

COMPARATIVE STUDY OF ANXIETY AND AGGRESSION LEVEL AMONG FOOTBALL AND BASKETBALL FEMALE PLAYERS

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Abstract: The purpose of the study was to find out the comparison of Anxiety and Aggressive level among Football and Basketball Female players of Panjab University. 48 Female players who had participated at Inter College level were selected as subjects with convenience sampling technique. The age of the subjects was ranged between 18 to 25 years. The data was collected during Inter College competitions. Aggression is the in juncture of one rise stimuli physical, verbal, or gestural upon one person by another. Anxiety – In its simplest form anxiety may be defined as a subjective feeling of apprehension and heightened. Further the data of aggression test was collected through G.C. Pati questionnaire test and the data of anxiety was collected through Dr. A.K.T. Sinha questionnaire test and data was analysis by employing ‘t’ test after comparing the present data it was found that Basketball Female players of Panjab University were more anxious and aggressive than Football Female players of Panjab University.

Keywords: Anxiety, Aggression, Football, Basketball.

INTRODUCTION

As all we know that team sports like Basketball and Football have been widely accepted as a highly competitive sports throughout the world. Anxiety is an unpleasant state of inner turmoil, after accompanied by nervous behaviour, such as pacing back and forth, somatic complaints and rumination. Anxiety is not the same as fear which is a response to areal, which is a response to a real or perceived immediate threat you would be hard to find an athlete who doesn't react in some way to imminent competition. According to Kent Michael (1989), Anxiety is a subjective feeling of apprehension and heightened”.

Aggression in sports is also a serious issue aggression is a learned behaviour and that sports may be teaching people to be more aggressive. One of the stumbling-blocks that has hindered any examination of the subject of aggression in sports in the difficulty that exists in defining the term. According to Kent Michael (1989), “Aggression is the in juncture of one stimuli physical, verbal, or gestural upon one person by another”.

OBJECTIVES

1. The objective to conduct the study was to compare the Anxiety level among Football and Basketball Female players.
2. The objective to conduct the study was to compare the Aggression level among Football and Basketball Female players.

Hypothesis

1. It was hypothesised that there is no significant difference in Anxiety level of Basketball and Football Female players.
2. It was hypothesised that there is no significant difference in Aggression level of Basketball and Football Female players.

METHODOLOGY

To achieve the objectives of the present study 48 Female players of Panjab University, Chandigarh were selected as a sample of the study who had participated at Inter College level out of which 24 were Basketball players and 24 were Football players. Samples were selected with convenient sampling technique. The age of the players ranged between 18 to 25 years. The data was collected by standardized tools the G. C. Pati (1976) questionnaire for aggression level and A. K. T. Sinha (1999) questionnaire for anxiety level. 't' test was employed to analyse the data.

ANALYSIS OF DATA

Table 1
Comparison of Anxiety level between Basketball and Football Female Players

Players	N	Mean	S.D.	S.E.D	't' value
Basketball	24	29.29	7.44	2.27	1.34
Football	24	26.25	8.24		

Level of significance at 0.05
t (46)= 2.01

It is evident from the table no. 1 Basketball Female players are more Anxious than Football Female players. The Mean Scores of Basketball Female players were 29.29 whereas in Football Female players it was 26.25. The S.D. Of Basketball Female players was 7.44 and in case of Football Female players it was 8.24 and S.E.D was 2.27. There was no significant difference found as calculated 't' value was 1.34 whereas tabulated 't' value was 2.01.

Illustration no.1

Graphical Representation of Mean and S.D. Scores of Anxiety level of Basketball and Football Female Players

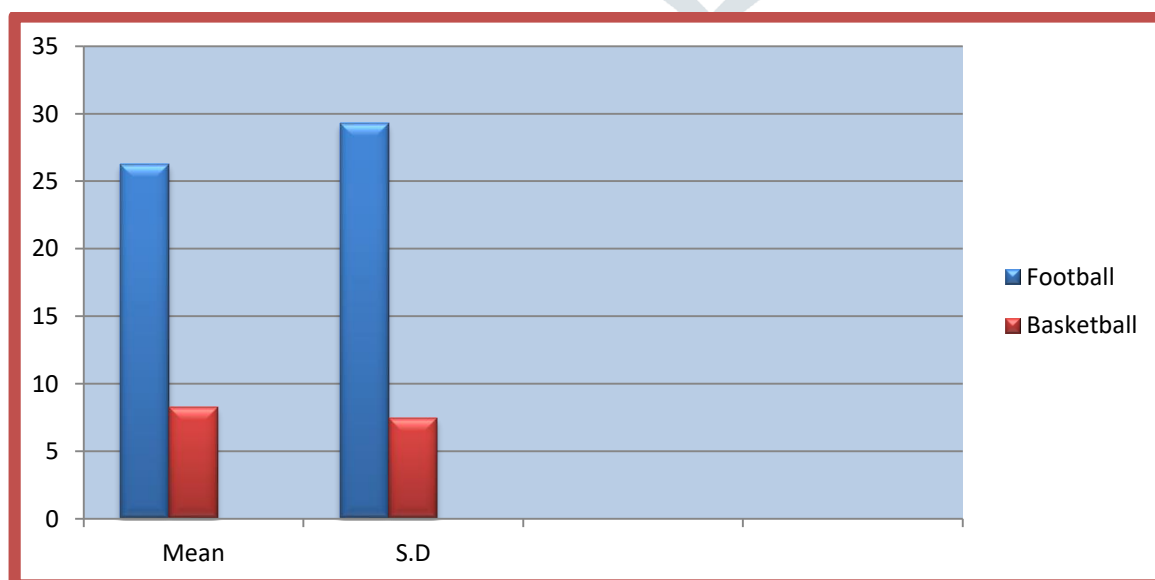


Table no. 2

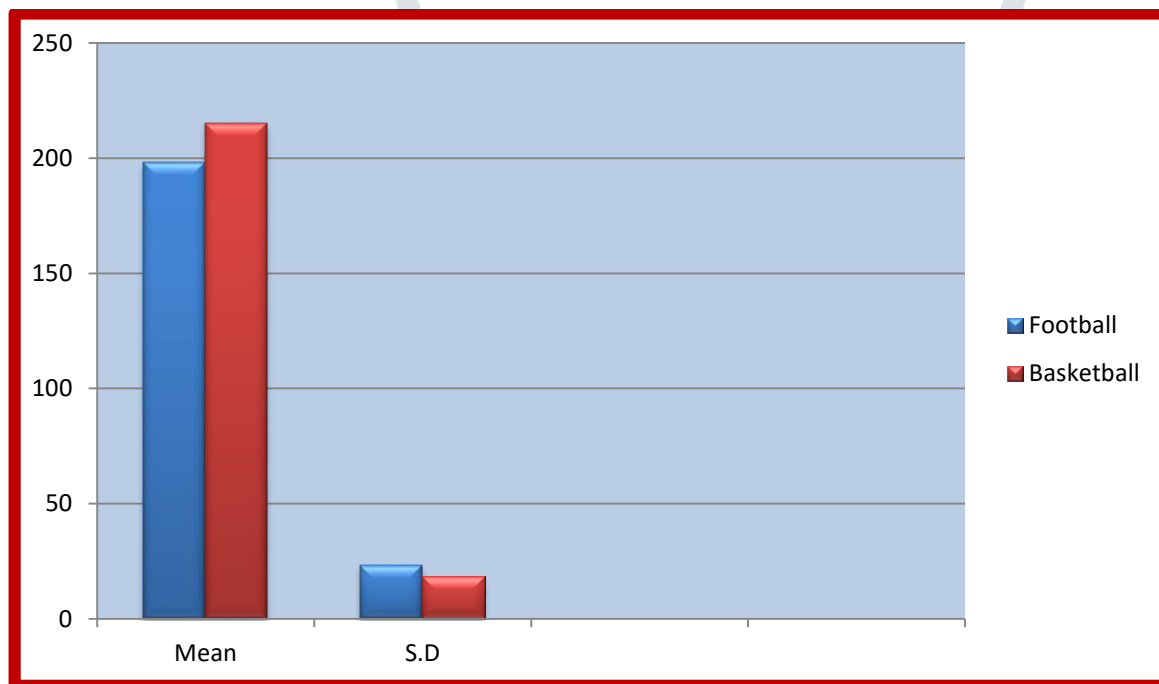
Comparison of Aggression level Among Basketball and Football Female Players

Players	N	Mean	S.D.	S.E.D	't' Value
Basketball	24	215.37	18.25	6.04	0.731
Football	24	198.21	23.29		
Level of significance at 0.05 t (46)= 2.01					

It is depicted from the table no. 2 that Basketball Female players were more Aggressive than Football Female players. The Mean Scores of Basketball Female players were 215.37 whereas in Football Female players it was 198.21. The S.D. Of Basketball female players was 18.25 and in case of Football female Players it was 23.29. S.E.D was 6.04. There was no significant difference as calculated 't' value was 0.731 whereas tabulated 't' value was 2.01.

Illustration no.2

Graphical Representation of Mean and S.D. Scores of Aggression level of Basketball and Football Players



DISCUSSION

The present study reveals that there is no significant difference among Basketball and Football players. Study also shows that Basketball players were more anxious because mean score of Basketball players (29.29) was greater than mean score of Football players (26.25). Study also reveals that Basketball players were more aggressive than Football players because mean score of Basketball players (215.37) was greater than mean score of Football players (198.21).

CONCLUSION

- Results of the study shows that the Basketball Female players were more anxious than Football Female players.
- Study also reveals that Basketball players were more aggressive than Football Female players.
- No significant difference was found in the Anxiety level of Basketball and Football Female players.

- No significant difference was found in the Aggression level of Basketball and Football Female players.

RECOMENDATIONS

- The data regarding psychological variables will help the coaches to adjust the training program for Football and Basketball players.
- The present study may be replicated with sports.
- Similar study may be undertaken with male Football and Basketball players.
- The study could be conducted by involving players of other performance levels i.e. National and International Levels.

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