



Analysis of Aggression among the Players of Football, Boxing and Wrestling Games

Dr. Rajesh Kumar¹

¹Assistant Professor, Rajiv Gandhi Govt. College for Women, Bhiwani, Haryana, India.

Received Oct 06, 2023; Accepted Oct 13, 2023; Published Nov 01, 2023

Abstract

The purpose of the study was to investigate the aggressive behavior of players of football, boxing and wrestling. 300 subjects were selected randomly from the players playing the aforesaid games of state and national level competitions. An equal number of subjects i.e. 100 each were taken from the above mentioned games. To measure aggression, **Aggression Questionnaire** constructed by **BUSS** and **PERRY (1992)** was administered. The psychological test was administered at a place with no or minimum distraction. All the tests were administered one after the other with the equal number of samples. Throughout testing, the researcher was tried to follow the same time schedule. To determine the significant differences among different players of these games, Analysis of Variance was applied with the help of SPSS software. The level of significance was set at .05 level of confidence. Physical aggression among the football players differ significantly from boxing and wrestling players.

Key words: Aggression, Questionnaire, SPSS.

1. Introduction:

Societies are becoming highly concerned with the performance of athletes at the national and the international arenas and celebrate athletic success and bestow attention, trophies of gold and great riches upon victors. Courage and skill are no more the only criteria determining the very outcome of sporting events, other characteristics including commitment, teamwork and many other qualities associated with desirable social character are demonstrated on fields, tracks, and courts world-wide.

'Star' athletes, particularly males playing popular team sports, are often venerated by other students, their peers and their local communities, becoming core members of a school's "in-crowd" (Bissinger 1991; Coleman 1961; Holland and Andre 1994). Similarly, non-athletic friends of popular athletes tend to share elevated social status and gain membership in more exclusive peer groups (Eckert 1989). There is usually an element of sustained suspense until the end of the sporting physical activity. The uncertain outcome provides the opportunity for participants to demonstrate their physical skills and prowess. Furthermore, the suspense also adds to the excitement and enjoyment of game (McPherson et al., 1989: 17). According to Snyder and Spreitzer (1983: 12) "the term sport, derives from the Middle English verb sporten,... sport is historically associated with a sense of "tuning aside", "distraction", - amusement and giving pleasure". The idea of competition in sport was not as important as it is nowadays (Gerber & Morgan, 1979: 82). Competition is a social process whereby individuals or groups compare themselves with others using some agreed-upon criteria for evaluation. The environment in which a child competes – the social context as described by Sherif (1976) – determines whether the effect of the events encountered during the competitive process is positive or negative. According to Boxill (1993: 25) the most controversial and perhaps the most intelligible characteristic of society is that of "competition". "Competition is seen to be driven by selfish motives and involves competitors treating others as means, as enemies to be defeated, or as obstacles thwarting one's victory or success – all of which are to be removed by any means possible".

Freud (1950) stated that aggression is an inborn drive similar to sex or hunger. Konrad Lorenz (1966) who later extended Freud's hypothesis posited that discharging instinctual aggression in a positive societal context (competitive games and sports) satisfies a basic human need. Dollard et al., (1939) hypothesized that aggression is a universal reaction to frustration. Hence, the theory's name, Frustration-Aggression. This theory suggests that frustration, the blocking of goal directed behaviour creates a drive to aggress against a person or subject. Violence, in relation to sport, consists of a breach of the rules by those practicing in the sport in question, or in a breach of the public order by the players. Specialists rightly distinguish between violence in sport (violence engaged in by sportsmen) and violence associated with sports (violence by players in and outside the stadia).

2. Materials and Method:

The study has been designed to investigate the behaviour of different types of players playing body contact games with regard to the selected variables of Aggression and Violence.

2.1 Selection of Subjects: The sample was consisting of 300 subjects (players). The subjects were selected from the players at National Level Competitions. For the contact games it was Football, Boxing and Wrestling. An equal number of subjects i.e. 100 each were taken from the above mentioned games. Then 300 subjects were taken from the contact games.

2.2 Selection of Tools:

To measure aggression, the Aggression Questionnaire constructed by Buss and Perry (1992) was administered and to measure violence, the Maudsley Violence Questionnaire constructed by Julian S. Walker (2005) was administered.

2.3 Test Administration:

The psychological test was administered at a place where no distraction or minimum distraction is there. The test instructions were read out to the subjects and questions, if any, were answered. The subjects were taken in groups of 25, in order to have control over them by the investigator himself. All the tests were administered one after the other with the equal number of samples. Throughout testing, the researcher was tried to follow the same time schedule.

2.4 Collection of data:

The test instruments were administered by the researcher to the players playing body contact games. Clear instructions were given by the researcher about the questionnaire in which they were going to fill up before distributing to make sure of accurate completion of the instruments and assure to them confidentiality of their answers. The players were reminded that their participation as a subject while filling up the questionnaire was voluntary and all their responses will be kept confidential and they were all appreciated and thanks for their valuable time.

There were five (5) answers of a single statement. The participants were asked to rate each of the following statements in terms of how extremely uncharacteristic or extremely characteristic to them. So they were told to tick (**v**) mark to only one answer in which they generally feel or react from the following statements. There is no right or wrong answers. It is very important for this research project that your response for each item by putting a tick (**v**) mark in the box below of the box where you feel suitable. And the Aggression Questionnaire is divided into four factors which are as given below:

1. Physical Aggression of 9 items.
2. Verbal Aggression of 5 items.
3. Anger of 7 items.
4. Hostility of 8 items.

So, all the answers were accorded scoring as per the key.

- 1= extremely uncharacteristic of me.
- 2= somewhat uncharacteristic of me.
- 3= neither uncharacteristic nor characteristic of me.
- 4= somewhat characteristic of me.
- 5= extremely characteristic of me.

The total score for Aggression is the sum of the factor scores.

5 x 9 items of Physical Aggression = 45

5 x 5 items of Verbal Aggression = 25

5 x 7 items of Anger = 35

5 x 8 items of Hostility = 40

Total score of 29 items of the Aggression Questionnaire = 145.

So the range of the score of Aggression varies in between 1 to 145.

2.5 Statistical Design:

To determine the significance differences among the different players of three different games i.e. Football, Boxing and Wrestling. Analysis of Variance was applied. Further Bonferroni Post-hoc test was used to find out the paired mean differences with the help of SPSS computer software. The level of significance was set at .05 level of confidence.

3. Analysis of Data:

Table:1
 The table represents the Aggression of Contact Games i.e. Football, Boxing and Wrestling.

Type of Games	Tools		Sum of Squares	df	Mean Square	F
BODY CONTACT GAMES	PHYSICAL AGGRESSION	Between Groups	364.327	2	182.163	7.532*
		Within Groups	7182.590	297	24.184	
	VERBAL AGGRESSION	Between Groups	46.140	2	23.070	2.309
		Within Groups	2967.340	297	9.991	
	ANGER	Between Groups	54.720	2	27.360	1.801
		Within Groups	4513.050	297	15.195	
	HOSTILITY	Between Groups	105.047	2	52.523	3.084*
		Within Groups	5057.870	297	17.030	

The above table depicts that Physical Aggression among the behaviour of contact games players differs significantly with the F value of 7.532, whereas the Verbal Aggression and Anger show no differences. In the case of Hostility it has significant differences with the F value of 3.084 among the behaviour of players as per as contact game is concerned.

Table:2
 Post Hoc Tests of Physical Aggression to see the direction of differences.

Dependent Variable	(I) Name of Games	(J) Name of Games	Mean Difference (I-J)	Std. Error	95% Confidence Interval	
					Lower Bound	Upper Bound
Physical Aggression	BOXING	Football	-2.40000(*)	.69547	-4.0744	-.7256
		Wrestling	-.13000	.69547	-1.8044	1.5444
	FOOTBALL	Boxing	2.40000(*)	.69547	.7256	4.0744
		Wrestling	2.27000(*)	.69547	.5956	3.9444
	WRESTLING	Boxing	.13000	.69547	-1.5444	1.8044
		Football	-2.27000(*)	.69547	-3.9444	-.5956

The above table reveals that the behaviour of the Physical Aggression of Boxing players differ significantly from the Football players with the mean differences of -2.4 and the behaviour of Physical Aggression of Football players shows significant differences from Boxing and wrestling players with the mean difference of 2.4 and 2.27 respectively. Physical Aggression in Wrestling differs significantly with the Football players with the mean differences of -2.27.

Table:3
Post Hoc Tests of Hostility to see the direction of differences.

Dependent Variable	(I) Name of Games	(J) Name of Games	Mean Difference (I-J)	Std. Error	95% Confidence Interval	
					Lower Bound	Upper Bound
Hostility	Boxing	Football	-1.27000	.58361	-2.6751	.1351
		Wrestling	-1.24000	.58361	-2.6451	.1651
	Football	Boxing	1.27000	.58361	-.1351	2.6751
		Wrestling	.03000	.58361	-1.3751	1.4351
	Wrestling	Boxing	1.24000	.58361	-.1651	2.6451
		Football	-.03000	.58361	-1.4351	1.3751

The above table reveals that the hostility of the three selected games are not significantly differ from each other but if we see the score football players scored higher than wrestling and boxing. Whereas, the wrestlers scored higher than the boxers.

4. Conclusion:

The study may be concluded that as per as the physical aggression and hostility is concern boxing and wrestling players are more or less of same category. Whereas, the football players are believed that they are more aggressive in nature as compare to its counterparts.

5. References:

- [1]. Arms, R.L., Russell, G.W., & Sandilands, M.L. (1979). Effects on the Hostility of Players Viewing Aggressive Sports. *Social Psychology Quarterly*, 42, 275-279.
- [2]. Aronson, E. (1977). *The Social Animal*, San Francisco: W.H. Freeman and Co. Associated Press (2009). Brawl at High School Basketball Playoff Game, February 17.
- [3]. Associated Press via ESPN (2002). Irate Jazz fans pelt court, refs with debris after game, December 14, Retrieved 02/03/2010.
- [4]. Associated Press via New York Times (2009). Fan Questioned by Police after Phillie Phanatic is Doused by Beer, 13 August. Retrieved 23/11/2009.
- [5]. Atwell, Glen (2007). AFL: Stephen Silvagni knocked out by Darren Milburn, SportTalk.com.au, May 26.
- [6]. Bandura, A. (1973). *Aggression: A Social Learning Analysis*. Eaglewood Cliffs, NJ: Prentice-Hall.
- [7]. Baron (1977, p.12, cited in COX, 1990, p. 266). Unit 7: Aggression and Violence in Sport. School of Health and Human Services. Department of Kinesiology and Physical Education, Cal State, L.A.
- [8]. Baron, R.A. (1977), *Human Aggression*. New York: Plenum Press.
- [9]. Battle, J. (1992). *Culture free self-esteem inventories* (2nd Ed.). Austin, Texas: Pro Ed. BBC News (1999). Rangers make history out of chaos, May 3.
- [10]. BBC News (1999). Violence mars Old Firm game, May 3.
- [11]. BBC News (2002). "Wigan survive Leigh scare" March 17, http://news.bbc.co.uk/sport1/low/rugby_league/Challenge_cup/1877797.stm. Retrieved May 11, 2010.
- [12]. BBC News (2006). Fulham vow to find coin thrower, November 7.
- [13]. BBC News (2007). "Authorities probe crowd trouble", July 9. http://news.bbc.co.uk/sport1/hi/rugby_league/super_league/hull_kr/6282292.stm. Retrieved May 11, 2010.
- [14]. Beamish, R. (1982). Sport and the Logic of Capitalism. In H. Cantelon & R Gruneau (Eds.) *Sport, Culture, and the Modern State*. Toronto University of Toronto.

- [15]. Berkowitz L. (1993). *Aggression: Its Causes, Consequences, and Control*. Philadelphia. Temple University Press.
- [16]. Berkowitz L., & Alioto J.T. (1973). The Meaning of an Observed Event as a Determinant of its Aggressive Consequences. *Journal of Personality and Social Psychology*, 8(2), 206-217.
- [17]. Berkowitz, L. (1964). Aggressive Cues in Aggressive Behavior and Hostility Catharsis. *Psychological Review*, 1964, 71, 104-122.
- [18]. Berkowitz, L. (1969). The Frustration Aggression Hypothesis Revisited in L. Berkowitz (Ed.), *Roots of Aggression*, New York, Artherton Press.
- [19]. Berkowitz, L. (1970). Experimental Investigations of Hostility Catharsis. *Journal of Consulting Clinical Psychology*, 35, 1-6.
- [20]. Berkowitz, L. (1972). *Sports, competition and aggression* (4th ed.) Ottawa. Canada: Ottawa University. Department of National Health and Welfare.
- [21]. Bernstein, I. H., & Gesn, P.R. (1997). On the dimensionality of the Buss/Perry aggression questionnaire. *Behaviour Research and Therapy*, 35, 563-568.
- [22]. Beyer, Janice M., and David H. Hannah (2000). The Cultural Significance of Athletics in U.S. Higher Education. *Journal of Sports Management*, 14, 105-132.
- [23]. Bryant, J, and Zillman,(1983). *Sports Violence and the Media*. In J.H. Goldstein (Ed.), *Sports Violence-New York: Springer-Verlag*.
- [24]. Kingsmore, J.M. (1970). Effect of a Professional Wrestling and a Professional Basketball Contest upon the Aggressive Tendencies of Players. In G.s. Kenyon & T.M. Grogg (Eds.) *Contemporary Psychology of Sport* (pp. 311-315). Chicago, Il. Athletic Institute.
- [25]. Kington, Tom (2007). Italian football fan shot dead by police as rival supporters clash at service station, *The Guardian*, November 12.
- [26]. Lombardo, Bennett J., (1986). *The Behaviour of Youth Sport Coaches: Crisis on the Bench*. In Richard E. Lapchick,(Ed.), *Fractured Focus* (pp. 199-206). Lexington, M.A.: Lexington Books. .

Dr. Rajesh Kumar,
Assistant Professor,
Rajiv Gandhi Govt. College for Women,
Bhiwani, Haryana, India.