



## Perusal of aggression level in Girls footballer

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### Abstract

In this study total twenty five girls footballer (n=25) of under 14 to 17 years of age who participated in national championship were selected as the subject. Questionnaire was distributed to the footballers and under the supervision of their coaches and the investigator the data was recorded appropriately. In the present study, Questionnaire of Aggression i.e. Sports Aggression Inventory by Anand Kumar and Prem Shanker Shukla. Was used. Reported results shows that 64 % of girls possess High level of aggression where as 24 % of girls consist average level and at the end only 12% of girls possess low level in Aggression. On the basis of finding the investigator can conclude that the girls possessing high level of aggression which is the demand of the game.

**Keywords:** aggression, football, questionnaire

### 1. Introduction

Aggression is perhaps one of the most important problems in sports today (D.N. Sacks, Y. Petscher, C.T. Stanley, G. Tenenbaum, 2003) Aggression has a long history in both sport and non sport contexts. There is some variation in the definitions of aggression employed by different people. However, it is commonly agreed that aggression is a verbal or physical behavior that is directed intentionally toward another individual and has the potential to cause psychological or physical harm. In addition, the target of the behavior should be motivated to avoid such treatment. Typically, definitions of aggression incorporate the notion of intent to cause harm; that is, for behavior to be classified as aggressive, the perpetrator must have the intent to harm the victim. However, strict behavioral definitions of aggression exclude the term intent because it refers to an internal state, which cannot be observed.

Aggression has been distinguished between instrumental and hostile. Instrumental aggression is a behavior directed at the target as a means to an end, for example, injuring a player to gain a competitive advantage, or late tackling to stop an opponent from scoring. Thus, instrumental aggression is motivated by some other goal. In contrast, hostile aggression is a behavior aimed toward another person who has angered or provoked the individual and is an end in itself. Its purpose is to harm for its own sake, for example, hitting an opponent who has just been aggressive against the player. Hostile aggression is typically preceded by anger. Instrumental aggression, in pursuit of a goal, is not normally associated with anger and, in sport, is far more frequent than hostile aggression. In both types of aggression, a target person is harmed, and the harm can be physical or psychological.

### Objective

1. To survey the Aggression level of under 14 to 17 girls footballer.

### Delimitations

1. The study was delimited to the girls footballer of Kendriya Vidhyalalya, Barwani, Madhya Pradesh.
2. The study was further delimited to the 25 girls who participated in National Championship.
3. The study was delimited to the subjects belonging to the age group from under 14 to 17 years.
4. The study was delimited on the Questionnaire of Aggression i.e. Sports Aggression Inventory by Anand Kumar and Prem Shanker Shukla.

### Limitations

1. True responses given by the subject on questionnaire may act as limitation of the study.
2. Daily routine, training age, individual differences and environmental factors may act as a limitation for the study.

### Sample

For the present study the Purposive sampling technique was employed to select the sample of twenty five girls footballer (n=25) of under 14 to 17 years of age who participated in national championship.

### Tool

The selection of suitable tools is of paramount significance in any investigation. The success of research immensely depends upon the instruments, which are used for the data collection. In the present study, the following tool was used:

- Questionnaire of Aggression i.e. Sports Aggression Inventory by Anand Kumar and Prem Shanker Shukla.

### Methods

The methodology of the study consist of selection of subjects, selection of variables, testing procedure and the technique employed for analysis of data. In this study total twenty five

footballer girls (n=25) of under 14 to 17 years of age who participated in national championship were selected. Questionnaire was distributed to the footballers and under the supervision of their coaches and the investigator the data was recorded appropriately. As per the Questionnaire manual it shows that

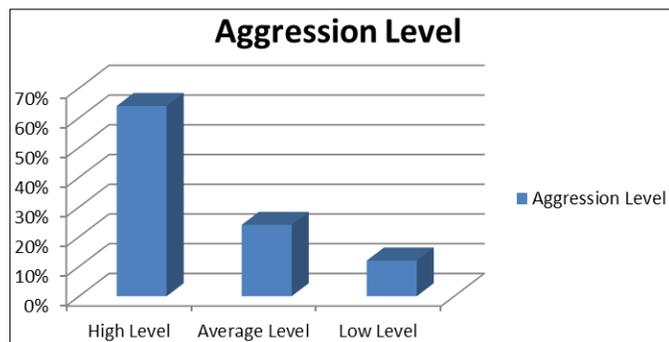
**Table 1:** Score criteria of the questionnaire

S. No	Aggression Score	Status
1.	Less than 12	High
2.	12-13	Average
3.	More than 13	Low

**Results and Discussion**

**Table 2:** Percentage table of aggression level

S. No	Percentage of Aggression	Status
1.	64%	High Level
2.	24%	Average Level
3.	12%	Low Level



**Fig 1:** Graphical representation of Aggression level

Reported results shows that 64 % of girls possess High level of aggression where as 24 % of girls consist average level and at the end only 12% of girls possess low level in Aggression. On the basis of finding the investigator can conclude that the girls possessing high level of aggression which is the demand of the game.

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