



A Comparative Study of Aggression Between Kabaddi and Kho-Kho Players aged 14 to 18 Years of Mumbai

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Abstract

The main purpose of the study was to find out and compare aggression level between Kabaddi and Kho-Kho Players aged 14 to 18 years of Mumbai. 100 Kabaddi and 100 Kho-Kho Player subjects (Total 200) were selected randomly from the different schools/clubs/colleges of Mumbai. For the purpose of establishing reliability of data the standard questionnaire of Aggression was used very carefully and the response was recorded, as a final data. Mean score of aggression level of Kabaddi Players was ± 83.62 and Mean score of aggression level of Kho-Kho Players was ± 81.66 respectively. Result revealed that there was significant difference between the aggression level between Kabaddi and Kho-Kho Players aged 14 to 18 years of Mumbai. Independent sample 't' test was implemented for the analysis of data. Mean score of Aggression Level of kabaddi players was significantly higher than those of Kho-Kho Players. It may, therefore, be said that Kabaddi Players were found to have significantly higher Aggression Level as compared to Kho-Kho Players.

Keywords: Kabaddi, Kho-Kho, Aggression.

Introduction

In India, Physical Education has been accepted as an integral part of general education. It has been proved that Psychological Variables contributes significantly to the development of Sports Performances. Psychological factors play important part in Physical Education and Growth of the Humans. The study was conducted with a view of collecting the evidence about "A Comparative Study of Aggression between Kabaddi and Kho-Kho Players Aged 14 to 18 Years of Mumbai." It is hoped that the findings and results of this study may be helpful to those who are interested in study of Aggression level of Kabaddi and Kho-Kho Players of Mumbai.

Methodology

This study was confined to the aggression level between Kabaddi and Kho-Kho Players aged 14 to 18 years of Mumbai. 100 Kabaddi and 100 Kho-Kho Player subjects (Total 200) age group with age of 14 to 18 years were selected to form the sample of the study. The random

sampling procedure has been adopted to make the sample. Aggression scale English questionnaire by Dr. R. L. Bharadwaj was used to collect the data.

For the data analysis Independent sample 't' test was used as a statistical tool. The level of significance was 0.05. The data was analysed by using descriptive statistics.

Methods of measurement of variable

Aggression was considered as a psychological variable for this study. Investigator organized a virtual call meeting with the P.E. Teachers and Coaches of Kabaddi Players and introduced his topic and also discussed the procedure of filling up the questionnaire.

Aggression scale English questionnaire by Dr. R. L. Bharadwaj, questionnaire was given to the players to fill it up with mutual consultation in the presence of the investigator. Questionnaire comprises 28 statements, out of these 28 statements. Each statement is set against a 5 point scale.

Game	M	SD	N	t-value
Kabaddi	83.62	7.77	100	2.004**
Kho-Kho	81.66	5.93	100	

Level of significance=0.05, df =1/198

Discussion and Conclusion

On the basis of findings and within limitations impose; the following conclusions may be drawn:

*There exists statistically significant difference in aggression level of Kabaddi and Kho-Kho Players of school/Club/College going boys and girls aged 14 to 18 years of Mumbai.

*It is observed that aggression level of Kabaddi Players was more than Kho-Kho Players.

That's why stated hypothesis 'There will not be difference between the aggression level of Kabaddi and Kho-Kho Players' is rejected in this study.

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