

# A Comparative study of level of aggression between Madhya Pradesh and Kashmiri Physical Education Students in Rabindranath Tigare University Bhopal (M.P).

Sheeraz Ahmad Shah

Research Scholar Department of Physical Education Rabindra Nath Tigore University Bhopal (M.P)

Dr Manoj Kumar Pathak

HOD Department of Physical Education Rabindra Nath Tigore University Bhopal (M.P)

## Abstract:

In the present study an attempt has been made to compare Psychological study namely Anger, Physical Aggression, Hostility and Verbal Aggression between Madhya Pradesh and Kashmiri Physical Education Students department of Physical Education belonging to Rabindra Nath Tigore University Bhopal, Madhya Pradesh, India. The study has carried out on two female students, 25 Kashmiri students and 25 Madhya Pradesh students of Rabindra Nath Tigore University Bhopal. The data has analyzed and compared with the help of statistical procedure in which arithmetic mean, standard deviation (S.D.) and T-test are applied.

## Introduction:

Human behavior is a complex thing people differ from one another in their abilities likes and dislikes, interests and attitudes etc. All are interested in understanding human nature, behavior and experience. It is the study of Psychology which enables us to answer such like questions in scientific manner. It helps us to understand why, how and when we behave differently and what forces are there which make us so different from others.

Sports Psychology is the study of all mental process that enhances or detract from physical performances. It is a development and application of mental skills that allows the body to achieve it best. Research scholars believes that sports Psychology is concerned with all aspects of human development.

Sports Psychology is an important ingredient of sports training program and deals with the way which various Psychological status and trait enhances sports performances.

It has long been acknowledged that Psychological skills are criteria for athletes at the elite level. Athletes with the request "Mental Toughness" are more assumed that these skills were genetically based, or acquired early in the life.

The specialized field over sports Psychology has developed rapidly in the recent years.

The importance of sports psychological as an integral member of the coaching and health care teams is widely recognized.

Sports psychology can teach skill to help athletes enhances their learning process and motor skills, cope with competitive pressures, tune the level of awareness needed for optimal performance and stay focused aimed the many distractions psychological training should be an integral part of an athletes training process carried out in conjunction with other training elements. This is best attempted by a collaborative effort among the coach, sports psychologist and the athlete, however a acknowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during action practice.

### Material and Methods:

Selection of Subjects:- There are fifty subjects from the Rabindra Nath Tigore University department of Physical Education Bhopal were selected from the present study.

Statistical Analysis:- To analyze the collected data the scores are arranged according to the comparison and in sequential order so as to find out the statistical values. The following statistical variables are selected for comparing, analyzing and interpretation of numerical values and basing on which the finding are discussed.

The data are analyzed and compare with the help of statistical procedure which arithmetic mean, standard deviation and t-test are used compare the data.

Results:

**Table I**

In table I the comparison of mean scores with regard to “Anger” (A) between Kashmiri and Madhya Pradesh Physical Education Students

Name of the Group	No of students (N)	Mean	St-Deviation	t-value
Madhya Pradesh Students	25	23	3.51	4.269
Kashmiri students	25	16.84	6.4	

Significant at 0.05 level

The comparison of data in table no I regards “Anger” (A) between Madhya Pradesh and Kashmiri students did show that significant difference existed when the total group of Madhya Pradesh students are compared with total group of Kashmiri students. So there is a high level of Anger of Madhya Pradesh students as compared to Kashmiri Physical Education Students.

**Table II**

In table II the comparison of mean scores with regard to “Physical Aggression” (PA) between Kashmiri and Madhya Pradesh Physical Education Students

Name of the Group	No of students (N)	Mean	St-Deviation	t-value
Madhya Pradesh Students	25	17.85	4.74	0.668
Kashmiri students	25	16.84	5.59	

Significant at 0.05 level

The comparison of data in table no II regarding “Physical Aggression” (PA) between Madhya Pradesh and Kashmiri students shows that significant difference existed when the total group of Madhya Pradesh students are compared with total group of Kashmiri students. So there is a same level of Physical Aggression between Madhya Pradesh and Kashmiri Physical Education Students.

Table III

In table III the comparison of mean scores with regard to “Hostility” (H) between Kashmiri and Madhya Pradesh Physical Education Students

Name of the Group	No of students (N)	Mean	St-Deviation	t-value
Madhya Pradesh Students	25	20.79	5.13	1.539
Kashmiri students	25	17.16	5.53	

Significant at 0.05 level

The comparison of data in table no III regarding “Hostility” (H) between Madhya Pradesh and Kashmiri students shows that significant difference existed when the total group of Madhya Pradesh students are compared with total group of Kashmiri students. So there is a same level of Hostility between Madhya Pradesh and Kashmiri Physical Education Students.

Table IV

In table IV the comparison of mean scores with regard to “Verbal Aggression” (VA) between Kashmiri and Madhya Pradesh Physical Education Students

Name of the Group	No of students (N)	Mean	St-Deviation	t-value
Madhya Pradesh Students	25	13.64	3.13	1.581
Kashmiri students	25	12.12	3.52	

Significant at 0.05 level

The comparison of data in table no III regarding “Verbal Aggression” (VA) between Madhya Pradesh and Kashmiri students shows that significant difference existed when the total group of Madhya Pradesh students are compared with total group of Kashmiri students. So there is a same level of Verbal Aggression between Madhya Pradesh and Kashmiri Physical Education Students.

### Conclusion:

After the statistical analyses of results of this study the following conclusion can be drawn:

1. From the 1<sup>st</sup> hypothesis it is concluded that there is significant difference in with regard to “Anger” between Madhya Pradesh and Kashmiri Physical Education Students.
2. From the 2<sup>nd</sup> hypothesis it is concluded that there is significant difference in with regard to “Physical Aggression” between Madhya Pradesh and Kashmiri Physical Education Students.
3. From the 3<sup>rd</sup> hypothesis it is concluded that there is significant difference in with regard to “Hostility” between Madhya Pradesh and Kashmiri Physical Education Students.
4. From the 4<sup>th</sup> hypothesis it is concluded that there is significant difference in with regard to “Verbal Aggression” between Madhya Pradesh and Kashmiri Physical Education Students.

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