

A Comparative Study of Sports Aggression between Male and Female Inter-Collegiate Handball Players of Guru Nanak Dev University Amritsar

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ABSTRACT

The purpose of the present study was to compare the divergence of sports aggression between male and female inter-collegiate Handball players of Punjab. 60 Handball players (male = 30, female = 30) who have participated in the inter-collegiate Handball tournament held under the Guru Nanak Dev University were randomly selected as the subjects. The age of the subjects ranged from 17 to 25 years. The objectives of the study: to find out their level of sports aggression, Sports Aggression Inventory (SAI) developed by Shrivastava & Shukla (1988) was administered on the subjects. t- test was used to analyze the data. Results of the study revealed insignificant difference between male and female inter-collegiate Handball players of Guru Nanak Dev University with stare to aggression.

1. Introduction

Handball was not at first recognized as a separate sport, nor was there an international Handball organization until 1928. Before that date the national athletics and gymnastics associations were responsible for Handball, together with basket-ball, volley-ball and fastball. On the international level, the International Amateur Athletic Federation (I.A.A.F.) represented the interests of Handball until 1928.

As Handball was developing steadily and as more and more international matches were arranged, the VIIIth Congress of the I.A.A.F. in the Hague in 1926 appointed a special committee that was to unite the countries where Handball was played and to examine the problem of standardized rules for Handball. This commission worked out the internationally valid rules of Handball, thus substantially promoting Handball in many countries. The I.A.A.F. then paved the way for the foundation of an independent international hand ball federation. The International Amateur Handball Federation (I.A.H.F.) was founded by a congress in Amsterdam on 4th August 1928. Eleven nations were affiliated. President Avery Brundage was a member of the first committee; a member of the Council of the new federation until 1938. Thereon Brundage rendered Handball many good and most valuable services.

Already in 1928, a demonstration match was played on the occasion of the Amsterdam Olympic Games, and in 1931 the I.O.C. decided to include Handball in the Olympic programme. After 1928 Handball developed steadily and in 1934 twenty-five nations were affiliated to the I.A.H.F. Handball had become a universal sport. The first widely international Handball competition was held on the occasion of the 1936 Games in Berlin. The first Handball world championship was organized two years later for the 10th anniversary of the I.A.H.F.

After the Second World War international matches could be played again. In 1946 the present International Handball Federation (I.H.F.) was founded in Copenhagen to replace the I.A.H.F. Today Handball is being played in forty affiliated nations on four continents. Nineteen other nations are seeking admission to the I.H.F. These facts clearly prove the popularity of Handball.

The I.H.F. organizes indoor and outdoor Handball world championships for men and women. There is an annual European cup for the national men and women champions. The I.H.F. also generously supports all the Handball tournaments that are organized on the occasion of regional games on the different continents. It is the endeavor of the I.H.F. to thus stimulate the development of Handball.

2. Review of Literature

T. K. **Scanlan**, M. W. **Passer (1978)** worked over a study to determine intra-personal and situational factors related to the stress experienced by 11 and 12 year old boys participating in competitive youth sports. Potential stress related factors were assessed at pre-season, pre-game, and post-game periods. The indicator of stress was state anxiety measured by the Spielberger's State Anxiety Inventory for Children administered 30 minutes prior to and immediately following a competitive soccer game. Findings indicated that competitive trait anxiety, self esteem, basal state anxiety, and expectancies of self and team performance outcomes were significantly related to stress experienced when anticipating competition. As hypothesized, game win-loss was a highly significant predictor of post-game stress. Other predictors of postgame stress were the game win-loss x game closeness interaction, the amount of fun experienced during the game, basal state anxiety, and the perceived importance of a game win to the coach. The findings are discussed in terms of the child's actual and perceived response capabilities in meeting the performance demands of the highly evaluative sport competition process.

J. Silva (1980) argues that aggression undermines athletic performance because aggressive athlete shifts his/her focus to the aggressive target against the rival and this shift cause an interruption in the competition. The results of the study shows that aggression has negative effects on the performance of athletes, and their abilities are lost after reacting aggressively. The scholar (**J. Silva 1984**) further conducted a study through which he came to a conclusion that, Aggressive behaviour is affected by different factors attributed to the personal differences including gender of the athletes.

According to these studies, the athletes with the same or higher status than their opponent begin to exhibit aggressive behaviour unilaterally.

Kemler (1988) conducted a doctoral research study to investigate the effects of the different sports on the aggressive behaviour of athletes. For this purpose, he compares two types of instrumental and reactive aggressions in contact and noncontact sports. The results of this study shown that male athletes in contact sports express lower instrumental aggression, and higher reactive aggression than female athletes in noncontact sports. The result of this research also shows that competition increases aggressive behaviour in all tests.

Rascler Olivier, VceoUlombGenev andPfister Richard (1998) worked over a study to examine the relationships of goalorientations with aggression in male adolescent handball across three institutional sport contexts, Physical Education, Interscholastic, and League (dubs). 30 handball games were videotaped (10 per context) and observed on monitor by means of a grid allowing the distinction between Instrumental (non-emotional and task-oriented) and Hostile(an emotional response which was an end in itself) aggression. The main effect of context emerged from 2 separate one-way multivariate analyses of variance for goal orientations and aggression. Univariate F tests and Newman-Keuls post-hoc analyses indicated that Ego-goal orientation and Instrumental aggression were significantly higher in the League context than in the other two.

Statistically significant positive correlations between measures of Ego-orientation and aggression were observed. Discriminated function analysis indicated that strongly Ego-goal classified players displayed more Instrumental aggression than lower Ego-goal classified players.

Tor Stornes & Erling Roland (2004) worked over a research study entitled "Handball and Aggression: An investigation of adolescent handball players' perceptions of aggressive behavior". This study investigated different forms of aggression in a cross-sectional study of 14 to 16 years old male handball players in Norway. Players responded to an inventory measuring an aggressive winning strategy (Instrumental Aggression) containing items like: "I often play aggressively to win the game" as well as personal dispositions to act with anger caused by a frustrating or aversive event (Reactive Aggression) and personal dispositions to behave aggressively to gain power or increase the affiliation with others (Proactive Aggression). The aggressive winning strategy (Instrumental Aggression) correlated positively and significantly with one of the dimensions of Reactive Aggression (Temperament-Related Reactive Aggression) and one of the dimensions of Proactive Aggression (Power-Related Proactive Aggression). Results of the study could be suggested that by stimulating an aggressive winning strategy, the handball arena may become an arena for violence and hostile attitudes incompatible with ideals of sport personship.

3. Method

Sample

For the purpose of this study 60 Handball players. Out of 60, male are 30 and female are 30 who participated in the inter college Handball (Men & Women) tournament, 2019-20, were considered as subjects. Their age ranged from 17-25 years.

Tool

For gauging the sports aggression level of the subjects, a questionnaire Aggression Inventory (SAI) developed by Srivastava and Shukla (1988) was used. It is a trendy tool being used by the sport psychologists for measuring sports aggression. It consisted of 25 statements and each statement possesses two alternatives (Yes/No), out of which 13 items are positively keyed and the rest of 12 items are negatively keyed. For each correct answer 1 point was assigned. The test-retest reliability of the questionnaire for male and female were .87 and .90 respectively.

Procedure of data analysis

The questionnaires were administered on the subjects during inter college Handball Men & Women tournament held Guru Nanak Dev University. Before administration of questionnaire, the investigator approached the subjects through their coaches and managers at the personal level requesting them to extend their persistent cooperation in the data collection.

Data Analysis

Mean, S.D. and t-ratio was computed by using Statistical Package for the Social Science (SPSS) to examine significant difference between two experimental groups on the psychological parameter of sports aggression considered for the study. The results have been presented in the following table.

4. Results

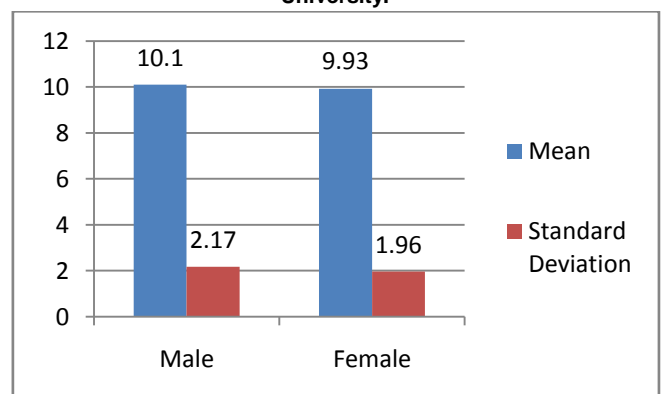
Table-1: Difference between male and female inter-collegiate Handball players of Guru Nanak Dev University on sports aggression.

Sports Aggression				
Experimental Groups	No. of Subjects	Mean	Standard Deviation	Calculated t-value
Male	30	10.10	2.17	0.31
Female	30	9.93	1.96	

Tabled value of 't' at 0.05 level of significance with 58 df = 2.00

It may be seen from the above table that insignificant difference was found between male and female inter-collegiate Handball players of Guru Nanak Dev University on sports aggression as the obtained value of calculated 't' has been reported 0.31 which is considerably lesser than the tabled value of 't' (2.00) at 0.05 level of significance with 58 degree of freedom.

Figure-1: Difference of sports aggression between male and female inter-collegiate Handball players of Guru Nanak Dev University.



5. Discussion

From the results of the study it has been evident that insignificant difference existed between male and female inter-collegiate Handball players of Guru Nanak Dev University in regard to their level of sports aggression.

The results of the study may be corroborated with the findings of Khan, Ali & Ahmed (2015) who compared the aggression and mental toughness among Indian universities basketball players and advocated that insignificant difference were found in aggression and mental toughness between men and women all India universities basketball players. The findings of the present study have also been endorsed by Rahaman, Singh, Singh & Singh (2015) who compared sports aggression between male and female boxers of Punjabi

University Patiala and reported that insignificant difference was found between male and female boxers in relation to sports aggression.

6. Conclusion

On the basis of the results obtained from the present investigation it may be concluded that inter-collegiate male and female Handball players of Guru Nanak Dev University did not significantly differ on their level of aggression. The findings also suggest that the level of aggression of these Handball players (male and female) was average which is effectively mandatory to be assertive in combative sports in entire and Handball in particular.

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