



Aggression and sports competition anxiety between university level male badminton and basketball players

Pukhraj Singh

Assistant Professor, Department of Physical Education, Lovely Professional University, Punjab, India

Abstract

The purpose of the study was to compare the aggression and sports competition anxiety between inter-university level male badminton and basketball players. The present study was conducted on a sample of hundred (N=100), which include fifty each, badminton (N₁=50) and basketball (N₂=50) university level male players of age ranging from 18 to 28 years. All the participants were informed about the aim of the study and they volunteered to participate in this study. The subjects were measured through standardized tests of Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 and aggression questionnaire developed by Anand Kumar and P.S. Shukla. The independent samples t-test was applied to assess the difference between badminton and basketball university male players. The findings pertaining to the study resolved statistically significant difference of aggression and competition anxiety between university level badminton and basketball players respectively. The results show that university level basketball players had significantly greater aggression than badminton players. Similarly, university level basketball players had significantly greater competition anxiety than badminton players.

Keywords: aggression, sports competition anxiety, badminton, basketball

Introduction

Although there are many positive aspects to sport participation - as a player or spectator - athletic events are also often allied with aggressive behavior. Defined as the intention to physically, verbally, or psychologically harm someone who is motivated to avoid such treatment, aggression can be either hostile or instrumental. Hostile aggression refers to actions that are motivated by anger and that are intended solely to harm someone. Thus, with this form of aggression, the perpetrator simply wants the victim to suffer - eg, a soccer player deliberately and illegally tripping an opponent with the sole purpose of injuring that person. In instrumental aggression, however, harmful actions have a purpose over and above that of wounding another player. Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can negatively affect their

performance abilities. Stress, arousal and anxiety are terms used to describe this condition. The major problem in competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance.

Methodology

The study was conducted on hundred (N=100), which includes fifty each, badminton (N₁=50) and basketball (N₂=50) male university level players of age ranging from 18 to 28 years. All the participants were informed about the aim of the study and they volunteered to participate in this study. The purposive sampling technique was used to select the subjects.

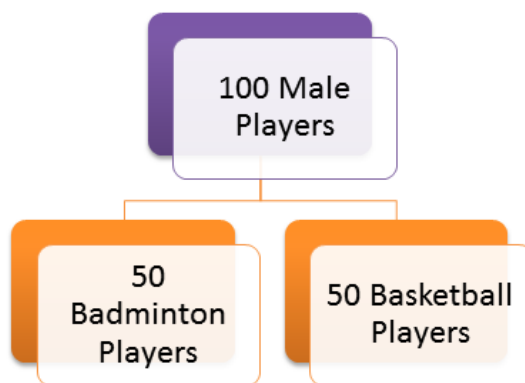


Fig 1

Questionnaire method was used to collect the data. Aggression was measured by Aggression questionnaire developed by Anand Kumar and P.S. Shukla (1988) [4]. It consists of 25 items measuring the aggression of a person. There was only yes/no answers option in this questionnaire and subjects have to tick only one option. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects. Based on expert opinion and by personal understanding the Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990 [10] was used. Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained to all the subjects for better understanding and to increase the motivation level. SCAT had fifteen items out which five were spurious questions which was added to the questionnaire to diminish response bias towards actual test items these five questions were not scored. The subjects were instructed to respond to each item according to how he generally felt at the time of competition.

Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used in data analyses. The data was presented as descriptive statistics viz. mean, standard deviation etc. The independent samples t-test was applied to compare the aggression and anxiety level of basketball and badminton players. The level of significance was set at 0.05.

Results

Table 1: Comparison of Aggression of university level Basketball and Badminton Players

Aggression Test	N	Mean	SD	Df	't' value
Badminton	50	18.12	1.94	98	3.393*
Basketball	50	19.23	1.26		

* Significant at 0.05 levels

It has been observed in table 1, that the mean scores of university level badminton and basketball players, was 18.12 and 19.23 respectively. When statistical technique 't' test was applied it was found that the 't' value was 3.393, which is greater than the table value at 0.05 level. Hence it is significant at 0.05 level of significance. Basketball players were found to significantly greater mean values of aggression than the badminton players.

Table 2: Comparison of anxiety of university level basketball and badminton players

Competition Anxiety Test	N	Mean	SD	Df	't' value
Badminton	50	18.37	2.73	98	2.012*
Basketball	50	19.62	3.44		

* Significant at 0.05 levels

It has been observed in table 2, that the mean scores of university level badminton and basketball players, was 18.37 and 19.62 respectively. When statistical technique t-test was applied it was found that the t value was 2.012, which is greater than the table value at 0.05 level. Hence it is

significant at 0.05 level of significance. Basketball players were found to significantly greater mean values of anxiety than the badminton players.

Discussion

The present study was conducted to compare the aggression and competition anxiety between university level male badminton and basketball players. Results of the present study showed that badminton players have exhibited statistically significant differences with regard to aggression as compared to basketball players. While comparing the means, basketball players had shown greater aggression than badminton players. The findings fall totally in line with the study of Hasan *et al.* (2015) [1] as they concluded that there was a significant difference exists among inter-collegiate, north-zone intervarsity and all India intervarsity level hockey players on aggression. Results also get full support from the results of Khan (2015) [1, 2] as he revealed in his study that aggression level of bowlers was higher than the batsmen. Same output was also given by Kumar and Yadav (2014) [3], as they found significant difference between the mean of the cricket and volleyball players on the scores of aggression. On the other hand, results of the present study showed that badminton players have exhibited statistically significant differences with regard to competition anxiety as compared to basketball players. While comparing the means, badminton players had shown greater competition anxiety than basketball players.

Conclusion

The purpose of the study was to investigate the comparison of aggression and competition anxiety between university level badminton and basketball players. The findings pertaining to the study resolved statistically significant difference of aggression and competition anxiety between university level badminton and basketball players respectively. The results show that university level basketball players had significantly greater aggression than badminton players. However, university level badminton players had significantly greater on the account of competition anxiety than basketball players.

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