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## **A Comparative Study of Sports Aggression and Sports Competition Anxiety between Basketballs and Handball Players**

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### **Abstract**

The present investigation was an attempt to compare sports aggression and sports competition anxiety between Basketball and Handball Players. Total fifty male players acted as subjects in this study (25 from each group) from Bilaspur district (C.G.). Age of subject was ranged from 18 to 32 years. Sports Aggression Inventory (developed by Kumar & Shukla) and Sports Competition Anxiety test (developed by Martin) was administered for collecting the data. On analyzing the data it was found that significant difference existed between Basketball and Handball Players with regard to their sports aggression and sports competition anxiety.

**Keywords:** Aggression, Anxiety, Basketball, Handball.

### **1. Introduction**

Aggression is an integral part of contemporary sports. In a sports context, aggression can best be defined as an unprovoked physical or verbal assault, and aggressiveness as the propensity to commit such an assault. The sporting community, however, draws a distinction between aggression and aggressiveness, and the (brutal) body contact that is seen as integral to some sports such as rugby, boxing or the martial arts. This kind of contact conforms to the rules of the sport and is completely legitimate even when the same sort of behaviour outside the sports context is defined as criminal. Also, participants in these sports, by the very act of taking part, have implicitly accepted the inevitability of rough contact. They have implicitly consented to the probability of minor injury and the possibility of serious injury.

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavioral directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic; however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). This is called an assertive behaviour (Bredemeier, 1994), where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent. In sport, aggression has been defined into two categories: hostile aggression and instrumental aggression (Silva, 1983). Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is to achieve a goal by using aggression. For example a rugby player using aggression to tackle his opponent to win the ball. The player is not using his aggression to hurt the opponent but rather to win the ball back. Coulomb and Pfister (1998) conducted a study looking at aggression in high-level sport. They found that experienced athletes used more instrumental aggression in which they used to their advantage and that hostile aggression was less frequently used. Experienced athletes used self-control to help them with their aggression. It can be seen that aggression comes from a variety of sources and it is important to understand where these sources stem from. Sport stressors allow us to understand what causes an athlete to become frustrated which can lead to aggression and a decline in performance.

Anxiety can have a profound effect on sports performance, and it is not always a detrimental one. Athletes usually have to deal with a certain amount of anxiety. There are several

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distinctions that can be made in the different kinds of anxiety sports players come up against. Happiness is a state of mind, and anxiety can be a state of mind as well. For most athletes, there is a certain level of anxiety that comes at the time of the competition. Many are not accustomed to feeling anxiety on a regular basis – they just feel anxiety related to the game. These players seem able to cope with the stress of the game fairly well. However, some athletes have the trait of being inherently more anxious at all times. When these players face the added anxiety of a game, they tend to have a rougher time. There are two types of anxiety: cognitive anxiety and somatic anxiety. With cognitive anxiety, you are constantly thinking the worst, considering negative outcomes, and anticipating failure. With somatic anxiety, you have physical feelings that you interpret as signs of stress. These two patterns, along with self-confidence, will make a big difference in sports performance. If an athlete has just enough stress to become excited, it can enhance his sports performance and may give him the best game of his life. On the other hand, when stress and anxiety become so overwhelming that the player loses concentration, his performance will suffer. It is virtually impossible to do well in sports if you are so terrified of the experience or the outcome that you are not fully in the game. It turns out that athletes who are serious are more likely to feel anxiety during competitions. They are goal-oriented and see the game as a hurdle to overcome. Naturally, that view leads them to think about problems and interpret aroused feelings as anxiety. However, the athlete who takes a more playful view is much less likely to feel stress. If he is aroused, he just interprets it as excitement and feeds off that positive energy. Thus it is visualized that sports aggression and sports competition anxiety are the key factors in determining a noticeable sports performance. Both Basketball and Handball are the games in which enough scope to be charged and respond in a hyper active mode. Therefore the researcher has planned to compare sports aggression and sports competition anxiety of Basketball and Handball players.

**2. Objective of the study**

The objective of present study was to compare sports aggression and sports competition anxiety between basketball and handball players.

**3. Methodology**

**3.1. Selection of Subjects**

For the purpose of present study 25 male basketball players and 25 male handball players who falls between the age group of 22 to 28 years were selected as a subject. All the subjects selected for the present study were regular students of Bilaspur University, Bilaspur & Guru Ghasidas Vishwavidyalaya, Bilaspur.

**3.2. Tool Used**

Sports Aggression Inventory developed by Kumar & Shukla (1988) and Sports Competition Anxiety test developed by Martin (1990) was used to compare the sports aggression and sports competition anxiety of basketball and handball players.

**3.3. Administration of Test**

Sports Aggression Inventory developed by Kumar & Shukla and Sports Competition Anxiety test developed by Martin was administered to all 50 subjects as per prescribed guidelines as indicated by user manual.

**3.4. Analysis of Data**

In the present study to find out the difference in Sports Aggression and Sports Competition Anxiety of basketball and handball players, 't' test was applied.  $p < 0.05$  was considered statistically significant. Data analysis was performed using SPSS 16.0 software under windows.

**4. Result & Discussion**

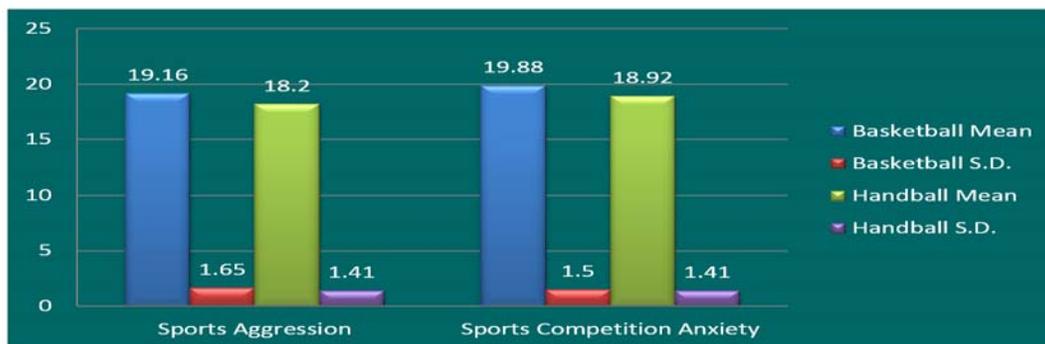
Descriptive analysis of Sports Aggression and Sports Competition Anxiety of basketball and handball players are given in table-1.

**Table 1:** Mean and Standard Deviation of Sports Aggression and Sports Competition Anxiety between Basketball and Handball Players

Variables	Game	N	Mean	SD	SEM	Minimum	Maximum
Sports Aggression	Basketball	25	19.16	1.65	.33	16	23
	Handball	25	18.20	1.41	.28	16	22
Sports Competition Anxiety	Basketball	25	19.88	1.50	.30	18	23
	Handball	25	18.92	1.41	.28	16	21

Table- 1 indicates that the means of sports aggression of Basketball and Handball players have been reported 19.16, 18.20 and standard deviation 1.65 and 1.41 respectively.

Further the means of Sports Competition Anxiety of Basketball and Handball players have been reported 19.88, 18.92 and standard deviation 1.50 and 1.41 respectively.



**Fig 1:** Graphical representation of Mean and Standard Deviation of Sports Aggression and Sports Competition Anxiety between Basketball and Handball players

Figure-1 displays mean and standard deviation on sports aggression and sports competition anxiety of Basketball and Handball players.

**Table 2:** Significant Difference between the Means of Sports Aggression and Sports Competition Anxiety of Basketball and Handball players

Variables	Mean		df	't' ratio	Sig.
	Basketball	Handball			
Sports Aggression	19.16	18.20	48	2.20*	0.032
Sports Competition Anxiety	19.88	18.92	48	2.32*	0.024

\*Statically significant difference at 0.05 level.  $t_{.05} (48) = 2.01$

Table-2 indicates that the obtained 't' value for sports aggression of Basketball and Handball players has been reported 2.20 which is higher than the tabulated value 2.01. This reveals that there is significant difference between Basketball and Handball players in sports aggression at .05 level of significance. Henceforth sports competition anxiety between basketball and handball players has been reported 2.32 which is higher than the tabulated value 2.01. This reveals that there is significant difference between Basketball and Handball players in sports competition anxiety.

**5. Conclusion**

Within the limitations of the present study following conclusions may be drawn:

- Regarding sports aggression, there was significant difference between the means of Basketball and Handball players.
- The sports aggression of Basketball players was found to be higher than the Handball players.
- Regarding sports competition anxiety, there was a significant difference between the means of Basketball and Handball players.
- The sports competition anxiety of Basketball players was found to be higher than the Handball players.

**6. Discussion**

The results of the study indicate that there was significant difference in sports aggression and sports competition anxiety between Basketball and Handball players. The sports aggression and sports competition anxiety of Basketball players was found to be higher than Handball players. This may be attributed to the restrictions of the time on all the moves in Basketball which in turns results in high speed of the game. The number and types of fouls are more in Basketball as compared to Handball. So a player has to take decisions in a short time that naturally causes some nervousness and eventually in the form of sports competition anxiety. The result of Meenu & Parul (2014) is consistent with the finding of the present study. Their study also revealed that sports aggression and sports competition anxiety of Basketball players was found to be higher than Handball players.

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