the one hand, they may show comparison and help others, while on the other; they may seek to harass others through aggressive actions. Of course, not all-aggressive behavior in sport is violent and destructive. In fact, many forms of aggressive behavior are accepted and even promoted. Often aggression is "part of the game". Aggression is a behavioral aspect, and not an attitude, nor emotion nor motive. Also, aggression is a directed or an intentional behavior. Accidental harm is not aggression but acts that are intended to injure others are aggression whether or not they are successful.

Most psychologists describe aggression in terms of behavior (J.M.Silva and R.S. Weinberg, 1984). Aggression has directional components. Some aggression is directed inward and in its extreme form, many culminate in self-destructive behaviors' including suicide (Bryant J. Cratty, 1989).



Research into the relationship between aggression and sport has taken three main routes. Some researchers have approached aggression in sport as a catharsis that allows for the release of aggressive impulses and reduces aggressive behavior in non-sport settings. Other investigators have examined the antecedents and consequences of aggression in sport, while still others have focused on the effects of aggressive behaviour on sport performance.

Aggression affects performances and other sport behaviors either immediately or over a period. Aggression influences our thoughts and feelings about the sport experience. It also influences how sport participants react to their own aggressive behaviors and aggressive behaviors of others. Aggression in sport has been found to be helpful at times if expressed by defensive players whose expressions of skill need not be precise. The present study tries to assess the impact of the aggression on the sports performance of the physical education students of various backgrounds.

### **Objectives of the Study:**

The present study aims at assessing the influence of Aggression of the players of MPPEd and BPED physical education students on the performance they exhibit in sports and games they play.

### **Hypotheses**

1. There is no significant difference between the Male and Female students of Physical Education with respect to the 'Aggression' they exhibit
2. There is no significant difference between the Rural and Urban students of Physical Education with respect to the 'Aggression' they express
3. There is no significant difference between the High Performer students and Low Performer students in sports and games with respect to the 'Aggression' they exhibit

### **Methodology**

The study was conducted on 100 sample of physical education students pursuing the courses M.P.Ed and BPED in affiliated colleges of Acharya Nagarjuna University, Andhra Pradesh. The sample size is 50 from each group. Each group consists of 25 male and 25 female students. They were administered 'Aggression Questionnaire' developed by Smith (1979).

### **Description of the Inventory and its method of Scoring**

Questionnaire/tool for assessing the psychological parameter aggression contains four statements with five levels of responses. It was administered to find out the specific type of aggressive behaviour in competitive sports and games. There was no right and wrong answer. The subjects were asked to choose and underline the options like either 'strongly disagree' for which 1 point is awarded, or on the other hand choosing 'strongly agree'. The average value was taken for four statements and recorded as the individual score. 5 points are awarded when the subject underlines or circles four which indicates the option 'strongly agree.'

### **Scoring**

This inventory is scored with the help of the scoring key given below. The range of score was from 4 to 20. The higher the score, the more aggressive the player is. The responses are scored as per the scoring key given with the inventory. The aggression of the player is higher if the score is higher. The scoring key is given below.



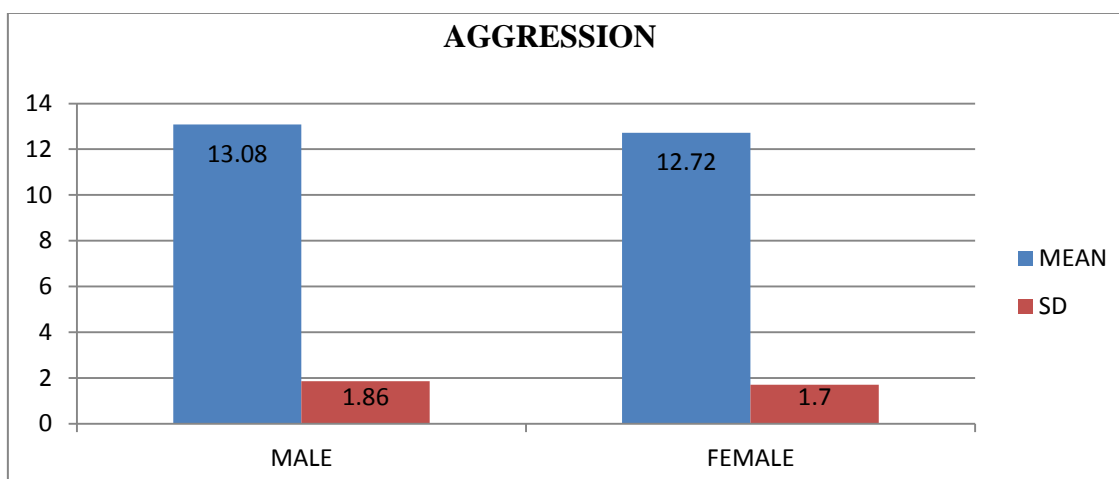
**Scoring Key**

S.No	Response	Score
1	Strongly disagree	1
2	Disagree	2
3	Undecided	3
4	Agree	4
5	Strongly agree	5

**Result & Discussion**

**1. Gender & Aggression**

Group Statistics										
		MALE	N	Mean	Std. Deviation	Std. Error Mean				
FEMALE		MALE	50	13.0800	1.86088	.26317				
		FEMALE	50	12.7200	1.70282	.24081				
Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
				F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
		Lower	Upper							
MALE / FEMALE	Equal variances assumed	.696	.406	1.009	98	.315	.36000	.35672	-.34790	1.06790
	Equal variances not assumed			1.009	97.238	.315	.36000	.35672	-.34797	1.06797



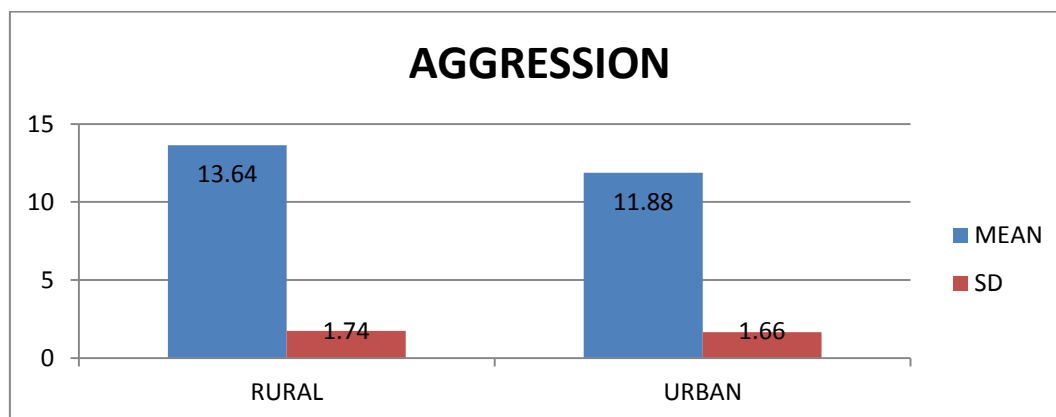
**Analysis of the Data:**

The data in the above tables show that the means (Male: 13.08 & Female - 12.72) of the male and female with respect to the psychological parameter, Aggression slightly differ with each other.



## 2. Locality & Aggression

Group Statistics										
	RURALURBAN	N	Mean	Std. Deviation	Std. Error Mean					
AGGRESSI ON	RURAL	50	13.6400	1.74683	.24704					
	URBAN	50	11.8800	2.26454	.32026					
Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig . (2- tail ed)	Mean Differ ence	Std. Error Differ ence	95% Confidence Interval of the Difference	
									Low er	Upp er
AGGRESS ION	Equal variances assumed	.050	.824	4. 35 1	98	.00 1	1.7600 0	.40446	.957 35	2.56 265
	Equal variances not assumed			4. 35 1	92. 06 5	.00 1	1.7600 0	.40446	.956 71	2.56 329



### Analysis of the Data:

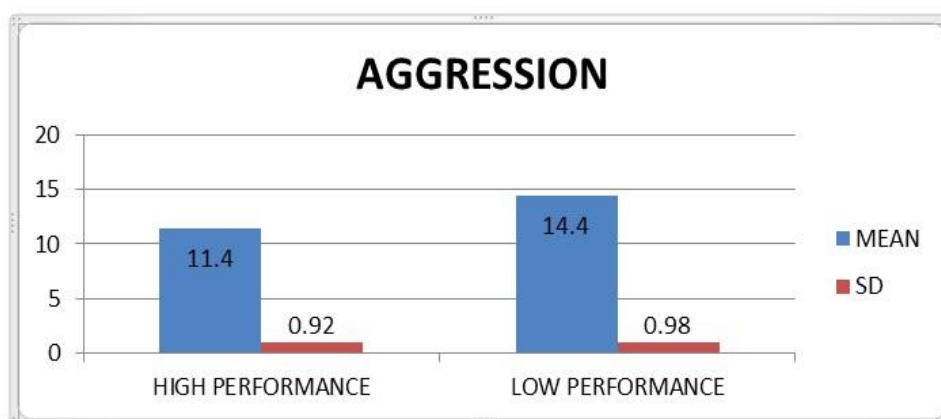
The means of the two groups differ somewhat significantly. The mean values for Rural and Urban groups are 13.64 and 11.88 respectively.

## 3. Sports Performance & Aggression

Group Statistics					
	HIGHLOWPERFORMANCE	N	Mean	Std. Deviation	Std. Error Mean
AGGRESSION	HIGH PERFORMANCE	50	11.4000	.92582	.13093
	LOW PERFORMANCE	50	14.4000	.98974	.13997



Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
AGGRESSION	Equal variances assumed	.503	.480	-15.652	98	.001	-3.00000	.19166	-3.38035	-2.61965
	Equal variances not assumed			-15.652	97.566	.001	-3.00000	.19166	-3.38037	-2.61963



#### Analysis of the data:

The means of the two groups differ seemingly significant. The mean values for High Performer and Low Performer groups are 11.4 and 14.4 respectively.

#### Discussion on the findings on Gender vs. Aggression:

Analysis of the data pertaining to the psychological parameter aggression shows no significant difference with respect to gender. The 'p' value obtained is 0.315 is well above the confidence level 0.05. Hence, the null hypothesis is retained/ accepted. The study shows that the dependent variable does not vary on the basis of the gender of the subjects. The findings of the study are in line with the study of **Amarjeet Singh (2018)** who concluded that insignificant difference exists between male and female inter-collegiate Handball players of Guru Nanak Dev University with respect to aggression. Similar findings were obtained by **Naseer and Singh (2013)** between aggression and mental toughness of the armed force sportsperson and civilian sportsman.

The results of the study also agree with the findings of **Khan, Ali & Ahmed (2015)** that compared the aggression and mental toughness among Indian universities basketball players and witnessed that there exists an insignificant difference in aggression and mental toughness between



men and women all India universities basketball players. The findings of the present study have also been in similarity with the findings of the study carried out by **Rahaman, Singh, Singh & Singh (2015)**. They compared sports aggression between male and female boxers of Punjabi University Patiala and reported the existence of insignificant difference between male and female boxers in relation to sports aggression.

**Discussion on the findings on Residential Area vs. Aggression:** As reflected in the difference between the mean values of the two groups with respect to the psychological parameter, Aggression, the 'p' value (0.001) of the t test shows the existence of significant difference between the group means. The 'p' value is lower than the level of significance 0.05. Hence the null hypothesis is rejected and the alternate hypothesis, which states that there exists a significant difference in the aggression levels of Rural and Urban physical education students, is accepted. **Praveen et al. (2013)** proved that rural Gujarat basketball Players has significantly high Aggression than urban Gujarat's basketball players. The results of the present study also confirm the same thing.

**Discussion on the findings on Performance vs. Aggression:** As the huge difference between the mean values of the two groups with respect to the psychological parameter, Aggression show in the numbers, the 'p' value (0.001) of the t test shows the existence of significant difference between the group means. The 'p' value is lower than the level of significance 0.05. Hence the null hypothesis is rejected and the alternate hypothesis, which states that there exists a significant difference in the aggression levels of High Performer and Low Performer physical education students, is hence accepted. The poorer a team is in the performance, more likelihood it will engage in aggression. The same results were obtained by Garcia et al (2017) which found that there was a role of negative effect on sports performance in ice hockey.

#### **Scope for further research:**

The female physical education students, urban and B.P.Ed students scored low in "Aggression Questionnaire (Smith, 1979) when compared to their male counterparts. The aspirant researcher may specifically concentrate the game specific influence of the "Aggression" to see if the psychological parameter "aggression" differentially influences the sports performance of different sports and games.

#### **Summary**

Effective self-regulation and management of "aggression" should be pursued through training. Teams which are able to effectively manage their 'aggression' would be more disciplined, commit less transgressions due to effective control and therefore ultimately perform better. The current study proved the high-performers, post-graduates with more age than their under-graduate counterparts and females over males show better aggression which could be exploited to achieve their objectives in games and sports.

#### **Conclusion:**

The study found that the aggression plays a crucial role in the performance of the sportspersons. The findings could help in devising strategies in managing the psychological parameter, aggression, and improve performance of the physical education students or players of various games and sports.

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