

## COMPARATIVE OF MENTAL AGGRESSION AMONG STATE LEVEL AND DISTRICT LEVEL HOCKEY PLAYERS

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### ABSTRACT

Aggression in sports has been found to be helpful at times it expressed by defensive player whose expressions of skill need not to be practice. Aggression in sports is molded by the acquisitions of reward winning and or money as well as by social norms that condone aggression in various sports and sports situations. Aggression is defined as the deliberate to harm another person. On the other hand, highly robust behavior within the rules of the games is not aggression. Comparative of aggression among State Level and District Level Hockey Players. As every research demands a systematic method and procedure, like- this chapter adopts the following procedure including information regarding research design, sources of data, selection of subjects, sampling method, selection of test and criterion measures, administration of tests and collection of data etc. 30 Boys players was selected, 15 from State Level and 15 from District Level Players were selected as a sample from the Nanded District. The players were selected on the basis of simple random sampling. Questionnaires measuring Aggression of the players were used as a tool. The data was collected on all the subjects by administering the Prof. P.S Shukla Sports Aggression Inventory Questionnaire by Prof. Sandeep Tiwari. Sports Aggression Inventory consists of 25 Multiple Choice Questions and Questionnaire consists of 30 questions. it is evident that the obtained t-value is 18.33\* which is significant at 0.05 level with 58 degree of freedom. As the value is much higher than tabulated t-value 2.00.

Keywords: Mental Aggression

### Introduction

The modern age is an age of science and technology and now it is called as computer age. Due to rapid progress in the field, man is blessed with more leisure. In this modern age of micro and macro machines, physical activities in one

form or the other are essential for growth and development of human personality. Body and mind movement is the sign of life and activity is the sign of growth and development. Hence sports and games activities should become part of our life. Physical education is expected to

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develop interest in such activities and provide for participation in an organized way.

Aggression in sports has been found to be helpful at times it expressed by defensive player whose expressions of skill need not to be practice. But excessive aggression, aside from its moral implications, may be less than useful when high levels of skills are required. Aggression in sports is molded by the acquisitions of reward winning and or money as well as by social norms that condone aggression in various sports and sports situations. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is primary focus. On the other hand, highly robust behavior within the rules of the games is not aggression.

#### Statement of the Problem

“Comparative of aggression among State Level and District Level Hockey Players”

#### Objectives of the study

1. To survey the status of aggression of State Level and District Level Hockey Players.
2. To compare the aggression between State Level and District Level Hockey players.

#### Hypothesis

$H_0$ : There would be no significant difference in Aggression of State Level and District Level Hockey players.

#### Significance of the Study

1. The result of the study might help the coaches to handle the pressure and control.

2. The result of the study will highlight the Aggression among the Hockey players.
3. Through this study, the coaches and player of Hockey would come to know about the importance of Aggression in favor of exhibiting successful performance.
4. The study may be helpful to Player to realize their own status in Aggression.

#### Limitations of the study

1. The effect of uncontrollable factors which might influence the subject while responding to the questionnaire was considered as limitation of the study.

For the collection of data only questionnaire method was player this can also be indicate as a limitation.

#### Delimitations of the study

1. The study was delimited to the Boys players only.
2. The study was delimited to State Level and District Level Hockey Players.
3. The study was restricted to 15 State Player and 15 District Player of Nanded District only.

#### Methodology

As every research demands a systematic method and procedure, like- this chapter adopts the following procedure including information regarding research design, sources of data, selection of subjects, sampling method, selection of test and criterion measures, administration of tests and collection of data etc. a research become successful accompanied

and supported by some reliable and authentic data.

### Population

The population was the State level and District level Hockey player, age ranged from 18 to 25 years in Nanded District.

### Research design

This research study goes through a method of survey research.

The investigation should be done with every possible care in administering the above steps to get the best results through this study.

### Selection of Subjects

The subjects selected for this study are as followed:

### Study Area

30 Boys players was selected, 15 from State Level and 15 from District Level Players were selected as a sample from the Nanded District. The players were selected on the basis of simple random sampling.

### Selection of Variables

In this study the following psychological variables were selected as variables, which were considered as the essential ingredients for the game of Hockey respectively are as follow: - Aggression

### Tools to be used

Questionnaires measuring Aggression of the players were used as a tool. The data was collected on all the subjects by administering the Prof. P.S Shukla Sports Aggression Inventory Questionnaire by Prof. Sandeep Tiwari. Sports Aggression Inventory consists of 25 Multiple Choice Questions and Questionnaire consists of 30 questions.

### Statistical Technique

Primary Descriptive Statistic, Independent "t" test was used for accurate and systematic results as a Statistical Technique for comparative analysis. The level of significant was chosen at 0.05 levels which were considered as appropriate for this study.

Table -1.1 : COMPARISON OF AGGRESSION IN HOCKEY BETWEEN STATE LEVEL AND DISTRICT LEVEL PLAYER

Variable	Group	N	Mean	Df	t-value
Aggression	State Level	15	8.7	58	18.33*
	District Level	15	7.6		

Tab t.05 (58) = 2.00



From table- 1.1, it is evident that the obtained t-value is 18.33\* which is significant at 0.05 level with 58 degree of freedom. As the value is much higher than tabulated t-value 2.00. Thus it may be concluded that Aggression level of State Level Player in Hockey is significantly higher than District Level Player.

### Discussion of finding

Further, it was interpreted that the Comparison of Aggression in Hockey between State Level and District Level Player. It was concluded that Aggression level of State Level Player in Hockey is significantly higher than District Level Player.

Similarly the study revealed that there were also significant difference in Aggression between State Level and District Level Hockey Player.

### Conclusion

1. The players of State level and District level player have significant difference in mental toughness.
2. A large majority of the respondents expressed that the mental toughness and are important in games.
3. It also indicates that for optimum level of performance psychological aspect of training played a very important role.
4. By the finding it has observed that better performance needs mental toughness.

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