

A LITERATURE REVIEW ON COMPARATIVE STUDY OF ANXIETY, AGGRESSION AND EMOTIONAL INTELLIGENCE AMONG THE PLAYERS OF INDIVIDUAL GAMES AND TEAM GAMES

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Abstract : This paper is a literature review of research articles on a topic that is very much essential but widely neglected in India. The following review aims at understanding how sports psychology and various psychological variables can be helpful in performance enhancement. In this study, psychological variable's like anxiety, aggression and emotional intelligence have been analyse with individual and team game players, many other sports and groups. After reviewing the literature it can be said that there is difference between individual and team game players also performance is largely depend upon psychology of an athlete. At last this study will help to identify and to see difference among various psychological variables of different games and sports.

IndexTerms - Anxiety, Aggression, Emotional Intelligence, Individual Game players, Team Game Players.

I. INTRODUCTION

Sports Psychology is the investigation of how brain research impacts sports, athletic execution, work out, and physical movement. A few games therapists work with proficient competitors and mentors to improve execution and increment inspiration. Different experts use exercise and sports to improve individuals' lives and prosperity all through the whole life expectancy.

Elite athletics analysts regularly assist competitors with adapting to the extreme weight that originates from rivalry and defeat issues with center and inspiration. They likewise work with competitors to improve execution and recuperate from wounds. Be that as it may, sports analysts don't simply work with tip top and expert competitors. They additionally assist customary with peopling figure out how to appreciate sports and figure out how to adhere to an activity program.

Anxiety is your body's regular reaction to push. It's an inclination of dread or fear about what's to come. Uneasiness feels diverse relying upon the individual encountering it. Sentiments can go from butterflies in your stomach to a hustling heart. You may feel wild, similar to there's a distinction between your psyche and body.

In sport, aggression is a trademark that can have many negative just as beneficial outcomes on execution, Hostility is any type of conduct coordinated toward the objective of hurting or harming another live being who is roused to maintain a strategic distance from such treatment. Aggression has been recognized instrumental and unfriendly. Instrumental hostility is a conduct aimed at the objective as an unfortunate chore Eg:- harming a player to increase an upper hand, or late handling to prevent a rival from scoring. Accordingly, instrumental animosity is inspired by some other objective. Conversely, unfriendly animosity is a conduct pointed toward someone else who has maddened or incited the individual and is an end in itself. Its motivation is to hurt for the wellbeing of its own, for instance, hitting a rival who has quite recently been forceful against the player. Antagonistic animosity is regularly gone before by outrage. Instrumental animosity, in quest for an objective, isn't typically connected with outrage and, in sport, is undeniably more successive than threatening hostility. In the two sorts of animosity, an objective individual is hurt, and the mischief can be physical or mental.

Emotional Intelligence is the ability to know about, control, and express one's feelings, and to deal with relational connections wisely and compassionately. enthusiastic insight is the way to both individual and expert achievement. It is the ability of people to perceive their own feelings and those of others, observe between various sentiments and mark them suitably, utilize enthusiastic data to control thinking and conduct, and oversee and additionally modify feelings to adjust to situations or accomplish one's objective.

II. Review of Literature

Mahesh Kumar (2017) studied A Comparative Study of Aggressive Among the Sports Person of Different Semi - Content Games. It was considered that in over all male sportspersons of semi-contact games having increasingly forceful inclination as contrast with their female players. It was additionally discovered that the hostility level of Ball players was higher as contrast with the players of Handball, Kho-Kho and Football match-ups. This investigation has indicated that there is a noteworthy distinction in

animosity among the sportsmen and sportswomen of semi-contact games. It was likewise seen that there is no critical distinction in collaboration (Sex × Semi contact rounds) of various games bunch in semi-contact game players.

This investigation was led on all out number of 200 (100 male and 100 female) players of semi-contact games like Ball, Handball, Kho-Kho and Football of Haryana state who took part at national and Entomb College level.

Chatru L Rathod & Kum Paramma B Kuravatti (2018) has done research on Comparative study on personality traits and emotional intelligence between individual and team athletes. This examination uncovers that personality traits shows constructive outcomes of yoga if there should be an occurrence of group Competitors as the mean score is higher than singular game players. In any case, with regards to emotional intelligence group Competitors score is lower than that of Individual Competitors.

So as to direct this examination work Absolute 100 examples was chosen comprising 50 group competitors and 50 individual competitors, the strategy for Purposive arbitrary testing method has been utilized in the current investigation.

Satyanarayana LH, Pooja M and Nagraja Y (2018) in their study titled, A comparative study on aggression between individual and team game inter-collegiate men players of Kuvempu University has discovered that there is a huge distinction exist among individual and group game men players in aggression. The mean score of individual players was more noteworthy (96.03) than cooperative people (78.50).

The motivation behind the investigation was to think about the aggression among individual and group game intercollegiate men players of Kuvempu College. With the end goal of this investigation a sum of 80 subjects (N=60) were picked out of which 30 were from singular Game (n=30) and 30 were from group game (n=30) chose as subjects for this examination during Kuvempu College between university men competitions. The age of the subjects extended between 18 to 28 years.

K Krishnaveni, Ahmed Shahin (2014) in their study on Aggression and its Influence on Sports Performance reasoned that Aggression and brutality have gotten basic in cutting edge games, particularly those that have high passionate substance. Whatever the level of aggression, it very well may be limited by receiving an efficient methodology at the mental and sociological levels. Resilience and compassion with respect to the coordinators and the mentor, trailed by appropriate preparing to the competitor might be the arrangement.

There were a few inquiries which were raised toward the start of this investigation which itself were a goal of this examination. regardless of whether aggression defended in specific games, or does forceful conduct in the game work as a purgation impact or arrival of pressure either by playing or by insignificant viewing, or whether hostility then again breed more hostility on and off the field, or on the off chance that it is conceivable to diminish hostility.

Vincent Parnabas, Julinamary Parnabas, Antoinette Mary Parnabas (2015) in their study titled The Level of Cognitive Anxiety and Sport Performance among Swimmers has discovered that tip top or national swimmers displayed lower levels of intellectual tension, $F(3, 69) = 15.110$, $p < .01$. The outcome additionally demonstrated that the ways out of negative relationship between's cognitive anxiety and game execution among swimmers, ($r = -0.73$; $p < 0.05$). Game clinicians, sport advocates and mentors should utilize the current discoveries to prescribe adapting techniques to college and locale level competitors that are fitting for managing their competitors' psychological tension.

For leading this examination work, the instrument utilized for the investigation included a 27-thing Serious State Tension Stock 2 and The Mental Exhibition Stock which had been dispersed during sport between colleges rivalry. The example comprised of 69 swimmers, including the national competitors (N=17), state competitors (N=20), region competitors (N=15) and college competitors (N= 17).

Dr. Kshetrimayum Rojeet Singh & Dr. Anil Mili(2015) has done research on Study of Emotional Intelligence among Players of Individual, Dual and Team Sports. From this examination they have discovered that the noteworthy contrast exists in the elements of emotional intelligence in the middle of Individual and Double and Individual and Group in Self-Guideline, Individual and Double and Individual and Group in Inspiration, Individual and Double and Double and Group in Social Expertise and Individual and Double and Individual and Group altogether Enthusiastic Insight Score.

With the end goal of the investigation 26 Individual game (national level swimmer, weight lifter, badminton player, tennis player, table tennis player, center separation sprinters and cycling), 18 Dualsports (national level Long distance runners) and 27 Group activities (All India College LevelVolley Ball, Crate Ball, Football, Hockey and Cricket players) male competitors were chosen. The age of the competitors was extending from 18 to multi year old enough. For the appraisal of the information on emotional intelligence Scale for Game People (EISS) 2005 by Rajitha Menon A. and Dr. Jayashree Acharya (Sports Authority of India Bangalore) was utilized to survey the emotional intelligence level of the competitors.

Samira Mashhoodi, Pouneh Mokhtari and Hamidreza Tajik(2013) in their study titled The comparison of the aggression of young and adult athletes in individual or team sports has inferred that there is a critical distinction between the forceful conduct of the youthful competitors and that of grown-up competitors, in such a structure, that the youthful competitors, regardless of whether male or female, have been progressively forceful than grown-up competitors did. The examination of the forceful practices of male and female competitors shows that male competitors are more forceful than female competitors are. Nonetheless, there is no distinction between the hostility showed by both male and female grown-up competitors.

The measurement populace of the examination incorporates all youthful (13 to multi year-old) and grown-up (20 to 35 years of age) proficient competitors, who are in volleyball, football, wushu, and judo crews in 2011. One hundred fourty eight (148) athletes have been chosen for the example of this populace. To evaluate aggression, the game hostility poll arranged by Bredemeier (1983). This survey contains 30 inquiries and 3 subscales of unfriendly (14 inquiries), instrumental (14 inquiries), and general (2 inquiries). The 4-point scale (differ to unequivocally concur) has been utilized.

Hossein Soltani, Zahra Hojati, Seyed Reza Attarzadeh Hossini (2016) in their study titled Comparative analysis of competitive state anxiety among team sport and individual sport athletes in Iran has discovered that the group game competitors experience lower levels of competitive state anxiety than singular games competitors. Taking everything into account, singular games competitors are increasingly inclined to feel the impacts of anxiety on execution than group games competitors. Moreover singular games competitors might be more uncovered the assessment than group activity competitors given that obligation regarding execution isn't dispersed over a few entertainer.

For this investigation the measurable populace utilized right now group activities (volleyball, ball, futsal) and singular games (taekwondo, karate, and wrestling) in Iran. Tests were male volleyball, b-ball, futsal, taekwondo, karate, and wrestling crew players who had contended in the associations and super groups rivalry of Iran in multi year. The all out number of subjects was 120 male competitors comprised of 60 competitors in singular games and 60 competitors in group activities who took an interest in rivalries of associations and super classes of Iran.

Parvaize Ahmad Yarbash and Manoj Kumar Pathak(2019) studied on A comparative Study of the Anxiety and Aggression among the female volleyball players of Kashmir Province results shows that on anxiety and aggression individual sportsmen were high on mean scores. The two factors anxiety and aggression have a noteworthy contrast at two levels finding the critical distinction however vary on mean scores. These finding can prompt indigenous intercession bundle for mentors having a place with College groups. Research proof uncovered the degree of anxiety and aggression among group and individual sportsmen.

This investigation was led on 60 female Volleyball players who were chosen as subjects. The subjects were of two levels for example Locale level and state level. Equivalent quantities of subjects were arbitrarily chosen. The example was gathered from various degree universities of valley.

Vaibhav P. Birwatkar(2014) studied Emotional Intelligence: The Invisible Phenomenon in Sports. This investigation arrived at a resolution that emotional intelligence is basic in both individual and group activities and can be the key factor in a competitor's working inside a group setting. At the end of the day, enthusiastic insight is a basic factor in deciding if a competitor wins and emotional intelligence frequently 'represents the moment of truth a group. It is along these lines recommended to consider the significance of enthusiastic insight as competitors could be instructed to concentrate on mindfulness, articulation, the executives and control of the different feelings experienced during cooperation in sport, by methods for the powerful directing thereof to guarantee ideal working of the individual player as well as the group.

III. Conclusion

The various studies also shown that only physical preparation in sports will not help to obtain highest performance it also requires psychology training or working on psychological variables which will help to enhance performance. In this research study of reviewing related literature, it can be concluded that in most of the studies significant difference was found between individual athletes and team athletes.. However, most of the studies has shown individual players effective when compared with team players.

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