

# Analysis of Aggression Differentials among Judokas

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## ABSTRACT

*The purpose of the present study was to analyze the aggression differential between champion and non-champion, male and female judokas. To achieve the objective of the study, 280 judokas were randomly selected as subjects from the inter-college competitions of the northern region of India. Aggression scale developed by Roma Pal and Tasneem Naquavi (1980) was used to collect the data. The results of the study shows that there were no significant differences between champion and non champion judokas. The champions were found to have a little higher level of aggression, as compared to the non-champion. The same were also not observed significant between the gender groups. However, with regard to the interaction effect of performance (champion and non -champion) X gender (male and female) the results relating to the main effect of interaction were found to be significant.*

## INTRODUCTION

Sports scientists have started believing that it is not only the physical fitness that matters but also the psychological make up, as well as, the sociological profile of an individual that play vital role in the performance outcome. Hence, it can be said that socio-psychological dimensions of an athlete is an upcoming and promising area which needs due attention. The modern competitive sport is nothing but violence of a cultured man.

Some sports require a great deal of physical force to be directed against one's opponent; whereas, others require forceful actions against the environment instead of direct

aggression. However, many sports require that individual aggression within structured rules and specified conditions. Thus, in sports, as in life, one problem is to encourage an optimum amount of aggression when called for. Thus, aggression is such a psychological attribute which does effect an athlete's performance in competition, more so in case of judokas.

Aggression is defined as the friction of an aversive stimulus, either physical, verbal or gestural, upon one person by another. Aggression is not an attitude but behavior and most critically it is reflected in acts committed with the intent to injure (Le Unes & Nation, 1989).

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Aronson (1977) described, aggression as behavior intended to cause harm or pain. The key to this definition is the word 'intended'. If an athlete fractures another athlete's nose by accident, the fracture is not the result of aggression. But, if the athlete intended to fracture the nose, he or she was being aggressive in the negative sense of the word.

Bhushan (2002) investigated 240 subjects of various sports groups, in order to study the effect of psychological variables in relation to performance and gender. The subjects ranged from 18 to 25 years in age. To measure aggression, scale constructed by Roma Pal and Tasneem Naquavi (1980) was administered. He observed significant differences on the level of aggression among college and university Basketball and Handball players. He concluded that the college Basketball players and Handball players possessed high level of aggression than university athletes.

Choudhary (2003) conducted study on selected psychological variables on 160 male Indian national level judokas (80 juniors i.e. above 14 and below 18 years) and 80 seniors (18 and up to 25 years), 10 from each weight category, with the purpose to characterize elite Indian judokas by their selected psychological responses to standard human performance measures and to compare them in different weight categories and age groups. The variables selected for the study were incentive motivation, excellence (Ex)–power (Pa), sensation (Se), independence (Ind.), success (Su), aggression (Agg), affiliation (Aff),

and achievement motivation (AM), state anxiety (SA), trait anxiety (TA) and sports competition anxiety.

### Objectives

The study had the following objectives :

1. To investigate the differences between champion and non-champion judokas, on the variable aggression.
2. To find out the differences between male and female judokas, on aggression variable.
3. To find out the interaction between performance (i.e. champions and non-champions) and gender (male and female) with regard to aggression.
4. To make suggestions on the basis of results, for the selection of judokas: and to suggest psychological stimulation in the training process.

### Hypotheses

1. Champion and non-champion judokas would significantly differ from each other with regard to the variable aggression.
2. There would be significant differences between male and female judokas on the aggression variable.
3. Significant interaction effect (gender x Performance) would be there on the selected variable.

### METHODOLOGY

To serve the purpose of the study, 280 judokas were selected using random sampling technique. The subjects belonged to the champion and non-champion categories, who had

participated at the inter-college level. An equal number of subjects were taken from both the gender, in each category. To measure the aggression for the present study, aggression scale developed by Roma Pal and Tasneem Naquavi (1980) was administered. The test consisted of 30 statements related to the personality of an individual. The reliability of the scale was found to be .78. The validity coefficient was also found to be .78.

### Statistical Design

The data collected through the administration of the test was subjected to the statistical treatment on computer. Analysis of variance (2x2 factorial design) was employed to find out the interaction of the results of performance (i.e. champion and non- champions) and the gender groups. Mean and SD values were also calculated to find out the direction of differences. The level of significance was set at 0.05.

## RESULTS & DISCUSSION

**Table-1 : ANOVA (2x2) Results with regard to Champion and Non-Champions, Male and Female Judokas on the variable of Aggression .**

Sources of variance	SS	df	Ms	F-Value
Champion x Non-Champion	315.03	1	315.03	0.82
Male x Female	1695.43	1	1695.43	4.43*
Performance x Gender	1569.89	1	1569.89	4.10*
Within/Residual	105534.20	276	382.370	—

\*( $p < 0.05$ )

The results regarding 2X2 (ANOVA) factorial design, on the variable aggression, presented in Table 1 indicate that the champion and non-champion category of judokas had SS= 315.03, df =1, Ms=315.03 and F-value was .82. The same was not found to be significant.

The ANOVA regarding the two gender groups, on the variable aggression, revealed that these subjects had obtained SS=1695.43, df=1,

Ms=1695.43. The calculated F value was found to be significant.

With regard to the interaction effect of performance (Champion and Non-champion) X gender (Male and Female) the result shows that SS was 1569.89, df=1, and Ms was 1569.89. The F value was 4.10. These results relating to the main effect of interaction were also found to be significant.

To find out the direction of differences the mean and SD values were calculated within the two groups, i.e., performance and gender groups. These values have been presented in Table 2.

**Table-2: The Mean and SD values with regard to the performance (champion and non-champion) and gender (male and female).**

Values	Champion	Non-champion	Male	Female
Mean	81.02	78.90	82.42	77.50
SD	20.21	19.35	21.24	17.93

The result presented in Table 2 shows that the champion judokas had the mean value of 81.02 and SD =20.21; whereas, the non-champions obtained the Mean value of 78.90 and SD =19.35. These differences were not found to be significant. The male judokas had the mean value 82.42 and SD 21.24; whereas, the female judokas obtained the mean value of 77.50 and SD =17.93. These differences were also not found to be significant on the variable aggression.

A perusal of results regarding the variable aggression showed that the two performance groups, i.e., the champion and non-champion, did not differ from each other significantly. The champions were found to have a little higher level of aggression as compared to the non-champions, as the former group had the mean score of 81.02; whereas, the later group had the mean score of 78.90 (low scores indicated lower aggression level). However, as per the classification in the test manual, both the groups fell in the "average" level of classification. Bhushan (2002) also supports the findings who found no significant differences between college and university level

Hockey players, on aggression. On the other hand, significant differences ( $p < 0.05$ ) were observed between male and female judokas. Male players, having higher mean scores (82.42), were found to be significantly more aggressive than female judokas (77.50). These findings do not support to the findings of Bhushan (2002), who reported no significant differences among players of Handball and Basketball. The main interaction effect between the performance and the gender was also found to be significant ( $p < 0.05$ ), which indicated that it influenced the dependent variable.

### CONCLUSION & IMPLICATIONS

Keeping in view the requirement of game, aggressive performance becomes inevitable for achieving success; and the champion judokas have demonstrated comparatively higher level of aggression. It is well known fact that aggression is just like a double edged weapon and excessive or much higher level of aggression may cause undue hindrance in successful performance. Among the two gender groups, females have exhibited quite lower level of

aggression, as compared to men. The coaches and trainers should closely monitor the levels of aggression and appropriate measures be taken to regulate and maintain the same at optimal level.

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