

AGGRESSION IN ATHLETICS: A COMPARATIVE STUDY

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Abstract

By nature human beings are competitive and ambitious for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging the other nation. Thus these challenges stimulates, inspires and motivates all the nations to sweat and strive to run faster, jump higher, throw further in present competitive sports world. Aggression has long been a part of the sports domain. Outside of wartime, sport is perhaps the only setting in which acts of interpersonal aggression are not only tolerated but enthusiastically applauded by large segment of society. In fact Lorenz advocates that sport ought to be substitute for war. In other words, because all competitive sports situations hold some degree of hostility between opponents, participants in them allows aggression to be dissipated in an acceptable manner.

Objectives. The purpose of the study was to compare the level of aggression between Jumpers and Throwers of all India Inter University.

Research Hypothesis

There would be a significant difference between the Throwers and Jumpers on the degree of aggression.

Methodology. For the purpose of present study twenty five thrower's and twenty five jumpers from 65th All India Interuniversity Athletic Meet 2004-2005 held at Acharya Nagarajuna University, Guntur from 28th December 2004 to 1st January 2005 were selected randomly as the subjects for the study. The age of the subjects were ranging from 18 – 25 years.

The criterion measure chosen to test the hypothesis was the scores obtain in sports aggression inventory by Anand Kumar and Prem Shankar Shukla. Sports Aggression Inventory consists of 25 items in which 13 items are keyed "YES" and 12 are keyed "NO". The aggression questionnaire was distributed to throwers and jumpers of 65th All India Interuniversity Athletic Meet 2004-2005 held at Acharya Nagarajuna University, Guntur from 28th December 2004 to 1st January 2005. To ensure maximum cooperation from the subjects the research scholar had a meeting with selected subjects in presence of their respective coaches. Subjects were oriented and explained regarding the purpose and the procedure of the questionnaire. For the purpose of analysis of data 't' test was employed to compare the degree of aggression between throwers and jumpers.

Results and Findings. The mean value (13.72) of throwers on aggression was found to be higher than the jumpers of 65th All India Interuniversity athletic championship, which revealed that throwers were more aggressive in comparison to the jumpers. Scholar was unable to locate the literature to support the above finding however reasons for throwers being more aggressive would be use of implements. Furthermore the physique and body structure of throwers would be other reasons for aggressiveness. Within the limitations of the present study following conclusions may be drawn; (1) In regard to aggression there was a significant difference between the means of University level throwers and jumpers. (2) The aggression level of throwers was found to be higher than the jumpers.

Key Words: aggression, jumpers, throwers.

Introduction

By nature human beings are competitive and ambitious for the excellence in all athletic performances. Not only every man but every nation wants to show their supremacy by challenging the other nation. Thus these challenges stimulates, inspires and motivates all the nations to sweat and strive to run faster, jump higher, throw further in present competitive sports world. This can only be possible through scientific, systematic and planned sports training as well as channelizing them into appropriate games and sports by finding out their potentialities (C.E. Kalfs, C.D. Arutheim, 1969).

The acquisition of new knowledge, for betterment of performance of the human organism in relation to physical, motor, and physiological qualities in process of saturation to strive for still better is a million dollar question to the expert of sports. In the

process they explore the field of psychology and enlist psychological parameters which do influences sports performance. Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators (K.C.Kocher, V. Pratap, 1972).

The word Aggression comes from the Latin work aggress, 'ad' (to or toward) and greater (walk). Literally then the word means to "to work towards or approach". Aggressive act can be defined as those which the athlete (1) is highly motivated (2) demonstrate the great realize of physical energy, and / or (3) is not inhibited by fear of potential fracture or injury (J.M. Silva et al, 1984).

Sports competition without "aggression" is a body without soul, competition and aggression are

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twins. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and “do or die” for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by players in certain contexts situation or position may impels performance of individual skill as well as success of the team (M.L. Kamlesh, 1984).

Most aggression in sport results from frustration. This frustration is the result of various motives being blocked. Those motives which are predominant in sport and which generate aggression when wasted, they revolve around achievement dominance power, recognition, prestige and excellence. If a boy places high incentive value on one or a combination of these motives and the incentive systems are blocked from attaining or satisfying them, he becomes frustrated. In essence aggression is primarily a learned behavior which is the result of an individual's interaction with his or her social environment over time. Aggression occurs in sports where an athlete's generalized expectancies for the re-inforcement for aggressive behavior are high (e.g.: receiving praise from parents, coaches, peers) and where the reward value outweighs punishment value (e.g.: gaining a tactical and psychological advantage with a personal foul, a yardage penalty in American Football). This is deemed an appropriate time to exhibit aggression (Leches & Nation, 1987).

The nature of aggression in sport should be considered the degree of ambiguity regarding aggression in sports. That is in some sports direct aggression in the form of physical acts against the person of another player is encouraged within rules. (American football, Boxing and Wrestling) whereas in other sports the directions, amount and indices of aggression are highly subjective and dependent on the degree of aggression tolerated by the fans, officials and team mates, (Basketball, Ice Hockey, Team Handball, Water Polo) (B.J. Cratty, 1983).

Aggression is a term that is used extensively in sports. Coaches were surveyed and ask to identify the characteristics of successful athlete; aggression would be high on the list. What is meant by aggression in sport? Aggressive players are used in football, for example, when the defense executes a fierce tackle. In basketball, good rejoinders, good defensive players, and the players who constitutently drive to the basket are all described as aggressive. Aggressive tennis player reach to the net at every opportunity. The volleyball player who dives to the floor to attempt an apparently impossible save is playing aggressively. In the another examples from sports, aggressive act can be defined as those in which the athlete (1) is highly motivated (2) demonstrate the great realize of physical energy, and/or (3) is not inhibited by fear of potential fracture or injury. In recruiting athletes, coaches often describe the desirable athlete as one who is “hungry aggressive and a competitor.” The legendry football coach of Florida A M University Jack Gaiter, often

said that he wanted athletes, who were mobile, agile, and hostile.” Aggressive athlete seems to be desirable athletes (J.H.L., Lewellyn, J.A. Bucker, 1987).

Aggression has long been a part of the sports domain. Outside of wartime, sport is perhaps the only setting in which acts of interpersonal aggression are not only tolerated but enthusiastically applauded by large segment of society. In fact Lorenz advocates that sport ought to be substitute for war. In other words, because all competitive sports situations hold some degree of hostility between opponents, participants in them allows aggression to be dissipated in an acceptable manner (Glyn C.R. et. al, 1986).

According to Reusse while analyzing he aggressive and non-aggressive behavior of a college basketball coach found that the subject did not become more aggressive while losing as opposed to winning. More aggressive behavior was exhibited during home games when compared to away games. The subject became more aggressive when first and second halves were compared and became less aggressive as the season progressed. The subject was silent for more extended period of time and emitted more directive behavior as the season progressed (J.K. Reusser, 1987).

Aggressive behavior is an overt verbal or physical act that can psychologically or physically injures another person or oneself. Aggressive behavior against another person is called extropunitive behavior. Aggressive behavior is non-accidental, the aggression or intends on injury and the behavior selected for this is under his or her control (Silva and Weinberg, 1984).

Winning has become an essential part of sport and increased professionalism breeds on atmosphere of winning at all costs. The traditional cause of sport engagement such as fun and fair play appears to have been decreased. Subsequently, research has shown that when athlete places a strong emphasis on beating others (in contrast to focusing on personal improvement and their own performance) they are more likely to endorse heating and perceives intentional injuries. Unfortunately some coaches and athletes take this state of affairs to the extreme and suggest that the use of aggression is necessary in order to win. 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 coupled with frustration should also result in performance improvement (T. Gershon et. al., 1987).

Historically, some argued that sport developed as a constraint on aggression, or at least as a means to channel aggression into culturally acceptable forms. Others have contended that sports do not necessarily increase aggression, but rather reflect and enhance the dominant values and attitudes of the broader culture. Yet another school of thought has proposed that sport creates a separate moral sphere, distinct from the real world, in which the goal of winning is more important than the rules of the game. Others consider that when athletes are overly aggressive; they are over

conforming to what they see as acceptable within the sport. Research also shows that aggression may give players an edge when used early in a contest, or they may show aggression if they fail in the sport. Other factors also influence aggression during sports events. For example, the presence of officials in organized sports increases the number of fouls since the athletes assume it is the referees' job to control inappropriate aggression. The relationship between sport and aggression has been studied extensively for decades, yet investigators still have only an incomplete understanding of the link between the two. That there is a link seems certain, and researchers in various disciplines continue trying to refine their understanding of it in ways that will illuminate both sport and society.

Objectives

The purpose of the study was to compare the level of aggression between Jumpers and Throwers who participate in 65th All India Inter University Athletic Championship.

Research Hypothesis

There would be a significant difference between the Throwers and Jumpers on the level of aggression.

Methodology

Selection of Subjects

For the purpose of present study 50 athletes were selected as the subjects. There were twenty five throwers and twenty five jumpers. All the subjects were selected randomly from 65th All India Interuniversity Athletic Meet 2004-2005 which was held at Acharya Nagarajuna University, Guntur, India from 28th December 2004 to 1st

January 2005. The age of the subjects were ranging from 18 – 25 years. Subjects were divided into two groups. Group A for throwers and group B for jumpers.

Criterion Measure

The criterion measure chosen to test the hypothesis was the scores obtained in sports aggression inventory by Anand Kumar and Prem Shankar Shukla.

Description of Aggression Test

Sports Aggression Inventory consisted of 25 items. Out of these twenty five items 13 items were keyed as "YES" and remaining 12 were keyed as "NO". The statements which were keyed "YES" are 1,4,5,6,9,12,14,16,18,21,22,24 and 25 and the statements which were keyed "NO" are 2,3,7,8,10,11,13,17,19,20 and 23.

Administration of Test

The Sports Aggression Inventory questionnaire was distributed to throwers and jumpers who took part in the 65th All India Interuniversity Athletic Meet which was held at Acharya Nagarajuna University, Guntur, India from 28th December 2004 to 1st January 2005. All the throwers and jumpers were approached by the research personally to ensure maximum cooperation from the subjects, further more the research scholar had a meeting with each selected subjects. To explain the process and make sure data was collected effectively, the coaches and managers of respective throwers and jumpers were requested to be present during the meeting. Subjects were oriented and explained regarding the purpose and the procedure of the questionnaire.

Scoring of Questionnaire

Maximum score for each statement was one. Scores obtained for each statement was added up which represent an individual's total score on aggression.

Statistical Method

For the purpose of analysis of data 't' test was employed to compare the level of aggression between throwers and jumpers. SPSS (Statistical Package for Social Sciences) for Microsoft windows version 11 was used to employ the t-test.

Results and Findings

The data was analyzed by using "t" test. The significance of mean difference was found between scores obtained on aggression by throwers and jumpers of All India Inter University Athletic Meet has been presented in Table - 1

TABLE -1
SIGNIFICANT DIFFERENCE OF MEAN ON AGGRESSION BETWEEN UNIVERSITY LEVEL THROWERS AND JUMPERS

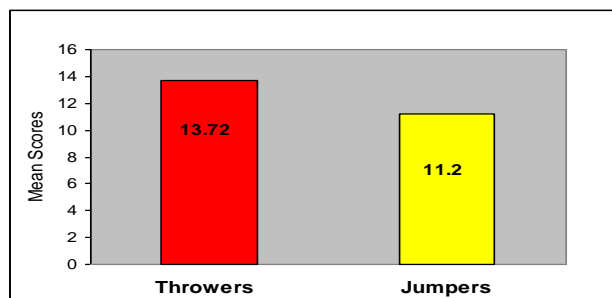
Variable	Group Mean		Mean Diff.	Dm	t-Ratio
	Throwers	Jumpers			
Aggression	13.72	11.20	2.52	.77	3.26*

*Significant at .05 level of confidence $t_{.05} (48) 2.01$

It was evident from Table-1 that there was a significant difference between the means of throwers and jumpers on the scores of aggression since the obtained value of 't' (3.26) was higher than the tabulated value of 't' (2.01) which was required to be

significant at (48) degree of freedom with 0.05 level of confidence.

The Graphical representation of the data pertaining to this has been presented in fig. 1

Figure 1**COMPARISON OF MEAN SCORES BETWEEN THROWERS AND JUMPERS ON AGGRESSION****Discussion of Findings**

Although both events have some resemblance in term of characteristics of athletes and skill required, yet there was significant difference found in terms of aggression among throwers and jumpers. The mean value of throwers on aggression was found to be quite a bit higher than the jumpers who participated in 65th All India Interuniversity athletic championship 2004. The analysis revealed that throwers were more aggressive in comparison to the jumpers. In some sports there seems to be a positive relationship between aggressive behavior, anger management and successful performance. J.F. McCarthy and B.R. Kelly (1978) also found a significant relationship between aggression and successful performance. This relationship can be rewarding and can positively reinforce aggressive behaviors both in a player and the team. In case of throwers and jumpers, there could be number of reasons for more aggressiveness of throwers than jumpers, but the main reason for throwers being more aggressive could be the use of implements in all the throwing events which might create more aggression in athletes as compared to jumpers. Further, the physique and body structure of throwers could be other reasons for aggressiveness in throwers than in jumpers.

Discussion of Hypothesis

The hypothesis that there will be a significant difference on aggression between University level throwers and jumpers is accepted.

Conclusions and Recommendations

Within the limitations of the present study following conclusions may be drawn:

1. In regard to aggression there was a significant difference between the means of University level throwers and jumpers.
2. The aggression level of throwers was found to be higher than the jumpers.

In the light of the conclusions drawn, the following recommendations were made:

1. It is recommended that a similar study may be undertaken on female Throwers and Jumpers.
2. Similar study may be conducted on the school levels.
3. A similar study may be conducted using subjects from different age groups.

The results of the study will help to compare the level of aggression between Throwers and Jumpers.

2. The results of the study will give an insight to physical educators & coaches to understand the role of aggression between Throwers and Jumpers.

3. The result of the study will be helpful for the coaches of various games in assessing the aggressing of their player and accordingly preparing training programme.
4. The study will be helpful for the coaches in molding the required personality, traits of Throwers and Jumpers as per suitability of the event.

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