
COMPARATIVE STUDY OF AGGRESSION OF MALE GYMNASTS AT DIFFERENT LEVEL OF PARTICIPATION

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ABSTRACT: The present study, investigatory has studied the aggression level of male Gymnasts at different level of participation. The age of sample varied from 17 to 25 years. Total 240 male Gymnast were selected and randomly divided into four groups. In order to measure the aggression level of male Gymnasts the aggression questionnaire by Dr. G.C. Pali in English and Hindi version have been used. In the conclusion of the study it is found that there is a significance different between National Intervarsity Inter-college and State level Gymnast of their aggression level.

Keywords: Aggression, Gymnasts, Level.

INTRODUCTION

Today almost every nation in the world attaches great importance to the development of sports in order to improve nation health and for the well being of the future generation. Hence a large number of government organization, in close collaboration with Private bodies, administer and supervise the development of sports. The activity of an individual always importance his personality and other characteristics. Hence, it is logical to expect tat varied experiences of sports may produce some psychological changes Stone (1978) realized that “If a man in our society does not move at least some conversational knowledge of sports; he is viewed as suspect. This indicates how important sports is in our society, Gymnastic is a highly technical sports discipline. Gymnastic is a game and sports where all the physical variables are being developed simultaneously. According to Fukashan’s (1981). Strength exercise on parallel bars, roman rings and Pommalled horse help in improving strength in Arm and Shoulder, take off on the flow on a beat board improve the power of the legs, wake over forward and backward splitting the legs improve the flexibility of joints and exercise performed in a stretch on the floor improve the endurance, speed and agility simultaneously. This is the reason gymnasts “mother of all games and sports”.

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The scope of gymnastic in ancient Greek was too wide that every sports activity was known as Gymnastic, even wrestling, running, throwing were part of Gymnastic Telbow (1978). Its popularity in ancient Greece is evident from Plato's statement given in his book "The Republic that no education is worthy anything unless gymnastics and muscle are forms it".

Psychology is a science of behaviour and has made its contribution in this regard it helps the coaches to coach more efficiently and enhance sportsman's performance effectively. At present, most of coaches, trainers, researchers of physical education agree that there is an optimum level of aggression needed for particular task. The optimum level varies between individual, this is also an important factor for Gymnasts, who are more concerned with his/her performance. The Gymnasts in order to attain his/her optimum level must become and fully aware of his/her environment and its effects on his performance and behaviour. The gymnast must attempt to assess how stimuli affect his performance. If a Gymnast feels that his performance is hurt by presence of much aggression, he or she may use the behavioural technique of systematic desensitization, aggression usually denotes that some behaviour is taking place, as opposed to mere wishes of feeling in the vernacular, however, one may use aggression to denote feelings as well as action. Body language or provocative words are often judged to reflect directed at another individual with an intention to inflict harm are considered to represent aggression. (The word aggression came from Latin root "aggredit" and towards and graditor (walk) literally then the word means to walk toward or approach another person with an intent to hurt and hasn't but in this study the term has been used to mean a fierce spirit of competition in a gymnast.

OBJECTIVES OF THE STUDY:

To find out the difference in aggression level of male gymnast at different level of participation.

METHOD AND PROCEDURE:

In the present study, the investigator used random sampling to select the sample. To achieve the purpose of the study total 240 male gymnast from Haryana and Punjab were taken. The age of all sample between 17 to 25 years.

STATISTICS USED:

The statistical techniques, mean, standard deviation and 't' test were used to analyze the data.

RESULT AND DISCUSSION :**Table No. 1****MEANS AND STANDARD DEVIATIONS OF AGGRESSION OF MALE GYMNAST AT DIFFERENT LEVEL OF PARTICIPATION.**

| Sr. No. | Group | Mean | SDF | SE | 't' ratio |
|---------|------------------------|--------|-------|------|-----------|
| 1 | I. National vs. | 481.98 | 56.04 | 7.23 | 9.24** |
| | II. Intervarsity. | 452.48 | 57.66 | | |
| 2 | I. National vs. | 481.98 | 56.04 | 7.05 | 7.85** |
| | III. Inter -college. | 453.65 | 47.08 | | |
| 3 | I. Intervarsity vs. | 481.98 | 56.04 | 6.07 | 6.74** |
| | IV. State. | 439.68 | 39.79 | | |
| 4 | II. Intervarsity vs. | 452.48 | 57.66 | 5.12 | 2.38* |
| | III. Inter College | 453.65 | 47.08 | | |
| 5 | II. Intervarsity vs. | 452.48 | 57.66 | 5.62 | 3.12** |
| | IV. State. | 439.68 | 39.79 | | |
| 6 | III. Inter-college vs. | 453.65 | 47.08 | 6.69 | 1.38NS |
| | IV. State. | 439.68 | 39.79 | | |

I. National II Intervarsity III Inter College IV State

It is found from the table No.1 that significant differences exists between National, intervarsity, inter-college and State level gymnasts in the aggression with 't' value of 9.24, 7.85 and 6.74 which is significant at 0.1 level. The 't' value for other groups i.e. intervarsity vs. State and Inter-college 't' = 2.38, 3.12 among the male gymnasts indicates that significant difference exists among them. The 't' value of 1.38 reveals that significant difference do not exist between these two groups i.e. state and inter college level gymnasts in Aggression.

An examination of mean scores in Aggression of the various significant groups reveals that National level gymnasts have more aggression in their attitude than the others groups of gymnasts. Similarly, Intervarsity and Inter-college level gymnasts do have better aggressive

attitude in comparison to State level gymnasts. This also indicates that higher performance of gymnasts at higher level are more aggressive in comparison to the lower level performance of gymnastics. So it can be concluded that gymnasts at National and Intervarsity level are more aggressive than the two other groups of gymnasts i.e. Inter-college and State.

RESULT & DISCUSSIONS:

The statistical techniques of the 't' test were applied to fulfill the objectives of the study under variables i.e. aggression level. The results indicate that there exists significant difference among higher level of sports participants and lower level of sports participants in aggression. On the basis of these results, the hypothesis of the study is accepted for above cited variables. However, the variables on which the group do not differ significantly trend to reject the hypothesis. Similarly the analysis of the 't' tests, indicates that significant difference among the National and other three levels of gymnasts may exist. The result reveal that higher level of participants belong to National and intervarsity level gymnasts and that there exists the significant difference among the difference of the group of gymnasts in aggression level is accepted and the hypothesis is also accepted for the above significant results.

The results in aggression seem to suggest that an individual with average aggression can achieve adequate success in one event. Individual with low aggression should not be discriminated against these variables in any way.

The significant difference in the Aggression level is calculated with the help of 't' test among the National and Intervarsity, Inter-college and State level male gymnasts. From the result of the study one can find that gymnasts at National and Intervarsity level do have significant difference in aggression level. The gymnasts at National and Intervarsity level have better aggression attitude in comparison to Inter-college and State level gymnasts. This indicates that both groups are more aggressive than the two other groups of gymnastic i.e. Inter-college and State. The findings of the present study supports the results of the several investigations conducted in the field of physical education by Shaver (1960), Compbell (1969), Briphy (1987) and Homokok (1988). In these studies it was found that there is a relationship between aggression level, high performance and negative relationship with under achievements.

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