

RELATIONSHIP AMONG AGGRESSION ANXIETY WITH THE PENALTY KICKS PERFORMANCE IN COLLEGE LEVEL FOOTBALL PLAYERS.

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Abstract

The present study was done “Analyze the relationship among aggression, anxiety and penalty kicks performance in college football players”. The investigator has selected 50 college football players from Nirmala College Muvattupuzha (Ernakulam District, Kerala). Their age group ranged between 18 and 25 years. The standardized questionnaire were used for analyzing Anxiety and Aggression, questionnaire such as Spielberger’s Anxiety inventor for measuring (Anxiety) and Berry’s Aggression questionnaire for (Aggression) scoring method of Anxiety is 3 point rating scale, like likers method, ranging from 1to 3 and Aggression It is measured on a 5 point rating scale, like likers method ranging from 1to 5. The data collected on anxiety and aggression from football players were statistically analyzed by Computing Person Product Moment Correlation. The level of significance was fixed as 0.05 level. Within the limitations of the present study the followings conclusions were drawn: The selected psychological variable, namely and aggression and anxiety has proved negative significant relationship with penalty kick in football players.

Keywords: Aggression, Anxiety, Penalty kick.

Introduction:

In recent years the understanding and implementation of real relationship between the “psycho” and the “soma” in various discipline a new avenue has been opened for physical educationist to devise suitable physical education programmers to prevent and cure those disorders that appears to result from disturbances in the relationship between “psyches” and “soma” which are usually called psychosomatic disorders. In these disorders ‘anxiety’ appears to be the root cause which may result from any of the several psychological disorders like hate, envy and conflict. This anxiety is manifested in different forms and in varying degrees of intensity affecting the behavioral patterns of individuals. Anxiety is both a trait and state. As a trait, anxiety is more or less permanent inborn characteristics of human personality and as a state; it is a universal, environmental phenomenon. Anxiety is one of the important psychological factors influencing sports

performance. Anxiety, a complex emotional state, may be characterized as a general fear or forbidding usually accompanied by tension. It is related to fear of failure, either real or anticipated. (Sivaramakrishnan,1992)1.

Penalty kick:

A Penalty kick (also known as penalty or spot kick) is a type of direct free kick in association football, taken from 12 yards (approximately 11 meters) out from the goal, on the penalty mark. Penalty kicks are performed during normal play. They are awarded when a foul normally punishable by a direct free kick is committed within the defending player's own penalty area. Similar kicks are made in a penalty shootout in some tournaments to determine which team is victorious after a drawn match; through similar in procedure, these are not penalty kicks and are governed by slightly different rules.

Aggression:

“The action of attacking without provocation” feeling of anger or antipathy resulting in hostile or violent behaviour, readiness to attack or confront. 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. Aggression should not be confused with assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson. Some research indicates that people with tendencies toward effective aggression have lower IQs than those with tendencies toward predatory aggression. If only considering physical aggression, males tend to be more aggressive than females. One explanation for this difference is that females are physically weaker than men, and so need to resort to other means. Females of different cultures have a variety of non physical means to cause harm to their husbands.

Methodology:

The investigator has selected 50 college players from Nirmala College Muvattupuzha (Ernakulam District, Kerala). Their age group ranged between 18 and 25 years. The research reviewed the available scientific literature and selected the following variables, Aggression and Anxiety. The standardized questionnaire were used namely spielbereger's Anxiety inventor for measuring Anxiety and Berry's Aggression questionnaire. Before collection of data, subjects were oriented about the purpose of the study. The investigator explained each questionnaire in detail to the subjects. The investigator had given proper instruction to fill questionnaires, so the subject has no doubt to fill the questionnaires.

This questionnaire was designed to measure the anxiety. This was developed and standardized by Spielberger the questionnaire consist of 15 statements describes the thoughts at the present situation. The subject is requested to indicate the appropriate response out the given three responses. This questionnaire was designed to measure the aggression this was developed and standardized by Berry consist of 29 statements describes different situation relating to physical, verbal, Anger and Hostility characters. The subjects requested

to indicate the best appropriate response out of the given five responses elicited by the situation from persons described in the question.

Penalty kicking performance, Opportunity was to the subjects to shoot the ball towards the goal post for 10 times at 11 meter distance. The player will be given 10 chance he shoot the ball into the goal post in 11 meter distance if she shoot is correctly she will be given five point other wise zero.

Statistical Technique:

The data collected on anxiety and aggression from football players were statistically analyzed by Computing Person Product Moment Correlation. The level of significance was fixed as 0.05 levels.

Results and discussion:

The selected criterion variables were measured from the college level football players. Person correlation was used to find out the relationship between independent and dependent variables. In all the cases, 0.05 level was fixed to test the level of significance, which was considered as appropriate.

Descriptive Statistics:

The means and standard deviation on anxiety aggression in penalty kick performance in football players. We tested and the same is subject were presented in table I

Table I

Showing the mean and standard deviation of anxiety aggression in penalty kick performance in football players.

S. no	Variables	No of subjects	Mean	Standard deviation
1	Anxiety	50	20.74	2.88
2	Aggression	50	72.12	6.45
3	Penalty kick performance	50	28.00	16.06

Table- I shows that the mean values of anxiety was 20.74 with standard deviation of 2.88. The mean value of aggression was 72.12 with standard deviation of 6.45. the mean value of penalty kick performance 28.00 with standard deviation 16.06.

Person's Product Moment Correlation:

1. Relationship between Anxiety and Penalty kick Performance
2. Relationship between aggression and penalty kick performance

The obtained person product moment correlation of anxiety aggression and penalty kick performance are presented in table –II

Tables -II

Relationship anxiety and penalty kick performance, aggression and penalty kick performance in football players.

s.no	Between variables	No of subjects	Obtained 'r'	Required 'r'
1	Penalty kicking Performance Vs Anxiety	50	0.28	0.214
2	Penalty kicking Performance Vs Aggression	50	0.21	0.214

Significant at 0.05 levels

The result presented in table II showed that the obtained 'r' value for penalty kick performance Vs Anxiety is 0.28. the obtained' value of 0.28 was greater than the required 'r' value of 0.214 and Penalty kicking performance Vs aggression The obtained 'r' value of 0.21 was less than the required 'r' value of 0.214. Hence the result proved that there was a significant relationship between anxiety and penalty kick performance, aggression and penalty kicking performance in football players at 0.05 level of significance.

Conclusions:

Within the limitations of the present study the followings conclusions were drawn:

1. The selected psychological variable, namely anxiety has proved negative significant relationship with penalty kick in football players.

2. The selected psychological variable, namely aggression has proved negative significant relationship with penalty kick in football players.

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