

# A comparative Study of Aggressive Behaviours in Handball and Volleyball Players

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**Abstract:-** The purpose of this study was to examine the aggressive behaviours that Dharwad district handball and volleyball players displayed during an intercollegiate match. A total of 60 male athletes, aged 18 to 25, were randomly picked from the Dharwad district during the intercollegiate meet held in 2024-2025. Thirty of the participants played volleyball, and the remaining thirty played handball. Anand Kumar and Prem Shankar Shukla's Aggression Inventory was used to measure aggressive behaviour. The significance of the mean difference was ascertained by comparing the mean aggressiveness levels of the two groups using the t-test technique. The results of this study advance our knowledge of the differences in hostility levels among other sports.

**Keywords:-** Aggression, Psychology

## I. INTRODUCTION

The goal of improving performance by better understanding, characterizing, and explaining athlete behaviour in practice and competitive settings is a field of psychology that is considered to be expanding. Nowadays, sports psychology is a crucial aspect of every sport. Psychology is a relatively recent phenomena and a unique contribution to the ever-expanding family of psychology. It is well known that within a few decades of the modern period of science and education, psychology arose from philosophy and grew into a giant banyan tree with hundreds of branches and offshoots. The main focus of sports psychology is on sports behaviour, particularly the outcomes and impacts of muscle-mind interaction in the setting of athletics. It is also known as hybrid science, which is a blend of psychology, science, and sport.

Coping mechanisms used in sports psychology interventions, including mental exercises like visualizing concentration, are centred on excreta. Athlete teachers/coaches and sports psychologists serve mutually beneficial but crucial roles in the practical chores of team interaction and convention. Sports and athletic events are winning in the minds of spectators, all else being equal. Investigating human performance stabilization and improving sports performance are two of applied sports psychology's objectives. Sports and physical fitness are crucial components of a common education. In this case, education is just as vital as physical activity. For this reason,

psychological aspects need to be prioritized just as highly as physical ones. One goal of common education is the holistic development of the individual. In addition to Physical Education, this is equally important. People are first expected to engage in physical activities during their leisure time. It is, to make them happy.

Over time, there has been an increase in both the population and the number of physical activity participants. This changed the interest and the competition. Many athletes are changing their concentration to become professionals as a result. To thrive in sports in today's world of fierce competition, one need to have extraordinary physical, motor, and other physical attributes. Additionally, psychological factors are becoming more and more important. Therefore, psychological training is necessary. This includes aspirational levels, ambition for accomplishment, anxiety and arousal, aggressive and team cohesion. Therefore, both physical and psychological components are important for success in the sports industry. This brings us to the conclusion that physical education teachers and coaches should automatically receive training in these psychological concepts due to their intimate contact with athletes. of these psychological factors, "Aggression" is a significant one. There are differing views regarding the origins of this trait.

- According to one viewpoint, this is a natural outcome of birth and represents the survival of the fittest.
- On the other hand, some argue that it is contingent upon the upbringing one receives.

Sportspeople who experience depression may do so due to a variety of circumstances, including socio-economic injustice, concern, and dread. Approach him. It is situational for him to express himself in atypical ways, which causes a difference in his usual conduct. Therefore, in order to manage his emotions, a person must balance his aggression. Recent trends in physical education have expanded the spectrum of activities offered. Playing activities like bowling, walking/hiking, and Frisbee early on can help kids develop lifelong good activity habits. In fact, some schools are beginning to incorporate techniques for reducing stress, such as deep breathing and yoga. In addition to helping students learn about different cultures, teaching them non-traditional sports may give them the motivation they need to start exercising more.

Another tendency is to incorporate nutrition and health into the physical education curriculum. The Child Nutrition and WIC Reauthorization Act of 2004 requires all school districts that take part in a federally funded school food program to develop wellness programs that address nutrition and physical activity. In addition to teaching sports and movement skills to their students, physical education teachers are increasingly incorporating short courses on nutrition and health into the curriculum. This is particularly prevalent in elementary schools because students do not take a separate health class there. Most elementary schools now mandate their students complete specific health classes as a result of the swine flu. In addition, the school system is requiring students to learn about maintaining excellent cleanliness. Both health and physical education are America's physical education curricula are designed to expose students to a broad range of modern experiences, such as hundreds of rigorously evaluated drills and exercises, multiple sports, and exposure to pedometers, GPS devices, and heart rate monitors in addition to the most advanced exercise equipment for upper grades. Certain martial arts programs, such as Pancake Silt in France, Indonesia, and Malaysia, and wrestling in the United States, teach kids self-defence and self-worth. As much exposure to the following activities as feasible is the aim of the physical education program: swimming, gymnastics, individual and dual sports, team sports, rhythms, dance, and conditioning exercises. We encourage students to do additional study on those.

Sports psychology is the study of psychological effects on athletic performance and involvement. Furthermore, by understanding the psychological and mental components of exercise, physical activity, and sports performance, it is a subfield of brain psychology and kinesiology that focuses on enhancing individual and team performance. It focuses on enhancing performance via emotional regulation and minimizing the psychological effects of mishaps and poor work. Among the most important skills that are taught are goal-setting, relaxations, visualization, self-talk, awareness and control, confidence, using rituals, attribution training, and periodization. Put simply, sports offer a plethora of psychological skills at one's disposal. This is how sport psychology is defined. Although a few of the psychological tools are mentioned above.

#### ➤ Hypothesis

There is no significant difference between Pre-University level (Handball and Volleyball) players with respect to their aggressiveness.

#### ➤ Limitation

- Lifestyle, eating and other routines are uncontrolled.
- There is no supervision over the students' everyday activities.
- The subject's family background is not taken into account.
- Environmental elements that influence players' mental faculties were not taken into account.

#### ➤ Delimitations

- Only sixty handball and volleyball players were included in the study.
- The subjects age range was 18 to 25.
- Only the aggressiveness was the subject of the investigation.
- Standardized questionnaires were the only tools utilized to examine the psychological factors
- Total 60 male players of volleyball and handball.

#### ➤ Definition of Terms

##### • Psychology

Looking back at where we've been can occasionally assist us grasp where we're heading. Despite being a relatively new field of study, psychology has a fascinating past. Studying the history of psychology offers a fascinating window into the brains of some of the most influential philosophers of the last century, like Sigmund Freud and B.F. Skinner.

## II. METHODOLOGY

#### ➤ Sample for the Study

The study was formulated based on simple random sampling. The samples were selected from the 30 Handball and 30 Volleyball players of Pre-University Colleges from Dharwad district.

Table 1 Sample for the Study

Sports	Total students
Handball	30
Volleyball	30

#### ➤ Selection of Variables:

The study's scientific literature, books, journals, magazines, periodicals, and research papers were all examined by the research scholar. The investigator chose the variables while taking into account their significance and the requirements for their viability.

#### ➤ Tools Used

The aggression questionnaire inventory developed by Anand Kumar and Prem Shankar.

#### ➤ Aggression

The aggressive questionnaire inventory, which consists of 25 items with 13 items keyed "yes" and the remaining 12 items keyed "no," was developed by Anand Kumar and Pream Shankar and was used to measure the aggressive of handball and volleyball players.

#### ➤ Data Collection Procedure

The methods used for subject selection, variable selection for data collection, and statistical methods to be

used for data analysis have all been detailed. Participants in pre-university handball and volleyball events served as the study's subjects. 30 volleyball and 30 handball players were chosen as subjects. The research scholar read through books, journals, and periodicals that included relevant scientific knowledge. Aggression was used in conjunction with a questionnaire test to compare volleyball and handball using the "t" test.

### III. DATA ANALYSIS AND RESULTS

However validity, reliability and adequate the data may be, it does not serve any useful purpose unless it is carefully processed, systematically classified and tabulated, scientifically analysed, intelligently interpreted and rationally concluded.

After the data been collected, and was processed and tabulated using Microsoft Excel. The data collected on aggressive from Handball and Volleyball players Inter-University level. The aim of the study is to "Study of Aggressive Level, Among Handball And Volleyball Players of Pre-University, Colleges of Dharwad district". Then the data were analysed with reference to the objectives and hypotheses by using unpaired' test with respect to aggression. The statistical significance was set at 5% level of significance ( $p < 0.05$ ) and the results obtained thereby have been interpreted.

To achieve this hypothesis, the t-test was applied and the results are presented in the following table.

Table 2 Results of t-test between Handball and Volleyball with Respect to Aggressive Scores.

Variables	n	Mean	SD	t-value
Handball	30	20.6250	5.29891	.055
Volleyball players	30	20.8750	5.32532	

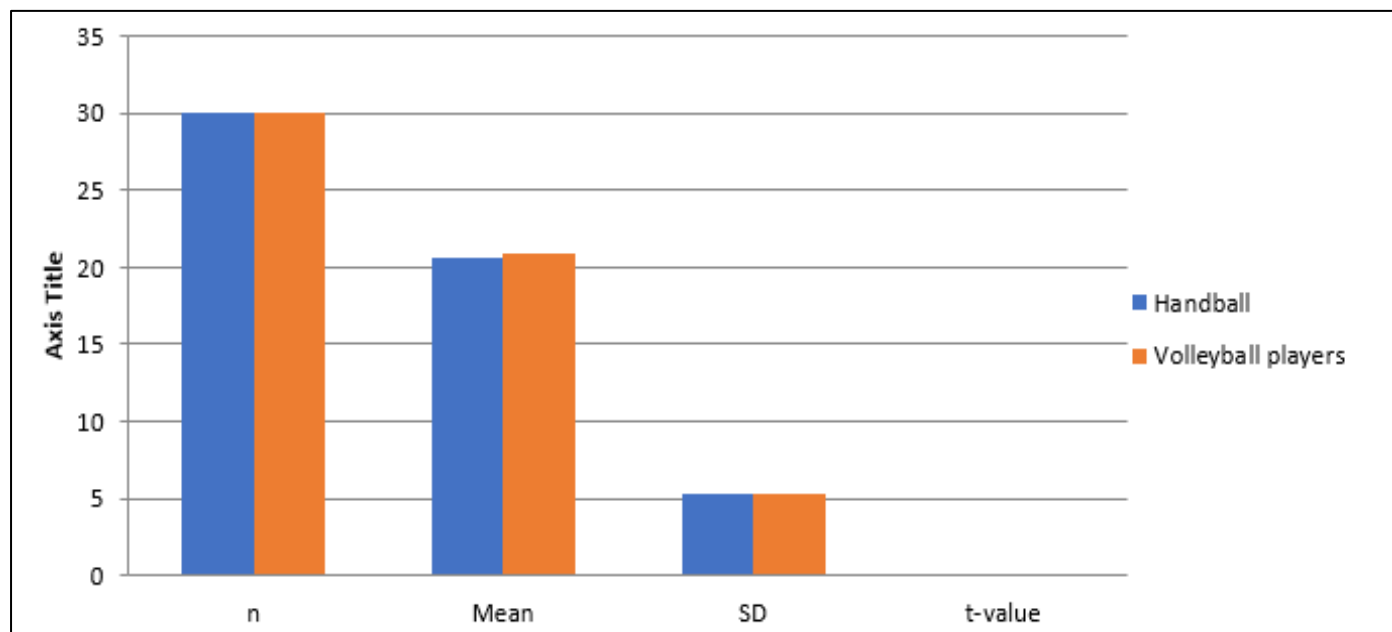


Fig 1 Results of t-test between Handball and Volleyball with Respect to Aggressive Scores.

It is evident from the above table's data that, at the 0.05 level of significance, there was no discernible difference in the aggressive scores of handball and volleyball players ( $t = .055$ ,  $p < 0.05$ ). As a result, the alternative hypothesis is rejected and the null hypothesis is accepted. This indicates that compared to volleyball players (mean=20.8750), handball players have significantly higher aggression scores (mean=20.6250). Figure 1 below also displays the mean and standard deviation of the aggressive scores.

### IV. SUMMARY

The purpose of the study was to find out the Aggressive level of Pre-University Colleges Handball and Volleyball players. In order to achieve the purpose of the study 60 selected men Handball and Volleyball players were

selected. To assess the level of Aggression inventory questionnaire was used and the data was collected from subjects.

Then the data was analysed with reference to the objectives and hypotheses by using independent t-test to find out the difference between Handball and Volleyball player by using SPSS V: 21.0.1 statistical program and the results acquired thereby have been interpreted.

### V. CONCLUSION

On the basis of the analysis the researchers are confident of arriving at certain conclusions based on the results of the study they are as follows.

- The Pre-University College level Handball players have significant higher aggression as compared to pre-university level Volleyball players.

### RECOMMENDATIONS

- The researcher thought that there were certain connected areas that needed more research during the course of this investigation.
- A comparable study might be carried out on volleyball and handball players in various age groups.
- District-level research of a comparable nature might be carried out.
- Research of a similar nature might be done on other games.

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