

An Analysis of Aggression Levels among Different Combative Sports Players

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ABSTRACT

Objective: To compare the Aggression Levels among Different Combative sports Players.

Method: The purpose of the study was to compare the selected psychological factor such as Aggression Levels among Different Combative sports Players. The study was conducted on ninety (N=90), which includes thirty each Boxing (N1=30), Wushu (N2=30) and Karate (N3=30) male national level players of age ranging from 18 to 25 years. Who were attend the national level tournaments. After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content Aggression was selected for the purpose of the present study. Aggression was assessed by using the scale developed by Anand Kumar and Prema Shankar. In order to find-out significant difference among male National Boxing, Wushu and Karate Players on aggression level ANOVA was used. To know more about the pattern of differences existing within a set of population means, Least Significant Difference (LSD) Post-hoc test was used. The significance was tested at 0.05 level. All the statistical procedure was performed with the help of SPSS (V.19).

Result: The result of the study reveals that there was a significant difference in the mean score of aggression among Selected national level Boxing, Wushu and Karate Players. The reported mean scores and standard deviation of aggression in relation to national level Boxing is 10.80 and 1.49. The mean and standard deviation of aggression in relation to national level Wushu is 10.00 and 1.28. The mean and standard deviation of aggression in relation to national level Karate is 9.43 and 1.33.

Conclusion: On the basis of the analysis of the data and obtained results it was found that there was important change in players participating in different competition level in their sports aggression. The findings of the study revealed that there was a significant difference in the mean score of aggression among Selected national level Boxing, Wushu and Karate

Players. It was concluded that national level Boxing players had higher level of aggression and national level Karate players had lower level of aggression among the groups. One of the main recommendations of the research is the need to focus on the psychological preparation for national level players, as well as the need for a sport psychologist to work with national teams.

Keywords: Psychological, Aggression, Boxing, Wushu and Karate

INTRODUCTION

The term aggression originates from the Latin word *aggres*, composed of 'ad' (toward) and *grader* (to walk). The term essentially signifies to advance or come closer, to act in opposition or to proceed with the intention of causing injury or damage. Many psychologists define aggression based on behavioral aspects. Aggressive behavior relates to harmful actions, sexual assaults, biased remarks, genital actions, substance abuse, sports and physical activities, crying, whining, engaging in conflicts, and more. No straightforward action can be categorized under the term aggression. (John M. Silva et al., 1984)

Aggression and violence are integral to human psychology, deeply embedded in the essence of social creatures. This phenomenon is frequently evident in the form of personal variances during our interactions with one another in daily life. On one side, there exists polite, submissive, caring, tolerant, and accommodating behavior, while conversely, there is also violent and aggressive behavior that can equally be seen in the responses of competitors, spectators, administrators, fans, and supporters to a specific stimulus. This stimulus has various reasons, including a referee's decision, the rivals' strong performance, any action or gesture from the opponents, frustrating play from one's own team, and others. Sports sociologists have consistently expressed their concerns regarding the negative impacts of aggression and violence, as such behaviors entirely oppose the gentle essence of sports and recreation. (Sáenz et al.,

2015) have concluded that aggression and violence have deteriorating social effect in everyday life. Aggression and violence may be termed as the unusual and unprovoked action of a person or group directed towards imposing one's own improvised state of happenings by unlawful means. (Fortier, Parent, & Lessard, 2020) have found that aggression is the physical action aimed to disrupt the normal proceedings of the activity by hurting, injuring or influencing the rival.

Aggression is a complex psychological notion that is widely recognized as a significant factor in enhancing athletic performance in the field of sports. Aggression functions as a crucial element in influencing athletic performance. Although traditionally associated with male athletes, the notion of violence has been seen as inappropriate or unexpected for female athletes; however, scientific evidence has debunked these gendered assumptions. (M. K. Marwat et al, 2022)

Aggression is any interpersonal behavior intended to cause physical harm or mental distress to a person or persons. In the sports context, aggression can be defined as an unprovoked physical or verbal assault, and aggressiveness as the intent to commit such an assault. Aggression has also been defined as 'an overt verbal or physical act that can psychologically or physically injure another person or oneself'.

Types of Aggression:

Aggression can be of the following types

1. Direct: where the athlete can abuse face to face directly or hurt somebody by words or actions.

2. Indirect: hurting others by gossips, rumours, internal murmurings etc.
3. Instrumental: this is cognitive, where the aggression is intentional and planned but not to directly hurt someone, rather for gaining something like a reward, fame, scoring a goal, etc.
4. Emotional: also called impulsive aggression refers to aggression that occurs with only a small amount of forethought or intent.

1.1 Delimitation of the Study:

- The study was delimited to male subjects only
- The study was delimited to 90 players
- The study was delimited to national level players.
- For this study, only one psychological variable such as Aggression were assessed among male National Boxing, Wushu and Karate Players.
- The study was delimited to selected players of age ranging from 18 to 25 years.

Materials and Method:

2.1. Selection of Subjects:

The purpose of the study was to compare the selected psychological factor such as Aggression Levels among Different male Combative sports Players. The study was conducted on ninety (N=90), which includes thirty each Boxing (N1=30), Wushu (N2=30) and Karate (N3=30) male national level players of age ranging from 18 to 25 years. Who were attend the national level tournaments.

2.2. Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content Aggression was selected for the purpose of the present study.

2.3. Selection of Tools (Questionnaires):

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

2.4. Procedure of Data Collection:

The researcher first reached out to the organizing bodies of various tournaments and obtained approval to gather the data. The coaches and managers of the respective teams were approached individually, where the aim and importance of the study were clarified, and a request was made to allow their team members to participate as subjects for this research. Suitable meeting dates, times, and locations coordinated with team managers, coaches, and captains. Prior to completing the questionnaire, the printed instructions were explained verbally to ensure that the participants feel comfortable providing their honest, personal, and candid responses appropriately. Prior to filling out the actual questionnaires, each participant provided background information including age, involvement in the game, and degree of participation. The questionnaires were answered in a peaceful, cozy, and familiar setting in the participant's living rooms and outdoor spaces.

2.5. Statistical Procedure:

In order to find-out significant difference among male National level Boxing, Wushu and Karate Players on aggression level ANOVA was used. To know more about the pattern of differences existing within a set of population means, Least Significant Difference (LSD) Post-hoc test was used. The significance was tested at 0.05 level. All the statistical procedure was performed with the help of SPSS (V.19).

Result and Discussion of the Study:

Table: 1 Descriptive Statistics of Aggression in Relation to Selected Boxing, Wushu and Karate Players

Groups	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Boxing	30	10.80	1.49	.27292	08.00	14.00
Wushu	30	10.00	1.28	.23489	08.00	12.00

Groups	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Karate	30	09.43	1.33	.24299	07.00	12.00
TOTAL	90	10.08	1.47	.15501	07.00	14.00

The above mentioned table no. 1 shows that the mean and standard deviation of Aggression in relation to national level Boxing is 10.80 and 1.49. The mean and standard deviation of Aggression in relation to

national level Wushu is 10.00 and 1.28. The mean and standard deviation of Aggression in relation to national level Karate is 09.43 and 1.33.

Table: 2 Analysis of Variance (ANOVA) summary on aggression Levels among male National Boxing, Wushu and Karate Players

Source of Variance	Sum of Squares	df	Mean Square	F
Between Groups	28.289	2	14.144	
Within Groups	164.67	87	1.887	7.496*
TOTAL	192.456	89		

Critical F-Value = 7.496

***Significant at 0.05 level. Tab F .05 (2, 87) =3.10**

It is evident from table no. 2 that F-value 7.496 which is significant at 0.05 level with degree freedom (2,87) calculated value is higher than tabulated value 3.12. It's indicated that there is significant difference in the mean score of aggression level among Selected Boxing, Wushu and Karate Players.

Since, F-ratio is found significant. Least Significance Difference (L.S.D.) Post- Hoc test is employed to find out the paired mean difference among Selected Boxing, Wushu and Karate Players. It has been shown in table no.3.

Table: 3 Analysis of Least Significant Difference (LSD) Post-Hoc Test Among Boxing, Wushu and Karate Players in Relation to Aggression

(I) GROUPS	(J) GROUPS	Mean Difference (I-J)	Std. Error	Sig.
BOXING	WUSHU	.8000*	.35468	.027
	KARATE	1.3666*	.35468	.000
WUSHU	KARATE	.5666	.35468	.114

Pair wise mean comparison is presented in the table-3, it is revealed that there is significant difference on aggression when compared between Boxing and Wushu (.027) and Boxing and Karate (.000) since their significant values are less than 0.05 level of

significance. And, it shows there is no significant on aggression difference when compared between Wushu and Karate (.114) since their significant values are more than 0.05 level of significance.

Figure: 1 Mean Difference of Selected Boxing, Wushu and Karate Players in Relation to Aggression

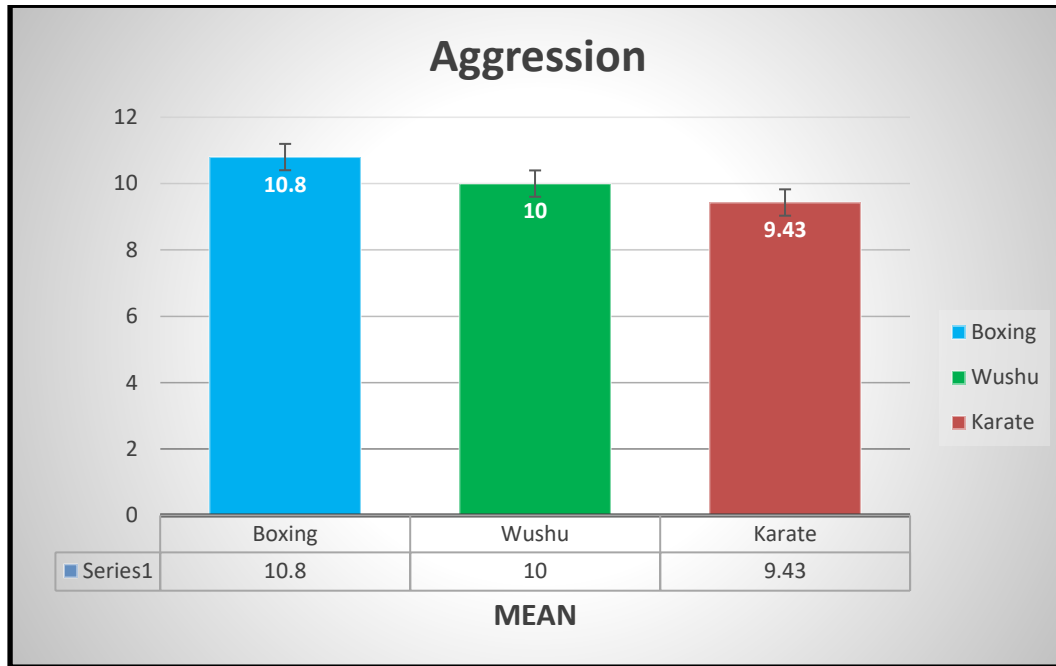
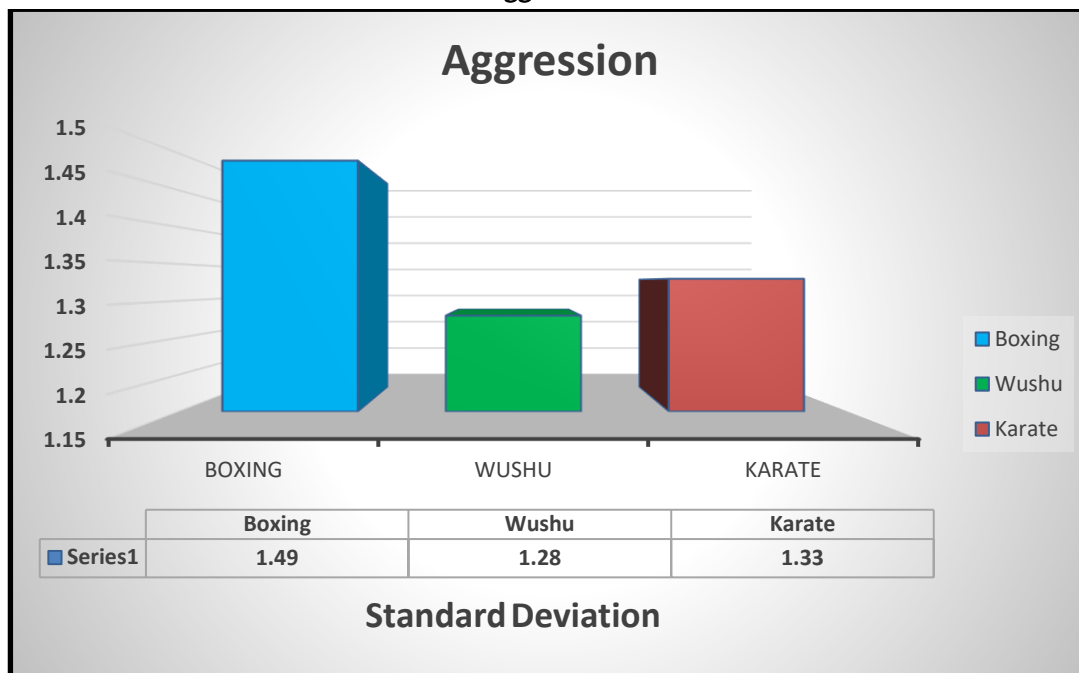


Figure: 2 Standard Deviation Difference of Selected Boxing, Wushu and Karate Players in Relation to Aggression



Discussion of the Findings:

The result of the study reveals that there was a significant difference in the mean score of aggression among Selected national level Boxing, Wushu and Karate Players. The reported mean scores and standard deviation of aggression in relation to

national level Boxing is 10.80 and 1.49. The mean and standard deviation of aggression in relation to national level Wushu is 10.00 and 1.28. The mean and standard deviation of aggression in relation to national level Karate is 9.43 and 1.33.

Conclusion:

On the basis of the analysis of the data and obtained results it was found that there was important change in players participating in different competition level in their sports aggression. The findings of the study revealed that there was a significant difference in the mean score of aggression among Selected national level Boxing, Wushu and Karate Players. It was concluded that national level Boxing players had higher level of aggression and national level Karate players had lower level of aggression among the groups. One of the main recommendations of the research is the need to focus on the psychological preparation for national level players, as well as the need for a sport psychologist to work with national teams.

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