

A comparative study of Aggression between team sports and individual sports

Towseef Ahmad Taily¹, Waseem Ahmad Bhat²

Abstract: The term ‘psychology’, literally means the science of the soul. (Psyche—soul; logos -science). Formerly, psychology was a part of metaphysics, and dealt with the nature, origin, and destiny of the soul. It was called rational psychology. But modern psychology is empirical, and does not deal with the problems relating to the soul. It deals with mental process apart from the soul or mental substance. It is the science of experience and behavior, which tells us how the mind works and behaves. It can predict the behavior of an individual, and control it to a certain extent by putting him under proper conditions. It seeks to discover the laws of mind. The current study was investigating the aggression between team sports and individual sports. The present study was consisted of 140 students randomly chosen as the subjects of the study. The Questionnaire was used as a tool to collect data on psychological variables for this investigation assessed by Smith. To compare the aggression between team and individual sports ‘t’ test was applied as a statistical tool, the level of significance was set as 0.05. The findings of the present study demonstrated that there was a significant difference in aggression among team sports and individual sports. Based on the interpretation, a researcher concludes that college level team sports players were found more aggressive than the college level players of individual sports.

Key Words: Aggression, Team Sports, Individual Sports.

INTRODUCTION

The term ‘psychology’, literally means the science of the soul. (Psyche—soul; logos -science). Formerly, psychology was a part of metaphysics, and dealt with the nature, origin, and destiny of the soul. It was called rational psychology. But modern psychology is empirical, and does not deal with the problems relating to the soul. It deals with mental process apart from the soul or mental substance. It is the science of experience and behaviour, which tells us how the mind works and behaves. It can predict the behaviour of an individual, and control it to a certain extent by putting him under proper conditions. It seeks to discover the laws of mind. Sports psychology is essentially the study of how the mind affects physical activity and athletic performance. According to the American Psychological Association, “sports psychology addresses the interactions between psychology and sport performance, including the psychological aspects of optimal athletic performance, the psychological care and well-being of athletes, coaches, and sport organizations, and the connection between physical and psychological functioning. It is popularly said that man is an aggressive animal. Man is the only species on this earth that kills members of his own species show consistently and ruthlessly. The most extreme form of aggression is the destruction of mankind through wars. Considered from this perspective, aggression may be regarded as the essential part of human nature. However, there are social, economic, cultural and situational factors that increase and decrease aggression. The present study is an effort to conduct an empirical investigation on aggression in adolescent boys and girls with reference to tribal and non-tribal students. Dollard et al. (1939) defined aggression as any sequence of behaviour directed towards a person to commit

intentional injury. Berkowitz (1981) defined aggression as “behaviour directed toward the injury of some target”. Bandura (1973) argues that aggression is a complex event and it involves injurious intent as well as social judgments. An injury must be judged as injurious acts from the viewpoints of social judgment. In one study, Andreu et al. (1998) found that American men resorted to physical aggression more readily than Japanese or Spanish men. But Japanese men preferred direct verbal conflict to their American and Spanish counterparts. Bowdle et al. (1996) showed that Southern American were found to become more aroused and to respond more aggressively than Northern Americans when affronted with each other. Gender is another important factor that is responsible for human aggression Coic and Dodge (1997) showed that males more aggressive than females.

OBJECTIVES

- To find out the aggression level among team sports
- To find the aggression level among individual sports
- To compare the aggression level between team and individual sports

DELIMITATION

- The study was delimited to male subjects only
- The study was delimited to 140 students

- The study was delimited to area of central Kashmir and North Kashmir (J&K) UT.
- For this study, only one psychological variable such as Aggression were assessed among college level students.
- A college level student was selected as subjects for the study.

HYPOTHESIS

It was hypothesized that there would be a significant change in aggression level among team sports and individual sports

Team Sports

Players who are taking part in the team games.

Individual Sports

Players who are taking part in the individual games.

METHODOLOGY

The purpose of the study was to analyse the differences, if any, in the psychological characteristics among individual sport and team sport. The manner of handling the various details of experiment is extremely important to the success of research. Research methodology involves the systematic procedures by which the researcher starts from the initial identification of the problem to its final conclusion. This chapter describes the procedures followed in the selection of subjects, selection of tools (Questionnaires) and the method adopted for Statistical treatment of data.

Selection Of Subjects

The purpose of the study was to analyse and compare the selected psychological factor such as aggression among team sports and individual sports of central Kashmir and North Kashmir of J&K UT in India. To achieve the purpose of the study, 140 students were selected randomly as subjects. The age of the subjects ranged from 18 to 25 years.

Selection of Tools

- Questionnaire was used as a tool to collect data on psychological variables for this investigation.
- Aggression was assessed by using the scale developed by Smith.

Statistical Procedure

After the collection of data, the scoring of the data was done and appropriate statistics was employed. The descriptive statistic like mean and standard deviation was calculated to understand the nature of the data. Similarly, the comparative statistics like ‘t’ Test was employed to compare the aggression among team sports and individual sports among college level students of central Kashmir

districts and North Kashmir districts of J&K UT. the level of significance was set at 0.05 level.

Analysis of Data

Table-1 Comparison of “Aggression” among team sport and individual sport of college level students of central Kashmir.

GAME	MEAN	S. D	T VALUE
TEAM SPORT	10.4	3.549	2.26
INDIVIDUAL SPORT	8.457	3.632	

The above table shows that t value is 2.26 which is more than table value 1.994. Hence it is significant at 0.05 levels. The table clearly indicates that the level of aggression is high in team sport as compared to individual sport of central Kashmir Thus from the confirmation of the above result revealed that there is higher aggression level of team sport as compared to the individual sport of college level students of central Kashmir sportsmen

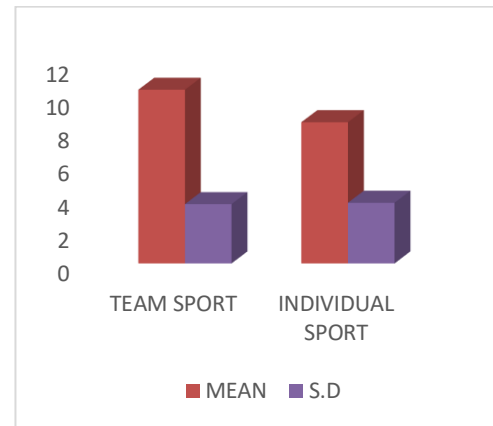


Figure-1 The below figure shows the Mean scores and standard deviation of Aggression of college level students of central Kashmir.

Table-2 Comparison of “Aggression” among team sport and individual sport of college level students of North Kashmir district of J&K UT.

GAME	MEAN	S. D	T value
TEAM SPORT	10.628	3.317	3.815
INDIVIDUAL SPORT	7.971	2.443	

Df=68=1.994 level of significance=0.05

The above table shows that t value is 3.815 which is more than table value 1.994. Hence it is significant at 0.05 levels. The table clearly indicates that the level of aggression is high in team sport as compared to individual sport of North Kashmir district of J&K UT. Thus from the confirmation of the above result revealed that there is higher aggression level of team sport as compared to the individual sport of college level students of North Kashmir district of J&K UT.

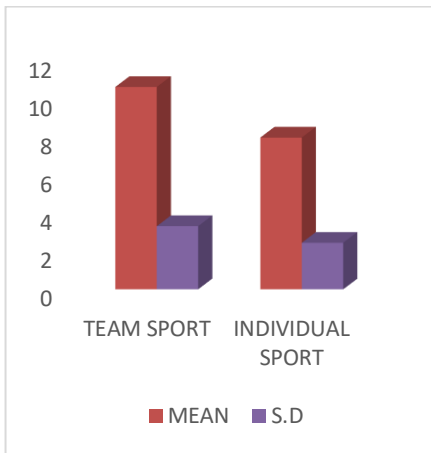


Figure-2 The below figure shows the Mean scores and standard deviation of Aggression of college level students of North Kashmir district of J&K UT.

Table-3 Comparison of “Aggression” among team sport and individual sport of college level students of central Kashmir and North Kashmir district of J&K UT

Sport	Mean	S. D	T value
Team sport	10.514	3.412	4.185
Individual sport	8.214	3.082	

Df=138 =1.976 level of significance =0.05

The above table shows that t value is 4.185 which is more than table value 1.976. Hence it is significant at 0.05 levels. The table clearly indicates that the level of aggression is high in team sport as compared to individual sport of central Kashmir and North Kashmir districts of J&K UT. Thus, from the confirmation of the above result revealed that there is higher aggression level of team sport as compared to the individual sport of college level students of central Kashmir and North Kashmir districts of J&K UT.

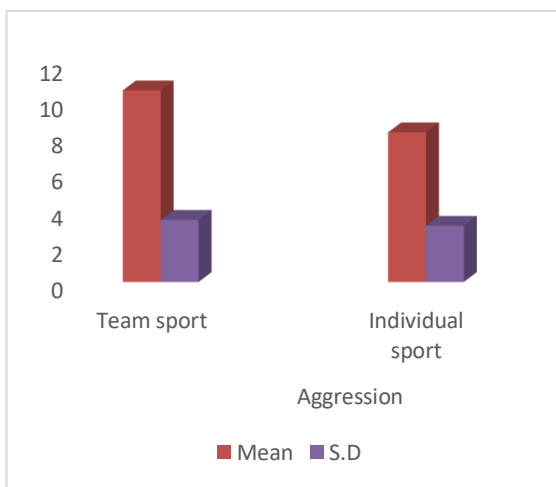


Figure-3 The below figure shows the Mean scores and standard deviation of Aggression of college level students of central Kashmir and North Kashmir districts of J&K UT

DISCUSSION ON FINDINGS

The result of the study shows that there was a significant difference in aggression among team and individual sports students of central Kashmir and North Kashmir in J&K UT.

In aggression, college level students of North Kashmir have higher level of aggression as compared to central Kashmir.

It is concluded from the results of the present study that systematically designed training programmes with keeping psychological variables would develop the performance standard as the selected dependent variables are very important qualities for better performance in almost all sports and games. Hence it is concluded from the results of the study that systematically and scientifically planned training programmes in psychological development may be given due recognition and be implemented properly in the training programmes of all the disciplines in order to achieve maximum performance.

DISCUSSION ON HYPOTHESIS

In the hypothesis, it was stated that there would be a significant difference among college level team sports and individual sports students of central Kashmir districts and North Kashmir districts on aggression. The results of the study showed significant difference. Hence, the researcher’s hypothesis was accepted at 0.05 level of confidence.

CONCLUSION

Based on the interpretation, a researcher concludes that college level team sports players were found more aggressive than the college level players of individual sports.

REFERENCES

- Andreu JM, Takehiro F, Takaya K, Martin JR. (1998). Justification of interpersonal aggression in Japanese, American, and Spanish students. *Aggres Beh* 25, 185-195.
- Bandura AL. 1973. *Aggression: Social learning analysis*. Englewood Cliffs, Prentice-Hall, NJ.
- Baron RA 1977. *Human Aggression*. Plenum, New York.
- Berkowitz L 1981. The concept of Aggression. In *Multidisciplinary Approaches to Aggression Research*, eds. PE Brian, D Benton, pp. 3-15. , Elsevier, New York.
- Bowdle BF, Dov C, Nisbett RE, Norbert S. 1996. Insult, aggression, and the southern culture of honor: an Experimental. *J Pers Social Psychol* 70, 945-960.
- Coie JD, Dodge KA. 1997. Aggression and Antisocial Behavior. In *Handbook of Child Psychology, Vol. 3: Social, Emotional and Personality Development*, eds. W Damon, N Eisenberg.
- Parveen DJ. Developing a Regression Model for Psychological Factors Predictor of Sports Injuries. *Int. J. Phy. Edu. Spo.* 2018;3(04):75-9.
- Nara K, Kumar P. Aging, personality, and teaching aptitude in school grade physical education teachers. *Pedagogy of Physical Culture and Sports*. 2023 Jun 29;27(4):297-304.

Nara K, Singh S, Kumar P, Rathee R. Impact of Sports on Body image and Self-efficacy: An Approach to Analysis of Sports Performance. Dollard J, Doob L, Miller N, Mowrer O, Sears R. 1939. Frustration and Aggression. Yale Univ. Press. New Haven, CT.

Author Information

Towseef Ahmad Taily; Research Scholar, Department of Physical Education and Sports, Central University of Haryana (Haryana) India-608002. E-mail: btowseef786@gmail.com

Waseem Ahmad Bhat; Research Scholar (Department of Physical Education, Annamalai University Annamalai Nagar (TN) India-608002. E-mail: Waseembhat1993@gmail.com

Corresponding Author - Towseef Ahmad Taily, Email: btowseef786@gmail.com

Citation

Ahmad Taily, T., & Ahmad Bhat, W. (2023). A comparative study of aggression between team sports and individual sports. Sports Science & Health Advances 1(1), 27- 30. [https://doi.org/ 10.60081/SSHA.1.1.2023.27-30](https://doi.org/10.60081/SSHA.1.1.2023.27-30)

Copyright: © 2023 by the authors. Licensee *Sports Science & Health Advances*. This article is licensed under CC BY 4.0

Received: 05.03.2023

Accepted: 25.05.2023; Published: 30.07.2023