



## A COMPARATIVE STUDY OF AGGRESSION AND LEVEL OF ASPIRATION BETWEEN HOCKEY AND FOOTBALL PLAYERS

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### ABSTRACT

*The purpose of the present study was to find out the comparative analysis of aggression and aspiration level between hockey and football players. The study has been conducted on 50 hockey and 50 football players. To measure the aggression of players researcher used "aggression questionnaire" constructed by G.C. Pati and for level of aspiration Dr.M.A. Shah and Dr. Mahesh Bhargav's 'level of aspiration test' was used. After collection of data researcher analysed it through statistically by using mean, S.D., S.Ed and t-ratio. From the results, it was found significant difference in aggression of Hockey and Football players and on the other hand level of aspiration has measured in three different scores i.e. Goal Discrepancy Score (GDS), Attainment Discrepancy Score (ADS) and Number Of Time Goal Reach Score (NTRS). There was found non-significant difference in level of aspiration with respect to their Goal Discrepancy Score (GDS), also found non-significant difference in Attainment Discrepancy Score (ADS) and found significant difference in Number Of Time Goal Reach Score (NTRS) of hockey and football players.*

### INTRODUCTION

Sports is interested in identifying and developing those character traits which make for winning individual and team. Sports also provides opportunities for self-expression through various types of movements, rhythmic activities and games.

To compete with the modern day sporting activities, it is not just enough for a player to concentrate on physical, physiological and technical preparation on a long term basis, but also to

concentrate on psychological preparation for the competition. Psychological preparation was thought about as early as 1930 when Puni, Roudic and Gernicov began to evaluate the pre-performance states of athletes on different psychological measures. Undoubtedly, psychological preparation is critical in order for the players to attain peak performance. Tutco(1983) outlined his six week programme with 20 minutes per day for emphasizing the mental part of the game. Rushal(1983) provides very specific strategies for dealing effectively with on-site psychological problems of athletes. He provides information on tools that can be used to assist the coach and sports psychologist at the competition site.

"Aggression is any form of behaviour directed towards the objective of harming or injuring another living being, who is motivated to avoid such treatments". Baron.

Aggressive behavior is quite visible in sports. Not all aggressive behavior is violent and destructive. In fact, many forms of behaviour are accepted and even promoted.

Aggression may be considered within various degrees of aggressive behaviour for example social psychologist sociologists studying sports have often focussed their attention on hostile and aggressive behaviour of crowd and fans attending games the incidence and magnitude of hostile in sports fans has attracted widespread interest and research. An entire book was devoted to the aggression shown by lower middle class Football fans (Williams Dunning and Murphy 1984) and Goldstein's collection of essays also contain a great deal of information about the variables leading to fan violence. Other behavioural scientists have studied the aggressive behaviour of athletes themselves their players of different levels of play differ not only in their football skills but also in their way of playing football with respect to psychological factors such as concentration, aggression, reaction time or competitive anxiety (Junge et al 2000).

The term 'level of aspiration' was first used by Demoo in 1930 in connection with a study of the dynamics of anger. An individual's aspiration level represents him not only as he is at that particular moment but also as he would like to be. It is a 'measure' of his intentional dispositions, an important element of his long range behaviour. By knowing a person's level of aspirations we learn a great deal about him. Like personality, level of aspiration cannot be divorced from the rest of the reality. Striving for a goal encompasses several social and cultural influences determining a person's degree of goal integration. Whether he will enjoy performing a task below his level of aspiration will depend not only on his own ambition but upon the evaluation level of performance by others.

It is generally believed that aspirations are ego-involved goals and persons set for himself. The more ego involved his aspiration, the more they relate to areas of behaviour, that are important to him, the greater will be their influence on his personality and personal characteristics and ultimately influence the achievement. It is also in literature that aspirations of an individual are influenced by various factors such as intelligence, sex, personal interest and characteristics, values, family pressure, group expectations, the mass media and even the activities one does not participate.

In the words of James Driver quoted by Sharma and Gupta (1980) the term level of aspiration is best explained as a frame of reference involving self-esteem as a standard with

reference to which an individual experiences one's achievement of success and failure.

### **STATEMENT OF THE PROBLEM**

"A Comparative Study of Aggression and Level of Aspiration Between Hockey and Football Players".

### **OBJECTIVES OF THE STUDY**

The objective of the study are stated as under;

- a) To determine the difference in aggression of hockey and football players.
- b) To determine the difference in level of aspiration with respect to there Goal Discrepancy score (GDS) of hockey and football players.
- c) To determine the difference in level of aspiration with respect to there Attainment Discrepancy Score of Hockey and Football Players.
- d) To determine the difference in level of aspiration with respect to there Number Of Time Goal Reach Score(NTRS) of Hockey and Football Players.

### **HYPOTHESIS**

On the basis of the objectives of the study researcher has formulated following hypothesis of the study.

1. There exists a significant difference in aggression between hockey and football players.
2. There exists a significant difference in level of aspiration with respect to there Goal Discrepancy score (GDS) of hockey and football players.
3. There exists a significant difference in level of aspiration with respect to there Attainment Discrepancy Score of Hockey and Football Players.
4. There exists a significant difference in level of aspiration with respect to there Number Of Time Goal Reach Score(NTRS) of Hockey and Football Players.

### **METHODOLOGY**

The data for the present study was collected from different univercities and colleges of Haryana and Punjab. Total 100 players of hockey (50) and football(50)were taken as sample of the study, those who have participated at National, Inter-univercity,State and Inter-college level

tournaments. To collect data researcher used "aggression questionnaire" constructed by Dr.G.C.Pati for aggression and "level of aspiration measure test" by Dr.M.A.Shah and Dr.Mahesh Bhargava.

### STATISTICAL ANALYSIS

The data was analysed with the help of statistical technique i.e. Mean, S.D. and t-ratio.

**TABLE -1.1**  
**COMPARISON OF**  
**AGGRESSION BETWEEN HOCKEY AND FOOTBALL PLAYERS**

Game	Mean	S.D.	S.Ed	T-ratio
Hockey	485.04	50.39	1.048	5.64*
Football	479.12	54.40		

Table No.1.1 reveals that Calculated value of t-ratio of Hockey and football plays is greater than table value at 0.05 level of confidence. It shows that hypothesis is accepted and there exists a significant difference in aggression of Hockey & football players. Further, the mean scores of Hockey player have significantly higher mean score than football players. So it can be concluded that hockey player are more aggressive than football players.

**TABLE 1.2**  
**COMPARISON OF LEVEL OF ASPIRATION**

To compare the level of aspiration of hockey and football players there are three scores, which are measured differently.

- i) Goal Discrepancy Score (G.D.S.).
- ii) Attainment Discrepancy Score (A.D.S.).
- iii) Number Of Time Goal Discrepancy Score (N.T.R.S.).

**TABLE 1.2.1**  
**COMPARISON OF GDS OF**  
**HOCKEY & FOOTBALL PLAYERS**

Performance	Mean	S.D.	Sed	t-ratio
Hockey	0.91	1.683	0.43	0.14
Football	0.85	1.680		

\* Non significant at .05 level.

Table No. 1.2.1 shows that the mean score of Hockey players is 0.91, while the mean of football players is 0.85. The 't-ratio' of GDS of both the Hockey & Football players is 0.14, which is non significant at both levels. Hence, the Null hypothesis is accepted which shows that there is no difference of GDS of Hockey & Football players.

**TABLE 1.2.2  
COMPARISON OF GDS OF  
HOCKEY & FOOTBALL PLAYERS**

Performance	Mean	S.D.	Sed	t-ratio
Hockey	0.43	1.582	0.35	1.07
Football	0.80	1.037		

“ Non significant at .05 level.

Table No. 1.2.1. depicts that the mean score of Hockey and Football players is 0.43 while the mean score of football players is 0.80. The 't-ratio' of Attainment Discrepancy Score (ADS) of both Hockey and Football players is 1.07, which is non significant at .05 level of confidence . Hence, the Null hypothesis is accepted which shows that there is no difference between ADS of Hockey and Football players.

**TABLE 1.2.3.  
COMPARISON OF NTRS OF  
HOCKEY & FOOTBALL PLAYER**

Performance	Mean	S.D.	Sed	t-ratio
Hockey	5.16	1.617	.037	2.73
Football	6.96	1.189		

□ significant at .05 level

Table No. 1.2.3. shows that the mean score of Hockey players is 5.16, while the mean score of football players is 6.96. The 't-ratio' of both Hockey and Football players is 2.73, Which is significant at .05 level. Hence, the Null hypothesis is rejected which shows that there is difference of NTRS of Hockey and Football players.

## MAIN FINDING

According to the objectives and hypothesis stated earlier in the present study, the main findings have been presented as follows:

1. There is a significant difference of aggression level between Hockey and Football players.

2. There is non-significant difference in level of aspiration with respect to their Goal Discrepancy Score (GDS) between Hockey and Football players.
3. There is non-significant difference in level of aspiration with respect to their Attainment Discrepancy Score (ADS) between Hockey and Football players.
4. There is a significant difference of level of aspiration with respect to their Number Of Time Goal Reach Score (NTRS) of Hockey and Football players.

### **CONCLUSION OF THE STUDY**

The findings of the present study have obvious implications for Hockey and Football players at different level of participation. On the basis of hypothesis the results concludes that there exists a significant difference in Aggression of Hockey and Football players. Hockey players are more aggressive than Football players.

There is non-significant difference of level of aspiration with respect to their Goal Discrepancy (GDS) of Hockey and Football players, it shows that both Hockey and Football players have statistically similar goal discrepancy score.

There is not significant difference in level of aspiration with respect to their Attainment Discrepancy Score (ADS) of Hockey and Football players, it shows that Hockey and Football players have almost similar attainment discrepancy score.

There is found a significant difference in level of aspiration with respect to their Number Of Time Goal Reach Score between hockey and Football players, it depicts that Football players have more level of aspiration than Hockey players.

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