

COMPARISON OF AGGRESSION AND MENTAL TOUGHNESS BETWEEN ARMED FORCE SPORTSMEN AND CIVILIAN SPORTSMEN

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Abstract:

The purpose of this study was to compare the aggression and mental toughness among players of armed force sportspersons and civilian sports persons. Sports Aggression Inventory by P.S. Shukla was used to gather data about the aggression and Mental toughness Questionnaire prepared by Dr. Alan Goldberg was used to gather data about Mental toughness of sports persons from different groups. The test was conducted on 70 male of armed force sports person and civilian sportsman. Data were undergone to t test for analysis purpose at 0.05 level. The test was conducted on 70 male of armed force sports person and civilian sportsman. The result shows that there is no significant difference in mental toughness and aggression among armed force sportsmen and civilian sportsmen.

INTRODUCTION

Elite performance in sports does not merely depend upon systematic training of physical, physiological variables and technical aspects of sport but, it also demand training of psychological characteristics of the sports man for success.

Throughout the world, the concept of sports psychology was changed. Today athletes face acute and unique challenges. The standards are higher, the competition is tougher and the stakes are higher. Among the best physical preparation is more complete and psychological component is more important than ever before. All sports are psychological as well as physical. They involve mental images, thought patterns, one's psyche and physical conditioning. It will however, allow one to draw the most from the conditioning one had. If one has trained more and better, his present capacity will be higher than the one who has trained less or less well. However, regardless of what is one's physical capacity might be at the moment; one has to look at his or her psyche in order to get the most from what he or she has.

One has to rely on one's own head. Thoughts, images and mental patterns act as the control the chanism; relative thought is particularly effective for destroying skilled performance.

As the importance of winning continue to be stressed in competitive sports, the pressure and anxiety of performing well will also continue to increase. Thus, the problem with athlete getting ready for competition is often one of the calming them down not psyching them up.

Because of the pervasiveness of guidance and act of aggression in out society generally considerable research, focusing on the origin, integration and maintenance of aggression has substantially increased the understanding of many of the processes meditating aggression but a sufficient explanation of why human has yet to be derived. However, several theoretical explanations of acts of aggression have been forwarded.

A key question for sports and exercise psychologist is whether champions have simply inherited the dominant psychological traits necessary for success or whether mental toughness can be acquired

Please cite this Article as :NASEERALL.M.K AND THOKCHOM DINE SINGH , COMPARISON OF AGGRESSION AND MENTAL TOUGHNESS BETWEEN ARMED FORCE SPORTSMEN AND CIVILIAN SPORTSMEN : Academic Sports Scholar (March. ; 2013)

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through training & experience. Recent research has attempted to explore the concept of mental toughness in sports more thoroughly, and it appears that, while some people are naturally more tough minded, other people can be "Toughened-up" with the correct approach to training.

Aggression among humans is as old as human race. Beginning with Cain's murder of Abel and extending throughout history, people have fought each other in tribal wars, ethnic & religious wars and in worldwide conflicts.

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.

Think big & aim high for sure win. Let your ambition surface, be true to your own self. Your aspiration may seem mere day dream & wild castles in the air at the start. Never mind & never fear. What appears impossible today will become a reality tomorrow with your determination, deduction & application.

Sports are a psycho-social activity. In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific line. The team are not only to play the games, but to win the games & for running the games, it is not only the proficiency in the skill which brings victory but more important is the will, spirit, desire of the player which they play & perform their best in the competition.

OBJECTIVE OF THE STUDY

1. To find out the Aggression & Mental toughness on male arm force sportsperson and male civilian sportsperson.
2. To compare the Aggression & Mental toughness between male armed force sportsperson and male civilian sportsperson.

HYPOTHESIS OF THE STUDY

There will be significant difference in Aggression & Mental Toughness between Armed Force sportsperson and Civilian sportsman.

OPERATIONAL DEFINITION OF KEY TERMS

AGGRESSION: Aggression is defined as the infliction of an oversized stimulus either physical verbal or gestural upon one person by another".

Aggressive may be defined as the energetic assault on animate subjects for a purpose.

MENTAL TOUGHNESS: It is an ability to constantly sustain over ideal performance state during an adversity in competition. It is also defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities.

TEAM SPORTS: Team sports mean those sports which involve a set of players with another set of players.

SIGNIFICANCE OF THE STUDY

The study might help the players & coach to analyze the level of Aggression and mental toughness. The knowledge of the aggression and mental toughness will help the coach to handle the players of team in a better way. The study would help to prepare and/or modify the psychological training program according to the level of the players.

The method adopted for selection of subject administration and scoring of the questionnaire and the statistical procedure used for analyzing the data are described in this chapter.

METHODOLOGY

Population

The population was the male armed force sportsperson and civilian sportsperson, age ranged from 18 to 25 years from Pune, Maharashtra, India. Different Arm force sportsperson and civilian sportsperson who had been participating at National or Inter University level tournaments was the target population which seems to be very large.

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Sample

70 male players 35 each of Armed Force sportsperson belonging to Indian Army from different battalion deployed in Pune and civilian sportsman belonging to Post Graduate level of Bharati Vidyapeeth University of Physical Education, Pune were selected as the subjects for the study.

Selection of Variables/Test

Conducting the various purpose of the study following variables and tests were selected:

Variables

- a) Aggression
- b) Mental Toughness

Tools used

The data was collected on all the subjects by administering the P.S Shukla Sports Aggression Inventory and Dr. Alan Goldberg Mental toughness Questionnaire.

Sports Aggression Inventory questionnaire consist of 25 items and mental toughness Questionnaire consist of 30 items.

Statistical Technique used

Independent t-test was use as Statistical Technique for comparative analysis. And the level of significant was set at 0.05 level.

ANALYSIS OF THE DATA

The data were obtained by administrating Aggression and Mental toughness questionnaire to the subject. The scores were obtained by using the key as suggested by P.S Shukla for Aggression and Dr. Alan Goldberg for Mental toughness. The collected data of the various component of Aggression and Mental toughness of various teams' games are presented below.

Table 1
Descriptive Statistics on Comparison of aggression between armed force sports person and civilian sportsperson.

Variable	Group	N	Mean	SD
Aggression	Armed Force	35	14.8	1.76
	Civilian	35	14.54	1.80

The Table 1 reveals that the mean score of Arm Force Sportsperson player and civilian sportsperson are 14.8 and 14.54 respectively. The standard deviation of Armed Force Sportsperson is 1.76 and for civilian sportsperson is 1.80.

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Table 2
Independent “t”test on Comparison of aggression between armed force sports person and civilian sportsperson.

Variable	Group	N	Mean	SD	df	t-value
Aggression	Armed Force	35	14.8	1.76	68	0.22
	Civilian	35	14.54	1.80		

T value from t table of 68 at 0.05 level is 2.042

From the table 2, it is evident that the obtain t-value is 0.22 which is not significant at 0.05 level with df=68. Since the value is much lesser than table value 2.042. It may be said that there is no difference in relation to aggression among armed force sports person and civilian sportsperson.

The graph depicting the mean aggression armed force sports person and civilian sports person is shown below.

Fig.1 graph depicting the mean aggression armed force sports person and civilian sports person

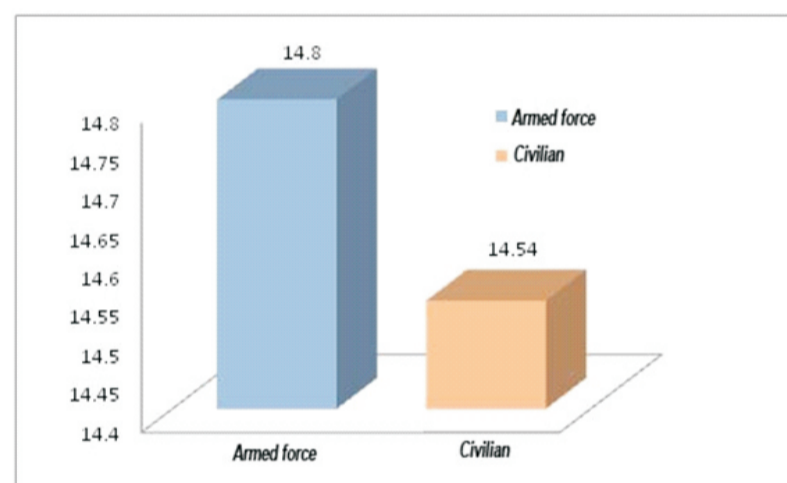


Table 3
Descriptive Statistics on Comparison of mental toughness between armed force sports person and civilian sportsperson.

Variable	Group	N	Mean	SD
Mental toughness	Armed Force	35	18.31	3.15
	Civilian	35	17.82	3.02

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Table 3 reveals that the mean score of Arm Force Sports person player and civilian sports person are 18.31 and 17.82 respectively. The standard deviation of Armed Force sports person is 3.15 and for civilian sports person is 3.02.

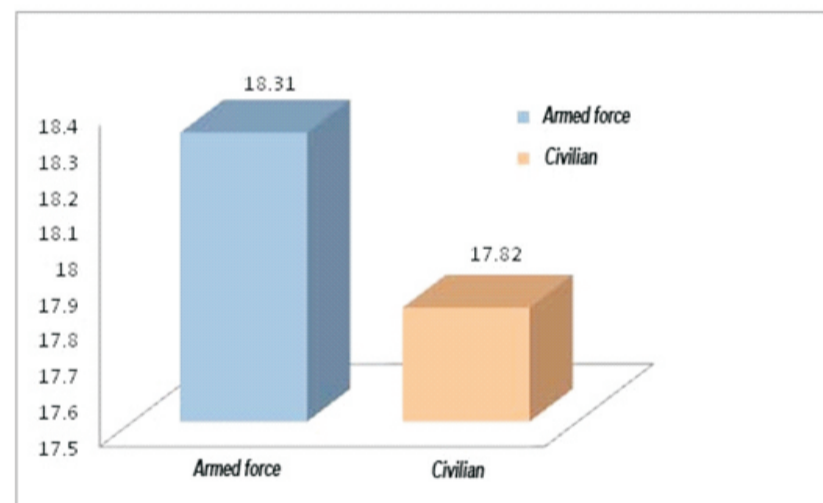
Table 4
Independent “t” test on Comparison of mental toughness between armed force sports person and civilian sports person

Variable	Group	N	Mean	SD	df	t-value
Mental toughness	Armed Force	35	18.31	3.15	68	0.24
	Civilian	35	17.82	3.02		

T value from t table of 68 at 0.05 level is 2.042

From the table 4, it is evident that the obtain t-value is 0.24 which is not significant at 0.05 level with df=68. As the value is much lesser than table t-value 2.042. It may be said that there is no difference in relation to mental toughness among armed force sports person and civilian sports person. The graph depicting the mean aggression armed force sports person and civilian sports person is shown below.

Fig.2 Graph depicting the mental toughness of armed force sports person and civilian sports person



FINDINGS OF THE STUDY

The study revealed that there was no significant difference between the aggression of armed Force sports person and civilian sportsman. This clearly shows that armed force sports person and civilian sports man required same amount of aggression as they involve themselves for various competition. It also reveals that there was no significant difference on Mental Toughness between armed force sports person and civilian sportsman.

RECOMMENDATIONS

On the basis of finding and conclusion, the following recommendations have been made;

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1. Aggression and Mental toughness is an important component for games. Therefore, necessary care should be taken in training programme to enhance the aggression and mental toughness of the players.
2. Several research studies can be carried out on the impact of aggression and mental toughness on the performance of the players in various national and international competitions.
3. Specific research also can be carried out to explore the process of formation of aggression and mental toughness among non-athletes.
4. A comparative study can be carried out between women's on aggression and mental toughness.
5. Similar type of studies can be done within the armed forces sports persons.

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