

Comparative study of Anxiety and Aggression level of hockey and football female players

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Abstract

The present study has proposed to conduct study of only 40 female player of hockey and football games. The age limit of hockey and football players ranges between 15 to 25 years. Only female players were taken as subject. Anxiety scale was measured by Sinha comprehensive anxiety test (1999) were administered to the subject and Aggression scale was measured by Km. Roma Pal aggression test were administered to the subject. The data will analyzed with the help of following statistical technique. In order to know the actual of the data, mean, S,D, and T-Test will be used.

Keywords: anxiety, aggression, hockey, football

Introduction

Anxiety plays an important role in sports and games. Anxiety is considered as an important phenomenon in motor performance. Anxiety, especially the state type, plays a significant role in the motor performance of individuals. Adjustment of these natural properties may have to be done with some care. Either type may be amenable to high level sports performance with certain constraints.

Trait Anxiety is predisposition to perceive certain situations as threatening and to respond to these situations with varying levels of state anxiety. In Spielberger's (1977) words, Anxiety states are characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the automatic nervous system.

Anxiety experienced during competition, known as competitive anxiety, can be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition (Martens, 1977). Clearly there are situations in sport where athletes will doubt their own ability to put across a desired impression, either because of their own perceived lack of ability or due to external factors. For example, a skilled athlete who feels he needs to win to demonstrate his ability may still lose to a better competitor or because of factors beyond his control such as illness or injury. In these situations the inability to convey the desired impression may be perceived as a threat to athletes, social identity, which may result in feelings of anxiety. Performance anxiety is known as „arousal“ state. Its role is very important in the competitive situation. Performance anxiety is used by more successful athletes in order to get better performance. For many less competent, the intensity of precompetition anxiety is always disturbing. It always gives or shows a sign of 21 imperfect self-confidence, imperfect preparation or lack of control. When conceptual learning and mental practice work under high anxiety conditions, they are the best in directing anxiety into beneficial ways. Actually, managed or moderate anxiety is preferable to very low or very high state of anxiety. In psychology, as well as other social and behavioral sciences, aggression (also called *combativeness*) refers to behavior

between members of the same species that is intended to cause pain or harm. Predatory behavior between members of one species towards another species is also described as "aggression." To exhibit aggression towards members of another species is common, such as in these examples: "Lions are aggressive hunters of antelopes," and "Eagles are aggressive hunters of small mammals."

Objectives of the study

1. To evaluate the anxiety level of hockey and football players of Sirsa.
2. To evaluate the aggression level of hockey football players of Sirsa.

Methodology

The present study has proposed to conduct study of only 40 female player of hockey and football games. The age limit of hockey and football players ranges between 15 to 25 years. Only female players were taken as subject. Anxiety scale was measured by Sinha comprehensive anxiety test (1999) were administered to the subject and Aggression scale was measured by Km. Roma Pal aggression test were administered to the subject. The data will analyzed with the help of following statistical technique. In order to know the actual of the data, mean, S,D, and T-Test will be used.

Result and Interpretation

Table 1: To compare the hockey and football female player on anxiety level of Sirsa district

Game	No.	Mean	S.D.	SED	t-ratio
hockey	20	28.500	13.35207	5.55418	-.468
football	20	25.900	12.40475		

Significant at 0.05 level

The anxiety level mean score of football player is 25.900 than mean score of hockey is 28.500. the S.D. football player is 12.40475 and hockey player 13.35207 and the SED is 17.56 then t-ratio is -.468 which is significant at 0.05 level of the confidence.

There for the hypotheses there exists no significant difference in the level of anxiety of hockey and football female players is rejected.

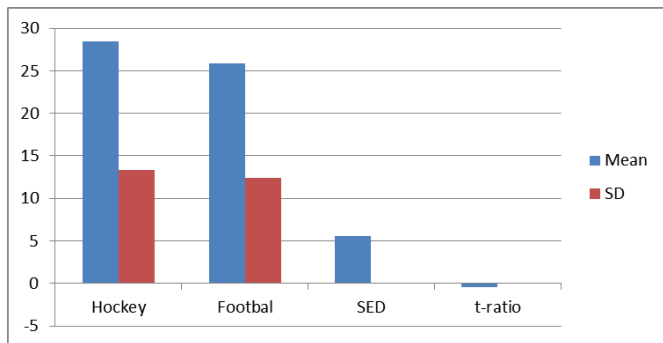


Fig 1: Graphical representation of hockey and football female player on anxiety level of Sirsa district

Table 2: To compare the hockey and football female player on aggression level of Sirsa district

Game	No.	Mean	S.D	SED	t-ratio
Hockey	20	8.30	4.49	1.110	-2.79
Football	20	5.20	2.52		

Significant at 0.05 level

The aggression level [option] very much prefer of hockey and football players. The table show that the mean score of football player is 5.20 and the mean aggression score of hockey player is 8.30. The S.D of football player is 2.52 and The S.D of hockey player 4.49. The SED is 1.110. T-ratio is -2.79. which is significant different at 0.05 level of the confidence. The table show that the aggression level very much prefer of hockey and football player. The Hypothesis that there will be no significant difference of aggression level very much prefer [option] also rejected.

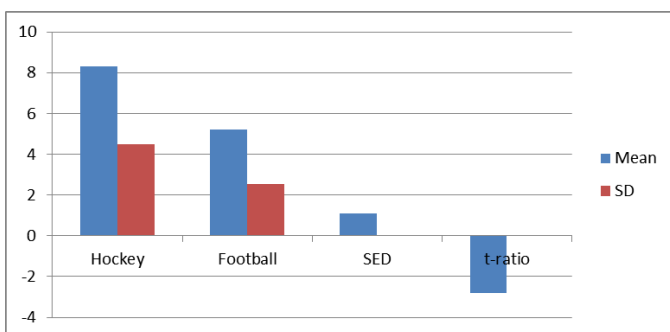


Fig 2: Graphical representation of hockey and football female player on anxiety level of Sirsa district

Main Findings

After the interpretation of data, the investigator was in a position to draw certain finding on the basis of analysis and interpretation. According to the objectives and the hypothesis stated earlier in the present study, the results have been presented as follows:

There exist significant difference between the female hockey players and female football players. Female hockey players have no aggression or anxiety level of female football players.

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