

A Comparative Study of Anxiety and Aggression of Judo and Boxing Players of Senior Secondary Schools of Kaithal District



Ravinder Kumar Bhumbak

Assistant Professor,
Deptt. of Physical Education,
Govt. College,
Bhattukalan, Haryana

Rajesh Kumar

Boxing Coach,
Deptt. of Sports,
Kurukshetra University,
Kurukshetra

Abstract

The main aim of this study was to make "A comparative study of anxiety and aggression of Judo and Boxing players of senior secondary schools of Kaithal District" for the present study 50 Boxing and 50 Judo players were selected from Secondary School Kaithal District. In the present study Investigator used the random sample technique. The highest level of participation is not considered only the state level Judo and Boxing players are in the sample of present study. The level of significance set at 0.5 .The study delimited is the players of Kaithal district.

Keywords: Comparative Study, Anxiety, Aggression, Boxing, School.

Introduction

The modern age is an age of cut throat competition. We have to compete in all walks of life such as jobs in different fields like business, social works, professions, games and sports are not exception. Every nation complete with others for excellence in international sports competitions.

Now a days sports have become an important part of education process and developed into a district scientific discipline. Sports performance in various games and other activities of life are influenced by many factors such as physique, level of motor ability, techniques psychological availability etc.

There are many factors, which facilitate learning, and there area many other factors, which slow down the process of learning. A coach or physical educator must be conversant enough to remove these effects. These factors are involved in the physiological or mental conditions of the individual like anxiety and aggression, time of day, temperature, effects of drugs etc. If these factors are not properly controlled then these can affect the performance in negative way. But if these are properly managed then they become helpful elements in learning. Therefore, it is necessary to understand their effect on the performance and learning process.

Anxiety

Anxiety is considered as a block to activity. A person who suffers from anxiety is not able to devote his full energy in the performance of sport.

Aggerasion

Aggerasion is also an important factor which affects the performance in sports and games. Aggerasion is "The act or practice of attacking without provocation especially begin a quarrel or war.

Objectives of the Study

The major objectives of the study were to compare the following levels:

1. To compare the anxiety level between Judo and Boxing players.
2. To see the significance difference on anxiety and aggression scores between Judo and Boxing players.

Hypothesis of the Present Study

1. There does not exist significance difference between anxiety of Judo and Boxing players.
2. There does not exist significance difference between aggression of Judo and Boxing players.

Procedure and Methodology

Research procedure is a strategy which is based on sampling technique. It includes sampling tools for collecting data and statistical technique for reporting the findings. Research methodology involves the systematic procedure by which the research worker started from the initial

identification of the problem to its final conclusion. The research method provides the tools and techniques by which the problem is solved. It consists of the procedures and technique for conducting a study. The following are the sequence of procedures and methodology of the present study.

Sample

In the present study investigator used the random sample techniques. Sample of the present study consists of the Judo and Boxing players only. Who are presently studying in the various senior secondary schools of Kaithal District. The sample of 50 Judo and 50 Boxing players are taken. The samples are based on random basis. The highest level of participation is not considered only the State Level Judo and Boxing players are in the sample of present study.

Selection of Subject

Judo and Boxing players of different coaching centers and senior secondary schools of State level players of Kaithal District were selected as sample for this study.

Tool Used

1. The investigator has used the following tools of collect data of the study:
2. Questionnaire for the aggression constructed by Dr. G.L. Pati.
3. Questionnaire for the anxiety constructed by Martin.

Collection of Data

The investigator himself visited various coaching centres & Sen. Sec. Schools of District Kaithal.

While collecting the data from players of Boxing and Judo, the investigator and all the players are assembled in separate from and then he distributed the questionnaire to the players. Before filling up questionnaire, necessary instructions were given and questions were explained to the subject. After giving the instructions, subjects were asked to fill up all questions of the questionnaire. Both the questionnaire (Aggression and Anxiety) were taken one by one. After filling it up the investigator collected the questionnaire back.

Analysis of Data and Result of the Study

In this chapter analysis of the data and results of study along with discussion of finding has been presented.

After collecting the raw scores from the questionnaire of anxiety and aggression, the raw scores are then used to find out the Mean and S.D. of the anxiety and aggression scores of Judo and Boxing players. After that t-value is calculated in order to find out significant difference of players in anxiety and aggression.

Comparison of Anxiety

To test the significance difference between Judo and Boxing players of Senior Secondary Schools of Kaithal District 'CR' (Critical Ratio) was applied.

To test the significance difference between Judo and Boxing players of Senior Secondary Schools of Kaithal District 'CR' is presented in Table 1.1

Table 1.1
Comparison of anxiety of Judo and Boxing Players of Senior Secondary Schools of Kaithal District

Player	Mean	S.D.	SEd	CR*
Boxing	19.74	4.91	9.14	-0.311*
Judo	22.94	7.74		

Not significant at .05 level

There is a slight difference between judo and boxing players of secondary school of district Kaithal players 19.74 While the mean of judo players is 22.94. The CR of anxiety of both the players (boxing & judo) Senior Secondary Schools of Kaithal District Kaithal is -0.311 which is not significant at .05 level. Hence the null hypothesis is accepted which shows that there is no difference of anxiety of judo and boxing players of Senior Secondary Schools of Kaithal District Kaithal.

Table 1.2
Comparison of aggression of Judo and Boxing Players of Senior Secondary Schools of Kaithal District

Player	Mean	S.D.	SEd	CR*
Boxing	29.86	7.66	8.55	0.446*
Judo	31.12	3.85		

Not significant at .05 level

There is slight difference between judo and boxing players of secondary school of district Kaithal. The mean of boxing players is 29.86 while the mean of judo players is 31.12. the CR of aggression of both the players (boxing and judo) of Senior Secondary Schools of Kaithal District is 0.446 which is not significant at .05 level hence. The null hypothesis is accepted which shows that there is no difference of aggression of judo and players of Senior Secondary Schools of Kaithal District.

Results of the study

On the basis of analysis and interpretation of the data of judo and boxing players of Senior Secondary Schools of Kaithal District find that:

1. There is no significance difference of level of anxiety of judo and boxing players Senior Secondary Schools of Kaithal District.
2. There is no significance difference of level of aggression of judo and boxing players of Senior Secondary Schools of Kaithal District.

Conclusion

On the basis of this study it is concluded that there is no significance difference level of anxiety and aggression of Judo and Boxing players of senior secondary schools of Kaithal district.

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Remarking

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