



# An Analysis of Aggression Levels among male National Volleyball, Football and Handball Players

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## Abstract

**Objective:** To compare the Aggression Levels among male National Volleyball, Football and Handball Players.

**Method:** The purpose of the study was to analyse and compare the selected psychological factor such as aggression of Aggression Levels among male National Volleyball, Football and Handball Players. The study was conducted on ninety (N=90), which includes thirty each, Volleyball (N1=30), Football (N2=30) and Handball (N3=30) male national level players of age ranging from 18 to 25 years. Who were attend the national level tournaments. After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content Aggression was selected for the purpose of the present study. Aggression was assessed by using the scale developed by Smith. In order to find-out significant difference among male National Volleyball, Football and Handball Players on aggression ANOVA was used. To know more about the pattern of differences existing within a set of population means, Least Significant Difference (LSD) Post-hoc test was used. The significance was tested at 0.05 level. All the statistical procedure was performed with the help of SPSS (V.19).

**Result:** The result of the study reveals that there was a significant difference in the mean score of aggression among Selected national level Volleyball, Football and handball players. The reported mean scores and standard deviation of aggression (Liters) in relation to national level Volleyball is 34.83 and 1.38. The mean and standard deviation of aggression (Liters) in relation to national level football is 36.33 and 1.76. The mean and standard deviation of aggression (Liters) in relation to national level handball is 36.34 and 1.60.

**Conclusion:** On the basis of the analysis of the data and obtained results it was found that there was important change in players participating in different competition level in their sports aggression. The findings of the study revealed that there was a significant difference in the mean score of aggression among Selected national level Volleyball, Football and handball players. It was concluded that national level handball players had higher level of aggression and national level Volleyball players had lower level of aggression among the groups. One of the main recommendations of the research is the need to focus on the psychological preparation for national level players, as well as the need for a sport psychologist to work with national teams.

**Key Words:** Psychological, Aggression, Football, Volleyball, Handball

## 1. Introduction:

The word aggression comes from the Latin word aggress, 'ad' (to or toward)' and grader (walk). Literally then the word means to walk towards or approach", to move against or to move with intent to hurt or harm. Most psychologists describe aggression in terms of behavior. Aggressive behavior is associated with destructive acts, sexual attacks, prejudiced, speeches, genital activities, drug and alcohol addictions, sports and exercise' crying' complaining, waging wars and so forth. There is no simple behavior that may be described under the rubric aggression. (John M. Silva et al., 1984)

Aggression and violence have been the part of human psychology and its essence has been woven in the very nature of the social animal. This phenomenon is often reflected in the shape of individual difference during our mutual interaction in everyday life. On one hand, there is polite, submissive, caring, tolerant and accommodative behaviour and simultaneously on the other there is violent and aggressive behaviour which can equally be observed in the reaction of the competitors, spectators, administrators, fans and supporters to a certain stimulus. This stimulus have a number of reasons and it may be either the decision of a referee, dominating performance of the rivals, any action or gesture of the opposing ones, frustrating performance of the own side and so on. Sports sociologists have always been showing their concern about the ill effects of the phenomenon of aggression and violence as it has been entirely against the soft spirit of sports and recreation. (Sáenz et al., 2015) have concluded that aggression and violence have deteriorating social effect in everyday life. Aggression and violence may be termed as the unusual and unprovoked action of a person or group directed towards imposing one's own improvised state of happenings by unlawful means. (Fortier, Parent, & Lessard,

**2020)** have found that aggression is the physical action aimed to disrupt the normal proceedings of the activity by hurting, injuring or influencing the rival.

Aggression is a complicated psychological concept that has been generally acknowledged as a critical driver of athletic performance in the realm of sports. Aggression serves as a key factor in determining athletic performance. In spite of the fact that the idea of violence has traditionally been linked to male athletes and has been regarded as unsuitable or surprising for female athletes, scientific data has disproved these gendered preconceptions (**M. K. Marwat et al, 2022**)

Aggression is any interpersonal behavior intended to cause physical harm or mental distress to a person or persons. In the sports context, aggression can be defined as an unprovoked physical or verbal assault, and aggressiveness as the intent to commit such an assault. Aggression has also been defined as 'an overt verbal or physical act that can psychologically or physically injure another person or oneself'.

#### **Types of Aggression:**

Aggression can be of the following types

1. Direct: where the athlete can abuse face to face directly or hurt somebody by words or actions.
2. Indirect: hurting others by gossips, rumours, internal murmurings etc.
3. Instrumental: this is cognitive, where the aggression is intentional and planned but not to directly hurt someone, rather for gaining something like a reward, fame, scoring a goal, etc.
4. Emotional: also called impulsive aggression refers to aggression that occurs with only a small amount of forethought or intent.

#### **Several theories on aggression have been proposed but they fall into four main categories:**

1. Instinct theory suggests that aggression is the result of an inherent drive like hunger, thirst etc.
2. Social learning theory suggests that aggression is a function of learning, not merely a biological drive.
3. Moral reasoning theory where the aggressor justifies his or her action as proper.
4. Frustration-aggression hypothesis states that aggression is a result of frustration.

#### **1.1 Delimitation of the Study:**

- The study was delimited to male subjects only
- The study was delimited to 90 players
- The study was delimited to national level players.
- For this study, only one psychological variable such as Aggression were assessed among male National Volleyball, Football and Handball Players.
- The study was delimited to selected players of age ranging from 18 to 25 years.

## **2. Materials and Method:**

### **2.1 Selection of Subjects:**

The purpose of the study was to analyse and compare the selected psychological factor such as aggression of Aggression Levels among male National Volleyball, Football and Handball Players. The study was conducted on ninety (N=90), which includes thirty each, Volleyball (N1=30), Football (N2=30) and Handball (N3=30) male national level players of age ranging from 18 to 25 years. Who were attend the national level tournaments.

### **2.2 Selection of Variables:**

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content Aggression was selected for the purpose of the present study.

### **2.3 Selection of Tools (Questionnaires):**

- Questionnaire was used as a tool to collect data on psychological variables for this investigation.
- Aggression was assessed by using the scale developed by Smith anxiety.

### 2.4 Procedure of Data Collection:

The investigator initially contacted to organizing authorities of different tournaments and received permission to collect the data. The managers and coaches of the respective teams were contacted personally and were explained the purpose and significance of the study and request to permit their respective team members to take as subjects for this study. Convenient meeting dates, time and place arranged with teams managers, coaches and captains. Before filling the questionnaire instructions printed on the questionnaire were explained verbally so that the subjects do not hesitate to give their honest, personal and frank response in the correct manner. Before the filling actual questionnaires, each participant completed a background information such as age, participation in game, and level of participation. The questionnaires were responded in a quiet, comfortable, and familiar environment at the participant's living rooms and grounds.

### 2.4 Statistical Procedure:

In order to find-out significant difference among male National Volleyball, Football and Handball Players on aggression ANOVA was used. To know more about the pattern of differences existing within a set of population means, Least Significant Difference (LSD) Post-hoc test was used. The significance was tested at 0.05 level. All the statistical procedure was performed with the help of SPSS (V.19).

### 3. Result and Discussion of the Study:

**Table: 1, Descriptive Statistics of Aggression in Relation to Selected Volleyball, Handball and Football Players**

Groups	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Volleyball	30	34.83	1.38	.25220	32.22	37.44
Football	30	36.33	1.76	.32299	33.22	39.44
Handball	30	36.34	1.15	.21015	34.55	39.11
<b>TOTAL</b>	90	35.83	1.60	.16947	32.22	39.44

The above mentioned table no. 1 reflected that the mean and standard deviation of Aggression in relation to national level Volleyball is 34.83 and 1.38. The mean and standard deviation of Aggression in relation to national level football is 36.33 and 1.76. The mean and standard deviation of Aggression in relation to national level handball is 36.34 and 1.15.

**Table: 2, Analysis of Variance (ANOVA) summary on aggression Levels among male National Volleyball, Football and Handball Players**

Source of Variance	Sum of Squares	df	Mean Square	F
Between Groups	45.532	2	22.766	
Within Groups	184.520	87	2.121	<b>10.734*</b>
<b>TOTAL</b>	230.052	89		

**Critical F-Value = 10.734**

**\*Significant at 0.05 level. Tab F .05 (2, 87) =3.10**

It is evident from table no. 2 that F-value 10.734 which is significant at 0.05 level with degree freedom (2,87) calculated value is higher than tabulated value 3.12. It's indicated that there is significant difference in the mean score of aggression among Selected Volleyball, football and handball players.

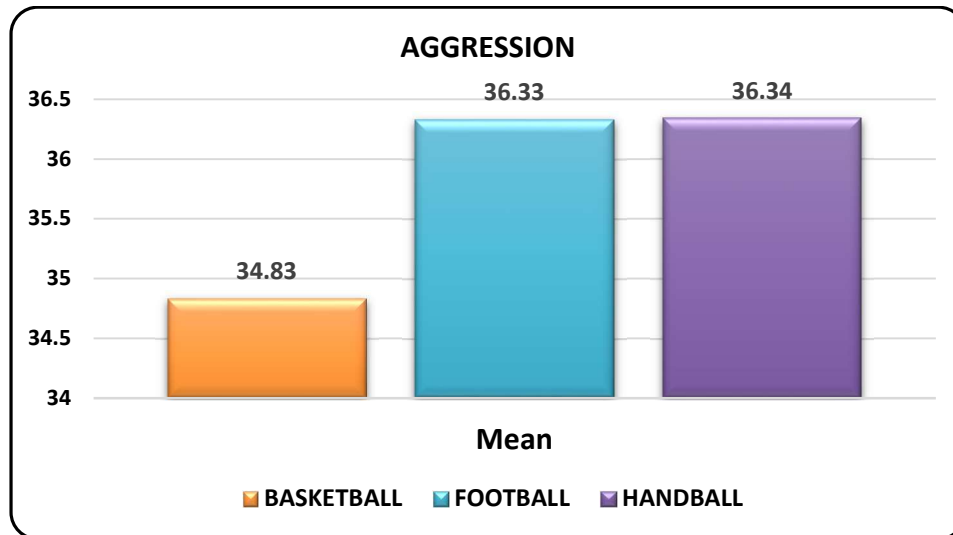
Since, F-ratio is found significant. Least Significance Difference (L.S.D.) Post- Hoc test is employed to find out the paired mean difference among Selected Volleyball, football and handball players. It has been shown in table no.3.

**Table: 4, Analysis of Least Significant Difference (LSD) Post-Hoc Test Among Volleyball, Handball and Football Players in Relation to Aggression**

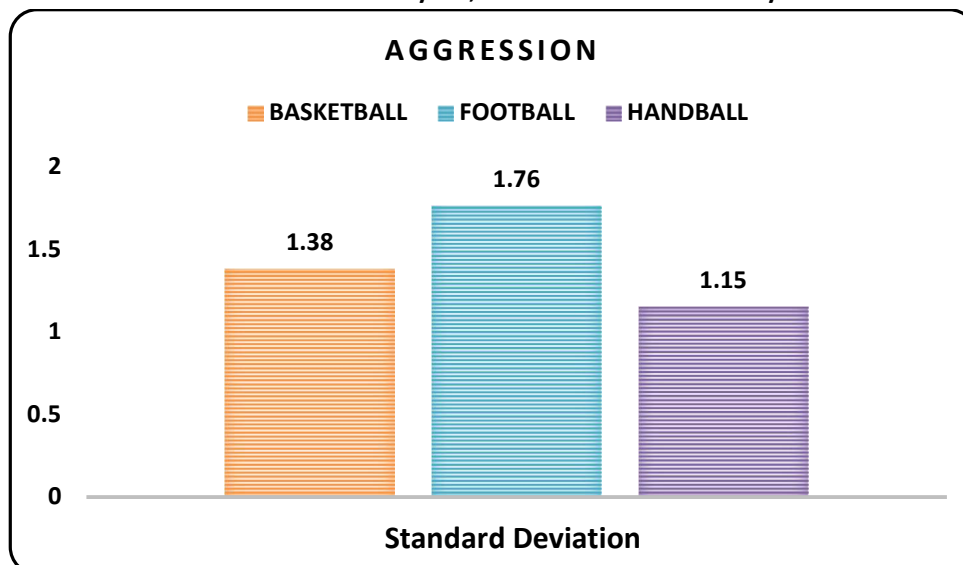
(I) GROUPS	(J) GROUPS	Mean Difference (I-J)	Std. Error	Sig.
VOLLEYBALL	FOOTBALL	-1.50500*	.37602	.000
VOLLEYBALL	HANDBALL	-1.51267*	.37602	.000
FOOTBALL	HANDBALL	-.00767	.37602	.984

Pair wise mean comparison is presented in the table-4, it is revealed that there is significant difference on aggression when compared between: Volleyball and Football (.000) and Volleyball and handball (.000) since their significant values are less than 0.05 level of significance. And, it shows there is no significant on aggression difference when compared between: football and handball (.984) since their significant values are more than 0.05 level of significance.

**Figure: 1**  
**Mean Difference of Selected Volleyball, Football and Handball Players in Relation to Aggression**



**Figure: 2**  
**Standard Deviation Difference of Selected Volleyball, Football and Handball Players in Relation to Aggression**



#### 4. Discussion of the Findings:

The result of the study reveals that there was a significant difference in the mean score of aggression among Selected national level Volleyball, Football and handball players. The reported mean scores and standard deviation of aggression in relation to national level Volleyball is 34.83 and 1.38. The mean and standard deviation of aggression in relation to national level football is 36.33 and 1.76. The mean and standard deviation of aggression in relation to national level handball is 36.34 and 1.60.

#### 5. Conclusion:

On the basis of the analysis of the data and obtained results it was found that there was important change in players participating in different competition level in their sports aggression. The findings of the study revealed that there was a significant difference in the mean score of aggression among Selected national level Volleyball, Football and handball players. It was concluded that national level handball players had higher level of aggression and national level Volleyball players had lower level of aggression among the groups. One of the main recommendations of the research is the need to focus on the psychological preparation for national level players, as well as the need for a sport psychologist to work with national teams.

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