

# Comparative Study of Aggression Level of Intervarsity Male and Female Volleyball players

Sarbjit Singh<sup>1</sup> and Dr. R. S. Pathania<sup>2</sup>

<sup>1</sup>Research Scholar  
Sant Baba Bhag Singh University  
Sarbjitsarb1988@gmail.com

<sup>2</sup>Professor  
Sant Baba Bhag Singh University  
randhirpathania@yahoo.com

## Abstract:-

The study was conducted on the aggression between Intervarsity Male and Female volleyball player from Punjab. The sample consists of 200 randomly selected athletes from different Punjab universities. The primary goal of this research is to compare the aggression of intervarsity Male and female volleyball players. The implemented questionnaire was prepared by Dr. R. L. Bharadwaj (2008) was used to obtain cognitive and physical indicators of aggression. On the basis of t-test, it is found that there is a significant difference in the aggression levels of Intervarsity Male and Female volleyball players. The significant correlation is set at 0.05

Keywords: Aggression, Psychology, Intervarsity, Sports person, Volleyball, Male, Female.

## INTRODUCTION

### Aggression

In the world of sports, aggression has long been seen as the most crucial factor. The imposition of hostile verbal, gestural, or physical behavior by one person on another is referred to as aggression. Aggression is not an attitude; it is a behavior. It can be shown in behavior that is intended to do harm. This concept of aggression encompasses a wide range of behavior used by coaches, fans, and/or athletes, such as hitting, verbally abusing, and physically abusing another person. Aggressive behavior comes in two flavors. They are aggressive and manipulative. The primary goal or reward of hostile aggression is to harm another person for one's own benefit. However, in instrumental aggression, the achievement of a

consequent aim serves as the main form of reinforcement. An athlete may decide to hurt the target in this scenario.

Aggression occurs when a person seeks to cause harm or pain to another person. Aggression can be hostile or instrumental, depending on one's motivation. Hostile Aggression is motivated by feelings of rage with the intent to cause pain; an example of hostile Aggression is a fight in a bar with a stranger. In contrast, instrumental Aggression is motivated by achieving a goal and does not always involve the intent to cause pain (Berkowitz, 1993); an example of instrumental Aggression is a contract killer who murders for hire. There are numerous theories as to why aggression exists. Some researchers believe that aggression serves an evolutionary purpose (Buss, 2004). Men are more likely than women to exhibit Aggression (Wilson & Daly, 1985). According to evolutionary psychology, the human maleWomen typically display instrumental forms of Aggression, with their Aggression serving as a means to an end (Dodge & Schwartz, 1997). For example, women may express their Aggression covertly, for example, by communication that impairs the social standing of another person. Another theory that explains one of the functions of human Aggression is frustration Aggression theory (Dollard, Doob, Miller, Mowrer, & Sears, 1939). This theory states that when humans are prevented from achieving an important goal, they become frustrated and aggressive.

### **Hostile Vs Instrumental Aggression**

Hostile Aggression has historically been conceived as being impulsive, thoughtless (i.e.,unplanned),driven by anger, having the ultimate motive of harming the target, and occurring as a reaction to some perceived provocation. It is sometimes called affective, impulsive, or reactive Aggression. Instrumental Aggression is conceived as a premeditated means of obtaining some goal other than harming the victim, and being proactive rather than reactive (Berkowitz1993, Geen2001). Our recent analysis (Bushman & Anderson 2001) modifies these definitions in two ways. First, we distinguish between proximate and ultimate goals. We view intention to harm as a necessary feature of all Aggression (as in purely hostile Aggression models), but it is necessary only as a proximate goal. Second, we distinguish between different types of Aggression at the level of ultimate goal. Thus, both robbery and physical assault are acts of Aggression because both include intention to harm the victim at a proximate level. However, they typically differ in ultimate goals, with robbery serving primarily profit-based goals and assault serving primarily harm-based goals. In short, our definition allows us to discuss

the commonalities in and distinctions between affective and instrumental Aggression, while including Aggression that has mixed motives.

### **Aggression in Sports**

Aggression is a characteristic in sports that can have both positive and negative effects on performance. Aggression is defined as "any form of behavior aimed at harming or injuring another living being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Most people consider aggression to be a negative psychological trait; however, some sport psychologists believe that aggression can help athletes perform better (Widmeyer & Birch, 1984). This is known as assertive behavior (Bredemeier, 1994), in which a player will play within the rules of the sport at a high level of intensity while having no intention of harming an opponent. Aggression in sports is classified into two types: hostile aggression and instrumental aggression (Silva, 1983). Hostile aggression occurs when the primary goal is to harm or injure your opponent. When using aggression to achieve a goal, this is known as instrumental aggression. For example, a rugby player might use Aggression to tackle his opponent in order to win the ball. The player's Aggression is being used to win the ball back rather than to harm the opponent. Coulomb and P. fister (1998) conducted a study on aggression in high-level sport. They discovered that experienced athletes used more instrumental aggression to their advantage, while hostile aggression was used less frequently. Athletes with experience used self-control to help them with their aggression.

### **Volleyball**

Volleyball is a sport that most of us used to play with our friends when we were younger. You must have a lot of team skills, batting, energy, loudness, and a strong desire to play. This can be played anywhere from a beach to a court. Because it is a recreational sport, not only children but also adults enjoy participating in it.

Volleyball is a sport played by two teams of six players each, with a net and a ball. Both teams are separated from the centre by a net.

When a player hits the ball across the net with his or her hand or fist, the game begins. The opponent then does the same thing by hitting it back across the net. The players must keep the ball from hitting the ground.

Volleyball players need all qualities like other games being played in Olympic and other International-competitions as physical fitness, Psychological and mental build-up, speed, strength, endurance, agility co-ordination abilities along with intellectual mental approach and determination in a player. Volleyball players having qualities of accurate techniques like Smashing, lifting and to when played between equal rivals, Volleyball becomes more spectacular, exciting, packed with thrills and mounted with tensions. Volleyball provides full satisfaction to players as well as spectators.

### **OBJECTIVE OF THE STUDY**

To compare the Aggression level of Intervarsity Male and Female Volleyball players

### **HYPOTHESIS**

It was hypothesized that there will be no significant difference in the Aggression level of Intervarsity Male and Female Volleyball players

### **SELECTION OF SUBJECTS**

The subjects were selected from different colleges and Universities of Punjab state and the age ranging from 18 to 25 years. Subjects were those who have represented Inter College and Intervarsity Tournaments The scholar had a brief meeting with the respective coach of college and university. The requirement for the study was explained to all the subjects in the presence of their coach.

### **STATISTICAL TECHNIQUE EMPLOYED**

Statistical analysis was performed using SPSS. All descriptive data reported as mean and standard deviation. Independent samples t-test was used to test the significant difference between Intervarsity female and Inter College female volleyball players. Significance levels was set at  $p < 0.05$ .

**Table No 1 Descriptive Statistics of Aggression level of Intervarsity and Inter College Volleyball players**

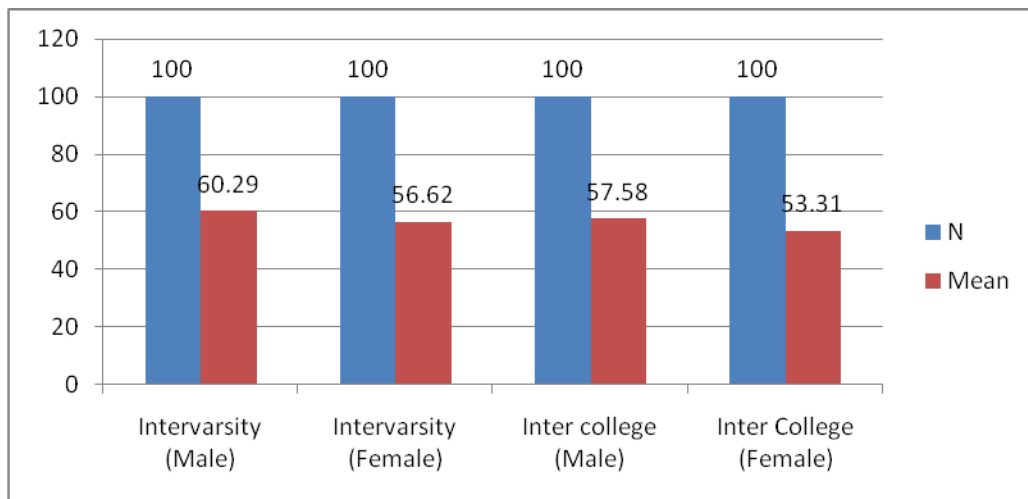
		<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Minimum</b>	<b>Maximum</b>
	<b>Intervarsity (Male)</b>	<b>100</b>	<b>60.29</b>	<b>11.433</b>	<b>42</b>	<b>109</b>
	<b>Intervarsity (Female)</b>	<b>100</b>	<b>56.62</b>	<b>11.099</b>	<b>31</b>	<b>100</b>

<b>Aggression</b>	<b>Inter College (Male)</b>	<b>100</b>	<b>57.58</b>	<b>15.959</b>	<b>32</b>	<b>112</b>
	<b>Inter College (Female)</b>	<b>100</b>	<b>53.31</b>	<b>13.558</b>	<b>10</b>	<b>79</b>

**Table 1** reveals that the mean of 100 Intersarsity male and female Volleyball players were 60.29 and 56.62 whereas the standard deviations of male and female Intersarsity Volleyball Players were 11.433 and 11.099 respectively. The minimum score of Aggression for Intersarsity Male Players was 42 and the maximum score was 109. The minimum score of Aggression for Intersarsity Female Volleyball Players was 31 and the maximum score was 100 whereas the mean of Inter college Male and Female volleyball players were 57.58 and 53.31 and their standard deviations were 15..959 and 13.558 respectively and the minimum score of Aggression for men was 32 and the maximum score of Aggression for Men was 112 and for Female it was 10 and 79 respectively.

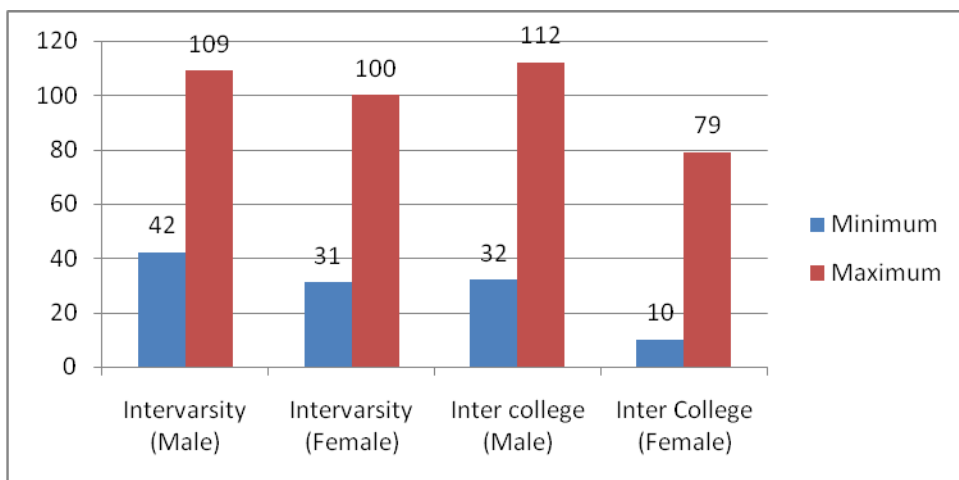
**Fig. No 1**

**Graphical representation of Mean Value of Aggression of All India Intersarsity and Inter College Volleyball Players**



**Fig.1.1**

**Graphical representation of Score of Aggression of Intersarsity and Inter College Volleyball Players**



**Table No .2 Comparison of Aggression Level of Intersarsity Male and Female Volleyball Players**

	Levels	N	Mean	Std. deviation	Std. Error Mean	df	t-value	Sig
	Intersarsity (Male)	100	60.29	11.433	1.143			

Aggression	Intervarsity (Female)	100	56.62	11.099	1.110	198	2.303	.698
------------	--------------------------	-----	-------	--------	-------	-----	-------	------

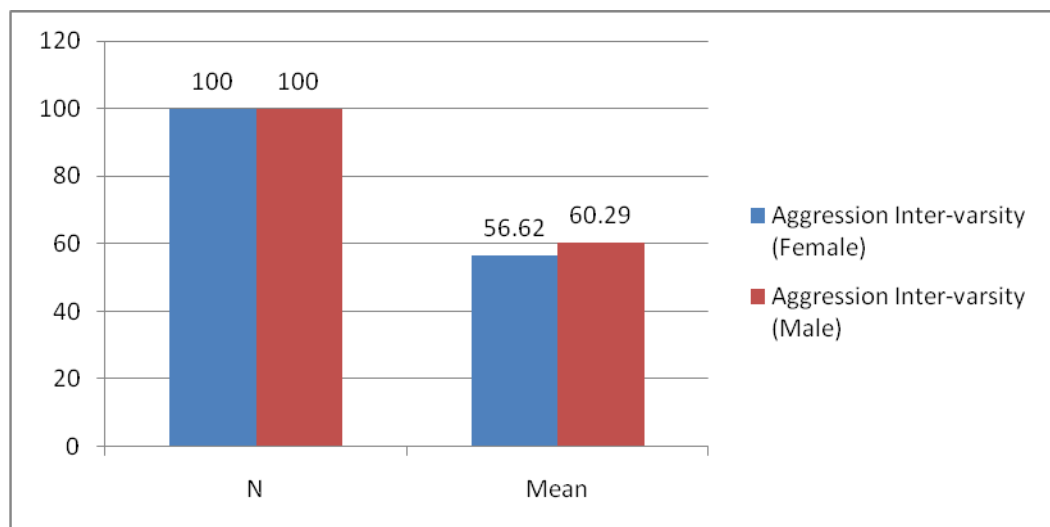
\*insignificant at .05 level

**Interpretation:**

**Table.2** reveals that Mean and standard deviation of Aggression level of Intervarsity Male Volleyball players found to be 60.29 and 11.433 which is more than the mean and standard deviation i.e. 56.62 and 11.099 of the Intervarsity Female Volleyball Players. The t-value is 2.303 and the tabulated value is .698 this shows that there is significant difference in the Aggression level of Intervarsity Male Volleyball Players and Intervarsity Female Volleyball Players.

**Fig. No. 2**

**Graphical Representation of Mean Value of Aggression level of Intervarsity Male and Intervarsity Female Volleyball Players**



**CONCLUSION:**

It is concluded that there is significance difference in the Aggression Level of Intervarsity Male and Female Volleyball Players of Punjab State.

## REFERENCES

Fernald LD (2008). Psychology: Six perspectives (pp. 12–15). Thousand Oaks, CA: Sage Publications.

Hockenbury & Hockenbury. Psychology. Worth Publishers, 2010.  
[https://en.wikibooks.org/wiki/Introduction\\_to\\_Psychology/Introduction](https://en.wikibooks.org/wiki/Introduction_to_Psychology/Introduction)

Gulhane. Tryambak F. (2014)“Sports Psychology” Sports Publication New Delhi.  
<https://www.psychologistworld.com/psychologists/sigmund-freud>

Gulhane. Tryambak F. (2014)“Sports Psychology” Sports Publication New Delhi  
<https://www.verywellmind.com/what-is-sports-psychology-2794906>

Gulhane. Tryambak F. (2014)“Sports Psychology” Sports Publication New Delhi  
<https://bizschool.wordpress.com/2015/12/26/sport-psychology-meaning-definition-terms/>

Gulhane. Tryambak F. (2014)“Sports Psychology” Sports Publication New Delhi