

## AGGRESSION COMPARATIVE STUDY OF COMPETITIVE SPORTS BETWEEN MEN AND WOMEN BASKETBALL PLAYERS

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### Abstract

The purpose of the study was to evaluate the sports aggression between basketball players during the competition and also to investigate any possible differences between men and women players. Struggle for supremacy, dominance and excellence in sports obviously involve aggression. The sample of the study consisted of 100 basketball players (50 men and 50 women), who participated in the inter-collegiate and inter-university tournaments. The age range of samples was between 18 to 25 years. Aggression has been assessed using Smith's Aggressive Questionnaire Test. The 't' test was used to compare the groups and for testing significance of the values ( $t=0.05$ ), for men and women basketball players. The result of study shows that there was a significant difference ('t' ratio) of aggression between men and women inter-collegiate basketball players.

**Keywords:** Behavior, Trait, Stimulus and Competition.

### Introduction

Aggression among human is as old as human race. Beginning with Cain's murder of Abel and extending throughout history, people have fought each other in tribal wars, ethnic and religious wars, and in worldwide conflicts. The word aggression which is also a psychological factor comes from the Latin root aggredial (or toward) and gradior (walk) which means to walk with the intent to "hurt" or "harm". Aggression has directional components some aggressions are directed in word and in its extreme form many culminate in self destructive behaviours including suicide. The idea that aggression and performance are thought to be positively related in sports setting is not surprising. Aggression is defined as the expression of stimulus in the human being. This expression may be either physical, verbal or gesture upon one person by another person. Actually aggression is not an attitude of an individual but it is behaviour of an individual. The reflection of aggression can be seen in the acts of a person with the intention to injure other. Thus, in its broad meaning aggression includes all acts such as physically hitting another and verbal abuse used by athletes, coaches or spectators.

Aggression could have positive influence on the performance outcome of an individual or team if the aggressive behavior harmed the opposition either physically or psychologically weakening their resources. Aggression could also improve a team's performance outcome by improving the process of that

group. Aggressive behavior is quite visible in sports. To observe aggressive sports behavior we could attend a kabaddi game and watch player's fights for points or we could watch runners throw elbows and Jostle of Position in 1500 mts race. More recently the instinct view of aggression has received its impetus from ethnologists such as Lorenz. He believes that aggression builds up within an individual and that this builds up needs some form of release. The release may occur through either an acceptable or an unacceptable (antisocial) act. Sports would serve as a suitable vehicle, for example, whereas war would not. According to Lorenz, sport is sought as a substitute of war because in all sports, due to competitive situations, some degree of opposition between opposite teams and players allows aggression to be dissipated in an acceptable manner.

According to Singh (2008) aggression is a characteristic of negative nature. This characteristic is also associated with sports. Of course, aggression is an intentional physical or psychological behaviour to harm another person. It is an important topic of academic research to study aggression in sports on all levels. Now a day's aggressions in sports become a social problem. The international society of sports psychology also recognised aggression as a social problem both on and off the playing field and also recommended ways to curtail this behaviour. Due to gender biasness, research on aggression is limited in the sports with collision are traditionally only available for male not for female and so no research have been done on female aggression. Many collision sports related to male have amended rules and these modified rules disallow certain types of contact in the female collision sports, for example- ice hockey, lacrosse. A gap in literature regarding aggression and contact sport type is created due to this type of activity.

The relationship between aggression and female collision sport athletes may be different from the relationship for male athletes. The Revised Frustration-Aggression Theory would predict that through participation in sport, females would learn to be as aggressive as their male counterparts because of the opportunity for observational learning and the presence of situational cues and reinforcements. More specifically, if women played the same collision sports as men they would show similar aggression levels because of the similar sport socialization processes. (Keeler, 2007). The purpose of the present study was to evaluate the competitive sports

aggression between basketball players during a competition and to investigate any possible differences between men and women players.

### Methodology

#### Participants

The sample of the study consisted of 100 basketball players (50 men and 50 women), who participated in the inter-collegiate and inter-university tournaments. The age range of samples was between 18 to 25 years. For this purpose, list of students who represented inter-collegiate and inter-university tournaments was prepared and from these players subjects (50 men and 50 women) were selected using method of purposive sampling. In order to ensure the full co-operation from the subjects, the researcher had a meeting with them in presence of their coach/managers. The purpose of this study was made clear by giving a detailed explanation in order to ascertain that there was no ambiguity among the subjects regarding the efforts, which they had to put in the successful completion of the investigation. All subjects voluntarily agreed to extend full cooperation and coaches/managers ensured that the subjects were made available for collection of data.

#### Data collection

For the purpose of data collection, Sports Aggression Test, developed by Smith was used. This test consists of four questions and each question has five levels of responses. The level changes from strongly disagree to strongly agree. The respondents were made to encircle the appropriate number which suited their attitude. The test was scored with the help of the scoring key that is '1' marks for strongly disagree, '2' marks for disagree, 3 marks for undecided, 4 marks for agree and 5 marks for strongly agree. The total range of score was from 4 to 20. The higher the score, the more aggressive the player is.

#### Statistics

For the statistical analysis of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups. The t-test was used to compare the groups and for testing significance of the values ( $t=0.05$ ), for men and women basketball players.

### Results

The data analysis revealed that the mean of aggression scores of men and women inter-collegiate basketball players were 10.90 and 9.16 respectively. The significant difference ('t' ratio) of aggression between men and women inter-collegiate basketball players is 2.76, which is more than the required value at 0.05 level of significance ( $t=2.009$ ). It shows there is significant difference between the performance of men and Women basketball players. Thus it may be concluded that the aggression of men basketball players are greater than women basketball player. Significant difference between the means of aggression of men and Women of basketball players given in the following table.

**Table No 1**  
COMPARISON OF AGGRESSION LEVEL AMONG MEN AND WOMEN BASKETBALL PLAYERS

MEAN		DM	$\sigma_{DM}$	't' RATIO
MEN	WOMEN			
10.90	9.16	1.74	3.22	2.76*

\*significant,  $t=0.05=2.009$

Table no 1 indicate that there is significant difference among male and female basketball player as calculated t ratio is greater than required tabulated t ratio.

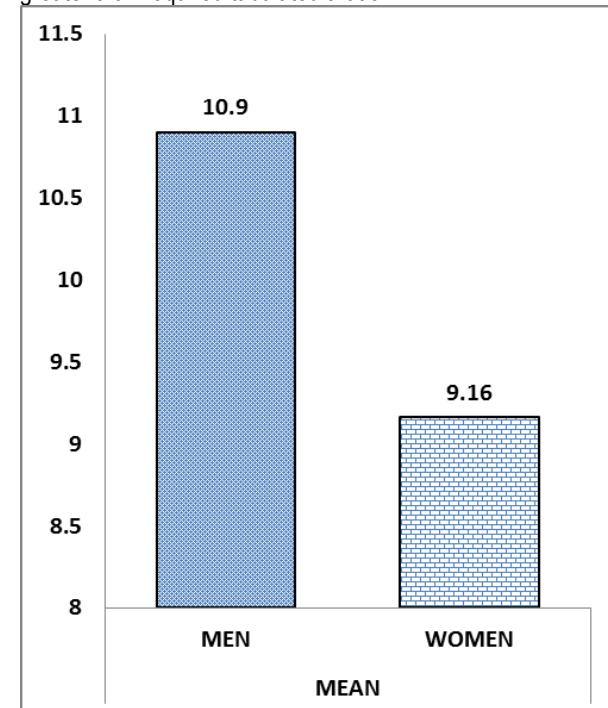


Fig. no.1: Mean scores of Aggression of Men and Women basketball players are also presented graphically in the following figure.

### Conclusions

The results of study showed that there is significant difference between the performance of men and Women basketball players. In the support of result the study of Buss (1963) is taken into the account. Buss (1963) made a study to determine differences in aggression of male and female. He found that male is more aggressive than the female because male players have more passion to win against their opponents. Winning is most important for the male players so they can go to any extent in the game than to female. Similar results were also found by Ravneet(1995), Zoble(1976) and G. Devi(1967) in their respective studies.

Thus, investigator's results are in the direction of Ravneet (1995), Zoble (1976), G. Devi(1967) and Buss(1963) studies, which have revealed that there were significant difference among males and females sports aggression. Thus, it may be concluded that the aggression of men is greater than women

basketball players. So it can be said that there is gender difference in the sports aggression in players while they play or they go to play in any tournament. In conclusion, the psychological preparation of basketball players (men and women) must be taken into serious consideration during the coaching procedure. A coach must determine the psychological characteristics and specify for each player. Professional help and programming of the psychological preparation of the players and observation of their emotional condition before and during the game is necessary to reduce sports aggression and contribute to the high effectiveness of basketball players. Nevertheless, further investigation is needed for the generalization of the results.

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