

Comparative Study of Anxiety and Aggression Level between Handball and Basketball Male Players

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Abstract: The purpose of the study was to find out the comparison of anxiety and aggressive level between handball and basketball male players of Sirsa District. The sample of the present study was conducted on 48 male sports person who had participated at inter-university level. The age ranged between 18 to 25 years. The data were collected in different coaching camps. Aggression – aggression is the injuction of on onerize stimulu either physical, verbal, or gestural upon one person by another. Anxiety – In its simplest form anxiety may be defined as a subjective feeling of apprehension and heightened. Further the data of aggression test was collected through G.C. Pati questionnaire test and the data of anxiety, test was collected through Dr. A.K.T. Sinha questionnaire test and data was analysis by ‘t’ test after comparing of the present data it was found that basketball female players of Sirsa have better in anxiety and aggression level than volleyball female players of Sirsa.

Keywords: anxiety, aggression, handball, basketball

1. Introduction

As all we know team sports like basketball, handball and Netball, have been widely accepted as a highly competitive sports through out the world. Anxiety is an unpleasant state of inner turmoil, after accompanied by nervow behaviour, such as pacing back and forth, somatic complaints and rumination. Anxiety is not the same as fear which is a response to areal, which is a response to a real, which is a response to a real or perceived immediats threat you would be hard to find an athlete who doesn't react in some way to immivent competition. The feelings of anxiety. Aggression in sports also a serious issue aggression is a learned behaviour and that sports may be teaching people tobe more aggressive. One of the stumbling-blocks that has hindered any examination of the subject of aggression in sports in the difficulty that exists in defining the term.

2. Methodology

To achieve the objectives of the present study of 48 female sports person of Sirsa district were selected as a sample of the study 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 G.C. Pati questionnaire for aggression level and A.K.T. Sinha questionnaire for anxiety level and using statistically analyzed ‘t’ test method.

3. Result And Discussion

Table 1: Comparison of anxiety level between Basketball and Handball players

Players	N	Mean	S.D.	SED	‘t’
Basketball	24	29.29	7.44	2.27	1.34
Handball	24	26.25	8.24		

It is evident from the table Basketball female players are better in anxiety level than Handball female players. The Mean Score of Basketball female players was 29.29 where as in Handball female players it was 26.25. The S.D. was 7.44 and 8.24 and SED was 2.27. The ‘t’ value was 1.34.

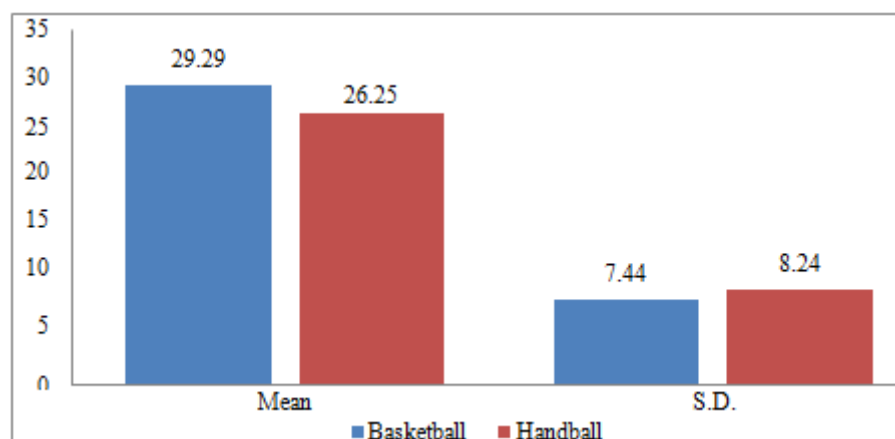


Figure 1

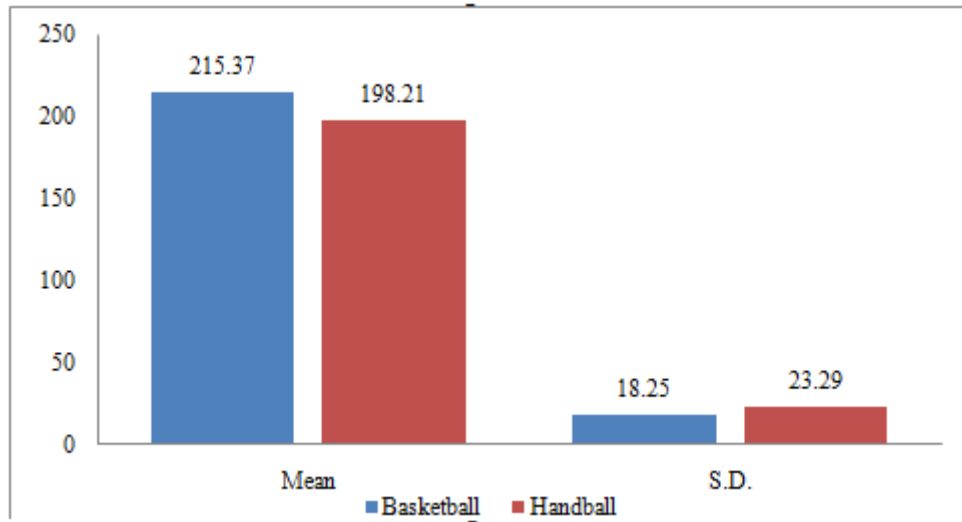
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Table 2: Comparison of aggression level between Basketball and Handball female players

Players	N	Mean	S.D.	SED	't'
Basketball	24	215.37	18.25	6.04	2.84
Handball	24	198.21	23.29		

It is evident from the table that Basketball female player are better in aggression level than handball players. The mean score of Basketball female players was 215.37 where as in Handball female player it was 198.21. The S.D. was 18.25 and 23.29 and SED was 6.04. The 't' value was 0.731.

**Figure 2**

4. Conclusion

It is evident the Basketball female players are better in anxiety and aggression level than handball female players.

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