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## **RELATIONSHIP OF IMPULSIVENESS WITH AGGRESSION OF YOUNG ATHLETES**

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### **ABSTRACT**

The purpose of the present study was to investigate the relationship of impulsiveness with aggression of young athletes. Total sample of 100 male student of physical education department from Lovely Professional Universality were selected by using random sampling with age of 18 to 30 and were asked to fill the impulsiveness scale constructed by Dr. S.N. Rai and Dr. Alka Sharma, Aggression scale (AS) constructed by Dr. R.L. Bhardwaj. To find out the results of the study Pearson Correlation was used with 0.05 level of significance as the statistical analysis. The findings of the study concluded that there was significant relationship found between impulsiveness and aggression of young athletes.

**Key words:** Impulsiveness, aggression and Young Athlete.

**INTRODUCTION:**

In the state of aggression, impulsiveness plays most important role which is short quick feelings against any situation. It is considered as to act on instinct without thinking or taking decision without analysing the results. Impulsiveness is the control of the thoughts and behaviour (Barratt, 1972). In the branch of psychology aggression is an emotion which described as an angry violent behaviour through which a person intent to hurt other person and causes damage. The world health organization revealed that violence becomes the most worldwide leading public health problem (Krug et al., 2002). But in sports and games competitions aggression plays very essential role for the best sports performance. Without aggression performing sports is like body without soul. The competitive nature of sports and games is the main cause for the athletes behaving aggressively on the field, especially in contact sports. But some other individual games have different level of aggression which helps them to improve the sports performance. Tiwari et al. (2011) studied the level of aggression between thrower and jumpers and found the level of aggression was higher in throwers as compare to jumpers.

**OBJECTIVE OF THE STUDY:**

- To analyze the relationship of impulsiveness with aggression of young athlete.

**HYPOTHESIS OF THE STUDY:**

- There exists a positive relationship of impulsiveness with aggression of young athlete.

**METHODOLOGY OF THE STUDY:**

The total sample of the study was 100 male students (N=100) selected through the random sampling technique from the department of Physical Education of Lovely Professional University with the age of 18 to 30. The data have been collected through the questionnaire the impulsiveness scale constructed by Dr. S.N. Rai and Dr. Alka Sharma (2013), Aggression scale (AS) constructed by Dr. R.L. Bhardwaj (2005). To analyzing of data Pearson correlation was applied as the statistical analysis with 95% of confidence on SPSS version 20.

**RESULTS AND DISCUSSION:**

Table no: 1

Show the Correlation between Impulsiveness and Aggression of Young Athletes

Group	Variable	N	Mean	SD	df	Correlation
Young athlete	Impulsiveness	100	14.15	3.14	99	.053*
	Aggression	100	84.28	11.38		

Tabulated value at df 99= 0.25

\*significant at 0.05 level

The table no. 1 shows the correlation of Impulsiveness and Aggression of young athletes. The mean score of the Impulsiveness and Aggression of young athletes, which was 14.15 and 84.28 respectively, and standard deviation was 3.14 and 11.38 respectively, supported by Hatfield & Dula, (2014). The value of 'r' is .053 which shows positive correlation and significant relationship between Impulsiveness and Aggression of young athletes.

The table above shows that the 'r' value of impulsiveness and aggression of a young athlete .053, whereas the table value for the same for the same is found to be 0.25 at 0.05 level of significant. The calculated value of 'r' found greater than the table value, which indicates that the two selected variables i.e. Impulsiveness and Aggression have significant relation. Hence, the hypothesis "there exist significant differences between impulsiveness and Aggression of young athletes" is accepted.

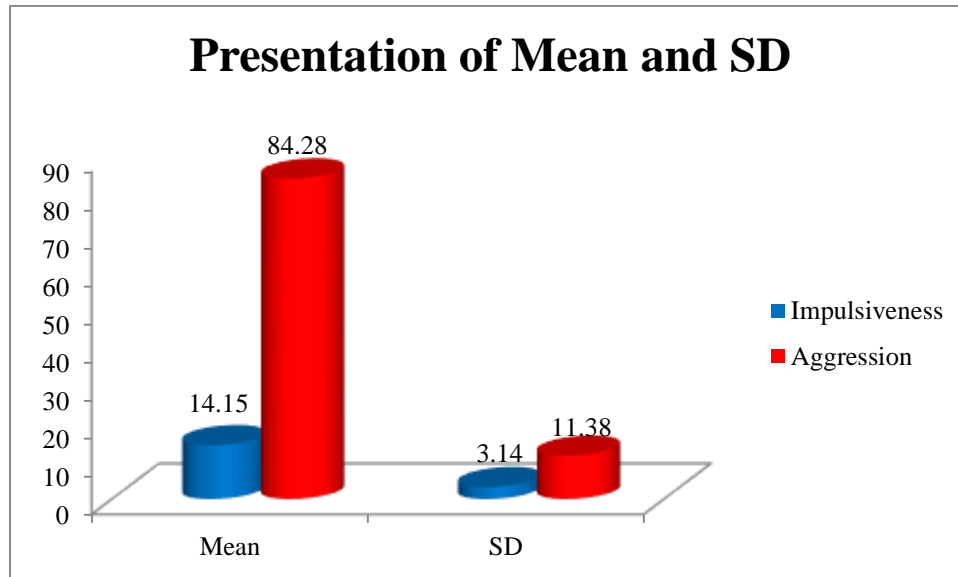


Figure no. 1 showing the Mean Value of Impulsiveness and Aggression of young athletes.

#### CONCLUSION:

In conclusion the present study discovered the significant and positive relationship between Impulsiveness and Aggression of young athletes.

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