

# Aggression of State Level Men Kho-Kho and Kabaddi Players – A Comparative Study

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## 1.0 Abstract

In different types of sports, aggression is a characteristic that can have numerous negative as well as positive effects on overall performance. Though most people view it (aggression) as a negative psychological characteristic, some sport psychologists agree that it can significantly improve the sports performance, which is called as an assertive behaviour. In view of this a systematic study has been carried out to compare the aggression levels displayed by the state level Kho-Kho and Kabaddi players. These games were selected as the competition is quite tough and players show strong psychological traits (with aggression being one of it) while playing both the sports. The aggression of players was determined using the Aggression Inventory developed by M.K. Sultania and the data was analysed using SPSS 18.0 software. The results showed that there is significant difference in the aggression level of Kho-Kho and Kabaddi players for factors like assault, indirect aggression, irritability and verbal aggression. However, no significant difference was evident with respect to factors like negativism, resentment, suspicion and guilt. The results show that there is a clear difference in the level of aggression displayed by the state level Kho-Kho and Kabaddi players.

**Keywords:** *Aggression, sports performance, Kho-Kho and handball players*

## 2.0 Introduction

The term aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. Moreover, the expression of aggression can occur in various ways, including verbally, mentally and physically to name a few. Generally, human aggression is any behavior directed toward another individual that is carried out with the proximate (immediate) intent to cause some kind of harm (Bushman & Anderson 2001, Baron & Richardson 1994, Berkowitz 1993, Geen 2001). Many researchers have suggested that individual who engages in affective aggression, tend to have lower IQs than people who display predatory aggression. Now a day the term aggression is commonly

associated with the sports. The aggressive players also appear to be more successful than their peers.

Most people view aggression as a negative psychological characteristic; however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). A question that can be asked is where this aggression comes from. The frustration aggression theory (Dollard, Doob, Miller, Mowrer, & Sears, 1939) states that aggression occurs because frustration arises due to a goal blockage. Thus, the psychological fitness appears to play a very big role in the development and performance of the sportsperson. Although the role of aggression in various sports has been studied widely, the same cannot be said about the Indian games like Kho-Kho and Kabaddi. Hence, in the backdrop of above information, this study was carried out to know the aggression among State Level Kho-Kho and Kabaddi players.

### **3.0 Research Methodology**

#### **3.1 Design of the study:**

A two group design was adopted for comparative assessment of aggression of Kho-Kho and Kabaddi players who have participated in State Level Sports Tournaments.

#### **3.2 Sample**

Sample selection was carried out following stratified random method of sample selection. For the present study total 100 male players, 50 each participated in State Level Kho-Kho and Kabaddi tournament were selected.

#### **3.3 Selection of variables and Tool used**

Keeping in view the availability and suitability of test, the Aggression Inventory (AI) developed by M.K. Sultania was used for the purpose of data collection. The test includes 59 items that measure hostility and eight items measure guilt. Various aspects of aggression such as assault, indirect aggression, irritability, negativism, resentment, suspicion, verbal aggression and guilt are measured with this inventory. The data was collected following survey method.

#### **3.4 Statistical Technique Employed**

The data characteristics (descriptive statistics) such as Mean, Standard deviation, Range, etc. were determined using SPSS 18.0 Software. To compare the scores obtained with respect to impulsiveness, anxiety and aggression of Kho-Kho and Kabaddi and players 't' test was employed. The significance level was chosen to be 0.05 (or equivalently, 5%).

#### 4.0 Analysis of Data and Results of Study

##### 4.1 Aggression – Assault Factor

**Table 1:** Comparison of assault aggression scores of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	2.1	0.9	1	5	2.857	<0.05
Kabaddi	4.8	1.2	2	7		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 1** presents results of the comparative assessment of assault aggression scores of State level Kho-Kho and Kabaddi players. The results show that the mean score of the Kho-Kho players is  $2.1 \pm 0.9$  (varied from 1 to 5), while the score of the Kabaddi players was  $4.8 \pm 1.2$  (varied from 2 to 7).

##### 4.2 Aggression – Indirect Aggression Factor

**Table 2:** Comparative assessment of indirect aggression scores of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	4.2	0.9	2	6	2.327	<0.05
Kabaddi	2.5	1.1	1	6		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 2** presents results regarding the comparative assessment of indirect aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean score of the Kho-Kho players is  $4.2 \pm 0.9$  (varied between 2 and 6). Furthermore, mean score of the Kabaddi players was  $2.5 \pm 1.1$  (varied from 1 to 6).

##### 4.3 Aggression – Irritability Factor

**Table 3:** Comparison of irritability aggression scores of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	2.8	0.7	2	5	2.294	<0.05
Kabaddi	4.2	1.0	2	6		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 3** presents results regarding the comparative assessment of irritability aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean score of the Kho-Kho players is  $2.8 \pm 0.7$  with overall variation from 2 to 5. Furthermore, mean score of the Kabaddi players is  $4.2 \pm 1.0$  (varied between 2 and 6).

#### 4.4 Aggression – Negativism Factor

**Table 4:** Comparative assessment of negativism type of aggression of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	2.1	0.4	2	4	0.354	Not Significant
Kabaddi	2.5	0.6	2	4		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 4** presents results regarding the comparative assessment of negativism aggression scores of State level Kho-Kho and Kabaddi players. The results show that the mean negativism score of Kho-Kho players is  $2.1 \pm 0.4$  (varied between 2 and 4). However, mean negativism score of Kabaddi players is  $2.5 \pm 0.6$  with overall variation from 2 to 4.

#### 4.5 Aggression – Resentment Factor

**Table 5:** Comparison of resentment type of aggression of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	2.7	0.8	2	4	1.031	Not Significant
Kabaddi	2.5	0.7	1	4		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 5** presents results regarding the comparative assessment of resentment aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean resentment score of Kho-Kho players is  $2.7 \pm 0.8$  with overall variation from 2 to 4. Furthermore, mean resentment score of the Kabaddi players is  $2.5 \pm 0.7$  with overall variation from 1 to 4.

#### 4.6 Aggression – Suspicion Factor

**Table 6:** Comparison of suspicion type of aggression of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	4.5	1.2	3	7	0.948	Not Significant
Kabaddi	5.1	1.1	3	6		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 6** presents results regarding the comparative assessment of suspicion aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean suspicion score of Kho-Kho players is  $4.5 \pm 1.2$  (varied from 3 to 7) and that of Kabaddi players is  $5.1 \pm 1.1$  with overall variation from 3 to 6.

#### 4.7 Aggression – Verbal Aggression Factor

**Table 7:** Comparison of verbal aggression scores of Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	5.9	1.2	4	8	2.658	<0.05
Kabaddi	3.2	0.8	2	6		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 7** presents results regarding the comparative assessment of verbal aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean verbal aggression score of Kho-Kho players is 5.9±1.2 (varied from 4 to 8). Furthermore, mean verbal aggression score of the Kabaddi players is 3.2±0.8 (varied from 2 to 6).

#### 4.8 Aggression – Guilt Factor

**Table 8:** Comparative assessment of guilt scores of State level Kho-Kho and Kabaddi players

	Mean	± SD	Min	Max	't' ratio	P
Kho-Kho	4.4	1.1	2	7	0.897	Not Significant
Kabaddi	4.2	1.2	2	7		

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 8** presents results regarding the comparative assessment of guilt aggression scores of State level Kho-Kho and Kabaddi players. The results indicated that the mean score of the Kho-Kho players is 4.4±1.1 with an overall variation from 2 to 7. While that of Kabaddi players is 4.2±1.2 (varied from 2 to 7).

### 5.0 Conclusions

#### 5.1 Aggression – Assault Factor

- From the study results it is evident that there is significant (P<0.05) difference in the assault aggression scores of state level Kho-Kho and Kabaddi players. While Kabaddi players had better assault aggression scores than Kho-Kho players.

#### 5.2 Aggression – Indirect Aggression Factor

- From the study results it is evident that there is significant (P<0.05) difference in the indirect aggression scores of state level Kho-Kho and Kabaddi players. While Kho-Kho players had better indirect aggression scores than Kabaddi players.

#### 5.3 Aggression – Irritability Factor

- From the study results it is evident that there is significant (P<0.05) difference in the irritability aggression scores of state level Kho-Kho and Kabaddi players. While Kabaddi players had better irritability aggression scores than Kho-Kho players.

#### **5.4 Aggression – Negativism Factor**

- From the study results it is evident that there is no significant difference in the negativism aggression scores of state level Kho-Kho and Kabaddi players.

#### **5.5 Aggression – Resentment Factor**

- From the study results it is evident that there is no significant difference in the resentment aggression scores of state level Kho-Kho and Kabaddi players.

#### **5.6 Aggression – Suspicion Factor**

- From the study results it is evident that there is no significant difference in the suspicion aggression scores of state level Kho-Kho and Kabaddi players.

#### **5.7 Aggression – Verbal Aggression Factor**

- From the study results it is evident that there is significant ( $P < 0.05$ ) difference in the verbal aggression scores of state level Kho-Kho and Kabaddi players. While Kho-Kho players had better verbal aggression scores than Kabaddi players.

#### **5.8 Aggression – Guilt Factor**

- From the study results it is evident that there is no significant difference in the guilt aggression scores of state level Kho-Kho and Kabaddi players.

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