

# AGGRESSION AND ACHIEVEMENT MOTIVATION AMONG INDOOR AND OUTDOOR SPORTS PLAYERS

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## INTRODUCTION.

Sports competition without “Aggression” is body without soul. Competition and aggression are twins. There is clear evidence that, in general aggression is more boisterous games, help performance because it arouses players overly to put in harder effort, and “do or die” for the success of the team. Aggression comes from the Latin work aggress, ‘ad’ (to or toward) and greater (walk). Literally then the word means to “to work towards or approach”. Many professional psychologists have studied the effects of frustration upon the elicitation of anger and the amount of anger required to lead to various forms of aggression; direct or verbal aggression. Direct aggression might entail shocking a person in a psychology lab with a buss aggression machine. Indirect (or verbal) aggression might entail making some insulting comments to someone, or even yelling at them. Aggression in sports may also occur simply because a lot of people are highly activated in conditions that are likely to produce negative judgements if failure is experienced or perceived. The moods of players and athletes moulded by whether they are wining ahead or losing, may also influenced by other sports related various to produce aggression types. To be good in sports, you have to be bad, or so many athletes, coaches and sports fans believe. Physical strength and skill are no more the only factors determining the outcome of any sports competition. The psychological variables also play an important role in such outcomes and the psychologists conducting research in sports are trying to study psychological characteristic which help in predicting success in sports. Practical and theoretical questions of interest to sports psychologist include how to maintain athlete’s mental balance in the midst of competitive stress. Generally, sports psychology is concerned with structured competitive sports in which the purpose is to outdo one’s opponent in competitive encounters.. In the competitive setting an athlete has to put certain checks on his inner self i.e. psycho regulate himself in order to produced best results.. The investigator has, therefore, chosen to explore the two very pertinent and interconnected psychological variables i.e. aggression, anxiety and emotional intelligence among the teams and individual events in the presents study. Psychological factors like aggression can affect the performance of an individual and of the whole team. Aggression is a term that used in extensively in sports. If coaches for the people in sports are surveyed and asked to identify the characteristics of successful athletes, aggression would be high on the list. Being aggressive players are used in volleyball by players, who dive on the floor at every opportunity to attempt an apparently impossible save, and in badminton when players rush to the net at every opportunity, its playing aggressive in the sports. Anger is another human trait which drives its origin since human evolution. It has resulted in producing aggression, be itself directed or outwardly. Inwardly directly aggression destroys the self whereas aggression directed outwards harm the others. Both ways, the same is a socially undesirable trait. However without aggression it would be just impossible to visualize many sports. A boxer who is not aggressive to legitimately cause injury to the other is bound to lose. On the contrary, exhibiting aggression transgressing the prescribed boundaries would result in his disqualification, being thrown out of the contest. As a double edged weapon, it harms both ways. Aronson (1977) describes aggression behaviour intended to cause harm or pain. The key to this definition is the word “intend”. If an athlete fractures another athlete nose by accident, the fracture is not the results of aggression.. This includes physical, psychological or social harm, but in sports, physical harm is the primary focus. Many other psychologists have tried to distinguish

the two types of aggression. According to Hunsman (1954), aggression is of two types, the primary goal is to inflict injury or psychological harm to someone. Sports competition without aggression is a body without soul. Competition and aggression are twins. There is clear evidence that, in, general, aggression in more boisterous games may help in performance because it arouses players overtly to put in harder efforts, and keep them to motivate to do and die for the success of the team

## **METHODOLOGY**

### **STATEMENTS OF THE PROBLEM**

To study the aggression and achievement motivation among indoor and outdoor sports players.

### **OBJECTIVES**

- 1.To assess aggression and achievement motivation among sports players.
- 2.To measure aggression and achievement motivation among indoor and outdoor sports players.
- 3.To compare achievement motivation of indoor and outdoor sports players.
- 4.To compare aggression level among indoor and outdoor sports players.
- 5.To understand the relationship between indoor and outdoor players in their aggression and achievement motivation.
- 6.To know the difference between male and female in their aggression and achievement motivation.

### **HYPOTHESIS**

- 1.There is significant difference between aggression and achievement motivation among indoor and outdoor sports players.
- 2.There is significant impact between aggression and achievement motivation among indoor and outdoor sports players.
- 3.There is significant difference of achievement motivation between indoor and outdoor sports players.
- 4.There is a significant difference in aggression level between indoor and outdoor sports players.
- 5.There is significant relationship between indoor and outdoor sports players in aggression and achievement motivation.
- 6.There is a significant difference between male and female sports players in their aggression and achievement motivation.

### **VARIABLES**

Dependent variables : indoor and outdoor sports players.

Independent variables : aggression and achievement motivation.

### **SAMPLE DESIGN**

The sample consists of 100 tram 50-male and 50-female,outdoor and indoor players from mysore

**SAMPLE SIZE**

| GENDER | INDOOR | OUTDOOR | TOTAL |
|--------|--------|---------|-------|
| MALE   | 25     | 25      | 50    |
| FEMALE | 25     | 25      | 50    |
| TOTAL  | 50     | 50      | 100   |

**PROCEDURE**

First researcher visits indoor stadium and gave aggression and achievement motivation scale to 50 samples and give clear instruction. And know tells to respond the answer sheet as soon as possible. In the same way next researcher visits outdoor stadium and gave aggression and achievement motivation scale to 50 samples and give clear instruction. And to get a correct response from the researcher built rapport with the subjects.

**INSTRUCTION**

Researcher should instruct the subject there is no right and wrong answer read all the items carefully and to respond all the items without leaving. Subjects were told that the results of the test would be kept confidential and would be use only for the researcher purposes.

**PRECAUTION**

Researcher should check whether the subject have responded to all the items or not strict supervision will be done in order in order to ensure that the subject did not take one another's help in giving response.

**TOOLS AND INSTUMENTS**

1. Aggression :
2. Achievement motivation : V P Bhargava

**STATISTICAL TECHNIQUE**

1. Mean SD and T-Value
2. Two way ANOVA
3. Pearson's product moment correlation.

## RESULT AND DISCUSSION

**TABLE NO – 1 SHOWS CORRELATION BETWEEN AGGRESSION AND ACHIEVEMENT MOTIVATION.**

| Group            | Pearson correlation | achievement motivation |
|------------------|---------------------|------------------------|
| Aggression 1     | Pearson correlation | .041                   |
|                  | Sig. (2-tailed)     | .606                   |
|                  | N                   | .160                   |
| Aggression 2     | Pearson correlation | .016                   |
|                  | Sig. (2-tailed)     | .839                   |
|                  | N                   | 160                    |
| Aggression 3     | Pearson correlation | -.157                  |
|                  | Sig. (2-tailed)     | .048                   |
|                  | N                   | 160                    |
| Aggression 4     | Pearson correlation | .121                   |
|                  | Sig. (2-tailed)     | .127                   |
|                  | N                   | 160                    |
| Aggression total | Pearson correlation | .011                   |
|                  | Sig. (2-tailed)     | .887                   |
|                  | N                   | 160                    |

The correlation table shows that correlation between aggression and achievement motivation score shows non-significant (.127) and correlation and coefficient of aggression – 4 and achievement motivation was (.121) it indicates there is no relationship between the aggression and achievement motivation .

The overall relationship between aggression and achievement motivation score indicates correlation coefficient (.011) was non-significant at (.887) level.

**TABLE NO – 2.MEAN SD AND T- VALUE OF INDOOR AND OUTDOOR PLAYERS IN THEIR AGGRESSION AND ACHIEVEMENT MOTIVATION .**

| Group                   | Sports type | N  | Mean    | SD      | t-value | P-value |
|-------------------------|-------------|----|---------|---------|---------|---------|
| Achievement motivationI | indoor      | 80 | 22.6625 | 6.96636 | 2.413   | .017    |
|                         | Outdoor     | 80 | 20.2500 | 5.60854 |         |         |
| Aggression total        | Indoor      | 80 | 87.1375 | 7.77328 | .412    | .681    |
|                         | Outdoor     | 80 | 86.6875 | 5.90343 |         |         |

Above table shows that the observed score of aggression and achievement motivation score of sportsmen there are playing in indoor and outdoor, indoor score of mean (2266) scores. the higher then the outdoor (20.25).its indicates indoor players are higher than achiever than the outdoor statistically significant (.017) differences between indoor and outdoor players in achievement motivation between aggression -1 and achievement motivation a non-significant ( ) correlation was observed the correlation coefficient of sports (.041) was non-significant at (.606) level it motivates that ,there is no relationship between aggression – 1 and achievement motivation.

The another dimension of aggression -2 and achievement motivation of sportsman is a non-significant (.839) was observed between the aggression -2 and achievement correlation and coefficient of sportsmen (.016) it is non-significant. It indicates that there is no relationship between aggression and achievement motivation.

Between aggression -3 was observed. The correlation coefficient of sportsmen is (.157)was significant at 0.05 level it reflects that there is negatively relationship between aggression -3 and achievement motivation.

In aggression indoor players scored (87.13)higher than the outdoor players (86.68) it's reveals .indoor players are higher the aggression then the outdoor players .statistically non-significant (.681) differences between indoor and outdoor players in aggression.

**TABLE NO – 3.SHOWS MEAN, SD AND T-VALUES OF MALE AND FEMALE PLAYERS IN THEIR AGGRESSION AND ACHIEVEMENT MOTIVATION**

| Group                  | Gender | N  | Mean    | SD      | t-value | p-value |
|------------------------|--------|----|---------|---------|---------|---------|
| Achievement motivation | Male   | 80 | 20.3125 | 4.79344 | -2.283  | .024    |
|                        | Female | 80 | 22.6000 | 7.57009 |         |         |
| Total                  | Male   | 80 | 87.6000 | 5.08062 | 1.266   | .207    |
|                        | Female | 80 | 86.2250 | 8.28293 |         |         |

Observed score of mean of male players (20.31) lesser than the female players (22.60) this score indicates female players are high achiever than the male between male and female in achievement motivation there is significant at (0.24) level.

In aggression male players are higher the aggression (87.60) than the female (86.22) the score indicates, there is non-significant differences (.207) between male and female players.

**TABLE – 4. ONEWAY ANOVA OF AGGRESSION AND ACHIEVEMENT MOTIVATION IN DIFFEREND SPORTSMAN**

| Group                  | Sports type | N   | Mean    | SD      | f-value | Sig  |
|------------------------|-------------|-----|---------|---------|---------|------|
| Achievement motivation | KAB         | 40  | 19.9750 | 4.53752 | 3.219   | .024 |
|                        | VB          | 40  | 20.5250 | 6.55543 |         |      |
|                        | GYM         | 40  | 24.0000 | 7.97110 |         |      |
|                        | CHS         | 40  | 21.3250 | 5.57645 |         |      |
|                        | TOTAL       | 160 | 21.4563 | 6.41916 |         |      |
| Total                  | KAB         | 40  | 87.3500 | 4.42922 | .325    | .807 |
|                        | VB          | 40  | 86.0250 | 7.07646 |         |      |
|                        | GYM         | 40  | 86.9250 | 8.13787 |         |      |
|                        | CHS         | 40  | 87.3500 | 7.48862 |         |      |
|                        | TOTAL       | 160 | 86.9125 | 6.88393 |         |      |

Above table indicates that, the mean score of kabaddi, volleyball, gymnastic, and chess players. The score indicates , gymnastic players are high in achievement motivation and kabaddi players are low in achievement motivation statistically, significant (.024) differences between differences between ,kabaddi, volleyball, gymnastic and chess players in achievement motivation .

In aggression observed score of kabaddi players are higher the aggression than the chess and gymnastic players statistically ,non-significant differences between kabaddi, volleyball, gymnastic and chess players.

#### **ANOVA OF ACHIEVEMENT MOTIVATION IN MALE AND FEMALE PLAYERS.**

| Sports  | Gender | Mean    | SD      | N   | F- value | sig  |
|---------|--------|---------|---------|-----|----------|------|
| Indoor  | Male   | 20.8250 | 4.50577 | 40  | 6.020    | .015 |
|         | Female | 24.5000 | 8.43071 | 40  |          |      |
|         | Total  | 22.6625 | 6.96636 | 80  |          |      |
| Outdoor | Male   | 19.8000 | 5.06977 | 40  | 5.413    | .021 |
|         | Female | 20.7000 | 6.13188 | 40  |          |      |
|         | Total  | 20.2500 | 5.60854 | 80  |          |      |
| Total   | Male   | 20.3125 | 4.79344 | 80  | 1.991    | .160 |
|         | Female | 22.6000 | 7.57009 | 80  |          |      |
|         | Total  | 21.4563 | 6.41916 | 160 |          |      |

Observed score of indoor players in aggression male score indicates ,low in achievement than the female .female indoor players higher the achievement motivation than the male indoor players. Statistically significant (.015) differences between male and female indoor players in achievement motivation .

In outdoor also female have higher achievement motivation than the male .when compare to indoor and outdoor players in male and female ,female score shows the high achievement motivation .

**TABLE – 6.ANOVA OF AGGRESSION IN MALE AND FEMALE PLAYERS**

| Sports  | Gender | Mean    | SD      | N   | f-value | Sig  |
|---------|--------|---------|---------|-----|---------|------|
| Indoor  | Male   | 87.5750 | 5.37748 | 40  | .170    | .681 |
|         | Female | 86.7000 | 9.64817 | 40  |         |      |
|         | Total  | 87.1375 | 7.77328 | 80  |         |      |
| Outdoor | Male   | 87.6250 | 4.83411 | 40  | 1.585   | .210 |
|         | Female | 85.7500 | 6.73966 | 40  |         |      |
|         | Total  | 86.6875 | 5.90343 | 80  |         |      |
| Total   | Male   | 87.6000 | 5.08062 | 80  | .210    | .648 |
|         | Female | 86.2250 | 8.28293 | 80  |         |      |
|         | Total  | 86.9125 | 6.88393 | 160 |         |      |

The above table shows the score aggression of male and female indoor players score indicates male have high aggression than the female. In outdoor also male have high in aggression than the female outdoor players statistically , there is no significant differences between gender and indoor and outdoor players.

### FINDINGS

1. There is non-significant relationship between aggression and achievement motivation between kabaddi, volleyball , gymnastic and chess players.
2. Indoor players showed high achievement motivation than the outdoor players .
3. Indoor players showed high aggression than the outdoor players.
4. There is non-significant difference between achievement motivation and aggression.
5. Female players showed high achievement motivation than the male ,and significantly differed in achievement motivation of male and female.
6. Male have high aggression than the female and non-significant differences between male and female in their aggression.
7. Chess players have higher the achievement motivation than the other players ,an significantly differences between the players in achievement motivation .
8. Kabaddi and chess players showed high aggression than the gymnastic and volleyball players, and non-significantly differed in aggression between the players .

9. Female indoor players showed high achievement motivation than the male , and significantly differed in male and female indoor players.
10. Female outdoor players showed high achievement motivation than the male and significantly differed in male and female outdoor players in achievement .
11. Male indoor players showed high aggression then the female indoor players and non-significant difference in male and female indoor players aggression.
12. In outdoor players also male have higher the aggression than the female players.

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