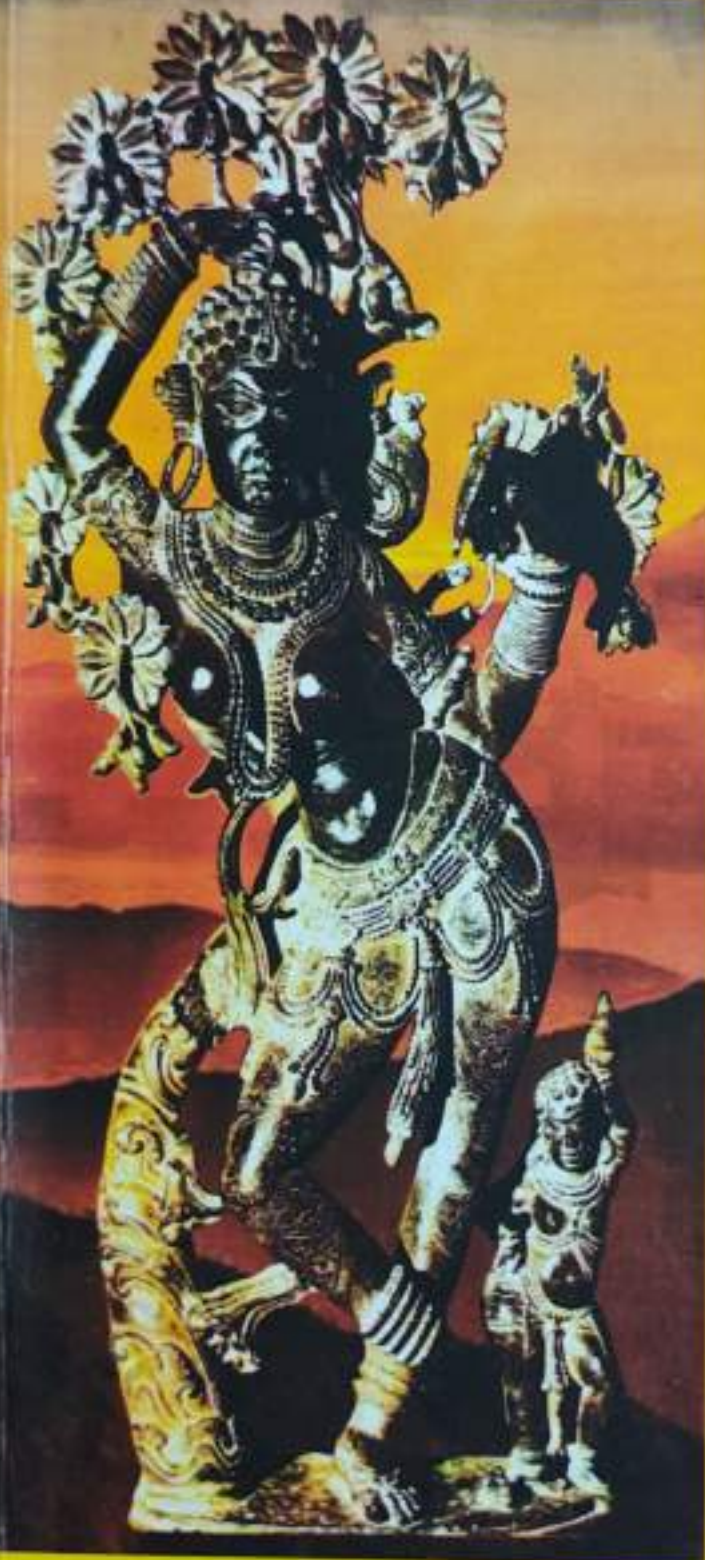


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कला एवं धर्म शोध संस्थान, लोक कल्याणकारी ट्रस्ट, वाराणसी

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Psychological Impact on Sports: A Methodical Study of Aggression on Performance among Intervarsity Basketball and Volleyball Players

★ Dr. Jaya Kumar K.

Abstract

The study resolves to compare and analyse the psychological variable aggression to the performance of intervarsity basketball and volleyball players. The subjects of the study were 384 university players in basketball and volleyball who participated in the All India intervarsity tournaments. Aggression is assessed through Sport Aggression Inventory by Anand Kumar & Prem Shankar Shukla. Both subjective rating by experts and video analysis were used for evaluating performance. Statistical techniques such as Descriptive Statistics, Pearson's Product Moment Correlation, t-ratio, One-Way ANOVA and Scheffe's post-hoc test were employed. The following were the results of the study: Aggression was found to be significantly negatively correlated to performance in basketball and volleyball players of both sexes, Male players had significantly higher aggression levels than female players and Basketball male players had higher aggression than basketball female and volleyball male players.

Key words:- Aggression, Hostile Aggression, Instrumental Aggression, Psychological Arousal, Performance

Introduction

Sport psychology, both as an academic discipline and an applied practice, enable us to know how the mind influences an athlete's performance in their chosen sport. Mental preparation prior to, throughout and after an athletic competition is very essential. Unlike sport physiology, sports biomechanics, biochemistry, etc., sport psychology deals with the unfamiliar and often mysterious nature of athletes. As many of the psychological skills are inherent controlling them under pressure and during extreme circumstances of uncertainty needs proper guidance and training. Various concepts of sport psychology are how athletes prefer to learn, realize their personality, attain the states of relaxation and concentration, learn to visualize a successful performance, understand to overcome their beliefs and develop high levels of self-awareness. Better performance can be attained by providing mental training along with physical training. The researchers in the field of sports psychology seek to develop new techniques and methods which facilitate the athletes to enter a competition with proper mindset ensuing better performance.

Though aggression is obvious in sport and physical activity all aggressive actions in sport are not violent. Aggression is often considered as a part of the game, since many forms of aggressive behaviours are accepted and even promoted. The literature on aggression differentiates instrumental aggression as aggressive behaviour committed to achieve a non-aggressive goal, from hostile aggression which usually involves anger and harm or injury as its primary goal. Much aggression in sport is instrumental as participants use aggressive behaviours to get the ball, score points or stop opponents (Danie L.Gill, 1986). Kaufman (1970) defined aggression as a behaviour directed against a living target. According to Lorenz (1966) the greatest value of sport is its provision to exhale the aggressive energy generated from the fighting instincts.

Husman and Silva (1984) also distinguish aggression from assertive behaviour. Diving into the stands for a basketball and looking for the 'kill' shot in volleyball are not aggression, because they do not involve intended harm. Instead, they are purposeful, goal directed assertive behaviours. Positive aggression to a great extent is essential for performers who strive for competitive success or make forceful and decisive plays. Aggression can be measured as a trait or a state where the earlier one refers to a relatively stable personality disposition, while the later is a transitory emotional condition characterized by consciously perceived feelings of aggression (Cox, 1994). Athletes are more likely to engage in aggression when they are physiologically aroused and their moral as well as ethical level of reasoning play a decisive role in the acts of aggression. The factors that stimulate aggression in sport are situation specific like environmental temperature, perception of victim's intent, fear of retaliation, structure of the game, point difference, playing matches at home or away, outcome of participation, period of play, opponent, etc. (Cox, 1994).

Sports such as Boxing, Rugby, Wrestling, Judo, Taekwondo, Wushu, etc. encourage the participants to be more physically aggressive, within the framework of rules and regulations, for excellent performance. But in sports like basketball, soccer, water polo, handball etc., the rules for physical aggression are marked by limited direct contact. Playing volleyball, tennis, badminton, etc. demand aggression through indirect means. Controlled aggression is a primary objective of many sports (Cratty, 1973). According to Volkamer (1971), sports team is a microscopic version of society itself, and thus contains the frustrations, rewards and interactions seen in social groups. Frustration resulting out of blocking various motives, such as achievement dominance, power, recognition, prestige, excellence, etc., lead to severe aggressive acts that might hamper the performance in sports. However scholarly discourses express both positive (Widmyer & Birch, 1984) and negative (Gill (1986), Silva (1980), Weinberg and Gould (1995) impacts in the relationship between performance and aggression.

W. Gordon Russell (2008) discussed the role of various external social influences such as hurtful remarks, sledging, songs, etc. on aggression. Katherine Simpson (2001) has found evidence about the role of testosterone and its impact on aggression. Changes in the concentration of hormones can have profound effects on the mood and behavior of individuals. Sex differences have also been considered as contributing factors to aggression. Evolutionary Psychology states that all behaviour is designed to bring about the continuance of the gene pool which contributes to gender differences in behavior. Environmental factors like temperature, noise, drugs, alcohol, steroids, etc., also influence aggressive behaviour. Aggression and violence have become common in modern day sporting events, especially those that have high emotional content. Whatever the degree of aggression, it can be minimized by adopting a systematic approach at the psychological and sociological levels.

The present study was undertaken with the objective of comparing performance related psychological variable aggression to performance of intervarsity basketball and volleyball players of both genders.

Significance of the Study

By knowing the relationship of aggression to performance and sport wise (basketball and volleyball) and gender wise differences would help coaches to deal with individual sportspersons and with sports groups in helpful and insightful ways. Also the findings of the study would assist coaches to communicate more readily with clinical and experimental psychologists in availing psychological services in the testing of athletes, remedial aspects,

psychological preparation, and short term clinical counseling, of emotional problems faced by athletes.

Methodology

Subjects

- 384 University level players of 37 universities from all over India were selected as the subjects
- 192 Players each for Basketball and Volleyball (96 Male and 96 Female)
- Age group: 18-25 years

Variable & Tool Employed

- Aggression
- Sport Aggression Inventory by Anand Kumar & Prem Shankar Shukla

Collection of Data

Data were collected from the participants of All India Inter University Basketball (Men & Women) and Volleyball (Men & Women) tournaments.

Statistical Techniques

- Descriptive Statistics
- Pearson's Product Moment Correlation
- t-ratio
- One-Way Analysis of Variance and Scheffe's post-hoc test

Table 1

Descriptive Analysis of Aggression of Basketball (Male & Female) and Volleyball (Male & Female) Players

Group	N	Minimum	Maximum	Range	Mean	S.D
Basketball (Male)	96	11	21	11	17.59	2.04
Basketball (Female)	96	10	21	12	17.09	1.72
Volleyball (Male)	96	09	20	12	17.13	2.45
Volleyball (Female)	96	09	19	11	16.49	1.95

Table 2

Relationship of Aggression to Performance of Basketball (Male & Female) and Volleyball (Male & Female) Players

Group	N	Coefficient of Correlation
Basketball (Male)	96	- 0.64*
Basketball (Female)	96	- 0.65*
Volleyball (Male)	96	- 0.65*
Volleyball (Female)	96	- 0.41*

*Significant at 0.05 level, tab $r^{(94)} = 0.25$

Table 3
t- Ratio done on Aggression between Basketball and Volleyball Players

Group Means		DM	σ DM	t-ratio
Basketball	Volleyball			
17.34	16.81	0.537	0.211	2.54*

*Significant at 0.05 level $t_{0.05}(382) = 1.97$

Table 4
t- Ratio done on Aggression between Male and Female Players

Group Means		DM	σ DM	t-ratio
Male	Female			
17.34	16.83	0.509	0.211	2.41*

*Significant at 0.05 level $t_{0.05}(382) = 1.97$

Table 5
ANALYSIS OF VARIANCE ON AGGRESSION OF MEN AND WOMEN BASKETBALL AND VOLLEYBALL PLAYERS

Source of Variance	Sum of Squares (SS)	df	Mean Squares (MS)	F ratio
Between Groups	59.01	3	19.67	4.66*
Within Groups	1603.80	380	4.22	

*Significant at 0.05 level $F_{0.05}(3, 380) = 2.63$

Table 6
POST-HOC ANALYSIS ON AGGRESSION OF DIFFERENT GROUPS

Group means				Mean Difference	Critical Difference
Basketball Men	Basketball Women	Volleyball Men	Volleyball Women		
17.59	17.09			0.50*	0.30
17.59		17.13		0.46 ^c	0.30
17.59			16.49	1.10*	0.30
	17.09	17.13		0.04	0.30
	17.09		16.49	0.60*	0.30
		17.13	16.49	0.64*	0.30

* Significant at 0.05 level

Results of the Study

- Aggression was found to be significantly negatively correlated to performance in basketball and volleyball players of both sexes.
- Men players had significantly higher aggression levels than women players.
- Basketball players showed more aggression than Volleyball players.
- Basketball men players had higher aggression than basketball women and volleyball men players

Recommendations

- While designing the training program the coaches should give more emphasis on psychological variables such as anxiety, aggression and group cohesion for improvement in performance.
- The study may be replicated on subjects of higher level and using different tools on other sports disciplines and age groups.

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