



COMPARATIVE STUDY OF AGGRESSION BETWEEN INDIVIDUAL AND TEAMSPORTS OF COLLEGE LEVEL STUDENTS OF KASHMIR

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Abstract: This study investigates the differences in aggression levels between individual and team sports among college-level students in Kashmir. Aggression is a significant aspect of sports psychology, influencing performance and behavior on and off the field. The research employs a comparative approach, examining the aggression levels of students participating in both individual and team sports through standardized measures. Factors such as gender, sport type, and experience are also considered to provide a comprehensive analysis. The findings aim to contribute to the understanding of how the nature of sports involvement affects aggression levels among college students in the Kashmir region, potentially informing sports education and training programs for better psychological support and performance enhancement.

Keywords: Aggression, Psychology, Performance etc.

1. INTRODUCTION:

The term psychology literally means the science of the soul. (Psycho- soul; logos-science). Formerly, psychology was a part of metaphysics, and dealt with the nature, organ, and distant of the soul. It was called rational psychology. But modern psychology is empirical, and does not deal with problem relating to the soul. It deals with mental process apart from the soul or mental substance. It is the science of experience and behaviour of an individual. It seeks to discover the laws of mind. Psychology is concerned with the experience and behaviour of the individual. Behaviour is the expression of experience, which belongs to subject and object. If there were no subject and object, there would be no experience. Experience presupposes a subject, or mind, or self that experience an object, and involves the reality of subject and object. So psychology has to assume the reality of the subject, or mind as an experiment, but it does not enquire into its nature. Modern psychology tries to explain the nature and development of experience and behaviour. The modern behaviourist rejects the notion of mind and consciousness, and regards psychology as the science of behaviour or response of an organism to the stimulus. They reduce psychology to a biological Science. They regard the so-called mental process as mere response of an organism to stimuli in the environment, and define psychology as the science of behaviour. We do not believe in the doctrine of behaviourism. We believe in subject experience and its outward expression or behaviour. Fear or anger is an experience. Trembling or striking is behaviour. Empirical psychology banished the soul from psychology; behaviourism banished the mind and mental process from it. Sports psychology is essentially the study of how the mind affects physical activity and athletic performance. According to the American Psychological Association, sports psychology addressed the interaction between psychology and sport performance including the psychological aspects of optimal athletic performance, the psychological care and well being of athletes, coaches and support organisations and the connection between physical and psychological functioning. Describing the nature of sports psychology is difficult because many different perspectives on the field exist. Differences are present not only in the definition of the term itself but also in the roles psychologists are presumed to play. With some persons viewing the field a branch of psychology, and others seeing it as a subfield of sport and exercise science. (Upkarpar kashan Shyam Anand)

Aggression:

The man is an aggressive animal. Man is the only species on this earth that kills numbers of his own species show constantly and ruthlessly. The most extreme form of aggression is the destruction of mankind through wars.



Considered from this perspective, aggression may be regarded as the essential part of human nature. However, there are social, economical, cultural and situational factors that increase and decrease aggression. The present study is an effort to conduct an empirical investigation on aggression in college level students. Dollard et al. (1939) define aggression as any sequence of behaviour directed towards a person to commit intentional injury. Berkowitz (1981) define aggression as behaviour directed towards the injury of some target. Bandura (1973) argues that aggression is a complex event and it involves injuries intent as well as social judgement. An injury must be judged as injuries acts from the viewpoint of social judgement. Baron (1977) has considered aggression as any form of behaviour directed tool is the goal of harming or injuring another living being who is motivated to avoid such treatment. This definition expresses the interpersonal and social nature of Organism. It has emphasised upon three aspects (1) aggression is goal directed behaviour .(2) intention of injury another person is there (3) it involves a victim motivated to avoid such treatment by an aggressor. These definitions of aggression reveal certain essential properties. First, aggression is an interpersonal behaviour. It represents a social nature. It is accompany by certain emotions and attitudes towards a target person or group. Secondly, aggression involves intent to cause harm directly or indirectly to the Target person. Thirdly, aggression is a threat to the violation of social norm. It is directed toward us safeguarding the basic right of the weaker person or groups or victims from stronger one. a large number of studies have dealt with these aspects of aggression showed that aggression is embedded in human nature. People express their aggression differently. This difference is due to such factors as race, gender age, culture, morals and situational factors. Wide variety of studies has been done these situations. Race is a distinctly human factor that pleases a role in Aggression. The anthropological research has found that race is accompanied with distant culture. It is found that race with distinct culture may contribute to the development of different types of aggression. Andreu et al. (1998) found that American man restored to physical aggression more readily than Japanese or Spanish men. But Japanese men preferred direct verbal conflict to their American and Spanish counterparts. Most of the studies have reported that aggression in adolescence originated in individual, social and community level. There are historical events social phenomena, cultural isolation and economic Constraints connected with aggressive behaviour of boys and girls during adolescent. The present study would take into consideration all these events too account for aggressive behaviour of tribal and Non-tribal boys and girls and their early and late adolescence. Sports competition without aggression is body without soul. It helps performance because it arouses players overly to put in harder effort, and do or die for the success. Many professional psychologists have studied the effect of frustration upon the elicitation and of anger the amount of anger required to lead to various forms of aggression; direct to verbal aggression. Direct aggression might entail shocking a person in a psychology lab with a buss aggression machine. Indirect (or verbal) aggression might entail making some insulting commenter's to someone, or even yelling at them. Any goal block- age to use Millers terminology, which does not include cause of attack, such as shocks, exposed weapons , aggressive films or insult by a superior held in high esteem who is visible to the subject, frustration. This sort of frustration produces an angry subject, but not a directly aggressive one, according to buss. Direct aggression, however may be a function of cues of attack if those cues are paired with some form of painful stimulation, as well. In this regard shocks serve to heighten pain awareness in the subject, who is to retaliate aggressively by delivering shocks himself to the instigator, experimental, or another subject as confederate. In real life situation subject to do have the opportunity to withdraw from frustrating stimulation, or even aversive ones, more often than not; so that aggression is often checked prior to erupting. Expression of hostility is often able to it eradicate the angry outburst, or to make it subside somewhat. The laboratory approach seems indicate for making continuous longitudinal studies of aggression interaction between Stressed dyadic pairs. It is common sense hypothesis that where there is no military organisation there is little direct Aggregation, as defined. Connected with hypothesis is very sophisticated social psychology of group, directed behaviour i.e. the leader of a group but is simply the best representative of the average person recruited the same, or the people in the group, overall the leader reflects the need of the group, rather than the group taking on the futures of the charismatic military leader also. the more coercive a military organisation, the more violent do it as members become hence the more violent leaders in any military organisation as well become not either standing the fact that only civilized man is capable of organised, aggression but unorganised (or spontaneous) aggression also occurs. Palaeolithic and Neolithic man was fully capable of protected aggression, resulting in the elimination of nether Neanderthal man from western central Europe, contents for the daubing planes and southern France and great wars in Asia minor and Middle East. (Aggression and Antisocial behaviour hand book of child psychology) In these instance, social organisation alone, without any military infrastructure, was to blame for the wholesale slaughter of people races, or even a species. The dawn of civilisation after the birth of Egypt and summer results in numerous wars between contending powers in the region of the Fertile Crescent. The battle between Assyria and Egypt in particular, reached a new height of destructiveness due to the introduction of the horses chariot by both sides. These battles were very bitter as Aggressive as those of Alexandra the great agent against Persia, or of Yawn and Xerxes during the Greek Persian wars. War was on a massive scale, because the entire population could be regulated for war making purposes and often was, technically



lethal weapons however was only in it infancy. More importantly however, where the world of ancient China involving contending dynasty's of alliances of northern or the southern provinces and territories of the eastern realm the style of warfare was advanced in that is revelled about horsemanship, larger congeries of soldiers or infantry divisions, and the use of military strategy, not just the positions of troops on the field, the contending forces opposed to one. This was a single advance over the Mere conglomerations of the ancient Kingdoms. Yet, the Chinese army still attacked the tactical expertise of Roman legions, and had many no- medic force is their midst.(Social, Emotional and personality Development,W Damon,vol. 3)

People find everyday aggression objectionable but have few moral qualms when they or orders hurt a ball abetter. We can a more complete portrait of sports aggression by exploring the unique patters of moral reasoning that sports encourages. Establishing a link between moral reasoning and sport aggression is only the first step in understanding it. There are several reasons may elicit at egocentric style of game reasoning. The very nature of competition requires that self interest be temporarily adopted while the athlete strives to win. In everyday life, such pre- occupation with self almost inevitably leads to moral failings. But in sports, participations are freed to concentrate on self interest by carefully balanced rule structure that equalizes opportunity. Players are guarded the oral defaults of other by protective rules and by official who imposed sanctions and violations. Not in all sports, lack real implications. In boxing for example, where the goal involves damage to another person, serious injury or even death is possible. Collegiate and high school sports were winners may receive prizes, bigger pay cheques, more perks or expended educational and professional opportunities. The normal implications of harem as sports goal and extrinsic rewards contingent on sports performance still need to be investigated. Does success today really depends on how well an athlete or team has mastered the art of aggression? The question usually answered more by ideology that by evidence. But there is more fundamental question that needs to be asked: Is really OK to be bad in sports. In particular, is aggression and acceptable tactic or playing field? If it is morally unacceptable, most recommendations for reducing sports aggression have focussed on rules and penalties against fighting, slugging and other forms of violence. We believe, however, that reducing athletic aggression requires that the transformation of external sports structures such as rules and penalties and internal reasoning structures. To reduce aggression, we must first understand the meaning of athletic attached to it. There are several reasons sports may elicit on ego centric style of game reasoning. The very nature of competition requires that self interest the temporarily adopted while the athlete strives twin. Everyday life, such preoccupation with self almost inevitability leads to moral failings, but in sports, participants are feed to concentrate on self - interest by a carefully balanced rules structure that equalise opportunity. Players guarded against the defaults by other by protective rules and the officials who imposed sanctions for violation. Moral Responsibility is thus transferred from the shoulders of students to those of oceans enforcers of the rules, and the end two coaches whom he players learn to see as responsible for all decisions. Physical strength and skill are no more the only factors determining the outcome of any sports competition. The psychological variables also play an important role in such outcomes and the psychologists conducting research in sports are trying to study psychological characteristics which help in predicting success is in sports. Practical and theoretical questions of interest of psychologist include how to maintain athletes mental balance in the Midst of competitive stress. Generally, sports psychology is concerned with structured competitive sports in which the purpose is out do once opponent in competitive encounters. The psychological preparation is planned and carried out with aim of enabling the sports persons to be an optimum psychological state and the time of competition so that the athlete can achieve the maximum possible performance. Alderman (1974) while emphasising the significance of psychological factors comments, one essential point which must be stressed is that regardless of how a person poses for a particular task or sports the success of quality of his performance will in the final analysis probably depends on his particular psychological make-ups. In the competitive setting an athlete's has to put certain checks on his inner shelf i.e. Psycho regulates himself in order to produced best results. At the same time he must counter the provoking stimulus rationally. Such experience of overcoming stress, strain and aggregation may help him make the required emotional adjustment in routine setting. In the game an athlete in action has to encounter numerous predictable and unpredictable situations. His psychological technical and physical powerless help him adopt to these situations. Many scholars have in the recent past, studies the psychological make-up of athlete of the team and individual events involving close and open skill wherein the performance must assess the situation, then choose the moment to make the decide how best and to execute the movement. It is of interest to note that closed and open Skill attract different individuals to participate and put different psychological demands on them for better results. No other activity programme of physical education and sports is so vigorously interesting up such qualities such as courage, self- confidence resilience etc .In the youth there are simple contact which are held between two individuals and three or mass contact in which team participate. In both cases the aim of the participants is to gain supremacy over the opponents. The investigator has, therefore, chosen to explore the two very pertinent an interconnected psychological variables. I.e. psychological factors like aggression, anxiety and emotional intelligence among the teams and individual events in the present study. The affect of aggression on motor



performance has become a major topic of interest to sports psychologist. The problem is aggression have been considered important in all areas of human activity including sports. To the one and the same stimulus individual respond differently and their anxiety levels also vary. Psychology, and aggression are very important phenomena the last few decades have evidence renewed interest in the phenomena of violent and aggression behaviour in sports. Aggressive behaviour in sports has been investigated of many scholars from different field of behavioural Sciences. What follow is a review the origins and characteristics of aggressive behaviour. Aggressions term that used in extensively in sports. If coaches for the people in sports or surveyed and asked to identify the characteristics of successful athlete, aggression would be high on the list. Being aggressive plops are used in volleyball by players, who dive on the floor at every opportunity attempt an opportunity to attempt an apparently impossible save, and in badminton when players rushes to theapen, it harms both ways. (M.I Kamlesh)

2. Methodology:

The research methodology employs a mixed-methods approach, combining quantitative surveys, qualitative interviews, and net at every opportunity, it is playing aggressive with sports. Anger is another human trait which drives its origin since human evaluation. It has resulted producing aggression, be itself directed or outwardly. Inwardly directly aggression destroys the self whereas aggression directed toward is harm the others. Both ways, the same is a socially undesirable trait. However without aggression it would be just impossible to visualise many sports. A boxer who is not aggressive to legitimately cause injuries to the other is bound to lose. On the contrary, exhibiting aggression Trans gracing by prescribed boundaries would result in his disqualification, being thrown out of the contest. As a double edged

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observational studies to investigate aggression among college students and its manifestation in sports. Quantitative surveys will measure aggression levels, while qualitative interviews provide deeper insights into individual experiences. Observational studies in sports settings will offer real-time observations. Ethical guidelines will be followed. Overall, the study aims to comprehensively understand aggression's implications in academic and sports contexts.

3. Summary:

Physical activity and sports have emerged from a long historical background. It is a process that has taken place, and still taking place in various informal and formal ways it is very culture from the time of primitive to man to the present either directly and indirectly physical activity has played a vital role in the lives of all people. Today in their modern competitive sports every sportsman and woman is in a race of Excel other and competition has become a fundamental mode human expression, as competitive sports or one of the very important factors by which an international recognition and prestige is gained.

The purpose of the study was to analyse and compare the selected psychological factors such as aggression among team sports and individual sports of college level students of Kashmir. To achieve the purpose of the study 40 subjects were selected 20 team sports players and 20 individual sport players the age of the subjects ranged from 18 to 28 years. The continuous variable selected for this study was aggression. All the subjects were tested on the selected dependant variable. Aggression was assisted by using the scale developed by Buss and Perry.

4. Conclusion:

The modern sport training plays a greater emphasis on preparing the players psychologically. A lot of emphasis is being given to the psychological research dealing with psychological characteristics and mental rehearsal of the training of the top level players. No training in the field of sports is complete without reference the psychological study and psychological training. All other factors like biological and sociological being equal, psychological conditioning of the players decidedly determines his chance of success or failure in their competition. In physical aggression it is found that individual sports players were found more physical aggressive than team sport players.

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