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**Full Length Research Paper**

A Comparative Study of Aggression Between the Players of DSB Campus Nainital and MB PG College Haldwani Affiliated from Kumaun University Nainital India.

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ABSTRACT

The purpose of the study was to compare the aggression between the players of D.S.B. campus Nainital and M.B.P.G. College Haldwani affiliated from Kumaun University Nainital. The data pertaining to the psychological component was randomly collected from 100 male students (50 players were from the D.S.B. campus Nainital and 50 from M.B.P.G. college Haldwani) subjects of age ranged between 18 to 22 years were selected randomly. The psychological Component was administered to the subject's necessary data was collected for the aggression-by-Aggression scale questionnaire of Km. Roma Pal. By using a t-test, a significant difference was found between the mean scores of physical education students of D.S.B. Campus Nainital, and M.B.P.G. college Haldwani affiliated from Kumaun University Nainital Uttarakhand, in relation to aggression as the t-value was found 0.35 which was a higher value than the required value at .05 level of significance.

Introduction

Psychology plays a great role in the field of sports. In sports competitions, physical strength and skills are not the only factors but psychological variables are also important for the enhancement of the sports. Psychologists are keen to know about the psychological skills which uplift sports. Sports psychologists are interested to know which techniques should be used to maintain mental balance among the players. Much research has been conducted in the area of aggression, anxiety, and mental health of sports persons. Mental preparation before the competition is very important for achieving the goal. The term aggression has been used by many psychologists in terms of behavior. Dollard and his colleagues (1939) suggested that it is a sequence of behavior, which injured the person to whom it is delivered to achieve the goal.¹ Aronson (1977) explained aggression as an intentional action aimed at causing harm or pain e.g. if the athlete fractures their opponent at nose by accident, it will not be considered the result of aggression. But if the athlete's intention to fracture the nose will be considered aggressive behavior and that behavior will be negative behaviour.² Tatum (1980) suggested aggression as the deliberate intention to another person which includes physical psychological or social harm, but in sports physical harm is the main focus.³ Many researchers tried to distinguish between two types of aggression. According to Hunsman (1954) aggression is of two types hostile and instrumental. The primary goal of hostile aggression is to inflict injury or harm psychologically to someone. On the other hand instrumental aggression occurs in the quest of some non-aggressive goal.⁴

Rebeca Ellis Gardner and Christopher M. Janella (2002) studied comparison between perceptions of aggressive and assertive behaviour in sport and non-sport situations among male and female athletes and non-athletes. Sample of 66 participants were randomly selected and they were divided into three groups based on their experience high, low and non-athletes. 28 clips of aggressive and assertive behaviors were shown to all the participants in a sport and non-sport situation. Result shows that male received more legitimate in athletic situation and aggressive behavior was less legitimate in both situations.⁵ Social psychologists define aggression as behavior that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Because it involves the perception of intent, what looks like aggression from one point of view may not look that way from another, and the same harmful behavior may or may not be considered aggressive depending on its intent. Intentional harm is, however, perceived as worse than unintentional harm, even when the harms are identical (Ames & Fiske, 2013).^{6,7} Aggression is overt or covert, often harmful, social interaction with the intention of inflicting damage or other harm upon another individual (Maremmani & Avella M.T 2020). It may occur either reactively or without provocation. In humans, aggression can be caused by various triggers, from frustration due to blocked goals to feeling disrespected (De Bono & Amber 2014).^{8,9}

Aggression can involve violence that may be adaptive under certain circumstances in terms of natural selection. This is most obviously the case in terms of attacking prey to obtain food, or in anti-predatory defense. It may also be the case in competition between members of the same species or subgroup, if the average reward (e.g. status, access to resources, protection of self or kin) outweighs average costs (e.g. injury, exclusion from the group, death). There are some hypotheses of specific adaptations for violence in humans under certain circumstances, including for homicide, but it is often unclear what behaviors may have been selected for and what may have been a byproduct, as in the case of collective violence.^{10,11,12,13}

Although aggressive encounters are ubiquitous in the animal kingdom, with often high stakes, most encounters that involve aggression may be resolved through posturing, or displaying and trial of strength. Game theory is used to understand how such behaviors might spread by natural selection within a population, and potentially become 'Evolutionary Stable Strategies'. An initial model of resolution of conflicts is the hawk-dove game. Others include the Sequential assessment model and the energetic war of attrition. These try to understand not just one-off encounters but protracted stand-offs and mainly differ in the criteria by which an individual decides to give up rather than risk loss and harm in physical conflict (such as through estimates of resource holding potential).¹⁴

The aim of the study was to compare aggression between the players of D.S.B. campus Nainital and M.B.P.G. college Haldwani affiliated from Kumaun University Nainital Uttarakhand and trying to improve their life on the right track.

Materials and methods

Sample:

For the present study the students selected from the players of D.S.B. campus Nainital and M.B.P.G. college Haldwani affiliated from Kumaun University, Nainital Uttarakhand. The total numbers of subjects for this study were 100 students (50 players were from D.S.B. campus Nainital and M.B.P.G. college Haldwani affiliated from Kumaun University Nainital Uttarakhand, while another 50 subjects were from the M.B.P.G. college Haldwani affiliated from Kumaun University Nainital Uttarakhand) subjects of age ranged between 18 to 22 years was selected randomly.

Variables:

- a) Independent variables : Sex (Male)
- b) Dependent variables : Aggression

Measuring Tool:

This aggression scale was developed by Km. Roma pal and Dr. (Smt.) Tasneem Naqvi. Simple instructions are printed on the front page of the test. It's essential for the tester to read the instruction and if the tested feels any difficulty, then he must remove all the queries of the tested.

Procedure:

To find out aggression between the means of the players from D.S.B. campus Nainital and M.B.P.G. college Haldwani, t-ratio statistics was used.

Data Analysis:

For the statistical treatment of this psychological component (aggression) between from D.S.B. campus Nainital and M.B.P.G. College Haldwani, Uttarakhand the independent t-test was used. For the testing of hypotheses, the level of significance was set at 0.05.

Result and Discussion

To find out aggression between the means of players of from D.S.B. campus Nainital and M.B.P.G. college Haldwani, t-ratio statistics was used and presented in table No -1

Table 1. T-ratio of the means of aggression between from D.S.B. campus Nainital and M.B.P.G. College Haldwani

	Students		t.ratio
	<u>D.S.B Campus Nainital</u>	<u>M.B.P.G. College Haldwani</u>	
Mean	75.98	74.52	0.35*
S.D	21.24	20.65	

Significant at .05 level. t-value required to be significant at 99 df = 1.98

It is evident from table-1 that, significant difference was found between the mean scores of D.S.B. campus Nainital and M.B.P.G. college Haldwani in relation to aggression as the t-value was found 0.35 which was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-1

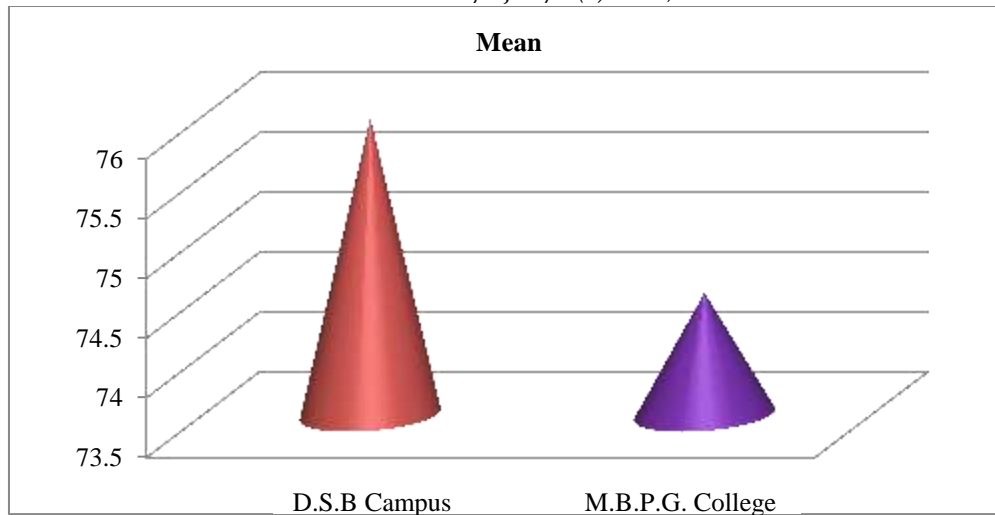


Fig 1. The mean scores of D.S.B. campus Nainital and M.B.P.G. college Haldwani

Discussion of the results

The present investigation was designed to know the psychological aggression between the players of D.S.B. campus Nainital and M.B.P.G. college Haldwani, Uttarakhand. The purpose of this study was many folds and revealed some specific differences between the students. Though, the Master Student did not tend to explore personal life of students but, some of the facts could not be unattended hence, found necessary to know the psychological difference of aggression between the students of D.S.B. campus Nainital and M.B.P.G. college Haldwani, Uttarakhand. The result of the investigation was to compare the aggression between the players of D.S.B. campus Nainital and M.B.P.G. college Haldwani, Uttarakhand. Though significant difference was exist between the players of D.S.B. campus Nainital and M.B.P.G. college Haldwani, Uttarakhand. Where the calculated mean difference found in aggression. The result is in the direction of Khariri-Hassan, M., & Taghvae, D. (2016) conducted a study on the topic "Comparison between aggression and anxiety among child labor with and without sexual child abuse."¹³ The findings of the present study reveal that there was significant difference found in aggression and anxiety respectively.

Conclusion

Significant difference was found between the mean scores of D.S.B. campus Nainital and M.B.P.G. college Haldwani, affiliated to Kumaun University Nainital, Uttarakhand, in relation to aggression as the t-value was found 0.35 which was higher value than the required value at .05 level of significance.

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