

A COMPARATIVE STUDY ON AGGRESSION AND CONFIDENCE LEVEL OF FEMALE SPORTSMAN

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Abstract: The aim of this study is to investigate the relationships between Aggression and Confidence Levels of Female Sportsman. **Objectives of the Study:-**1) To find the aggression level of rural and urban female students playing Sitting games and outdoor games in college.2) To find the confidence level of rural and urban female students playing Sitting games and outdoor games in college.3) To check the aggression level of rural female students playing sedentary sports and field sports in college.4) To examine the confidence level of urban female students playing sedentary sports and outdoor sports in college. A comparative research was conducted to find out rural, urban, Indoor and outdoor female Students Sports Players. The sample consisted of hundred (N=120) participants from Jargon, Maharashtra. For the present research, the researcher has used the Agnihotri Confidence Inventory developed by Rekha Gupta and Aggression Inventory Developed by M. K. Sultania.1) It is found that no significant difference between aggression level of urban and rural area students.2) It is found that no significant difference between Confidence level of urban and rural area students 3) It is found that no significant difference between aggression level of Sitting and Outdoor games Students.4) It is found that no significant difference between confidence level of Sitting and Outdoor games Students.

Keywords: Aggression, Confidence level, Rural and urban, Sitting and outdoor female Sports Players.

Introduction

The term "Aggression" includes large range of various behaviors; but it is mostly used for violent behaviors such as fight or quarrel. Majority of psychologists define "aggression" as: a behavior that someone by using it tries to harm others by words or tools (i.e. body organs or instruments) (Allah Gholipour, 1999). There are two different types of aggression: hostile aggression and instrumental aggression. Instrumental aggression aims to achieving particular goals. There are also various theories about aggression in sport including theories of innate aggression and learned aggression which declares that aggression is a learnable behavior or the theory of failure- which considers aggression as a result of failure in achieving ones objectives .(Anne Marie Bird, 1985)

Sports involve physical confrontation between individuals and make a good platform for the occurrence of aggressive acts. However, "Aggression in sport is not perceived as unequivocally negative; when it is an assertive behaviour as searching for the source, aggression in highly desirable" (Wlaglo et al., 2007). The aggression as defined as, "The attempt to injure characterized by the inner desire to win an advantage or received a reward" (Baired, 2009). Silva (1983) and Bredemeiner (1986) concluded that, "Engaging in aggressive sports could increase the aggressive behaviour" (Keeler, 2007). At the same time Vigot (1982) has studied many type of sports in context to the number of committed offenses, he concluded that aggressiveness is normally linked with contact sports (Munoz, 2002).

Self Confidence is one of the personality trait which is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Glenda & Anstey (1990) explained that many researchers used the terms self-confidence, self-evaluation, self-worth, self-appraisal, and self-satisfaction interchangeably. Basically, it is a psychological and social phenomenon in which an individual evaluates him/ herself according to some values which may result in different emotional

states, and which become developmentally stable, but are still open to variation depending on personal circumstances. Self-confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self Confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. A self-confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities. . Nazir (1995) revealed that there are significant differences in self-confidence among high and low achievers. The high achievers possess higher level of self-confidence in comparison to the low achievers.

Aim of the Study: -To assess and compare the level of Aggression and Confidence Level of Female Sportsman students.

Objectives of the Study:-

- 1) To find the aggression level of rural and urban female students playing Sitting games and outdoor games in college.
- 2) To find the confidence level of rural and urban female students playing Sitting games and outdoor games in college.
- 3) To check the aggression level rural female Students of Sitting and Outdoor games.
- 4) To examine the confidence level of urban female students of Sitting and Outdoor games.

Research Hypotheses:-

- 1) There will be no significant difference between aggression level of urban and rural area female students.
- 2) There will be no significant difference between Confidence level of urban and rural area female students
- 3) There will be no significant difference between aggression level of Sitting and Outdoor games rural female Students.
- 4) There will be no significant difference between confidence level of Sitting and Outdoor games urban female Students.

MATERIALS AND METHODS:-

Tools:-

- 1) Agnihotri's Self Confidence Inventory (ASCI) this test is developed and designed by Dr. Rekha Ahnhotri in the published under NPC, Agra. The ASCI has been designed in Hindi to assess the level of Self-Confidence among Sportsperson's. The final form of the ASCI has 56 true-false type items that works as perimeter to check self-confidence of the sportsman's. The reliability of this scale is .88 and validity is .82.
- 2) Aggressions Inventory (AI) (2006) aggression in selected subjects was assessed by eight dimensional aggression inventory prepared by Sultania M. K. It comprise of eight aspects of aggression i.e. assault, indirect aggression, irritability, negativism, resentment, suspicion, verbal aggression and guilt. The reliability of this inventory is 0.67 while the validity is 0.45. Higher the score, higher the hostile aggression is the direction of scoring in this inventory.

Variables:-

A) Independent Variables (IV)

- 1) Area of location (A)
 - i) Rural students
 - ii) Urban student
- 2) Types of games
 - i) Sitting
 - ii) Outdoor

B) Dependent Variables(DV)

area (A)	Types of games (B)		Total
	Sitting(B ₁)	Outdoor (B ₂)	
Rural students (A ₁)	30	30	60
Urban student (A ₂)	30	30	60
Total	60	60	120

Research Design:-

For the present research the researcher has used 2X2 factorial design.

area (A)	Sitting games (B ₁)	Outdoor games (B ₂)
Rural students (A ₁)	A ₁ B ₁	A ₁ B ₂
Urban student (A ₂)	A ₂ B ₁	A ₂ B ₂

RESULT AND DISCUSSION:-

H01 -There will be no significant difference between aggression level of urban and rural area students.

area	Sample	Mean	S. D.	Mean S. D. 't'	't'	Sign
Rural students	60	34.48	6.00	118	0.36	NS
Urban students	60	34.08	6.07			

* Significant at .05 Level

According to the above table no.1, the mean of the aggression level of the rural female students in the college was found to be 34.48 and the standard deviation was 6.00, and the mean of the aggression level of the urban female students in the college was found to be 34.08 and the standard deviation was 6.07. The 't' value of both is found to be 0.36 and this 't' value does not show significance at the 0.05 level.

The above statistical analysis shows that there is no difference in the aggression level of rural female students and urban female students. Hence the above hypothesis is accepted.

H02 -There will be no significant difference between Confidence level of urban and rural area students.

Area	Sample	Mean	S. D.	df	't'	Sign
Rural students	30	24.05	10.84	118	0.04	NS
Urban student	30	24.57	07.93			

* Significant at .05 Level

According to the above table no.2, the mean of the confidence level of the rural female students in the college is 24.05 and the standard deviation is 10.84, and the mean of the confidence level of the

urban female students in the college is found to be 24.57 and the standard deviation is 7.93. The 't' value of both of these is found to be 0.04 and this 't' value does not show significance at the 0.05 level.

From the above statistical analysis, it can be seen that there is no difference in the confidence level of rural and urban students. Hence the above hypothesis is acceptable.

H03 - There will be no significant difference between aggression level of Sitting and Outdoor games rural female student.

area	Sample	Mean	S. D.		't'	Sign
Sitting games	30	33.39	6.97	118	0.70	NS
Outdoor games	30	34.67	4.92			

* Significant at .05 Level

According to the above table no. 3, the mean of aggression level of the rural female student playing sitting games in the college was found to be 33.39 and the standard deviation was 6.97, and the mean of the aggression level of the rural female student playing outdoor games in the college was found to be 34.67 and the standard deviation was 4.92. The 't' value of both is found to be 0.70 and this 't' value does not show significance at the 0.05 level.

The above statistical analysis shows that there was no difference in aggression level between rural female students who played sedentary sports and urban female students who played outdoor sports. Hence the above hypothesis is acceptable.

H04 - There will be no significant difference between confidence level of Sitting and Outdoor games urban female Students.

.area	Sample	Mean	S. D.		't'	Sign
Sitting games	60	32.45	5.91	118	0.50	NS
Outdoor games	60	31.36	4.25			

* Significant at .05 Level

According to the above table no. 4, the mean of the confidence level of urban female students who play sitting games in the college is 32.45 and the standard deviation is 5.91 and the mean of the confidence level of the urban female students who play outdoor games in the college is found to be 31.36. and the standard deviation is 4.25. The 't' value of both is found to be 0.50 and this 't' value does not show significance at 0.05 level.

The above statistical analysis shows that no difference was found in the confidence level of urban female students playing sedentary sports and urban female students playing outdoor sports. Hence the above hypothesis is acceptable.

CONCLUSION:-

- 1) It is found that no significant difference between aggression level of urban and rural area students.
- 2) It is found that no significant difference between Confidence level of urban and rural area students
- 3) It is found that no significant difference between aggression level of Sitting and Outdoor games Students.
- 4) It is found that no significant difference between confidence level of Sitting and Outdoor games Students.

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