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## A comparison of anxiety and aggression level between male and female sportspersons

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### Abstract

Anxiety is needed for peak performance. It is important for the coach to check such sportspersons who become over anxious which may affect their performance. Without certain level of anxiety, there cannot be competitive performance. Competition and aggression are twins, aggression is more boisterous games, may help performance because it arouses players overly to put in harder effort, and do and die for the success of the team. The purpose of the present study was to investigate and compare the anxiety and aggression level among the male and female sportspersons. A total 120 players (60 males and 60 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G L Pati (1976). Anxiety among the subjects was measured by using the Sports Competition Anxiety Test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male sportspersons had significantly greater aggression ( $p < 0.05$ ) as compared to the female players. The female players were found have significantly higher anxiety level ( $p < 0.01$ ) when compared to male players. In conclusion, the male players were more aggressive whereas female sportspersons were more anxious.

**Keywords:** Anxiety, aggression, Sportspersons

### Introduction

Games and sports significantly differ from one another in skill structure, load, techniques and tactics. Sportsmen competing in individual events experience more anxiety than sportsmen engaged in team games. The explanation for this state may be that in individual sports the total stress is on the individual himself while in team games the stress shifts from one to another. As we know that a certain amount of anxiety is needed for peak performance, but excessive anxiety, however, is debilitating. Thus, it is important for the coach to check such players who become over anxious which may affect their performance. Without certain level of anxiety, there cannot be competitive performance. The threshold of optimal level differs from players to players and from situation to situation. With the rise in level of performance and experience in a sport the level of anxiety is said to decline. Pre-competitive anxiety is inevitable under all competitive situations and all players are affected by it more or less. Besides this, greater the resemblance between the practical conditions and competitive situations the better the players learn how to cope up with competitive anxiety Cratty (1989) [3]. adds "conditions within players combined with his or her cognitive evaluation of the threat of competition and with the objective nature of competition itself work together to produce anxiety in players" Aggression says Cratty (1989) [3]. "is behavior and actions that usually seek to inflict psychological and/or physical harm, either on another person's or on an individual's possessions or dear ones" Sports competition without "aggression" is a body without soul. Competition and aggression are twins, there is clear evidence that, in general, aggression is more boisterous games, may help performance because it arouses players overly to put in

harder effort, and do and die for the success of the team. Bandura (1973) [1]. clearly spelled that players indulge in aggressive acts of behavior because they are appreciated, awarded or rewarded which sometimes accompanies athletic success, gaining status and others forms of social rewards. There is adequate evidence to the effect that players participating in contact sports such as boxing, wrestling, judo etc. are more aggressive than those participating in noncontact sports. Hence, in these days, psychological training of the players and players had attracted greater attention. Thus, the purpose of the present study was to measure the anxiety

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and aggression of university level male and female players and to find out the differences in anxiety and aggression level between the male and female sportspersons.

**Method and Procedure**

The present study was conducted on 60 (30 males and 30 females) university level players. The age of sportspersons was between 18 to 25 years. The subjects were randomly selected from the different colleges affiliated to the Panjab University, Chandigarh, Punjabi University, Patiala and Guru Nanak Dev University, Amritsar. The investigator has used the following tools to collect the data of the study:

**Anxiety**

To measure anxiety, Sinha’s comprehensive anxiety Test (SCAT) constructed by sangha and Sinha (1995) was administered. Test consisted of 90 items. For the present study, Sinha’s comprehensive Anxiety Test (SCAT) will be administered to the subjects to obtain data regarding their level of anxiety. The test comprised ninety statements/questions which the subjects could answer either in affirmative or in negative by tick making (√) in the appropriate boxes provided for each question. The coefficient of reliability of the test had been employed to determine by using two. Methods. The test retest method had been employed to determine the temporal stability of the test. The product moment correlation between the test and retested scores was 0.85. The internal consistency reliability had been ascertained by adopting odd even procedure. Using the Spearman Brown formula, the reliability coefficient of the test was found to be 0.92. The coefficient of validity had been determined by computing the coefficient of correlation between scores on Comprehensive Anxiety Test and on Taylor’s Manifest Anxiety Scale. It was 0.62 which was found to be significant beyond.01 level of confidence.

**Aggression**

To measure aggression, the aggression Scale (A-Scale) constructed by 30 Roma Pal and Tesneem Naqavi (1980) will be administered. Test consisted of 30 statements related to personality of individual which they answered by making a tick mark (√) corresponding to the ‘very much’, ‘much’, ‘ordinary’, ‘less’, ‘very less’, and ‘not at all’. Thus, each item had five alternate answers graded on five points-scale on the positive dimension and a zero point on the negative dimension. All the statements of this scale were matters of behavior in daily life. All the items were scored to yield aggression measure. The reliability of the scale was found to be.78. The validity coefficient was found to be.78.

**Statistical analysis**

Values are presented as mean values and SD. Independent samples t test was used to test if population means estimated by two independent samples differed significantly. Data was analysed using SPSS Version 16.0.

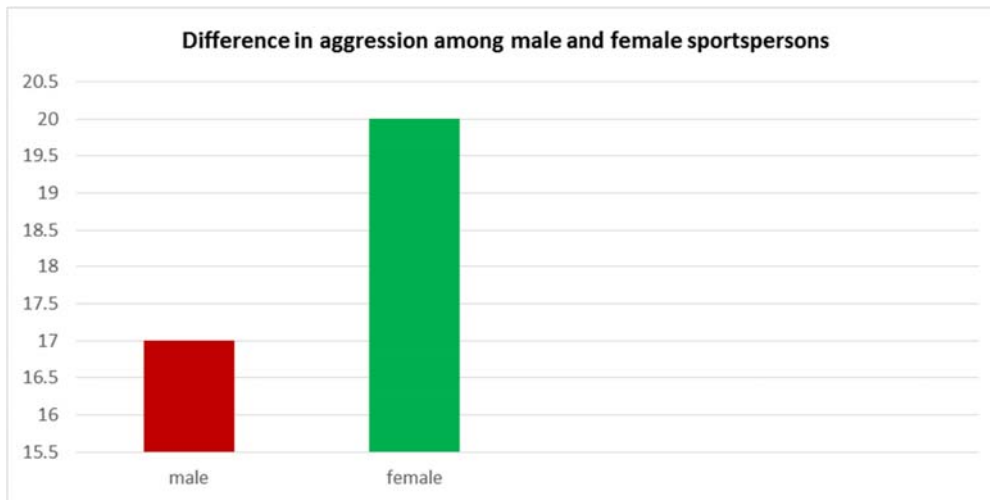
**Results**

Table 1 shows the distribution of mean values and standard deviation and t-value of aggression measurement among male and female players. On aggression score the male players had mean value of 28.4 and female players had mean value of 25.97. There was significant difference at 0.5 levels as t-value was 2.04. It showed that male players were significantly more aggressive than their female counterparts.

**Table 1:** Difference in aggression between male and female sportspersons

Gender	N	Mean	S.D.	t-value
Male	30	28.4	5.42	2.04
Female	30	25.97	3.66	

Significance level  $p < 0.05$ .

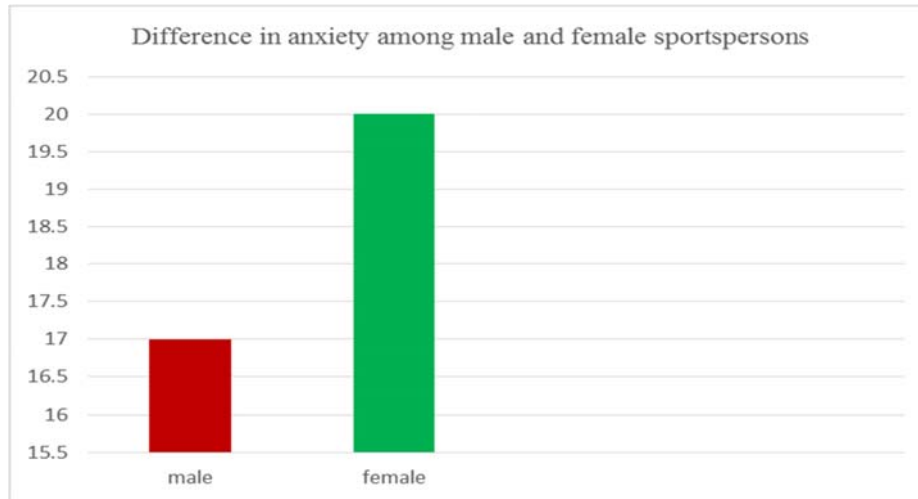


**Fig 1:** Difference in aggression among male and female sportspersons

**Table 2:** Difference in anxiety test between male and female sportspersons

Gender	N	Mean	S.D.	t-value
Male	30	17	3.50	2.04
Female	30	20	2.11	

Significance level  $p < 0.01$ .



**Fig 2:** Difference in anxiety among male and female sportspersons

The distribution of mean values and standard deviation of anxiety level among male and female players along with t-value are presented in table- 2. It was noted that male players had lower mean value of 17 than female players having mean value of 20 showing significant difference at 0.01 levels among them as t-value was 4.04. This showed that female players were more anxious than male players.

#### Discussion

The results of present study showed that there was significant difference in aggression between the male players and female players. These findings are in conformity with the results of Graham and wells (2001) <sup>[4]</sup> and Coulomb-Cabagno and Rasclé (2000) <sup>[2]</sup> those studied the aggression among the players and compared them on the basis of gender. Their results support the results of the present study that male players display more aggressive behavior than female players. On anxiety, the results of the present study showed that there was significant difference between the male players and female players and the female players were more anxious than the male players. These findings have supportive evidence from a group of researchers on different types of games.

#### Conclusion

In conclusion, the male sportspersons were found to have significantly greater aggression as compared to female sportspersons whereas the female sportspersons were significantly more anxious than the male sportspersons.

#### Recommendations

Coaches and trainer should check periodical aggression and anxious level of the male and female sportspersons for achieve top performance level

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