



Comparative study of aggression and self concept among sports persons and non sports persons of Sant Gadge Baba Amravati University, Amravati

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Abstract

The study aimed to compare the Aggression and Self Concept among Sports Persons and Non Sports Persons of Sant Gadge Baba Amravati University, Amravati. A total of fifty (40) male subjects from different colleges of Amravati University, comprising 20 sports person who have at least once participated in Inter college competition and 20 as non-sports person and all the subjects were randomly selected for the study. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18-28 years. To analyze the Aggression and self of both the groups i.e. Sports Persons and Non Sports Persons. The data pertaining to Aggression Tendency of sports and non sports persons was collected via standard questionnaire prepared by (Dr. Rajeev Lochan Bhardwaj), it contains 28 items and the data pertaining to Self Concept was collected via standard questionnaire prepared by (Dr. Mukta Rani Rastogi). The comparison of self concept between Sports Persons and Non Sports Persons was done on the basis of ten individual characteristics of Self Concept and these ten individual characteristics of self concept are as follows Health And Sex Appropriateness, Abilities, Self-Confidence, Self Acceptance Worthiness, Present Past And Future, Beliefs And Convictions, Feeling Of Shame And Guilt, sociability and Emotional. The descriptive statistic mean and standard deviation and 't' test was applied to compare the degree of Aggression and Self concept between Sports and Non Sports person of Amravati University, Amravati, the level of significance was set at 0.05 levels ($p < 0.05$). The findings means and standard deviation of aggression of Sports Person group (22.55 ± 31.21) and Non Sports person group (8.1 ± 11.92) Hence Sports persons were found to be more aggressive than Non Sports Person this difference might be due to the will to win or to suppress the opponents. while taking the second part of the study in to consideration there was found no, significant difference in the self-Concept of Sports and Non Sports person because in all cases the tabulated 't' exceeded the value of calculated 't'.

Keywords: aggression, self concept, sports-person, sociability, self confidence

Introduction

Aggression is a part of human behavior and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behavior. Aggression may help into performance of an athlete because it arouses the athlete to put in harder effort of the success of the team. Athletes must be helped to reduce and control aggression in order to play calmly and perform the best. Appropriate level of aggression as permitted under the rules governing the game tends to improve the skill and enhance the effort and on the other hand, high or low level of aggression will hamper and retard the performance in sports.

Self-Concept

Self-concept is an individual's perception of self, including Self-esteem, body image, and ideal self. A person's self-concept is often defined by self-description such as "I am a mother, a nurse, and a volunteer." Client self-descriptive Statements such as these help the nurse gain insight into the Client's perception of self. The nurse should be observant for

self-descriptive statements when assessing the client's Self-concept. A healthy self-concept is necessary for overall Physical and mental wellness. Three basic components of self-concept are the ideal self, the public self, and the real self. The ideal selfish the person the client would like to be, such as a good, moral, and well-respected person. Sometimes, this ideal view of how a client would like to be conflicts with the real self (how the client really thinks about oneself, such as "I try to be good and do what's right, but I'm not well respected"). A positive self-concept is an important part of client's.

Procedure and Methodology

Forty subjects were selected for the collection of data which include 20 subjects as sports person and 20 as sports person of Amravati University, Amravati. The subjects were selected by simple random sampling method. The age of the subjects

Equipment's used for collection of data

The data pertaining to Aggression Tendency of sports and non sports persons was collected via standard questionnaire prepared by (Dr. Rajeev Lochan Bhardwaj, it contains 28 item and the data pertaining to Self Concept was collected via standard questionnaire prepared by Dr. Mukta Rani Rastogi.

Results

Table 1: Comparison of Aggression between sports and Non- sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
sports person	23.55	31.21	15.45	38	2.35	2
Non- sports persons	8.1	11.92				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-2 reveals that there is difference between means of sports and non-sports persons, because the mean of Aggression in Team Game is 23.55, greater than Individual Game Players which is 8.1, and their mean difference is 15.45. To check the significant difference of Aggression between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 31.21 and 11.92 respectively. After applying 't' test it was found that there is a significant difference in the Aggression tendency between sports an non- sports persons because value of calculated 't' (2.35) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is significant difference in Aggression between sports and non- sports persons

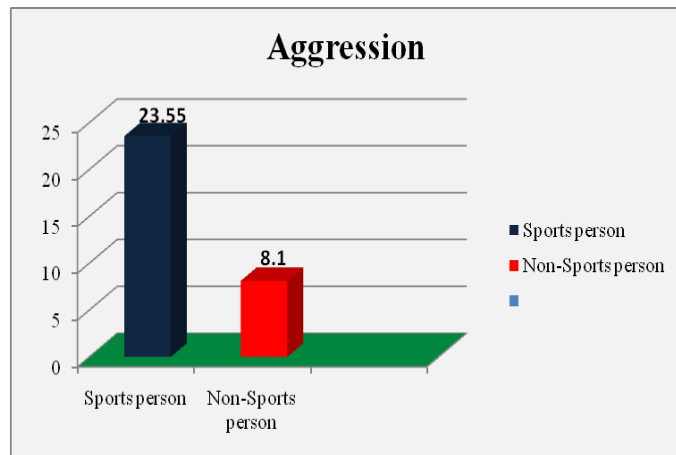


Fig 1: Graphical representation of mean difference of Aggression Between sports and non- sports persons

Table 2: Comparison of Health and Sex Appropriateness between Sports and Non- Sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
sports person	17.6	3.47	1.45	38	0.56	2
Non- sports persons	16.5	3.23				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-2 reveals that there is difference between means of sports and non-sports persons, because the mean of Health and Sex Appropriateness in Team Game is 17.6, greater than Individual Game Players which is 16.5, and their mean

difference is 1.45. To check the significant difference of Health and Sex Appropriateness between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 3.47 and 3.23 respectively. After applying 't' test it was found that there is no significant difference in the Health and Sex Appropriateness between sports an non- sports persons because value of calculated 't' (0.56) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Health and Sex Appropriateness between sports and non- sports persons.

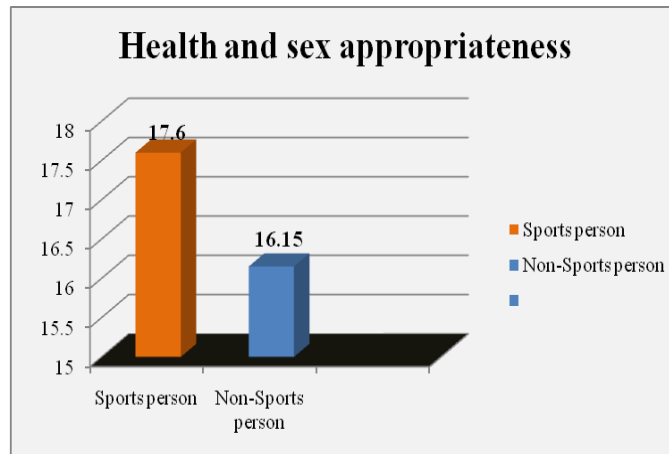


Fig 2: Graphical representation of mean difference of Health and Sex Appropriateness between Sports and Non- Sports Persons

Table 3: Comparison of Abilities between Sports and non- sports persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
sports person	22.95	4.50	1.25	38	0.46	2
Non- sports persons	21.7	2.73				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-3 reveals that there is difference between means of sports and non-sports persons, because the mean of Abilities in Team Game players is 22.95, greater than Individual Game Players which is 21.7, and their mean difference is 1.25. To check the significant difference of Abilities between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 4.50 and 2.73 respectively. After applying 't' test it was found that there is no significant difference in the Abilities between sports an non- sports persons because value of calculated 't' (0.46) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Abilities between sports and non- sports persons

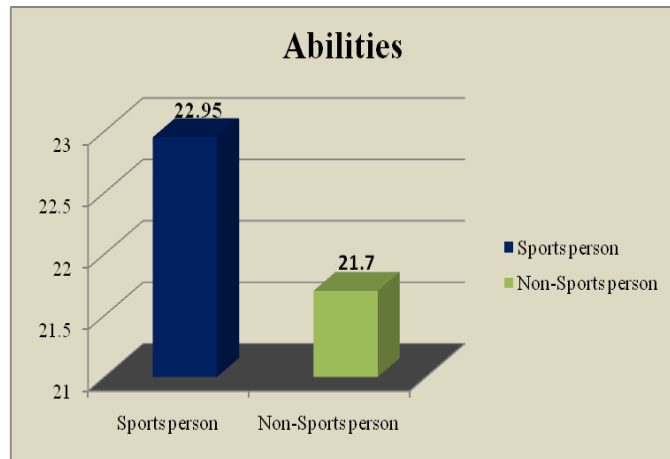


Fig 3: Graphical representation of mean difference of Abilities between Sports and Non- Sports persons

Table 4: Comparison of Self-Confidence between Sports and non-sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	17.2	3.05	0.55	38	0.22	2
Non- Sports Persons	16.65	2.88				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-4 reveals that there is difference between means of sports and non-sports persons, because the mean of Self-Confidence in Team Game players is 17.2, greater than Individual Game Players which is 16.65, and their mean difference is 0.55. To check the significant difference of Self-Confidence between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non-sports persons which is 3.05 and 2.88 respectively. After applying 't' test it was found that there is no significant difference in the Self-Confidence between sports an non-sports persons because value of calculated 't' (0.22) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Self-Confidence between sports and non- sports persons

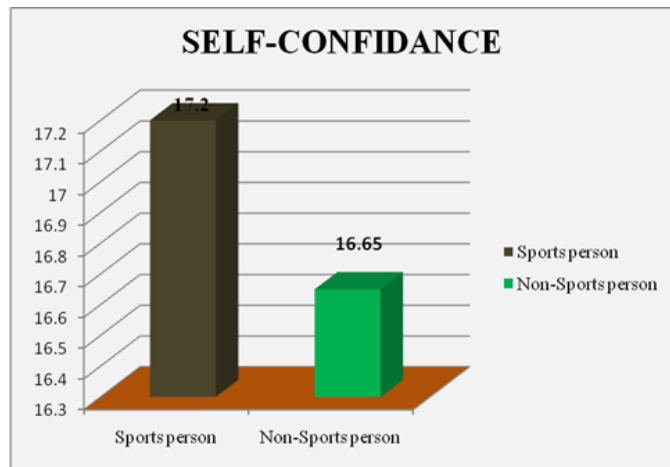


Fig 4: Graphical representation of mean difference of Self-Confidence Between Sports and non- sports Persons

Table 5: Comparison of Self-Acceptance between Sports and non-sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	13.8	2.14	0.1	38	0.04	2
Non- Sports Persons	13.7	1.92				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-5 reveals that there is difference between means of sports and non-sports persons, because the mean of Self-Acceptance in Team Game players is 13.8, greater than Individual Game Players which is 13.7, and their mean difference is 0.1. To check the significant difference of Self-Acceptance between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non-sports persons which is 2.14 and 1.92 respectively. After applying 't' test it was found that there is no significant difference in the Self-Acceptance between sports an non-sports persons because value of calculated 't' (0.04) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Self-Acceptance between sports and non- sports persons

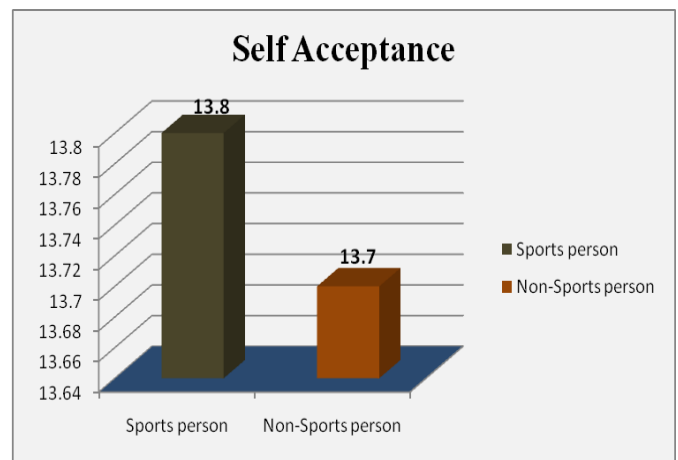


Fig 5: Graphical representation of mean difference of Self-Acceptance between Sports and non- sports Persons

Table 6: Comparison of Worthiness between Sports and non- sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	21.9	3.66	3	3	1.16	2
Non- Sports Persons	18.9	2.93				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-6 reveals that there is difference between means of sports and non-sports persons, because the mean of Worthiness in Team Game players is 21.9, greater than Individual Game Players which is 18.9, and their mean difference is 3. To check the significant difference of Worthiness between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non-sports persons which is 3.66 and 2.93 respectively. After applying 't' test it was found that there is no significant

difference in the Worthiness between sports and non-sports persons because value of calculated 't' (1.16) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Worthiness between sports and Non-sports persons.

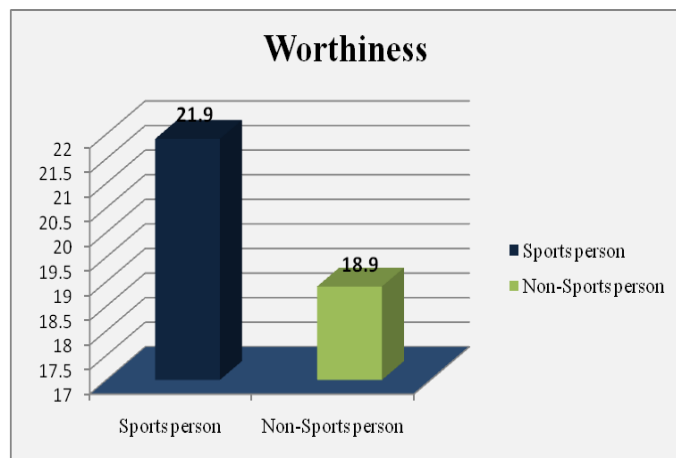


Fig 6: Graphical representation of mean difference of Worthiness between Sports and non- sports Persons

Table 7: Comparison of Present and Future between Sports and non-sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	16.2	3.81	1.05	38	0.40	2
Non- Sports Persons	15.15	2.77				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-7 reveals that there is difference between means of sports and non-sports persons, because the mean of Present and Future in Team Game players is 16.2, greater than Individual Game Players which is 15.15 and their mean difference is 1.05. To check the significant difference of Present and Future s between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 3.81 and 2.77 respectively. After applying 't' test it was found that there is no significant difference in the Present and Future between sports and non- sports persons because value of calculated 't' (0.40) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Present and Future between sports and Non-sports persons.

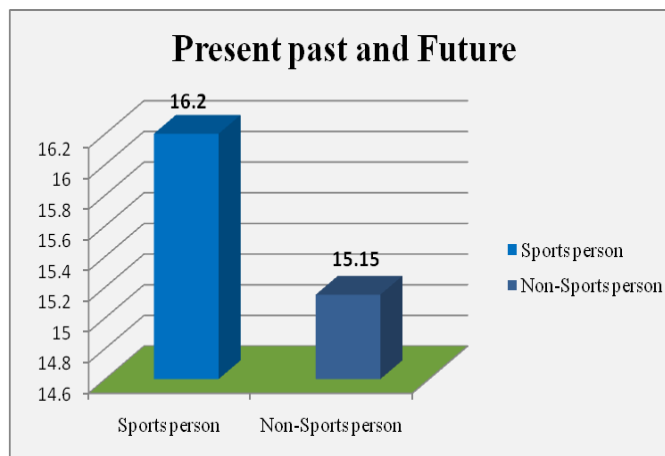


Fig 7: Graphical representation of mean difference of Present and Future between Sports and non- sports Persons

Table 8: Comparison of Beliefs and Convictions between Sports and non- sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	14.05	4.09	0.85	38	0.30	2
Non- Sports Persons	14.9	3.57				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-8 reveals that there is difference between means of sports and non-sports persons, because the mean of Beliefs and Convictions in Team Game players is 14.05, less than Individual Game Players which is 14.9, and their mean

difference is 0.85. To check the significant difference of Beliefs and Convictions between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 4.09 and 3.57 respectively. After applying 't' test it was found that there is no significant difference in the Beliefs and Convictions between sports and non- sports persons because value of calculated 't' (0.30) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Beliefs and Convictions between sports Non-sports persons.

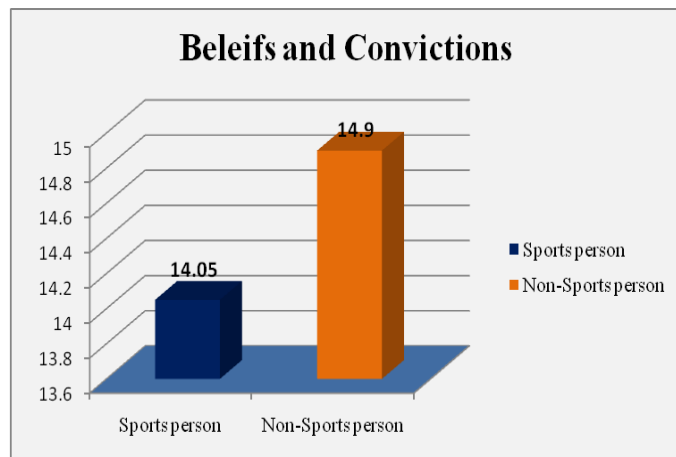


Fig 8: Graphical representation of mean difference of Beliefs and Convictions between Sports and non- sports Persons

Table 9: Comparison of Feeling of Shame and Guilt between Sports and non- sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports Person	14	4.03	0.7	38	0.25	2
Non- Sports Persons	13.3	3.55				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-9 reveals that there is difference between means of sports and non-sports persons, because the mean of Shame and Guilt in Team Game players is 14, greater than Individual Game Players which is 13.3, and their mean difference is 0.7. To check the significant difference of Shame and Guilt between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 4.03 and 3.55 respectively. After applying 't' test it was found that there is no significant difference in the Shame and Guilt between sports an non- sports persons because value of calculated 't' (0.25) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Shame and Guilt between sports and Non-sports persons

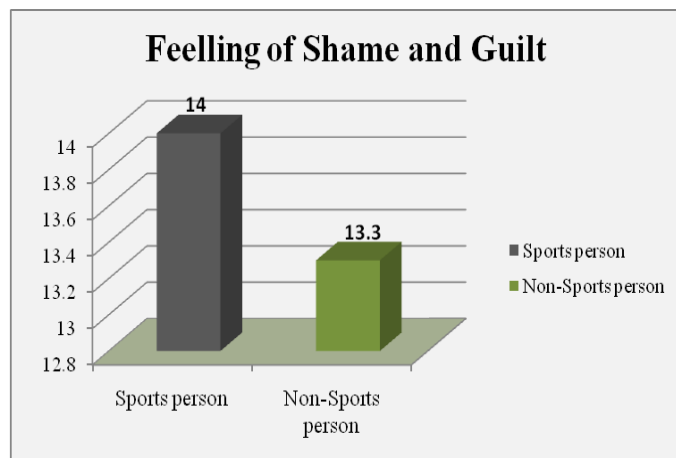


Fig 9: Graphical representation of mean difference of Feeling of Shame and Guilt between Sports and non- sports Persons

Table 10: Comparison of Sociability between Sports and non- sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Sports person	10.85	3.86	2.2	38	0.84	2
Non- sports persons	13.05	2.83				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-10 reveals that there is difference between means of sports and non-sports persons, because the mean of Sociability in Team Game players is 10.85, less than Individual Game Players which is 13.05, and their mean difference is 2.2. To check the significant difference of Sociability between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 3.86 and 2.83 respectively. After applying 't' test it was found that there is no significant difference in the Sociability between sports an non- sports persons because value of calculated 't' (0.84) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Sociability between sports Non-sports persons

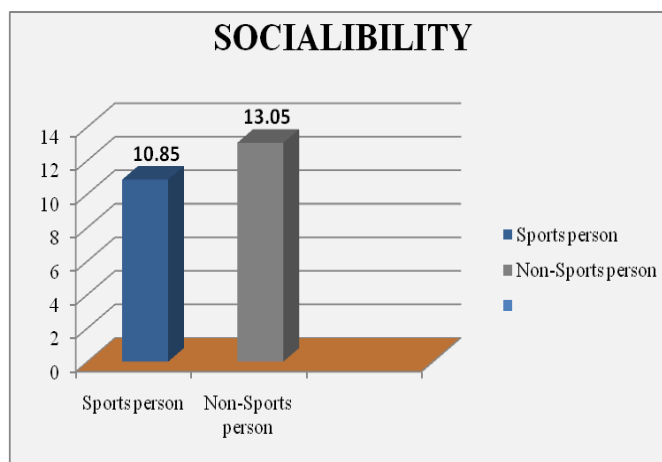


Fig 10: Graphical representation of mean difference of Sociability between Sports and non- sports Persons

Table 11: Comparison of Emotional between Sports and non- sports Persons

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
sports person	11,65	1.69	0	38	0	2
Non- sports persons	11.65	1.69				

*Level of Significance = 0.05
Tabulated 't' 0.05 (38) = 2

Table-11 reveals that there is difference between means of sports and non-sports persons, because the mean of Emotional in Team Game players is 11,65, equal to mean of Individual Game Players which is 11,65, and their mean difference is 0. To check the significant difference of Emotional between Team and Individual Game Players the data is analyzed by applying 't' test. Before applying 't' test, standard deviation is calculated between sports and non- sports persons which is 1.69and 1.69 respectively. After applying 't' test it was found that there is no significant difference in the Emotional

between sports and non-sports persons because the value of calculated 't' (0.) which is less than tabulated 't' (2.00) at 0.05 level of significance, which indicates or shows that there is insignificant difference in Emotional between sports and non-sports persons.

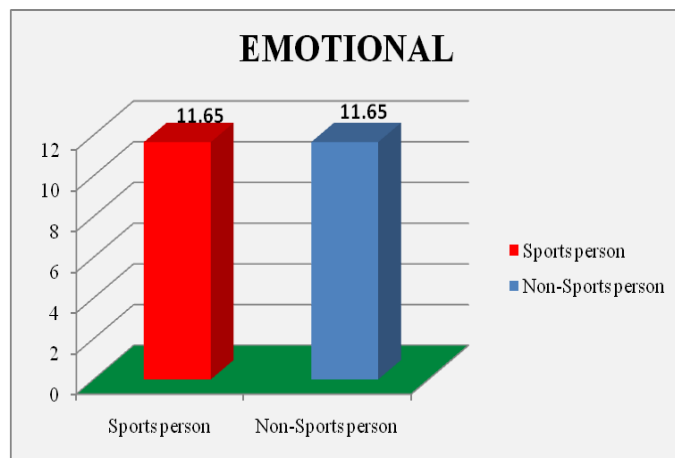


Fig 11: Graphical representation of mean difference of Emotional between Sports and non-sports Persons

Conclusion:

Within the limitations of the study and from statistical analysis the following conclusion was drawn.

While taking the first part of the study that is aggression tendency into consideration there was found significant difference in the aggression tendency of the Sports and Non-Sports Persons of Sant Gadge Baba Amravati University. Hence the researchers pre-assumed Hypothesis is accepted in aggression part of the study, because in major areas of aggression tendency of the Sports and Non-Sports Persons the calculated value that is calculated 't' exceeded tabulated 't' at 0.05 level of significance.

While taking Self-Concept part into consideration there was found No, significant difference in all areas of Self-Concept that is Health And Sex Appropriateness, Abilities, Self-Confidence, Self Acceptance Worthiness, Present Past And Future, Beliefs And Convictions, Feeling Of Shame And Guilt, sociability and Emotional between Sports and Non-Sports Persons of Sant Gadge Baba Amravati University. Hence the researchers pre-assumed Hypothesis is rejected because in Health and Sex Appropriateness characteristics of Self-Concept the calculated value that is calculated 't' is less than tabulated 't' at 0.05 level of significance.

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