

# Study of Aggressive Tendency among the Kabaddi and Kho-Kho Players

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**Abstract:** *The present study was carried with an objective to find out the difference of aggression level among the players of Kabaddi and Kho Kho game. The study showed that the mean value of aggressive behavior of Kabaddi players was higher than that of Kho-Kho players at 0.05 level of significance. So it was concluded that the players of Kabaddi game had more aggressive behavior than that of Kho-Kho players. This may be due to the more body contact of the players in Kabaddi game.*

**Keywords:** Behaviour ,Aggressiveness , Sportsperson, Kabaddi, Kho-Kho

## 1. Introduction

Human beings are capable of a wide range of behaviour. On one hand they may show compassion and help for each other, on other hand they may seek to harm each other through aggressive action. The word aggression comes from the Latin root *aggredi*, ad (to or toward) and *gradior* (walk). Literally, then, the word means to walk towards or approach to 'move against' or to 'move with intent to hurt or harm'. But aggression in sports is a term frequently used nowadays there is some confusion to its meaning. Aggression is seem to be a violent out break, such as a fight, but in sports it is also used when an athlete competes hand and gives a one hundred percent efforts.

Two types of aggression have been identified in the sports psychology literature. Instrumental aggression and hostile aggression. Unlike other activities, sports and physical activities related to sports involves confrontation between competents and make a good platform for the occurrence of aggressive acts. Aggression in sports is not supposal to a unequivocally negative, when it is an assertive behaviour as searching for success, aggression is highly desirable (Wlazlo et al., 2007). Instrumental aggression is defined as "The attempt to injure characterized by the inner desire to win an advantage or to receive a reward (Baird, 2009).

The major problem when studying aggression in sport or any other environment is in findings an acceptable universal definition. Johnson (1972) quoted that aggressive behaviour was associated with destructive acts, sexual attack, prejudice, speech and genital activity.

Aggression has directional components as inwards and outwards. Some aggression is directed inward and in its extreme form, may cumulate its self-destructive behaviour including suicide. Other aggressive behaviour is directed outwards towards other sports may be classified according to the degree of aggression that is tolerated or encouraged within rules. Sports in which the competitions must alternately agree and then terminate their action may be more stressful than those in which alternating behaviour is not required.

Our last may years the sports psychologist have been impress on the aggressive behaviour of sports persons in the

field and even out of the field. University football players have been found to be higher than other athletes in narcissism (Elman and Mckelvie, 2002), which involves anger and aggressive behaviour (Ruiz et al., 2001). Keeping in view the importance of aggressive tendency for the sportsperson the present research have been carried out to with the objective to find out the levels of aggressiveness among the sportspersons of Kabaddi and Kho-kho games.

## 2. Materials and Methods

In the present study, the researcher used stratified random sampling technique, to select the sample. The present investigation was conducted on 50 sports persons of Haryana state, within the age limit of 15-19 years. Out of total sample of 50 players, 25 were of Kabaddi and 25 of Kho-Kho games.

In order to collect the requisite data sampled the entire population and decided the appropriate tools to measure the attributes concerned and finally to administer tools on the sample were selected. The requisite data were then collected and filled in prescribed questionnaires. After selecting the sample of the study and before conducting the tests, the purpose of testing and technique to be employed in the study of the subjects and all possible doubts were cleared. In this study questionnaire method was used. The questionnaire was administered to all subjects in accordance with the instructions laid down in the manual and under the direct supervision of the investigator. The selection of tools was governed by the consideration of their (i) availability, (ii) suitability to the sample and (iii) reliability and validity. Dr. G.C. Pati's (1976) aggression test scale consisting of 16 questions was used to collect the data regarding aggressive tendency of sports persons towards different games. The subject was requested in indicate the best appropriate response out of the given three responses i.e. "low to mildly aggressive", "moderately aggressive" and "highly aggressive" manners elicited by the situation from persons described in the question.

## 3. Results and Discussion

It is predicted from Table 1 that 't' ratio (3.30) was significant at 0.01 level of confidence. It implied that there

was a significant difference between the mean scores of Kabaddi (535) and Kho-Kho (488.5) players. The higher mean value of Kabaddi players showed that they had more aggressive tendency as compared to the Kho-Kho players.

**Table 1:** The mean score, S.D. and 't' ratio of Kabaddi and Kho-Kho players on aggression

Game	N	Mean	Standard division (S.D.)	Standard error of difference	't' ratio
Kabaddi	25	535.0	45.780	14.06	3.30
Kho-Kho	25	438.5	53.367		

Cox (2002) supported the present study. He studied that possible aggression was more frequent in contact than in non-contact sports. Sports may attract people who are already aggressive or engaging in contact sports may be possible aggression. Arnold (2001) and Kumar (2003) also supported the study. They concluded that as the body contact of the players during the game increased the aggression level of the players also increased.

#### 4. Conclusion

It was found that players of Kabaddi game were more aggressive when compared with Kho-Kho players. It may be due to the more body contact of the Kabaddi players with their opponents as compared to the Kho-Kho players. Keeler(2007) also supported the study with a view that the existence of heavy contact in sports increased the aggressive behaviour. Zillmann et al. (1974) and Huang et al. (1999) also concluded in their studies that the content game players have more aggression level as compare to less content game players. Huang et al. (1999) found more aggression after provocation in high contact than in low contact high school athletes. Keeler (2007) found that engaging in aggressive sports could increase the aggressive heaviour. At the same time it was found that several types of sports in relation with the member of committed offenses and it was concluded that aggressive behaviour is normally found associated with contact sports (Munoz, 2002).

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