



COMPARATIVE ANALYSIS OF AGGRESSION AND SELF CONFIDENCE AMONG BASKET BALL AND VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of the present paper is to compare the aggressive behavior and self confidence of basketball and volleyball players, the research method was ex – post –fact and fulfill the purpose 100 male and female sportspersons (Basketball and Volleyball) were selected randomly who are studying in various colleges of Hyderabad Karnataka region and represented their Universities in Intercollegiate tournaments and their age ranged from 18-25. They were administrated Aggression and Self Confidence questionnaires to collect data pertaining to research. The study was examined by using Mean, Sd and 't' test and it is concluded that there were significant differences found between dependent and independent variables and sample subgroups. So the hypothesized statement there would be differences in the aggression and self confidence among basket ball and volleyball players is accepted



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KEY WORDS- Aggression, Self Confidence, Sportspersons.

INTRODUCTION

Sport is one of the most enduring of all human activities. Virtually from the beginning of any written human records, in civilizations across the world, accounts of sports and sport-related activities are found. For less than the last century sport has been studied scientifically, and sport psychology is an important part of that scientific study. It is an international field, holding the promise of becoming important and only to the understanding of competitive athletic abilities, but to areas of behavior that relate to many domains of human health and activity. Notwithstanding its benefits to the individual and the society at large, competitive sport is a war of nerves as well as war on nerves. Since the revival of the Olympic Games, sports and games have increasingly become a war like phenomenon, requiring years and years of specialized training and practice with scientific and technological inputs. The rises of professionalism in sport and the human craze and quest for "winning" have transformed highly enjoyable sport into a complex behavioral conundrum. The athletes and coaches have to prepare themselves to face the extraordinary emotional and psychological situations to reach new horizons in performance. In sport, competition has gained ascendance over all its other worthily objectives-fitness, health, intellection, socialization, ethics and morality. The entire perspective of sports as a joyful social activity has changed for the worse with far reaching behavioral consequences.

The term aggression is employed to describe angry violent behavior with intent to hurt a person or cause damage to property. "Aggressive" behavior is also used to depict a strong and somewhat adventurous

effort. Thus an aggressive sales person or athlete, for example, may be perceived as obnoxious or violent by some and motivated and hard working by others.

The maximal ability of a person to perform in any athletic event is obviously limited by his physical characteristics, but they broad restrictions psychological factors often play a decisive role. "Self-confidence "is one of the most frequently cited psychological factors thought to effect sport performance and has been a; primary focus of research conducted by sports psychologists.

Self confidence is the confidence one has in oneself confidence of the type: "I can do this" I have the ability to do this" self confidence is the one thing that is much more important than many other abilities and traits. If you do not have self- confidence what you do will never become fruitful at all the fruits of what you do without self - confidence are lost. Genuine self- confidence integrates the powers of mind and body and focuses them towards the goal. any such a concentrates energy can reach the goal.

Self-confidence is the first step to progress, development, achievement and success Even if you have a lot of abilities and a lot of knowledge if you do not have self- confidence you cannot be a success. But on the contrary event you have only average abilities and knowledge, if you have an unfailingly true self confidence chances are that you achieve what you want to.

METHODOLOGY

Significance of the study

The applications of psychological principles in sports have far reaching consequences in the field of physical education and sports. The sports are played with an objective of winning the game. Therefore the psychological preparation of sports team is very important. Besides physical skills, the psychological factors are important as they are much related to winning of a game. Thus the mental readiness of the players needs to be aroused for active participation in sports' activities. Thus the knowledge of psychological factors makes the players more successful.

In this regard, the present study is more meaningful which attempts to explore Aggression and Self-Confidence of players. This knowledge would be of immense use in preparing the future strategies for training sports persons.

Limitations

The study is limited to test the effect of Aggression and Self-Confidence of the Basket Ball and Volleyball players.

The study is limited to tests on intercollegiate sports persons.

Further the study is limited to male and female students of various colleges under Hyderabad Karnataka region only.

The study was delimited to sportspersons of Under Graduate degree courses.

Further the study was delimited to students of 18-25 years age.

Statement of the problem

The purpose of this study is to assess the comparison of Aggression and Self Confidence of Basket Ball and Volleyball players.

Objectives

The objectives of the present study are as under.

To know the role of Aggression and Self Confidence of the Basket Ball and Volleyball players.

To study the impact of Aggression and Self Confidence on Basket Ball and Volleyball players.

Hypothesis of the Study

There is significant influence of Aggression and Self Confidence among Basket Ball and Volley ball players.

There is a significant difference of Aggression and Self Confidence among Basket Ball and Volleyball players.

Sample Design

The appropriate sample design would be followed as per the objectives of the study. The sample of 100 Intercollegiate Basketball and Volleyball players of both male and female category would be selected randomly from various colleges of Hyderabad Karnataka region the age level ranging from 18-25, on whom the tests of Aggression and Self Confidence would be administered. It is assumed that these variables would produce significant differences between sample subgroups. The following is the sample design of the study,

SAMPLE DESIGN

SI. NO	Male	Female	Total
Basketball Players	25	25	50
Volleyball Players	25	25	50
Total	50	50	100

Tools

The self-confidence questionnaire (SCQ) developed by Basavanna (1975).
Sports Aggressive Inventory developed by Kumar and Shukla (1988)

Statistical Analysis

To meet the objective of the study and to verify the formulated hypotheses the data will be analyzed. The Mean, SD and 't' test will calculate for the present study and result presented in next part. The table showed that mean, sd, and t value of basketball and volleyball players .

Table No.1

Variables		Aggression		Self Confidence	
		Male	Female	Male	Female
Basket ball Players	M	18.58	16.23	35.49	40.01
	SD	4.26	3.48	14.88	17.03
Volleyball Players	M	15.32	14.15	45.25	50.11
	SD	2.90	2.23	17.08	19.02
t-value		4.47**	3.53**	3.05**	2.80*

Mean, SD and t-values of Aggression and Self Confidence on Basket Ball and Volleyball players (N=100)

**Significant at 0.05 level

** Significant at 0.01 level

RESULTS AND DISCUSSION

The above table shows the Mean, SD and t-values of Aggression and Self Confidence on Basket Ball and Volleyball players. The table also reveals the significant difference of variables and sample subgroups. The presented mean scores say that basket ball players (male-18.58, female-16.23) are more aggressive than the volleyball players (male-15.32, female-14.15) in both male and female categories; the t-value male-4.47, female-3.53 is significant at 0.01 level. It may be because of the nature of the game i.e., basketball is contact game whereas the volleyball is non-contact game. So the aggression of the both game differ from each other, in basketball the players may show their aggression on one opponent player directly but in volleyball players should show their aggression on the ball only.

The table also speaks that the self confidence of basket ball players is higher (male-35.49, female-45.25) than the volleyball players (male-45.25, female-50.11) in both categories; the t-value male-3.05, female-2.80 is significant. The present result also because of nature of the game, in basket ball the target of the goal will be very small (basket ring) so the player should play very confidently to get score whereas in the volleyball the target will be very wide (opponent's full court) so the player will play in low self confidence level.

Finally the table explains that the basketball players are more aggressive and have high self confidence than the volleyball players.

CONCLUSIONS

There is significant difference found in aggression among basketball and volleyball players, basketball players are have more aggression than the volleyball players in both male and female categories. There is significant difference found in self confidence among basketball and volleyball players, basketball players are have high self confidence than the volleyball players in both male and female categories.

There is a significant role and impact psychological variables i.e., Aggression and Self Confidence on Basket Ball and Volleyball players.

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