



Comparative Study on Aggression between Handball and Basketball Interuniversity Players

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Abstract

The aim of the present study was to conduct a comparative analysis of aggression between team game handball and basketball interuniversity players. A total of one hundred (n=100) male and female athletes were selected as the sample for this study. The sample was further divided into two equal groups: 50 Handball players and 50 Basketball players. The data was collected using the simple random sampling technique, and the age of the participants ranged from 18 to 27 years. To assess the levels of aggression among handball and basketball interuniversity players, the Buss & Perry (1992) Aggression Questionnaire was employed. The collected data were tabulated and subjected to statistical analysis. Descriptive analysis was performed by computing means, standard deviations, and an independent samples t-test. The results revealed that no statistically significant difference was found in the overall aggression levels between handball and basketball players. The findings suggest that despite differences in physical contact levels and rule structures between the two sports, the expression of aggression among athletes remains comparable.

Keyword: Aggression, Handball Players, Basketball Players, Physical Aggression (PA), Verbal Aggression (VA), Anger (A) And Hostility (H).

Introduction:

Sports psychology has helped athletes reach new heights by controlling their emotions, despite the fact that it hasn't been able to alter anything physically. Athletes' performance may be enhanced, athletic stability can be maintained, and stress can be managed with the help of sports psychology. Sports psychology is the study of how competition is connected to both psychological and physical factors, as well as how mental discourse impacts performance. Nowadays, the psychological component is being highlighted more and more, and its significance is growing rapidly. To assist athletes, perform better, it is quite beneficial to learn about the traits that influence their performance. Sports psychology is a branch of psychology that focuses on how athletes behave during practice and competition. Athletes' years of preparation and effort may be ruined by stress, which also keeps them from applying themselves while playing. The athlete's enjoyment is diminished by stress. An athlete's career can be destroyed by physical damage brought on by stress-induced emotional turmoil. Stress may be viewed as a difficulty or a roadblock to achievement. In athletics, aggression is viewed as a bad feeling. Although many people view aggression as a bad emotion, it may have both beneficial and negative effects on performance. A player will be unable to perform to the best of his abilities if he aggregates at a level over optimal. These days, the performance of several athletes at different levels of competition is greatly impacted by their mental health. Simon Biles, a well-known American gymnast, just left the Tokyo Olympics owing to extreme stress.

Physical aggression (PA): - The use of aggressive physical acts, such as pushing, hitting, or damaging property, to cause harm or establish control is known as physical aggression.

Aggression with words (VA): - hostile speech includes things like insults, threats, or disparaging remarks intended to damage someone else's feelings.

Anger (A): - An emotional response to perceived injustice, dissatisfaction, or threat that frequently leads to aggressive behaviour.

Hostility (H): - A persistently negative attitude marked by resentment, hostility, or a desire to do damage to others.

PHYSICAL CONTACT AND RULE IMPLICATIONS: -

Many team sports require physical contact, particularly basketball and handball. But there are considerable differences between these two games in terms of the type, frequency, and regulatory framework around physical contacts, which may have an impact on how aggressive behaviour is expressed and controlled.

In handball, physical contact is more obvious and permitted by the game's regulations. In order to block opponents, make direct contact with the torso, and impede mobility, defensive players are permitted to utilize their bodies. Unless they entail excessive force or target the head and neck region, body checks, pushing, and arm-to-arm contact are widespread and frequently seen as acceptable. Players of handball could therefore get more used to utilizing physical aggressiveness as a tactical element of play. A higher threshold for what is deemed to be aggressive behaviour or desensitization to physical aggressiveness may result from the sport's tolerance for contact.

PSYCHOLOGICAL AND EMOTIONAL ASPECTS: -

In sports, aggression is not only a physical act; it frequently results from a confluence of emotional and psychological factors. Intense pressure, rivalry, and emotional arousal are commonplace for athletes playing high-stakes team sports like basketball and handball. These elements have a major role in the experience and manifestation of hostility on the pitch. A significant psychological element that affects aggression is frustration, especially when athletes feel that their objectives are being hindered—like losing the ball or experiencing an unjust foul. Based on the Frustration-Aggression Hypothesis (Dollard et al., 1939), such frustration frequently results in aggressive actions, particularly in high-stakes situations where the emphasis is on victory.

Emotional regulation is also essential. In basketball, where regulations limit explicit physical aggression, players frequently internalize feelings like anger or stress, which can result in emotional eruptions or mental exhaustion if not effectively handled. In comparison, handball players may be more inclined to express emotional stress through allowed physical contact, which can act as a means of coping.

Furthermore, personality characteristics like competitiveness, impulsivity, and emotional stability play a role in managing aggression. Athletes displaying high levels of trait aggression or diminished emotional control could respond more strongly to provocation or feelings of unfairness. In addition, factors such as team dynamics, the presence of a crowd, and the context of the game (such as closely contested scores or rivalry games) can heighten emotional responses, frequently leading to increased levels of aggression.

CULTURAL AND ENVIRONMENTAL INFLUENCES: -

Sports aggression doesn't just happen. How aggressiveness is viewed, accepted, and displayed in various team sports, such as basketball and handball, is greatly influenced by cultural values, social conventions, and the athletic environment. Culturally speaking, different civilizations have different opinions about violent conduct in sports. Aggression and aggressiveness, especially in male-dominated sports, are viewed as symbols of power and competition in some societies. Others discourage excessively hostile behaviour by emphasizing moderation and respect for opponents. These cultural views influence players' internal belief systems on acceptable types of aggressiveness, which in turn affects how they behave on the field.

According to research, athletes from individualistic cultures—like those in the US or some parts of Europe—may exhibit aggression more overtly as a sign of their competitiveness and personal dominance, whereas athletes from collectivist cultures—like those in many Asian nations—tend to exhibit more controlled, team-oriented behaviour.

Crucial roles are also played by environmental elements including media representation, team culture, coaching style, and fan conduct. Coaches may unwittingly encourage unsportsmanlike behaviour if they use aggressiveness as a motivating tactic or exalt "tough" behaviour. Similarly, especially for younger or less experienced athletes, a highly heated competitive environment with boisterous crowds, rivalry games, or media hype can increase emotional arousal and aggressiveness levels. Furthermore, how aggressiveness is controlled may be influenced by the context and intensity of competition, whether it be local, national, or worldwide. In grassroots or amateur settings, inadequate supervision or a lack of instruction may allow aggressiveness to continue unchecked, but at higher levels of sport, there is frequently tighter officiating and psychological training that can decrease aggressive conduct.

Because cultural and contextual factors impact not just conduct but also the meaning and repercussions of violent acts, it is crucial to comprehend these factors when comparing aggressiveness in basketball and handball players.

METHODOLOGY AND RESEARCH SCOPE: -

This comparative study employs a mixed-method approach, combining semi-structured player interviews, observational studies, and quantitative analysis of statistical data from both professional and amateur handball and basketball games, including fouls, penalties, and recorded hostile episodes. A more comprehensive knowledge of hostility in team sports is ensured by the combination of qualitative and quantitative methodologies.

This study's main goal is to investigate the similarities and differences in aggressiveness patterns between basketball and handball, two fast-paced, high-intensity sports with differing levels of acceptable physical contact. The study aims to make a significant contribution to the domains of coaching techniques, sports psychology, and aggression management by determining the psychological, situational, and sport-specific triggers for aggressiveness.

Additionally, the study takes into account other elements like: variations in the manifestation and acceptance of aggressiveness based on gender, Experience level and how it affects self-control and competitive conduct, the play's context (rivalry games vs ordinary fixtures, for example) and how it affects the intensity of emotions. It is anticipated that the findings of this study would assist coaches and athletes in creating healthy coping mechanisms for aggressiveness, improving performance without sacrificing the fairness or integrity of the game. Furthermore, these understandings can influence the creation of instructional materials, regulations, and team-building exercises that support more positive interpersonal relationships in sports.

To sum up, aggressiveness is a multifaceted and intricate phenomena that is influenced by environmental, cultural, psychological, and physical factors. Basketball and handball, two sports with limited-contact regulations and semi-contact restrictions, respectively, provide opposing but complementing frameworks for comprehending hostility in competitive environments. As a result, this study offers insightful comparisons that advance academic understanding while also having real-world applications in coaching, athlete development, and sports policy.

2. Methodology:

2.1 Selection of Subjects:

For this study researcher selected 100 players (50) Handball players and (50) Basketball players and age ranged between 18 to 27 years selected as inter university players from Chhattisgarh state randomly.

2.2 Selection of variables:

For the present study the researcher selected aggression variables.

2.3 Criterion Measures:

In order to assess aggression of Handball players and Basketball players by the questionnaire of Buss & Perry, 1992.

2.4 Administration of Questionnaire:

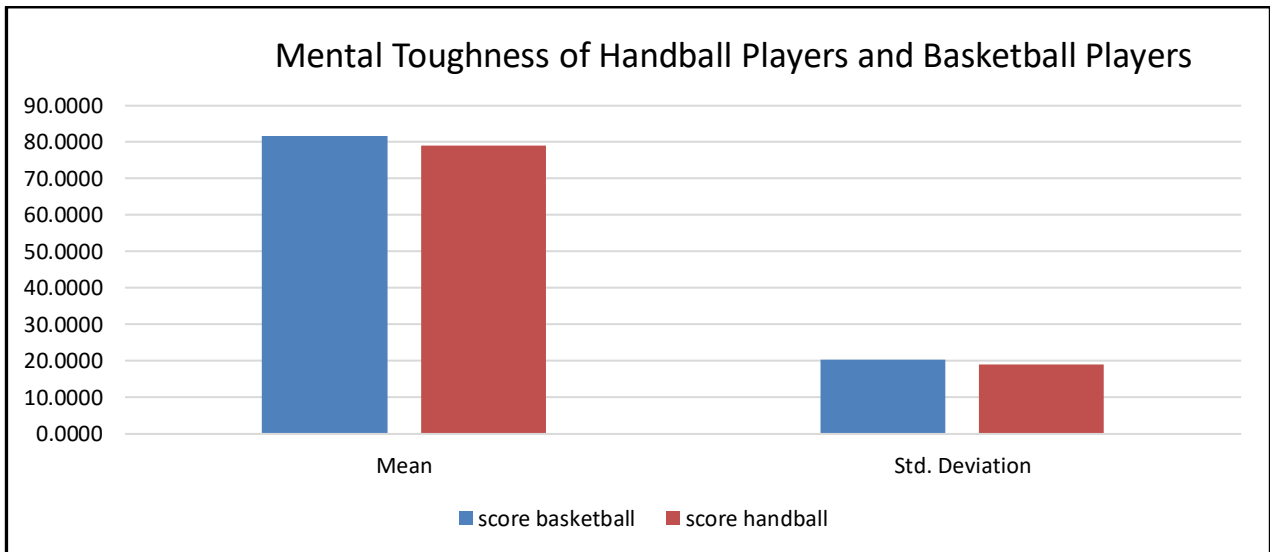
A questionnaire together with the required instructions will be distributed to the respondents. Before distributing the questionnaire, the subject will get the necessary instructions.

2.5 Statistical Techniques:

After being gathered, the data was tallied and statistically examined. Standard deviations and the independent "t" test were used to analyse the data in order to perform descriptive analysis

Table-1

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	.001	.973	.617	98	.538	2.44000	3.95160	-5.40183	10.28183
Equal variances not assumed			.617	97.555	.538	2.44000	3.95160	-5.40227	10.28227



3. Results and Discussion:

The above table revealed that there is no significant difference in means of aggression scores of Handball players and basketball players. The reported mean scores on aggression value of Handball players and Basketball players.

4. Conclusion:

The result of the study reveals that there is no significant difference found between the Handball players and Basketball players. Previous studies such as (Churi, 2019) also showed similar results supporting the conclusion of this study, reason for the result may have occurred due to various factors which were not in control of the researcher during the tenure of the study.

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