

A COMPARATIVE STUDY OF AGGRESSION LEVEL BETWEEN DISTRICT AND STATE LEVEL MALE HOCKEY PLAYERS

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ABSTRACT

The purpose of the study analyses the aggression level between state and district male hockey players. The variable selected for the study was aggression level. The subject age ranged between 14-21 years. The subjects of the study were 50 boys of state and district level male hockey players in Punjab. The selected aggression level was assessed using the standardized test. The collected data on the selected variables are treated with independent "t"-test for aggression level.

KEYWORDS: Aggression level, district and state level, Male, hockey players.

INTRODUCTION

Hockey is a technical game in which performance is based on skills and techniques in which different complicated elements are involved such as high level of physical and psychological abilities. Sports psychology helps a lot in assessing the performance of hockey players. Though physical and physiological variables play important role in enhancing hockey performance but finally it is the psychological factor that decides the winning and losing of the team. Hockey is a skill full game and because of that, strategies and tactics are changed very frequently and thus it becomes a mind game. Presently coaches and physical educators have become more conscious and concerned about the psychological and sociological aspect of sports rather than depending on merely physiological fitness and skills of various activities. They realize that psychological and sociological characteristics of the participants contribute more towards their success than mere physical fitness (Cox, R. H, 2012)

A number of reasons have been proposed to explain the reason athlete engage in retaliatory aggression in sport. Aggression that transcends hard play the spirit and meaning of the rules. These reasons include those that coincide with the various theories of aggression that have been discussed as well as various operational and situational variables (Kumar, Kumar, & Maurya, 2010).

The word Aggression comes from the Latin root aggrated (to or among the spectators on the benches, and most commonly among toward) and gradi or (walk) literally, then, the word means to walk the players on the field. Bench clearing draws, brush back towards or approach to "move against" or to "move with intent to pitches, moats and electric fences surrounding soccer fields, hurt or harm" (May, 1972). The major problem when studying citywide riots during post-contest celebrations, stalkers preying Aggression in sport or any other environment is in finding an on-star athletes are some of the common examples of aggression in acceptable universal definition. modern sports. Sports psychologists distinguished two types of aggression in sport, first one is hostile and second one is instrumental (Grange, & Kerr, 2010)

STATEMENT OF THE PROBLEM

The problem was stated as “A Comparative Study of Aggression Level between District and State-Level Male Hockey Players”.

Delimitations of the Study

- The study was Delimitations to male hockey players only.
- The study was Delimitations to students belonging to the age group of 14 to 21
- years. The study was restricted to players selected from Punjab

Limitations of the Study

- Responses to the psychological questionnaire used in this study may have certain biases and maybe the limitation of the study.
- The study focuses on a specific region, which may not represent hockey players from other areas with different training environments.
- The other psychological variables i.e. personality, and mental toughness are not taken into consideration.
- Variations in personality, previous experience, and personal background may affect aggression levels, making it difficult to isolate the impact of training environments.

SIGNIFICANCE OF THE STUDY

- The study provides valuable information regarding the aggression levels of district level and state-level male hockey players.
- The findings help coaches and physical education teachers understand the differences in aggression between players competing at different performance levels.
- The study assists sports psychologists in identifying appropriate psychological interventions and aggression management strategies for hockey players.
- The results may help players recognize the role of aggression in sports performance and encourage them to develop positive and controlled aggression during competition.

Material and Methodology

A total of **50 male hockey players** were selected for the present study. Out of these, 25 were district-level players and 25 were state-level players. The subjects were selected using a purposive technique from Mehar Baba Charitable Trust, Bassi Pathana. The selected variable for the study is aggression level the selected variable was assessed by using the standardized “t”-test 0.05 level for significance

Selection of Variables

- **Independent Variable:** Level of players (District level and State level)
- **Dependent Variable:** Aggression

Tools used

Aggression was measured using the **Buss– Perry Aggression Questionnaire (BPAQ)** a standardized and widely used too for assessing aggression level.

VARIABLE

- ☐ Physical Aggression level
- ☐ Verbal Aggression level

PROCEDURE

The data were collected by administering the questionnaire personally to the subjects. Proper instructions were given before filling out the questionnaire. Adequate time was provided to complete the responses, and confidentiality of the subjects was assured

STATISTICAL ANALYSIS

For the purpose of this study, descriptive statistics such as Mean and Standard Deviation were calculated. To determine the significant differences in the aggression level between state and district level male hockey players, the Independent Samples t-test was employed. All statistical analyses were performed using SPSS (Statistical Package for Social Sciences) software, Version 23. The level of significance was set at 0.05. **RESULTS**

TABLE NO 1

Descriptive statistics of physical aggression variable among State and District level male hockey players

variable	Group Name	N	Mean	Std. Deviation	Std. Error Mean
Physical	State Level	25	24.88	8.29	1.66
	District Level	25	17.96	11.53	2.31

TABLE NO 1- The descriptive statistics indicated that State Level players (N = 25) recorded a higher mean score (M = 24.88) on the Physical variable in comparison to the District Level players (N = 25), who obtained a lower mean score (M = 17.96). With respect to variability, the District Level players

exhibited a larger standard deviation ($SD = 11.53$) and a higher standard error of the mean ($SE = 2.31$), which suggested that their scores were more widely dispersed and less consistent, whereas the State Level players demonstrated relatively lesser variability ($SD = 8.29$, $SE = 1.66$), implying that their performance was more uniform and clustered closer to the group mean.

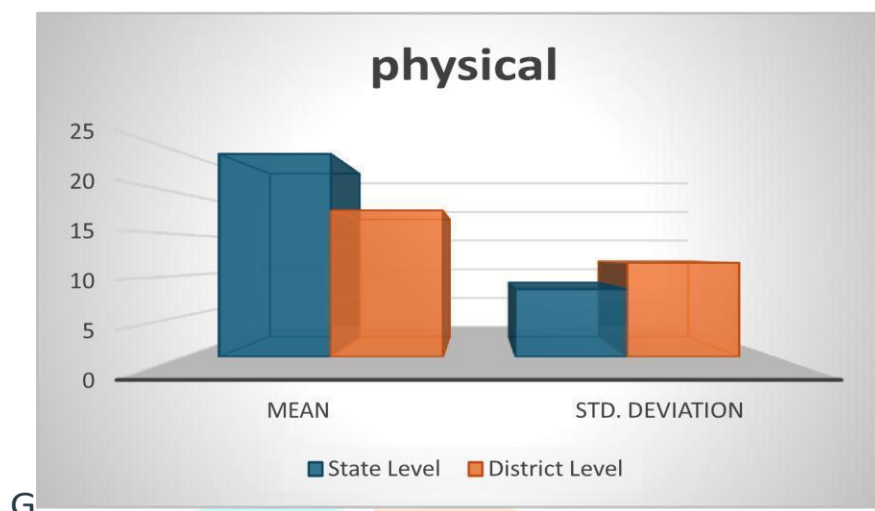


FIGURE NO 1 GRAPHICAL REPRESENTATION OF MEAN SCORE OF PHYSICAL VARIABLE BETWEEN DISTRICT LEVEL AND STATE LEVEL HOCKEY PLAYERS

TABLE NO 2

COMPARISON OF A PHYSICAL AGGRESSION VARIABLES (t-test) BETWEEN STATE AND DISTRICT LEVEL MALE HOCKEY PLAYERS

Variable	"t"	df	Sig. (2tailed)	Mean Difference	Std. Error Difference
Physical	2.43	48	0.01	6.92	2.84

The independent samples *t*-test revealed a significant difference in physical aggression between State and District level players ($t = 2.436$, $p < 0.05$). Therefore, the null hypothesis was rejected. State level players showed higher physical aggression than district level players.

Table 3

COMPARISON OF A PHYSICAL AGGRESSION VARIABLES (t-test) BETWEEN STATE AND DISTRICT LEVEL MALE HOCKEY PLAYERS

Verbal	State Level	25	15.24	3.72	0.74
	District Level	25	11.20	6.69	1.38

The analysis of the descriptive statistics indicated that on the Verbal variable, State Level players (N = 25) achieved a notably higher mean score (M = 15.24) as opposed to District Level players (N = 25), who registered a comparatively lower mean score (M = 11.20). Regarding the spread of scores, the District Level players showed a substantially higher standard deviation (SD = 6.69) and standard error of the mean (SE = 1.34), which reflected that their individual scores varied considerably from one another and lacked consistency, whereas the State Level players posted a much smaller standard deviation (SD = 3.72) and standard error (SE = 0.74), demonstrating that their Verbal scores were more tightly grouped around the mean and portrayed a more uniform and stable pattern of performance across the group.

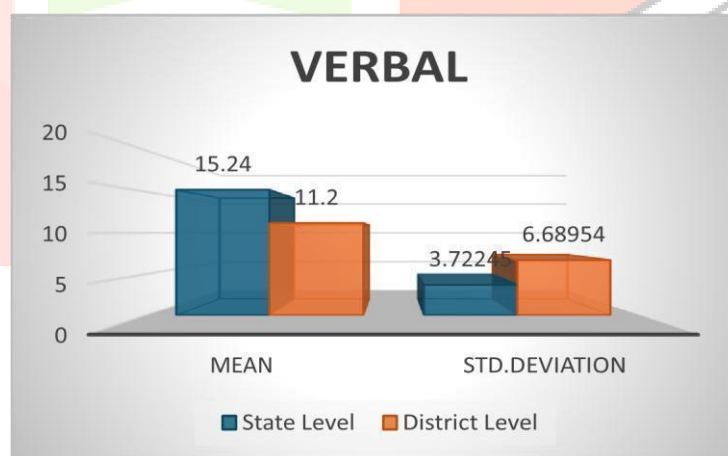


FIGURE NO 2 GRAPHICAL REPRESENTATIONS OF MEAN SCORE OF VARIABLE BETWEEN DISTRICT LEVEL AND STATE LEVEL HOCKEY PLAYERS

Table 4

COMPARISION OF A Verbal VARIABLES (t-test) BETWEEN STATE AND DISTRICT LEVEL MALE HOCKEY PLAYERS

Verbal	2.63	48	0.01	4.04	1.53
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Variable				Mean Difference	
	t	df	Sig. (2tailed)		Std. Error Difference

The independent samples t-test revealed that there was a statistically significant difference in verbal aggression between district-level and state-level male hockey players ($t = 2.63$, $df = 48$, $p = .011$). Since the obtained p-value (0.01) was less than the 0.05 level of significance, the null hypothesis was rejected. The mean difference between the two groups was 4.04, indicating that one group scored, on average, 4.04 points higher than the other on verbal aggression. The standard error of the mean difference was 1.531, suggesting that the estimated difference between the group means was reasonably precise.

DISCUSSION OF FINDINGS

Physical aggression is the tendency to inflict or attempt to inflict physical harm on others through behaviours such as hitting, pushing, kicking, or fighting (Buss & Perry, 1992).

Verbal aggression is the expression of aggressive feelings or intentions through spoken words, including arguing, yelling, insulting, threatening, or using abusive language (Buss & Perry, 1992).

CONCLUION

1. It was concluded that there was a significant difference in **Physical Aggression** between district-level and state-level male hockey players. The state-level players demonstrated higher physical aggression than the district-level players.
2. It was concluded that there was a significant difference in **Verbal Aggression** between district-level and state-level male hockey players. The state-level players showed higher verbal aggression than the district-level **players**.

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