

A Comparative Study on Aggression Between Male and Female District Level Volleyball Players

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ABSTRACT

Aggression is a crucial aspect of volleyball, but it's not just about being physically aggressive. Mental toughness and aggression go hand-in-hand in volleyball, enabling players to perform under pressure and push through challenges.

Title: The title of the study is “A Comparative Study on Aggression Between Male and Female District Level Volleyball Players”.

Objective: The purpose of the study was to comparison of sports aggression between Male and Female District Level Volleyball Players of West Bengal.

Measures: aggression was measured through Sports aggression Questionnaire devised by Prof. Anand Kumar Shrivastava and Prem Shankar Shukla (1988).

Method: Thirteen Male District Level Volleyball Players and thirteen Female District 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.

Result: The obtained result shows that a significant difference found in aggression ($P=0.05$) between Male District Level Volleyball Players (mean-20.16/sd-3.41) and Female District Level Volleyball Players (mean-15.93/sd-2.96) t value is 2.98.

Implication: This study helps to understand the aggression level of Male and Female District Level Volleyball Players of West Bengal.

Conclusion: It is concluded that there are significant differences found in aggression Between Male and Female District Level Volleyball Players.

Keywords: Aggression, volleyball Males players, volleyball Females players, questionnaire,

INTRODUCTION

Aggression is a phrase used to describe a variety of actions that have the potential to cause bodily or psychological harm to oneself, other people, or objects in the environment. Human conduct includes aggression, which is essential for survival and the pursuit of greater goals in life. Aggression is undoubtedly a factor in sports competitions that involve power, dominance, and greatness. In athletics, aggression in one form or another is unavoidable and inescapable. However, when animosity triumphs over aggression, the situation becomes concerning, and the behaviour turns antisocial. An athlete's ability to perform better and work harder for the team's success may be enhanced by aggression. Sports aggression, sometimes referred to as violence, is behavior that is harmful, takes place outside of the game's

regulations, and has nothing to do with the sport's competitive goals. Any behaviour aimed at the goal of hurting or harming another living being who is motivated to avoid such treatment is also considered aggression. In the context of sports, aggressiveness was described by the International Society of Sport Psychology (ISSP) as when someone else subjects another person to an unpleasant stimulus—physical, verbal, or gestural—in a position statement (Tenenbaum et al., 1996).

Aggression is a trait that can affect performance in sports in a variety of ways, both positively and negatively. "Any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment" is the definition of aggression. Hostility is perceived by most as a negative psychological trait; yet, sport psychologists concur that hostility can enhance performance. Krishna Gopal Rail S.K.S. Yadav²(2020) found a significant difference between male and female University level Volleyball players with regard to their sports aggression. Asrar Ahmad Dar(2019) found a significant difference between male and female University level Volleyball players with regard to their sports aggression.

Objectives of the Study

To find out the level of aggression between male and female District Level volleyball players.

SIGNIFICANCE

This research helps in understanding the psychological aspects, specifically aggression, that identify the levels of aggression in male and female District Level 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.

METHODOLOGY

Selection of the Subjects:

The study was conceptualized to investigate the difference aggression between male and female district-level volleyball players. In this investigation total of sixty volleyball players(n=60) Were selected out of which thirty(n=30) active male volleyball district players and thirty(n=30) female district 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.

Criterion measures:

Based on the conceptualization and formulation of this study, mainly one psychological variable Aggression was selected to investigate its status among Male and Female District Level volleyball players. the researcher selected the Aggression scale for the subject developed by Prof. Anand Kumar Shrivastava and Prem Shankar Shukla (1988). The Sports Aggression Questionnaire consisted of 25 questions, of which 13 were keyed 'yes' and 12 were keyed 'no'. The score is 1 (one) for each correct item while 25 may be the maximum score and 0 (zero) as the minimum score. A score ranging from 12-13 is taken as average aggression, the score which range above 12-13 are considered as high aggression and the scores the lower than 12 13 are considered as low aggression.

Statistical Procedure:

Descriptive statistical measures like mean, standard deviation were used in order to describe the nature of the sample taken, to determine the deference if any, between male and female volleyball players. The independent t-test was calculated statically significance was tested at a 0.05 level of confidence; all the

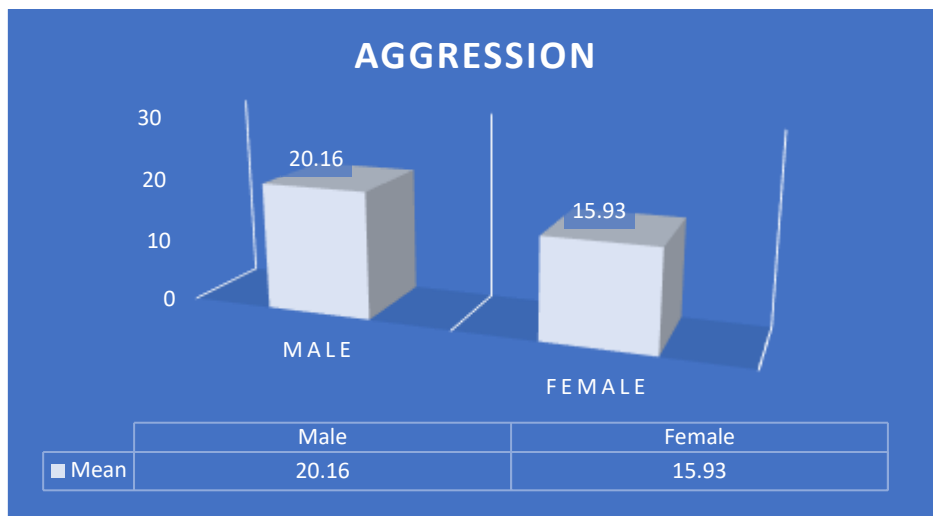
statistical analysis was the done with the help of SPSS version23 Windows.

Result

Table 1: Descriptive statistics of aggression between male and female volleyball players.

Groups	N	Mean	SD	DF	t-value
Male	30	20.16	±3.41	58	2.98*
Female	30	15.93	±2.96		

Significant at 0.05 level (table value 2.000, df-58)



Graph 1: Graphical representation of Mean on Aggression of male and female district level Volleyball players

DISCUSSION

the purpose of the study was to investigate the Aggression between district-level male and female volleyball players. The statistical results of the study revealed that there is a significant difference in aggression between district-level male and female volleyball players. Aggression of the district-level male and female volleyball players is presented in Table 1. The mean and standard deviation of district-level male volleyball players on the variable aggression were 20.16 and 3.41 respectively. The mean and standard deviation of district-level female volleyball players on the variable aggression were 15.93 and 2.96 respectively. Revealed that there was a significant difference in means of volleyball district level male and female volleyball players' Aggression as obtained t value was 2.98, which was more than p-value (tabulated value) 2.000 required for t value to be significant at 0.05 level with (58) degrees of freedom.

IMPLICATION

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 behavior 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 understand the aggression level of male and female district level Volleyball players.

CONCLUSION:

From the above table of the present study, the researcher might conclude that there was a significant difference between male and female volleyball players. The male volleyball players are more aggressive than the female volleyball players.

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