

A COMPARATIVE STUDY ON AGGRESSION BETWEEN FEMALE NATIONAL AND STATE LEVEL VOLLEYBALL PLAYERS

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ABSTRACT

The competitive game requires a high level of physical mental and emotional toughness including aggression in volleyball games to perform frequently higher level of performance. **Title:** The title of the study is “A Comparative Study on aggression between female national and state level volleyball players”. **Objective:** The purpose of the study was to comparison of sports aggression between female national and state-level volleyball players of West Bengal. **Measures:** aggression was measured through Buss Perry Aggression Questionnaire (BPAQ, 1992). **Method:** Thirteen national-level female volleyball players and thirteen state-level volleyball players were required in this study from different sports clubs in West Bengal. The age of the subjects ranged between 16 to 19 years. **Finding:** The obtained result shows that an insignificant difference found in aggression ($P=0.05$) between female national(mean-91.33/sd-10.28) and state (mean-87.96/sd-9.88) level volleyball players t value is 0.200. **Implication:** This study helps to understand the aggression level of national and state-level female volleyball players of West Bengal. **Conclusion:** It is concluded that there are insignificant differences found in aggression and anxiety between female national and state-level volleyball players.

Keywords: aggression, national players, state players, volleyball.

INTRODUCTION

Sports Psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance sport psychology is an exciting subject dedicated to the enhancement of both athletic performance and the social-psychological aspects of human enrichment.

Volleyball games have become very popular all over the world. Almost all the nations play this game for enjoyment and competition. The game requires high demands of physical, physiological and psychological qualities to compete and excel at the national and international levels. However, modern volleyball is a game that calls for strenuous continuous thrilling action. The skills involved in the game are simple, natural highly stimulating and satisfying to anyone who participates in the game. The skill includes diving, spiking, blocking etc.

In sports, aggression is a characteristic that can have many negative as well as positive effects on performance. Most people view aggression as a negative psychological characteristic; however, some sports psychologists agree that aggression can improve performance. In a general sense where aggression is referred to in life situations or connection with group dynamics, it has no positive role. However, when it comes to sporting competitions, aggression has always a positive role. This is especially true in dual games or competitions. Aggression is a part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

BACKGROUND

The competitive game requires a high level of physical mental and emotional toughness including aggression in volleyball games to perform frequently higher level of performance.

OBJECTIVES

The objective of the study is to determine the differences in Aggression between female national and state-level volleyball players.

SIGNIFICANCE

This research helps in understanding the psychological aspects, specifically aggression, that identify the levels of aggression in national versus state-level female volleyball players. This can lead to better management of aggression, potentially improving overall performance and reducing the risk of conflicts during matches. Overall, this research is significant as it not only aims to improve the performance and well-being of volleyball players but also contributes to the field of sports psychology.

LITERATURE REVIEW

1. Dr.Maibam Chourjit Singh, R. K. Nongdren Singh. The purpose of the current study is to explore the significant difference in aggression between boys and girls footballers in Manipur. Bush and Perry Aggression Questionnaire have been administered to 50 football players (girls 25 and girls 25, the average age is 16.5 years) who participated in Subroto Mukherjee football tournament for under 17 boys and girls held at KhumanLampak Sports Complex from 13th to 19th June 2015 are selected. The comparative Mean Scores of the boys and girls footballers on physical, hostility, anger and verbal aggression, are found to be statistically insignificant as the values obtained are 1.293, 0.257, 0.537 and 1.362 respectively whereas the tabulated t- t-value was 2.01 with 48 degrees of freedom at 0.05 level of significance.

2. Mamidi Sharath (2021). The paper is an empirical attempt to explore the influence of sex variables on the aggressive behaviour of male and female sportspersons of All India Inter-University players. A sample of 200 sportspersons in the age group of 19 to 25 years was studied by using a semi-structured interview schedule. It is explored that the impact of the sex factor on the sportsperson has something to do with the aggressive behaviours of a sportsperson. However, results reveal that there is no significant difference in the aggressive behaviour of male and female sportspersons.

3. **Dr. Devendra Prakash, Dr (Mrs) Anu kumari, Bijendra singh.** (2018) The purpose of this study was to investigate the difference between male and female boxers of Amroha district on aggression. Forty (40) boxers (male =20, female=20) who have participated in the state boxing championships were taken as the subjects. The age of the subjects ranged between 17 to 25 years. Sports aggression inventory (SAI) developed by Kumar and Shukla (1984) was

administered to the subjects, t-test was used to analyze the data. Results of the study revealed that no significant difference existed between male and female national boxers of Amroha district on aggression.

4. **zamirullah khan¹ , anwar ali² , naseem ahmed³.** The purpose of this study was to compare the aggression and mental toughness of men and women basketball players of all India intervarsity. One hundred (50 men & 50 women) basketball players were randomly selected as the subjects. The aggression inventory constructed and standardized by Srivastava (1984), and the Mental toughness questionnaire prepared by Goldberg (1995) were used to collect players' responses on aggression and mental toughness, respectively. The data were analyzed by applying descriptive statistics i.e. mean, standard deviation and t-test. The significance level was set at 0.05. The findings of the study showed that there is no substantial significant difference in mental toughness and aggression between men and women in all Indian university basketball players used to analyse the data. Results of the study revealed insignificant differences between male and female inter-collegiate kabaddi players of Manipur with stare to sports aggression.

5. **Prof. Jaowad Ali*, Abdul Rahaman.** Aggression is defined as any behaviour directed towards intentionally harming or injuring another living being physically or verbally. The purpose of the study was to investigate the difference between male and female national fencers of Manipur on aggression. Forty (40) fencers (male = 20, female = 20) who have participated in the national fencing championships were taken as the subjects. The age of the subjects ranged

between 17 to 25 years. Sports Aggression Inventory (SAI) developed by Kumar and Shukla (1984) was administered to the subjects. A T-test was used to analyze the data. Results of the study revealed that no significant difference existed between male and female national fencers of Manipur on aggression.

6. **Mayank Sharma and Dr. Rahul Kanojiya.** The study aims to compare the anxiety and aggression levels between university and national-level volleyball players. For the present study, 12 subjects with an Age range between 19-25 years were selected out of which 06 were university players and 06 were national players who were randomly selected on a performance basis. Anxiety and aggression were measured through the Sports Competition Anxiety Test

(Martens, R 1977) and Buss Perry Aggression Questionnaire (BPAQ, 1992) respectively. Independent t-tests were employed for measuring the anxiety and aggression. The statistical results of the study revealed that there is no difference between aggression and anxiety levels of national and inter-university players

HYPOTHESIS OF THE STUDY

There would be no significant difference in aggression between female national and state-level volleyball players

METHOD AND MATERIALS

Participants

Subjects for this study were selected considering the relevance of the study. the study was conceptualized to investigate the aggression between female national and state-level volleyball players in this investigation total of sixty volleyball players(n=60) were selected out of which thirty(n=30) active national volleyball players and thirty(n=30) female state volleyball players were taken randomly from a large number of populations from various clubs in west Bengal. The age of the subjects ranged between 16 to 19 years.

Variables studied

Based on the conceptualization and formulation of this study, mainly one psychological variable Aggression was selected to investigate its status among national and state-level volleyball players. Aggression was measured through Buss Perry Aggression Questionnaire (BPAQ, 1992) respectively.

Data collection procedures

For measuring the aggression of the subjects, Aggression Questionnaire developed by Buss & Perry, in 1992 was used. This Questionnaire consists of a total of 29 questions. It is a Likert type five points scale the questionnaire items were to be rated with responses on, extremely uncharacteristic, somewhat uncharacteristic, neither uncharacteristic nor characteristic, somewhat characteristic, and extremely characteristic. The Aggression scale consists of 4 factors. Physical Aggression (PA), 9 items 2. Verbal Aggression (VA), 5 items 3.

Anger (A), 8 items and 4. Hostility (H), 8 items. The total score for Aggression is the sum of the factor scores.

ANALYSIS OF DATA

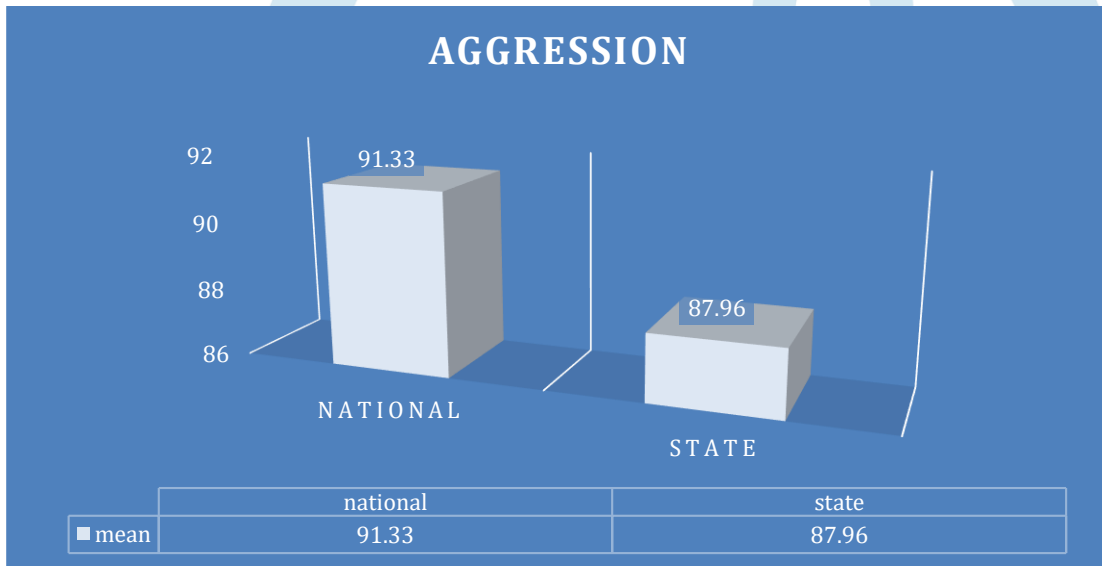
Independent t-test will be used as the statistical technique to find out significant differences between the groups. The level of significance will be set at 0.05.

FINDING**Table- 1**

Comparison of aggression between national and state-level female volleyball players

	Group	N	Mean	Sd	Df	t value
Aggression	National	30	91.33	10.28	58	0.201
	state	30	87.96	9.88		

significant at 0.05 level



Graph1: Graphical representation of Mean on the aggression of female national and state level Volleyball players

The mean and standard deviation of female national volleyball players on the variable aggression were 91.33 and 10.20 respectively. The mean and standard deviation of female state-level volleyball players on the variable aggression were 87.96 and 9.88 respectively. Revealed that there was an insignificant difference in means of volleyball national and state level volleyball players' aggression as the obtained t value was 0.201, which was a lower value than the p-value (tabulated value) 2.000 required for the t value to be insignificant at 0.05 level with (58) degrees of freedom

INTERPRETATION

The statistical results of the study revealed that there is an insignificant difference between aggression between female national and state level volleyball players.

Revealed that there was insignificant difference in means of volleyball national and state level volleyball players' aggression as obtained t value was 0.201, which was a lower value than the p value (tabulated value) 2.000 required for the t value to be insignificant at 0.05 level with (58) degrees of freedom. In this study, the result shows that there is an insignificant difference between national and state-level

volleyball players. It was also found that national level female volleyball players were more aggressive as compared to state level female volleyball players.

The results of the study may be corroborated with the findings of Dr. Maibam Chourjit Singh, R. K. Nongdren Singh compared the aggression between boys and girls footballers of Manipur the study revealed that there is an insignificant difference found in aggression between boys and girls footballers. The present study has also been endorsed by Mamidi Sharath (2021) who compared A study on aggressiveness between male and female sportspersons of all Indian inter-university players the study results reveal that there is no significant difference in the aggressive behaviour of male and female sportspersons. The findings of the present study have also been endorsed by Mayank Sharma and Dr Rahul Kanojiya (2022) who compared a comparative study of anxiety and aggression level between university and national-level volleyball players the study revealed that there is no difference between anxiety and aggression level between university and national level volleyball players.

EDUCATIONAL IMPLICATION

The present study can help to provide insight into the level of aggression in national and state-level volleyball players. Psychological parameters aggression is a very important thing in performing athletes, so psychological training is also needed. Hostile aggression and instrumental aggression are two types of aggression that can occur in sports. Hostile aggression in sports is aggressive behaviour that is driven by anger, frustration, or a desire to inflict harm on others. Instrumental aggression, on the other hand, is a form of aggression in which the athlete uses aggression as a means to achieve a goal or objective. As a researcher, I think that overcoming Hostile aggression throw proper guidance, positive thinking, deep breathing, and yoga. This study helps to know how total aggression is studied. Different aspects of aggression like verbal aggression, physical aggression, anger aggression and hostile aggression will be studied in further studies. This study helps to understand the aggression level of national and state-level female volleyball players.

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