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## A study on anxiety and aggression among non-indigenous sports persons

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### Abstract

The purpose of the present study was to find out the level of anxiety and aggression among Non-Indigenous sports persons. To achieve the purpose of the study 150 Non-Indigenous were selected different universities in Karnataka state. The Subjects age ranges from 17-25 years. The data for the study were collected by using questionnaire technique. It was clearly explained to the subjects that overall purpose of the study was to compare the anxiety and aggression between Non-Indigenous sports persons. However the subjects were made to respond as quickly as possible without any confusion. The results revealed that there is a significant difference found in Non-Indigenous sports persons in the level of anxiety and there is no significant difference in the level of aggression.

**Keywords:** Psychology, indigenous, anxiety, aggression etc.

### Introduction

The study of psychology as a predictor and determinant of success in athletic competition is an interesting, although inconclusive, area of research in sport psychology. Psychological profile studies are conducted on athletes, male and female, in individual sports and team sports. Football, basketball, volleyball, soccer and are investigated in an effort to determine the psychological variables that specific sports seem to attract or produce, and the subsequent differences in the degree to which specific psychological variable manifest themselves differentially in successful athletes and unsuccessful athletes.

### Sport Psychology

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

### Statement of the problem

The main purpose of this study was to finding the psychological profile of Non-Indigenous sports persons in the level of anxiety and aggression.

### Hypothesis

There was no significant difference the level of anxiety and aggression among Non-Indigenous sports (Volleyball, Football and Hockey) persons of selected Universities in Karnataka state.

### Limitations

Couldn't control the environment/surrounding, Daily routine activities, training, food habits, psychological status/condition, family background of the subjects.

### Delimitation

- The study was delimited to Non-Indigenous sports persons of Volleyball, Football and

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Hockey and Interuniversity players and selected universities of Karnataka state.

- The study was delimited to total 150 subjects, from each game 50 male sports persons, age ranged between 17-25 years.
- The study was delimited to selected psychological variable of Anxiety and Aggression

**Selection of the Subjects**

For the study 150 Non-Indigenous (Volleyball, Football and Hockey) sports persons who are participated Interuniversity tournaments in selected games were chosen.

**Selection of the variables**

**Sports Competitive Anxiety Test (SCAT)**

**Purpose:** To measure the sports competitive anxiety level of Non-Indigenous sports person’s.

**Tool:** Standardized questionnaire developed by Rainer Martens et.al. (1990) was used in the study.

**Aggression**

**Purpose:** To assess the aggression level of all the sports persons.

**Tool:** Buss-Parry Aggression questionnaire (1992) was used.

**Statistical Techniques**

The data that was collected from the subjects was treated statistically. To test the hypotheses data was analyzed to descriptive statistics, Analysis of variance (ANOVA) was applied, followed by Scheffe’s Post-hoc comparison which will locate significant difference between pair of means. The level of significance was fixed at 0.05.

**Analysis of the Data**

The significance of the difference between the means of Non-Indigenous sports persons was found out. The data were analyzed and descriptive statistics was applied with 0.05 levels of confidence.

Table 1: Descriptive statistics of Anxiety among Non-Indigenous sports persons.

Psychological Variable	Non-Indigenous games	N	Mean	Std. deviation	Std. error
Anxiety	Volleyball	50	19.22	3.047	.306
	Football	50	20.65	3.163	.306
	Hockey	50	19.21	2.959	.306

Table: 1 evident the mean and Std. deviation of Volleyball players are 19.22±3.047, for Football players 20.65±3.163 and for Hockey are 19.21±2.959 respectively. The statistical

value derived as above show there is a significant deference in the anxiety level among Non-Indigenous sports persons. This is graphical represented in below Figure 1.

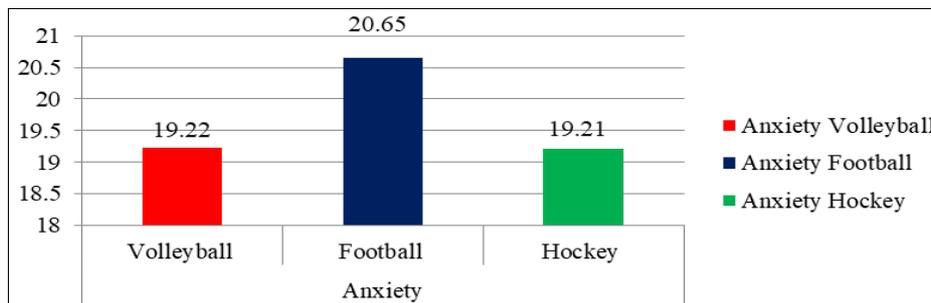


Fig 1: Mean value of anxiety among Non-Indigenous sports persons

Table 2: Descriptive statistics of Aggression among Non-Indigenous sports persons.

Psychological Variable	Non-Indigenous games	N	Mean	Std. deviation	Std. error
Aggression	Volleyball	50	142.05	14.667	1.508
	Football	50	144.80	15.414	1.508
	Hockey	50	141.40	15.147	1.508

Table: 2 evident the mean and Std. deviation of Volleyball players are 142.05±14.667, for Football players 144.80±15.414 and for Hockey are 141.40±15.147 respectively. The statistical value derived as above did not

show any significant deference in the aggression among Non-Indigenous sports persons. This is graphical represented in below Figure 2.

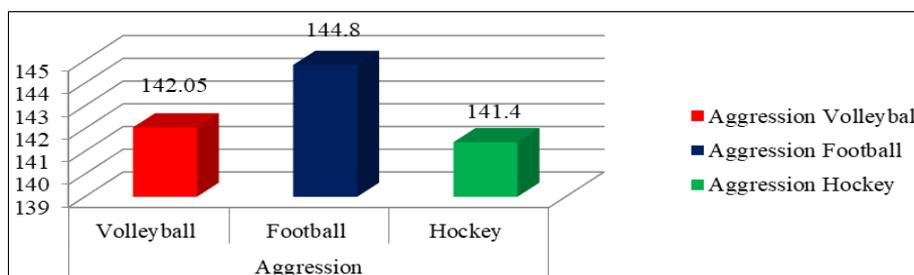


Fig 2: Mean value of Aggression among Non-Indigenous sports persons

**Table 3:** Analysis of variance (ANOVA) of Psychological variable of Anxiety among Non-Indigenous sports persons

Psychological Variable	Sum of Squares	Df	Mean Square	F	Sig.	Observed Power <sup>k</sup>
Anxiety	137.287	2	68.643	7.343	0.001	.937

From the table 3 it is observed sum of square (137.287) and mean square (68.643) for Anxiety with obtained F value 7.343 higher than table value 3.85. Therefore it is evident

there is a significant difference among Non-Indigenous sports persons. Therefore the obtained P value (0.001) is lesser than required P value < 0.05.

**Table 4:** Analysis of variance (ANOVA) of Psychological variable of Aggression among Non-Indigenous sports persons

Psychological Variable	Sum of Squares	Df	Mean Square	F	Sig.	Observed Power <sup>k</sup>
Aggression	651.500	2	325.750	1.433	0.240	.306

From the table 4 it is observed sum of square (651.500) and mean square (325.750) for Aggression with obtained F value 1.433 lesser than table value 3.85. Therefore it is evident as a

non-significant difference among Indigenous sports persons. Therefore the obtained P value (0.240) is much higher than required P value > 0.05.

**Table 5:** The Scheffe Post Hoc Test of Psychological variable of Anxiety among Non-Indigenous sports persons

Psychological Variable	(I) Indigenous	(J) Indigenous	Mean difference(I-J)	Std. Error	Sig.
Anxiety	Volleyball	Football	-1.43*	0.432	0.005
		Hockey	0.01	0.432	1.000
	Football	Hockey	1.44*	0.432	0.004

Table 5 indicates that the calculated the mean difference in psychological variable of Anxiety level Non-Indigenous game for Volleyball & Football is -1.43, for Volleyball & Hockey is 0.01 and Football & Hockey is 1.44. Further the obtained P value for Volleyball & Football (0.005), for Volleyball &

Hockey (1.000) and Football & Hockey is 0.004 respectively. Hence it is found that the obtained P values are greater than required P value 0.05 in Volleyball & Hockey players and the result found obtained P value lesser than required P value 0.05 in Volleyball & Football and Football & Hockey players.

**Table 6:** The Scheffe Post Hoc test of Psychological variable of Aggression among Non-Indigenous sports persons.

Psychological Variable	(I) Indigenous	(J) Indigenous	Mean difference(I-J)	Std. Error	Sig.
Aggression	Volleyball	Football	-2.75	2.133	0.436
		Hockey	0.65	2.133	0.955
	Football	Hockey	3.40	2.133	0.282

Table 6 indicates that the calculated the mean difference in psychological variable of aggression Non-Indigenous game for Volleyball & Football is -2.75, for Volleyball & Hockey is 0.65 and Football & Hockey is 3.40. Further the obtained P value for Volleyball & Football (0.436), for Volleyball & Hockey (0.955) and Football & Hockey is 0.282 respectively. Hence it is found that the obtained P values are much higher than required P value 0.05.

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## Conclusion

Based on the results and findings of this study it's concluded that there is a significant differences in Anxiety among volleyball & Football and football & Hockey sports persons and there is no significance between Volleyball & Hockey. Further there is no significance difference in the level of Aggression among Volleyball, Football and Hockey sports persons of selected Universities in Karnataka state.

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