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## An assessment study of comparison of aggression between handball and volleyball players of Degree College of physical education, Amravati

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### Abstract

The aim of the present study was to compare the aggression between Handball and Volleyball players of Degree College of Physical Education, Amravati. For the purpose of the present study Forty (40) male students of Department of Physical Education, Degree College of Physical Education, Amravati for the year 2014-15 were randomly selected as subjects. From the forty (40) subjects twenty (20) subjects were Handball players and remaining twenty (20) subjects were Volleyball players. The age of the subjects ranged from 18 to 25 years.

To assess the Aggression inventory developed by Anand Kumar and Prem Shankar Shukla was used. To compare. In order to compare the mean of Aggression of Handball and Volleyball players, mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels. Results showed insignificant differences between Handball and Volleyball players in aggression.

**Keywords:** handball and volleyball players, aggression, degree college of physical education, Amravati.

### Introduction

For the betterment of performance of the human organism, the acquisition of new knowledge in relation to physical, motor and physiological qualities in process of saturation to strive for still better is very essential and important to the expert of sports. The sports scientists explore the field of psychology and enlist psychological parameters which do influences sports performance. As a behavioural science, psychology has made its contribution in improving the sports performance. Sport Psychology enables and help coaches to coach more effectively and athletes to perform more proficiently. This psychological aspects of sports is gaining much attention among sports administrators. The word "aggression" derived from the Latin word aggress, 'ad' (to or toward) and grader (walk). Most psychologist describe aggression in terms of behaviour. Aggressive behaviour is also used to depict a strong and somewhat adventurous effort. Thus, an aggressive player for instance, may be perceived as unpleasant or violent by some and motivated and hardworking by others. There is no simple behaviour that may be described under the rubric aggression. We should also be alert toward the outlets of aggressive tendencies in game and sports. Generally, it is believed that one can have a positive moderation in his behavior and achievement in other areas too by getting success in sports.

Sports competition without 'aggression' is like a body without soul, competition and aggression are interrelated. There is clear evidence that, in general aggression is more boisterous games, may help performance because it arouses players overlay to put in harder effort, and 'do or die' for the success of the team. Contrarily there is also indication, and valid too, that aggression committed by the players in certain contexts situation or position may impels performance of individual skill as well as success of the team.

### Materials and Methods

To achieve the purpose of the present study forty (40) male students of Department of Physical Education, Degree College of Physical Education, Amravati for the year 2014-15 were randomly selected as the subjects.

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From the forty (40) subjects, twenty (20) subjects were Handball players and remaining twenty (20) subjects were Volleyball players. The subject's age ranged from 18 to 25 years.

In order to assess the aggression, Sports Aggression Inventory developed by Anand Kumar and Prem Shankar Shukla was used. Sports Aggression Inventory comprises of 25 items in which 13 items are keyed "YES" and 12 are keyed "NO". The statements which are keyed "YES" are 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24 and 25 and the statements which are keyed "NO" are 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23.

To find out the mean of Handball players and Volleyball players in relation to aggression, mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels.

**Results and Discussion**

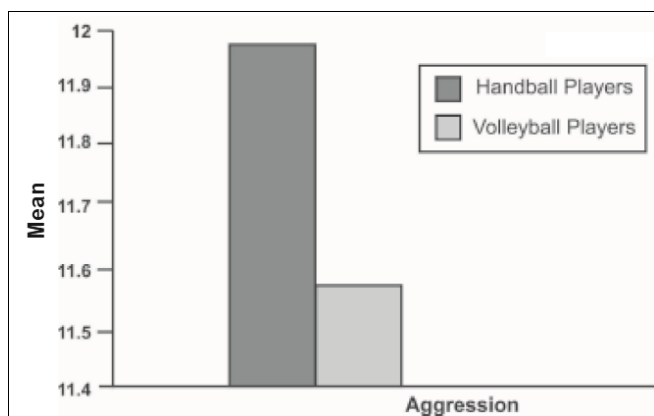
The findings with regard to the present study have been presented in Table No. 1. Further in Figure No. 1, the Graphical Representation is presented.

**Table 1:** Mean Comparison of Aggression between Handball and Volleyball Players

Variable	Group Mean		Mean Difference	Standard Deviation Difference	t
	Handball Players	Volleyball Players			
Aggression	12.000	11.600	.400	2.112	0.847

\* Significant at 0.05 level of confidence.  $t_{.05}(38) = 2.021$

The above Table shows that insignificant difference was found in Aggression, as the calculated value of 't' = .847 was less than the tabulated  $t_{.05} (38) = 2.021$ , thus, data provides insignificant evidence to ensure that the means of Aggression of the Handball and Volleyball Players of Department of Physical Education, Degree College of Physical Education, Amravati.



**Fig 1:** Graphical representation in aggression between handball and volleyball players

**Conclusion**

The findings of the present study revealed that there was statistically insignificant difference in aggression between Handball and Volleyball players of Department of Physical Education, Degree College of Physical Education, Amravati. Both the Handball and Volleyball players were similar in aggression.

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