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AGGRESSION AND WILL TO WIN BETWEEN UNIVERSITY LEVEL MALE HANDBALL AND VOLLEYBALL PLAYERS



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ABSTRACT

The purpose of the study was to compare the aggression and will to win between inter-university level male handball and volleyball players. The present study was conducted on a sample of forty (N=40), which includes twenty each, Handball (N₁=20) and Volleyball (N₂=20) university level male of age ranging from 18 to 27 years. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study. Data was collected by using aggression questionnaire developed by Anand Kumar & P.S. Shukla (1988) and will to win questionnaire developed by Anand Kumar & P.S. Shukla (1998). The independent samples t-test was applied to assess the differences between handball and volleyball university males. The level of significance was set at 0.05. Results revealed statistically significant ($p < 0.05$) differences between handball and volleyball university level males with regard to aggression and will to win.

KEYWORDS: Aggression, will to win, handball volleyball.



INTRODUCTION:-

Coaches and athletes alike are searching for competitive advantages. This search has typically led to the development of physical or technical training programs. Many coaches and athletes have become aware of the importance of mental skills in sport and are placing more emphasis on the development of these skills. The development of these mental skills is not only important for those with the desire to win, but for those with a desire to become

more consistent performers. Aggression in sports is a serious issue aggression is a learned behavior and that sports may be teaching people to be more aggressive. Extroverted people are often involved in sports which require a degree of aggression. Aggression can be a negative, although as long as it is controlled, it can also become a positive. The field of sport reveals behavior with moral virtues such as respect and fair play and conversely behavior that can be considered by individuals as immoral or unethical such as aggression, doping, and cheating (Kavussanu, 2007). Immoral behavior and ethics in sport are very visible issues because they often take place in the presence of a large public, and are usually reported to a still larger public through the media (Weiss & Smith, 2002). Aggression takes a

variety of forms among humans and can be physical, mental or verbal. These include hostile, affective or retaliatory aggression and instrumental aggression, predatory or goal-oriented aggression (Sarason, 1986). "A winner never quits and the quitters never win", Paul (1960). That means if one has the desire to win surely wins. It indicates that where there is a will, there is a way. For an athlete goal is the victory, nothing sort of that. The determination with which an athlete moves, runs, throws, jumps or swims towards victory is the construct called 'will to win'. No doubt, extensive work has been reported in the area of aggression and will to win during last decade and the concept has diversified application in various fields of human activity. But there was very scanty researches were done on the account of university level males. Therefore, this study was an attempt to explore the possibility of, could be significant group differences in the distribution of aggression and will to win between handball and volleyball male players of university level.

MATERIALS AND METHODS

Subjects:

A sample of forty (N=40), which includes twenty each, handball (N₁=20) and volleyball (N₂=20) male university level players of age ranging from 18 to 27 years. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study. The purposive sampling technique was used to select the subjects.

METHODOLOGY:

Questionnaire method was used to collect the data. Aggression was measured by Aggression questionnaire developed by Anand Kumar & P.S. Shukla (1988). It consists of 25 items measuring the aggression of a person. There was only yes/no answers option in this questionnaire and subjects have to tick only one option. Willingness to win in a competition was measured by will to win questionnaire developed by Anand Kumar & P.S. Shukla (1998). It consists of 14 items measuring the aggression of a person. In which 7 items are keyed true and rest of 7 false. For each item 1 score should be given. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects.

STATISTICAL ANALYSES:

Data was analyzed using SPSS Version 16.0 (Statistical Package for the Social Sciences, version 16.0, SPSS Inc, Chicago, IL, USA). Independent samples t-test was used to test if population means estimated by two independent samples differed significantly. The level of significance was set at 0.05

RESULTS

Table-1. Mean values (\pm SD), mean differences and test statistic t of aggression and will to win between Handball and Volleyball male players of university level.

VARIABLES	Handball (N ₁ = 20)		Volleyball (N ₂ = 20)		Mean Difference	t-value	Sig.
	Mean	SD	Mean	SD			
Aggression	18.40	2.78	15.60	2.68	2.80	3.241	0.002*
Will to Win	7.40	1.95	9.80	1.90	2.40	2.557	0.007*

*Significant at 0.05 level

Table 1 presents the mean scores of handball and volleyball male players with regard to aggression and will to win. The university level Handball players when compared to university level Volleyball players, have exhibited statistically significant ($p < 0.05$) differences with regard to aggression. However, university level Volleyball players when compared to university level Handball players, have exhibited statistically significant ($p < 0.05$) differences with regard to will to win.

DISCUSSION

The present study was conducted to compare the aggression and will to win between university level male handball and volleyball players. Results of the present study showed that handball players have exhibited statistically significant differences with regard to aggression as compared to volleyball. While comparing the means, handball players had shown greater aggression than volleyball players. The findings fall totally in line with the study of Hasan, M. et al. (2015) as they concluded that there was a significant difference exists among inter-collegiate, north-zone intervarsity and all India intervarsity level hockey players on aggression. Results also get full support from the results of Khan, N. (2015) as he revealed in his study that aggression level of bowlers was higher than the batsmen. Same output was also given by Kumar, A. and Yadav, R.C. (2014), as they found significant difference between the mean of the cricket and volleyball players on the scores of aggression. On the other hand, results of the present study showed that volleyball players have exhibited statistically significant differences with regard to will to win as compared to handball. While comparing the means, volleyball players had shown greater will to win than handball players. Similarly, significant differences were found in a study conducted by Singh, A. (2014) as he found statistically significant differences between basketball and volleyball players with regards to will to win. Bal et al. (2014) revealed significant differences among different playing positions of male hockey players' on the variable i.e., will to win. The findings of the present study are in line with Tiwari (2011) revealed significant relationship between will to win and locus of control of high and low achiever rowers. Reddy et al. (2010) showed significant differences with regard to will to win among male long distance runners, short distance runners, jumpers and throwers.

CONCLUSION

It is concluded that statistically significant differences were found between university level handball and volleyball players with regard aggression and will to win. The results show that university level handball players had significantly greater Aggression than volleyball players. However, university level volleyball had significantly greater on the account of Will to win than handball players.

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