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A COMPARATIVE STUDY OF ANXIETY AND AGGRESSION BETWEEN RURAL AND URBAN PLAYERS OF UDAIPUR DIVISION

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ABSTRACT

In view of the objective of the present study the investigator collected the data from rural and urban (team and individual game) players from different colleges affiliated to mohanlal sukhadia university Udaipur (Raj.). The total sample 300 team and individual game players. The sample to be collected equally on gender basis, residential background and type of family of the players. The Some variable on AGGRESSION and Anxiety show in No significant difference between Rural and Urban (Male & Female) players of Udaipur division and The Some variable on AGGRESSION and Anxiety show in significant difference between Rural and Urban (Male & Female) players of Udaipur division.

KEY WORD: - Rural, Urban, Aggression, Anxiety, players and Udaipur division.



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INTRODUCTION

Sport psychology is a Specialization within in brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sports psychology is the Scientific Study of people and their behaviors' in sport.

Anxiety

A feeling of worry, nervousness, or unease about something with an uncertain outcome. He felt a surge of anxiety". Everyone feels anxious now and then. It's a normal emotion. Many people feel nervous when faced with a problem at work, before taking a test, or making an important decision.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety represents worrying about future events, close to the concept of neuroticism, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear. Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy.

Anxiety is the body's natural response to danger, an automatic alarm that goes off when you feel threatened, under pressure, or are facing a stressful situation.

It effects our thoughts, physical reactions, moods and behaviors. Anxiety can also cause us to feel panicky and frightened and prevent us from doing things. Too much stress in our lives can



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Result in higher level of anxiety. Anxiety is also a perfectly normal response to threat, and in some situation that is really threatening it can be helpful in preparing us for action. Some degree of anxiety can improve our performance in certain situations such as job interviews, taking exams, sporting events, or even helping us to pay our bills on time. However, if anxiety occurs too often and for no apparent reason, or if it begins to interfere with our life, then it has become a problem.

Aggression

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as “any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment” (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic, however some sport psychologists agree that aggression can improve performance (Widener & Birch, 1984). This is called an assertive behavior (Bredemeier, 1994), where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent.

Aggression is the violent behavior with total disregard to reasoning. Aggressive behavior can be physical or mental or emotional and all of them together in a systematic manner. In general sense where aggression is referred to in life situations or in connection with group dynamics, it has no positive role. However, when it comes to sporting competitions, aggression has always a positive role. This is especially true in dual games or competitions. In a war situation, a soldier is to destroy his enemy before the enemy kills him. Likewise, in a dual sporting competition, the competition is to resort to violent attack against his opponent and inflict upon him a moral advantage which is likely to last throughout the remaining competition – thus leading to victory. In the process, the sportsperson shall not succumb to the sentiments if he is determined to win.



STATEMENT OF THE PROBLEM

“a comparative study of anxiety and aggression between rural and urban players of udaipur division”

Objectives

1. To Comparison Anxiety between Rural and Urban (Female) Players.
2. To Comparison Aggression between Rural and Urban (Female) Players.
3. To Comparison Anxiety between Rural and Urban (Male) Players.
4. To Comparison Aggression between Rural and Urban (Male) Players.

HYPOTHESIS OF THE STUDY

Research scholar limit knowledge, achievement, related literature and experts opinion then after hypothesis of the study. It hypothesizes that thus no significant difference between Rural and Urban (Male and Female) Players of Anxiety and Aggression level.

DELIMITATION OF THE STUDY

1. The study Delimited to Rural and Urban (male and female) players only.
2. The total number of subjects for this study 300 athletes (150 Rural and 150 Urban).
3. The data for this proposed study collected from Players of Udaipur Division Urban and Rural.
4. Male and female players who were representing Udaipur division college level in team and individual, were selected for the investigation.



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5. Aggression levels of the players representing Udaipur division college level were measured through aggression scale constructed by ku. Roma pal and Dr. Tasneem naqui (1986) consists 30 items.

6. Anxiety level of the players representing Udaipur division college level were measured through anxiety scale constructed by D. Sinha (1965) consists 100 items.

LIMITATION OF THE STUDY

The study has been limited environment, social condition and family background.

The questionnaire itself has some limitations which served as limitations of the study.

The factor such as socio-economic status family environment, health status etc. the subject were not controlled.

REVIEW OF RELATED LITERATURE

Many Study do its topic Tedeschi et al and Rivera, (1977) Aggression can be generally defined as all behavior intended to destroy another person's property or to injure another person, physically or psychologically. It has been reported that action has to violate norms and rules shared by society in order to be defined as aggressive.

Arms et. al. (1979) Arms' study in that hostility significantly increased as a result of observing the professional wrestling and ice hockey events. In contrast, spectators observing the swimming meet did not exhibit increased hostility scores.

Sarason (1986) Predatory or defensive behavior between members of different species is not normally considered "aggression." Aggression takes a variety of forms among humans and can be physical, mental, or verbal. There are two broad categories of aggression.



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These include hostile, affective, or retaliatory aggression and instrumental, predatory, or goal-oriented aggression.

David (1987) Similar study was conducted a study to find out competition trait anxiety differences among males and female junior high school athletes. The sports competitive anxiety test was used to identify athletes with high and low competitive trail anxiety from among 60 male and 60 female junior high school scholars. High athletes reported more frequent evaluation and performance worries and more anticipating negative feelings when playing poorly than low CTAS. Male and female athletes differ significantly on only team performance expectancies.

Jones et al (1989) Past research indicates that the direction of anxiety may be the most important dimension when comparing elite versus non elite performers, with elite athletes having more positive anxiety perceptions.

Jones et al (1991) Research investigating state anxiety intensity and direction has demonstrated gender differences, although results have been equivocal. For instance, some researchers have reported gender differences when examining temporal patterns of anxiety and self-confidence.

John P.et.al (1999) Following pretreatment assessment, angry behavior and self-reported anger were observed and measured during a 15-game round-robin soccer season.

Swain and Jones (1993) reported cognitive and somatic state anxiety symptoms increased significantly for both males and females as the competition approached. Females reported higher state somatic anxiety scores than males.

Wiggins (1998 and 2000) reported gender differences investigating anxiety across time, with females reporting higher cognitive anxiety intensity 24 hours prior to competition, but found no anxiety direction differences.



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John et. al. (2002) The study examined the effect of optimistic and pessimistic cognitive styles on performance and pre competition anxiety. Collegiate athletes (female=39; Male=35) completed the Defensive Pessimism Questionnaire and were grouped as optimists, defensive pessimists or real pessimists.

Tiwari (2007) For instance, commissions have been appointed in Canada, England and Australia to investigate violence in the athletic setting (National Committee on Violence, Pipe. In the United States, Canada, Germany, England and Australia, court cases have been heard concerning the sport-related victims or perpetrators of aggressive acts.

Singh (2008) In measuring competition anxiety, the instrument of choice for almost 15years has been the competitive state Anxiety inventory-2. However, this instrument has been severely criticized and its validity challenged. Researchers have recently attempted to address the limitations of the original27-item CSAI_2 and the result is more valid and reliable than its predecessor.

Cunradi et al (2009) the concept of female aggression is generally referred to the wives' aggressive behaviour towards their husbands. It is considered as part of as intimate partner violence.

All study focused different area and complete study of performance present research already complete research gape.

I am doing find out Rural and Urban (Male and Female) Players Anxiety and Aggression who have better, Who better performing in sports competition and best result have done.



RESEARCH METHODOLOGY

In view of the objective of the present study the investigator collected the data from rural and urban (team and individual game) players from different colleges affiliated to Mohanlal Sukhadia University Udaipur (Raj.). The total sample 300 team and individual game players. The sample to be collected equally on gender basis, residential background and type of family of the players.

SELECTION

OF

SUBJECT

For sample the researcher will collect the data of 300 rural and urban (team and individual game) players, which are divided into two groups. The samples to be collected equally on gender basis and residential background. In all two be 300 players from which 150 urban and 150 rural players respectively. On gender basis there are 75 male and 75 female players in both groups.

Sampling area

For sample the researcher used the players of different colleges from Udaipur Division (Rajasthan).

Tools

The scholar used a comprehensive scale for aggression scale by K. M. Ramaiah and Dr. Tasneem Naqvi (1986) and anxiety scale by D. Sinha (1965).

Procedure

In the present descriptive type of study survey method has been used for collecting the data. 300 rural and urban (team and individual game) players selected for sample were provided aggression and anxiety scale to fill their responses.



This test was administered according to the instructions given in respected manual by the author of the test. The collected data has been arranged, tabulated, analyzed and interpreted.

STATISTICAL TECHNIQUES

The researcher use SPSS (software) to analyze data. The difference between rural and urban (male and female) players in aggression and anxiety determined by using T-test.

ANALYSIS OF DATA AND FINDING (RESULTS)

The data thus collected were put to statistical computerization for analysis, which have been presented in this chapter. The descriptive statistics have been used to compare the groups, whose the data were collected.

Present study was divided into two sections. Section first deals with the comparison between Active warm up (pre & post), passive warm up (pre & post) and control group (pre & post). For this we have to know the value of 't'.

The value of 't' was obtained by applying the following formula:

$$T = \frac{\bar{X}_1 - \bar{X}_2}{S} \sqrt{\frac{(N_1 \times N_2)}{(N_1 + N_2)}}$$

$$\text{Where } S = \sqrt{\frac{(N_1 - 1) V_1 + (N_2 - 1) V_2}{N_1 + N_2 - 2}}$$



Where S was combined standard deviation of two groups X_1 and X_2 means. N_1 and N_2 are number of subject for the respective group.

V_1 and V_2 are variances.

1. Rural male players of Udaipur division
2. Rural female players of Udaipur division
3. Urban female players of Udaipur division
4. Urban male players of Udaipur division

TABLE- 4.1

Statistical comparison male & female players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Male players	150	65.22	19.411	9.827	4.541*
Female players	150	55.39	18.049		

- Significant at .05 level of significance $t_{.05(298)} = 2.00$



TABLE- 4.2

Statistical comparison female players of udaipur division & male players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Male players	150	21.14	17.139	7.367	3.577*
Female players	150	28.51	18.502		

- Significant at .05 level of significance $t_{.05(298)} = 2.00$

(Area wise)

TABLE- 4.3

Statistical comparison rural players & urban players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Rural players	150	58.33	20.143	3.960	1.779
Urban players	150	62.29	18.372		

- Significant at .05 level of significance $t_{.05(298)} = 2.00$

TABLE- 4.4

Statistical comparison rural players of udaipur division & urban players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural players	150	28.08	19.244	6.513	3.148*
Urban players	150	21.57	16.483		

- Significant at .05 level of significance $t_{.05(298)} = 2.00$



TABLE- 4.5

Statistical Comparison Rural Male & Female Players Group On Aggression

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	63.43	22.451	10.200	3.195*
Rural female players	75	53.23	16.131		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$

TABLE- 4.6

Statistical comparison rural male & female players of udaipur division group on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	22.77	17.821	10.613	3.195*
Rural female players	75	33.39	19.261		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$

TABLE- 4.7

Statistical comparison rural male & urban female players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	63.43	22.451	5.867	1.703
Urban female players	75	57.56	19.653		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$



TABLE- 4.8

Statistical comparison rural male & urban female players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	22.77	17.821	.853	.305
Urban female players	75	23.63	16.431		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$

TABLE- 4.9

Statistical comparison rural male & urban male players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	63.43	22.451	3.587	1.133
Urban male players	75	67.01	15.751		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$

TABLE- 4.10

Statistical comparison rural male & urban male players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural male players	75	22.77	17.821	3.267	1.169
Urban male players	75	19.51	16.384		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$



TABLE- 4.11

Statistical comparison rural female players & urban female players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Rural female players	75	53.23	16.131	4.333	1.476
Urban female players	75	57.56	19.653		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$

TABLE- 4.12

Statistical comparison rural female players & urban female players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural female players	75	33.39	19.261	9.760	3.339*
Urban female players	75	23.63	16.431		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$

TABLE- 4.13

Statistical comparison rural female players & urban male players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Rural female players	75	53.23	16.131	13.787	5.296*
Urban Male players	75	67.01	15.751		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$



TABLE- 4.14

Statistical comparison rural female players & urban male players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Rural female players	75	33.39	19.261	13.880	4.754*
Urban Male players	75	19.51	16.384		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$

TABLE- 4.15

Statistical comparison urban female players & urban male players of udaipur division on aggression

Group	N	Mean	SD	M.D.	T-test
Urban female players	75	57.56	19.653	9.453	3.251*
Urban Male players	75	67.01	15.751		

- Significant at .05 level of significance $t_{.05(58)} = 2.00$

TABLE- 4.16

Statistical comparison urban female players & urban male players of udaipur division on anxiety

Group	N	Mean	SD	M.D.	T-test
Urban female players	75	23.63	16.431	4.120	1.538
Urban Male players	75	19.51	16.384		

- Significant at .05 level of significance $t_{.05(148)} = 2.00$



DISCUSSION OF HYPOTHESIS

The Null hypothesis was partially accepted as the significant difference was not found between Rural and Urban (Male and Female) Players of Anxiety and Aggression level.

The Null hypothesis was partially rejected as the significant difference was found between Rural and Urban (Male and Female) Players of Anxiety and Aggression level.

CONCLUSION

Based on the analysis and within the limitations of the present study, following conclusions may be drawn:

- 1 the variable on aggression show in significant difference between male & female players of udaipur division.
- 2 the variable on anxiety show in significant difference between male & female players of udaipur division.
- 3 the variable on aggression show **no** in significant difference between rural players & urban players of udaipur division.
- 4 the variable on anxiety show in significant difference between rural players & urban players of udaipur division.
- 5 the variable on aggression show in significant difference between rural male & female players of udaipur division.
- 6 the variable on anxiety show in significant difference between rural male & female players of udaipur division.
- 7 the variable on aggression show no in significant difference between rural male & urban female players of udaipur division.



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8 the variable on anxiety show no in significant difference between rural male & urban female players of udaipur division.

9 the variable on aggression show no in significant difference between rural male & urban male players of udaipur division.

10 the variable on anxiety show no in significant difference between rural male & urban male players of udaipur division.

11 the variable on aggression show no in significant difference between rural female & urban female players of udaipur division.

12 the variable on anxiety show in significant difference between rural female & urban female players of udaipur division.

13 the variable on aggression show in significant difference between rural female & urban male players of udaipur division.

14 the variable on anxiety show in significant difference between rural female & urban male players of udaipur division.

15 the variable on aggression show in significant difference between urban female & urban male players of udaipur division.

16 the variable on anxiety show no in significant difference between urban female & urban male players of udaipur division.

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