



## A COMPARATIVE STUDY OF THE ANXIETY AND AGGRESSION AMONG THE MALE FEMALE PLAYERS OF PUNE

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### **Abstract:**

*The game was invented more as a recreational game rather than anything else involving more people. The results of the present study will help to identify anxiety and aggression of sports male and female representing university in team event. The skill involved in the game are of simple, natural and highly stimulating and satisfying to anyone who participates in the game. This study assumes significance in view of the anxiety and aggression among the team and individual sportsmen of Pune. The finding also suggested that on anxiety and aggression individual sportsmen were high on mean scores. The two variables anxiety and aggression have a significant difference at two levels finding the significant difference but differ on mean scores. These finding can lead to indigenous intervention package for coaches belonging to University teams. Research evidence revealed the level of anxiety and aggression among team and individual sportsmen.*



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**Key words:** Psychology, Ball Badminton, anxiety and aggression.

### **Introduction:**

Competitive sports are full of challenges, so youngsters taken to competitive sports must display the required psychological attributes including aggression, anxiety and emotional intelligence to meet the challenges successfully. The variables anxiety and aggression need to be studied properly, both from the theoretical and practical point of view. The knowledge about the variables may enable the teacher and coaches to takes decisions in their work with young players taking part at different levels and train them in a proper way. The results of the present study will help to identify anxiety and aggression of sports players representing university in team event.

### **Purpose of the Study:**

The main purpose of the study was to the Psychological variables such as anxiety and aggression of Ball Badminton Players.



### Methods and Materials:

The research tool for Competitive state Anxiety Inventory-2(CSAI-2) by Martens, Valley & Burton, (1990) Sport Aggression Inventory by Anand Kumar and Prem Shankar Shukla.

For the investigation the male and female Ball Badminton Players of various four zones (Pune city, Pune district, Ahmednagar and Nasik) under jurisdiction of Savitribai Phule Pune University, Pune aged between 18-25 years are considered as the total sample (N=200) of the study.

### Statistical Method:-

The data collected was treated with the statistical technique -'t' and results are presented in the following tables.

### Result and Discussion:-

It was observed from the Sports Competitive State Anxiety and Aggression variable from table was shows that there was a mean difference between of the sample of 200 cases of Savitribai Phule Pune University, Zones of subjects regarding to the psychological variables.

### Results and Discussion:

#### Anxiety and Aggression Executing and Performance Score For Ball Badminton Players

Sr. no.	Mean	S.D.	N	T
Anxiety				
1	10.48	2.41	100	T (98) =4.3
2	12.56	3.17	100	p>0.05
Aggression				
3	9.76	6.15	100	T (98) =5.2
4	11.45	1.57	100	p<0.05

#### Level of significance 0.05 Tabulated "p"0.05 (15)

As for Anxiety of performance t- test no significant difference between: 10.48±2.41), and: 12.56±3.170, T (98) =4.3, p > 0.05) and for Aggression too indicated no significant difference between: 5.2±2.28) and: 5.53±1.59), T (98) =0.32, p > 0.05) at Anxiety level. Whereas Aggression results indicated there was significant difference between: 9.76±.615) and: 12.56±3.17) on speed (1, 28) =.15.05, p < 0.05.

### Conclusion:

Within the scope of this study, the researcher concluded that Ball badminton boys & girls player's sports competitive state anxiety & aggression. This study impact on the field of Physical education & sports in field our nation. Sports player's part of various sports & games activities, express important role of Psychology sports players & coaches helps to characterized adjustment and managed & know the level of sports competitive state anxiety & aggression for that further contribute to better performance.

It was concluded that important in view of the Anxiety & Aggression in Ball Badminton Boys & Girls players of Savitribai Phule Pune University, Nasik, Ahmednagar, Pune District & Pune City Zone.



Concluded that researcher evidence revealed the level of Anxiety & Aggression in Ball Badminton Boys & Girls players these Psychological variables are vital in the field of sports coaching and performance. It is known from the review of related literature that status to level of Anxiety & Aggression of sports players. It was concluded that study may help to developed efficient coaching plan for better performance consider the Anxiety & Aggression variables of the psychology.

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