

**A COMPARATIVE STUDY OF AGGRESSION AMONG SPORTS MEN
AND NON SPORTS MEN PARTICIPATING IN RTM UNIVERSITY
NAGPUR OF MAHARASHTRA STATE**



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Abstract:

The purpose of this study was to compare the aggression of the sports men and non sports men of the R. T. M University Nagpur. For the present study 40 students (20 sports men & 20 non sports men) age between 18 -28 years belonging to the affiliated colleges of the Nagpur University were selected as subjects of this study. In this study the researcher used the Buss A.H. & Warren W.L. (2000) aggression scale to measure the aggression of the subjects. The collected data of the subjects was compared by using independent sample t-test. The significance level was set at 0.05 level of confidence. The results showed that the calculated 't' value of physical aggression was 1.25, verbal aggression 2.47 anger scale 1.43, hostility scale 0.68 and for indirect aggression t value was 0.43. All the calculated values (except verbal aggression) were not found statistically significant. Thus from the above results it can be concluded that no significance difference was found in aggression among the sports and non sportsmen. In verbal aggression there was a significant difference. The mean of verbal shows that sports are more aggressive.

Keywords: Aggression, Sportsmen & Non sportsmen.

Introduction:

Aggression can be defined as behavior intended to hurt or harm others. Injured someone accidentally is not considered as aggression, but try to injured someone even if the person fails is considered as aggression. There are both anti- social (literally against society) and pro social (which up hold the rules or norms of society) forms of aggression. It involves harm or injury to another individual this can be either physical harm or psychological harm. Aggression has directional components. Some aggression is directed in words and in its extreme form may culminate in self-destructive behavior including suicide. Other aggressive behavior is directed outward towards others. Aggression is a part of human behavior and is necessary for an individual to live and to struggle for higher achievements. Appropriate level aggression even in sports helps to improve the performance, but high or low level of aggression will hamper and retard the performance. Aggression can be either physical or verbal, and behavior is classified as aggression even if it does not actually succeed in causing harm or pain. Behavior that accidentally causes harm or pain is not aggression. Property damage and other destructive

behavior may also fall under the definition of aggression. Aggression is not the same thing as assertiveness. Aggression is a perplexing phenomenon.

Material & Method:

This study deals with the comparison of the aggression of sports men and non sports men so the researcher has chosen the descriptive method. For this research purpose fourth male sports man and non sports man 18 to 28 years belonging to affiliated colleges of Nagpur University were selected as the samples of study. The researcher visited personally to each subjects and distributed the questionnaires to all the subjects and also explained about answering the questions. In this study aggression scale of Arnold H Buss and Mark Perry was used to measure the aggression level of the subjects under study. The collected was analyzed by using t-test and the interpretations were drawn.

Results and Discussion:

To compare the aggression of sports men and non sports men the collected data in all five factors of aggression were compared by independent sample t-test.

Table No: I
Descriptive statics of Aggression of Sportsmen and Non Sportsmen

Physical Aggression	Mean	S.D.	M.D.	S.E.	't' Ratio
Sports men	15.75	4.57	1.75	1.4	1.25
Non Sports men	14	4.26			

Verbal Aggression	Mean	S.D.	M.D.	S.E.	't' Ratio
Sports men	12.10	2.55	2.15	.86	2.47
Non Sports men	9.95	2.95			

Anger Scale	Mean	S.D.	M.D.	S.E.	't' Ratio
Sports men	17.90	4.5	2	1.4	1.43
Non Sports men	15.90	4.3			

Hostility Scale	Mean	S.D.	M.D.	S.E.	't' Ratio
Sports men	17.30	3.27	.10	1.46	0.68
Non Sports men	17.20	5.67			

Indirect Aggression	Mean	S.D.	M.D.	S.E.	't' Ratio
Sports men	13.90	4.11	.50	1.16	0.43
Non Sports men	13.40	3.18			

There were total 40 subjects (20 sports men & 20 non sports men). The results showed the mean and standard deviation of sportsmen in physical aggression, verbal aggression, anger scale, hostility and indirect aggression scale was (15.75 ± 4.57 , 12.10 ± 2.55 , 17.90 ± 4.5 , 17.30 ± 3.27 , 13.90 ± 4.11) respectively and mean and standard deviation of non sportsman in physical aggression, verbal aggression, anger scale, hostility and indirect aggression scale was ($14. \pm 4.26$, 9.95 ± 2.95 , 15.90 ± 4.3 , 17.20 ± 5.67 , 13.40 ± 3.18) respectively. The calculated 't' value of physical aggression was 1.25 with mean difference 1.75, for verbal aggression the calculated 't' value is 2.47 with mean difference 2.15, for anger scale the calculated 't' value is 1.43 with mean difference 2, for hostility scale the calculated 't' value is 0.68 with mean difference 0.10, for indirect aggression the calculated 't' value is 0.43 with mean difference 0.50 with degree of freedom 38. From the above given results it was found that only verbal aggression was statistically significant at 0.05 level. The other four aggression components were not found statistically significant.

Conclusion:

Within the limitations of the present study and on the basis of the findings it was observed that in aggression sub scale, physical aggression, anger scale, hostility scale, indirect aggression scale, no significant difference was found. In verbal aggression there was a significant difference. The mean of verbal shows that sports are more aggressive. Finally it was concluded that psychological variable like aggression of sportsman and non sports man is not similar but it is very important factor to be successful in sports field as well as in society.

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