

A Comparative Study of Aggression Behaviour and Adjustment Variables of Sports and Non-Sports Persons

Manju Chahal¹, Parul Chaudhary²

¹Research Scholar, Department of Physical Education, Punjab University Chandigarh

²Research Scholar, Department of Physical Education, C.D.L.U Sirsa

Abstract: The purpose of the study was to find out the comparison of aggressive Behaviour and adjustment variables of sports and non-sports persons of Hisar District. The samples of the study was conducted on 250 male subjects (125 sports persons and 125 non-sports persons) were tested for the collection of data who had participated at least in a state level tournaments of the football games. The age ranged between 18-25 years aggression is the behaviour in which there is intention to injure another. It is the result out of a number of forces acting both within the upon the individual at the same time. Adjustment –consists of psychological process by means of which individual manage to cope with various demands and processes of life. Further the data of aggression level was collected through Dr. G.C. Pati and Adjustment Inventory was collected by professor H.S. Asthana and data was analysis by 't' test. After comparing of the present data it was found that sports person were high in aggressive behaviour and adjustment variables.

Keyword: Aggression, Adjustment, Sports Person, Non-Sports Person

1. Introduction

In the modern world of sports, it has become and absolves necessity that right talents are identified for the right game. A sports is no more a hobby it has become a full time profession modern sports. In fact, compel athletes to take-up sports competitions as a full time vocation besides making name and frame. The expression of any form of aggression which is not dangerous to the society should have a cathartic effect and reduce the strength of the instigation to other more socially dangerous forms of aggression. It would be advantageous to any society, therefore, to permit the expression of certain forms of aggression. Athlete is who is highly motivated by emotional aggression should not be confused with the athlete who has primary motivation, but who aggression because ne or she is placed in an athletic situation that demands it. Football, and boxing would be expected to attrat more aggressively motivated individuals than curbing, golf and badminton; latter sports require their own form of aggression. Even non-physical sports have been described as fiercely aggressive. There is need for a more serous attention to understand sports and its social significance. There is also general need to be more precise about the meaning and conceptualization of aggression. There is a too, after positive approach to aggression and the genesic approach to sports. The reliance aggression in sports has been traditionally centered round the usefulness of sports in providing an outfit for aggression and controlling violence in the society. Adjustment attempts to satisfy needs by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two things interval make-up and internal personal or social behaviour. Adjustment is dynamic process by which organizes mert their needs. Physical education and related activities satisfy many of these needs.

2. Purpose of the Study

A comparative study of Aggressive Behaviour and Adjustment variables of sports and non-sports persons

3. Methodology

To achieve the objectives of the present study 250 male sports persons of sports person of Rohtak District were selected as a sample of the study and who had participated at Inter-university level. The age ranged between 18 to 25 years. Constituted the subjects of the study. The data was collected by standardized tools the **Dr. G.C. Pati** test for (**aggressive behavior**) and (**adjustment inventory test**) was collected by **professor H.S. Asthana** for Adjustment variables and using statistically analysis 't' test method.

Table 1: Comparison of Aggressive Behaviour of sports person and Non-Sports Persons

Groups	Mean	S.D.	Mean	SED	t
Sports persons	544.520	48.139	60.888	5.694	10.692
Non sports persons	483.632	41.668			

Significant at 0.01 level

It is evident from the table that the Mean score of sports persons having aggression was 544.520 and that of non-sports person was 483.632. The SD of sports person was 48.139 and that of non-sports person was 41.667 and 't' value was 10.692, which is significant at 0.01 level the score was in favour of non-sports persons.

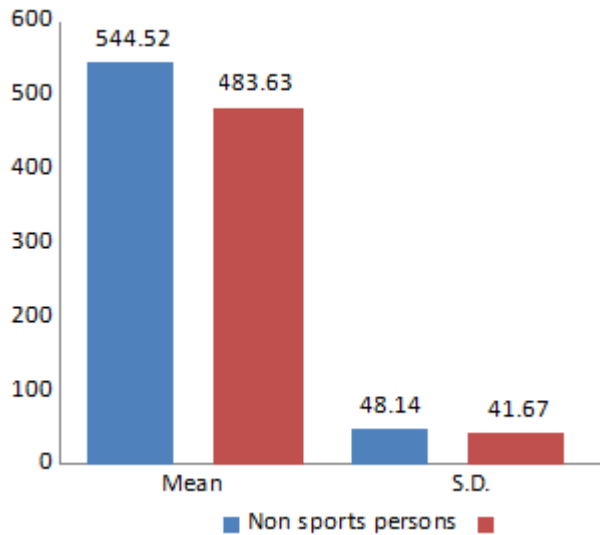


Figure 1

Table 2: Comparison of adjustment variables of sports persons and non-sports persons

Groups	Mean	S.D.	Mean	SED	t
Sports persons	18.880	3.006	6.696	0.445	15.042
Non sports persons	12.189	3.971			

Significant at 0.01 level

The mean score of sports person having adjustment was 18.880 and that of non-sports person was 12.184. The SD of sports person was 3.006 and that of non-sports person was 3.971 and -t value 15.047, which is significant at 0.01 levels. The mean difference was in favour of sports persons.

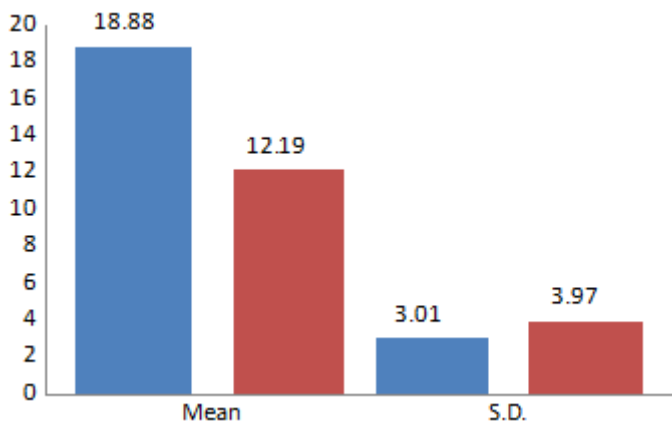


Figure-2

4. Conclusion

The conclusion of the aggressive behaviour and adjustment of the present study are sports person and non-sports person differ significantly at 0.01 level sports person were high aggressive behaviour than non-sports person difference significantly at 0.01 level sports person were found to be better than non – sports.

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