

# Critical Study of Aggression between Handball and Kho-Kho Woman University Players

Nimisha singh Kushawaha, Assistant Professor, Department of Physical Education, Chhatrapati Sahu Ji Maharaj University,  
Kanpur (U.P.).

## Abstract

The aim of the present study was compare the Aggression between Handball and Kho-Kho Woman Players. A total of fifty (50) subjects, comprising 25 Handball and 25 Kho-Kho Woman Players. The Subjects were selected by using purposive sampling. The age of the subjects ranged between 20-28 years. To analyze the Aggression of the subjects of handball and kho-kho players, the standard Questionnaire of The standard Questionnaire of Aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of woman state level players. It contains 28 items. The analysis of data was done by using statistical technique students't'- test for finding the significance difference of Aggression between Handball and Kho-Kho Woman Players. The level of significance was set at 0.05 levels ( $p < 0.05$ ).

**Keywords:** aggression, woman players, handball, kho-kho.

## 1. Introduction

Aggression is a part of human behaviour and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behaviour.

In sports today, aggression plays a major role. According to research it is apparent that sports is perhaps the only setting in which acts of inter personal aggression are not tolerated, but enthusiastically applauded by large segments of society, e.g., Tanenbaum, Stewart, Singer and Duda, (1996). Tenebaum, et al. 1996 define aggression as the infliction of an aversive stimulus, physical, verbal, or gestural upon one person by another. This definition encompasses two distinct types of aggression, hostile and instrumental. Tenebaum and colleagues describe hostile aggression as having a principal reward, or intent, to inflict pain upon another for the individuals own sake. In instrumental aggression the major reinforcement is the achievement of pa subsequent goal. Instrument aggression in sports is welcomed as it is beneficial to support both individual and team success, were hostile aggression is unhealthy and can be detrimental to all aspects of a given sport. Professional sports are becoming increasing more violent. Social Psychologists have discerned a number of influences that may be involved. Sports players have scripts for resolving problems with physical action, thus when problems arise, hey immediately seek to act, aggressively if necessary. Another influence is the violence inherent in over society and media.

## 2. Methodology:

### 2.1 Selection of Subjects:

Fifty subjects were selected for the collection of data which include 25 handball players and 25 Kho-kho women university level players of Uttar Pradesh. The subjects were selected by purposive sampling method. The age of the subjects ranged between 20-28 years.

### 2.2 Criterion Measures:

The standard Questionnaire Aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of woman university players. It contains 28 items.

### 2.3 Statistical procedure:

For the Comparison of aggression between handball and kho-kho players, the Students't' test was employed and level of significance-0.05

## 3. Result of the Study:

**Table 1:** Comparison of aggression between handball and kho-kho players

	Groups	N	Mean	S.D.	t value
Aggression	Handball	25	90.50	6.08	1.49
	Kho-Kho	25	95.25	5.95	

Table 1 show the Mean and S.D. of Aggression 90.50 and 95.25 respectively. Calculated 't' value of the Aggression was 1.49. The result of study was insignificant difference between handball and kho-kho Woman university level players.

#### 4. Discussion and Findings of the Study:

The findings of the study reveal that there was no significant difference of Aggression between handball and kho-kho Woman university level players of Uttar Pradesh.

#### 5. Conclusion:

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there is found insignificant difference in aggression of handball and kho-kho Woman university level players of Uttar Pradesh..

#### 6. References:

- Ahlawat, (2009) Principles of Psychology, New Delhi: Vishvabharti Publications.
- Anand Shyam, (2007), UGC NET/JRF/SLET Physical Education, (Agra: Upkar Prakashan).
- Evenden J.L. (1999), "Varieties of impulsivity". Psychopharmacology.
- Singh, Ajmer, et al. (2008), Essentials of Physical Education, New Delhi: Kalyani Publications.
- Tripathi, Akhilesh & Srivastava A.K. UGC-NET/SLET Physical Education.

