

COMPARISON OF ANXIETY, AGGRESSION, SELF CONCEPT AND MORALITY AMONG ARMWRESTLING, JUDO AND AMERICAN FOOTBALL

Dr. Praveen Kumar Singh Jadon
Head of the Department
Dept. of Physical Education & Sports
K.A. (P.G.) College, Kasganj

Abstract:

Sports participation can significantly influence an individual's psychological well-being and personality development. This research paper aims to compare anxiety, aggression, self-concept, and morality among athletes involved in three distinct combat sports: Arm Wrestling, Judo, and American Football. The study employs a cross-sectional research design, collecting data from athletes actively engaged in their respective sports. Self Concept Questionnaire by Dr. Raj Kumar Saraswat, Sports Competition Anxiety Questionnaire – A form developed by Renier Marten, Sports Aggression Inventory developed by Anand Kumar and Prem Shankar Shukla, Sports Morality Test developed by Dawn Slepahae and David Layed Shield was used to assess Self Concept, Anxiety, Aggression and morality, respectively. Statistical analyses was conducted to identify potential differences in psychological variables across the sports. The findings from this research can contribute to a deeper understanding of the psychological impact of different combat sports on athletes and offer valuable insights for coaches, sports psychologists, and educators.

Objectives of the Study:

1. The study's objective was to describe National-level players in terms of their anxiety, aggression, morality, and self-concept.
2. Another objective of the study was to examine Arm Wrestling, Judo and American Football in terms of aggression, anxiety, self-concept, and morality.

Methodology:

Selection of Subjects:

75 male National Level individuals were chosen for the study based on the following sports groupings.

Table-1

Subjects

Arm Wrestling	Judo	American Football
25	25	25

Questionnaire Used:

1. Subjects' self-concept scores were determined by using Dr. Raj Kumar Saraswat's self-concept questionnaire.
2. The individuals' anxiety levels were determined by using the Renier Marten-created sports competition anxiety questionnaire.
3. The subjects' aggression were determined by using Anand Kumar and Prem Shankar Shukla sports aggression Inventory score.
4. The subjects' morality were determined by using Dawn Slephae and David Layed Shield's sports morality test.

Statistical Analysis:

One way analysis of variance was used to compare the anxiety, aggression, self concept, and morality among players of individual, Judo, and American Football at the 0.05 level of significance.

Findings & Conclusions

The analysis of variance was used to compare anxiety, aggression, self-concept, and morality in individual, Judo, and team games. Data for these have been provided in two sections:

The features of Anxiety, Aggression, Morality, and Self Concept Belonging to Individual, Judo, and American Football are discussed in Section One.

The comparison of anxiety, aggression, morality, and self-concept across all categories is shown in section two.

Section One:**Table – 2**

Mean and Standard Deviation of Anxiety, Aggression, Morality and Self-Concept belonging to Individual, Judo and Team Games

Variables	Groups	Mean	Standard Deviation
Anxiety	Individual	19.75	2.77
	Judo	19.40	2.91
	Team	19.65	2.56
Aggression	Individual	70.15	4.18
	Judo	69.35	3.19
	Team	69.45	4.03
Morality	Individual	13.55	2.01
	Judo	11.40	2.14
	Team	12.40	2.46
Self Concept	Individual	161.30	24.87
	Judo	175.70	15.79
	Team	160.25	18.51

Table-2 clearly indicates the mean and standard deviation of players belonging to Individual, Judo and Team Games. The observed mean and standard deviation of Anxiety were, Arm Wrestling, 19.75 & 2.77 ; Judo 19.40 & 2.91 ; and American Football 19.65 & 2.56 respectively. For Aggression, Arm Wrestling 70.15 & 4.18 ; Judo sports 69.35 & 3.19 ; Team Sports 69.45 & 4.03. In Morality, Arm Wrestling 13.55 & 2.01 ; Judo 11.40 & 2.14 ; and American Football 12.40 & 2.46 respectively. In case of Self-Concept, Arm Wrestling 161.30 & 24.87 ; Judo sports 175.70 & 15.79 ; and American Football 160.25 & 18.51 respectively.

Section Two:

Table – 3

Analysis of Variance of Anxiety belonging to Individual, Judo & Team Games

Source of Variance	df	Sum of Squares	Mean Square	F-Ratio
Between Groups	2	1.300	0.650	0.086
Within Groups	57	431.10	7.563	

Tab. F. 0.05 (2,57) = 3.17

It appears from the Table-3 that the obtained value of F (0.086) among Individual, Judo and American Football in relation to anxiety was less than the tabulated value (3.17) at 0.05 level, therefore null hypothesis among the Individual, Judo and Team Game players was accepted.

Table – 4
Analysis of Variance of Aggression belonging to Individual, Judo & Team Games

Source of Variance	df	Sum of Squares	Mean Square	F-Ratio
Between Groups	2	7.600	3.800	0.259
Within Groups	57	836.050	14.668	

F 0.05 (2, 57)=3.17

It appears from the Table-4 that the obtained value of F (0.259) among Individual, Judo and Team Game players in relation to aggression was less than the tabulated value (3.17) at 0.05 level, therefore null hypothesis among the Individual and Judo and Team Game Players was accepted.

Table – 5
Analysis of Variance of Morality belonging to Individual, Judo & Team Games

Source of Variance	df	Sum of Squares	Mean Square	F-Ratio
Between Groups	2	46.300	23.150	4.737*
Within Groups	57	278.550	4.887	

* Significant at 0.05 level of significance

F 0.05 (2, 57)=3.17

It appears from the Table-4 that the obtained value of F (4.737) among Individual, Judo and Team Game player in relation to morality was greater than the tabulated value (3.17), at 0.05 level, therefore null hypothesis among the Individual and Judo and Team Game players was rejected.

Table – 5.1
Least Significant Difference Post-Hoc Test of Individual, Judo and American Footballin Relation to Morality

Individual	Team	Judo	MD	CD
13.55	12.40		1.150	1.398
13.55		11.40	2.150*	
	12.40	11.40	1.00	

* The mean difference is significant at the 0.05 level.

It is evident from Table 5.1 that mean difference of Individual and Judo sports was significant. On the other hand, mean difference of individual and Judo ; Team and Judo was not significant at 0.05 level of significance.

Table – 6

Analysis of Variance of Self Concept belonging to Individual, Judo & Team Games

Source of Variance	df	Sum of Squares	Mean Square	F-Ratio
Between Groups	2	2981.100	1490.550	3.693*
Within Groups	57	23004.150	403.582	

* Significant at 0.05 level of significance

F 0.05 (2, 57)=3.17

It appears from the Table-6 that the obtained value of F (3.693) among Individual, Judo and Team Game Players in relation to self concept was greater than the tabulated value (3.17) at 0.05 level, therefore null hypothesis among the Individual, Judo and Team Game players was rejected.

Table – 6.1
Least Significant Difference Post-Hoc Test of Individual, Judo and American Footballin
Relation to Self Concept

Individual	Team	Judo	MD	CD
175.50	161.30		14.20*	12.7
175.50		160.25	15.25*	
	161.30	160.25	1.05	

* The mean difference is significant at the 0.05 level.

It is evident from table- 6.1 that mean difference of Judo and Individual ; Judo and Team was significant at 0.05 level. Mean difference of Individual and Judo was not significant at 0.05 level of significance.

Discussions

The analysis of the data revealed that the anxiety, aggression of Individual, Judo & Team Game players did not differ significantly. This may be attributed to the fact that anxiety is more or less related with the experience of the players and all the players were having more or less same experience. Almost all the players in different games need a good level of controlled aggression and hence their nature of game have not brought any difference.

Results of the study showed that significant difference was found among Individual, Judo and American Footballin relation to Morality and Self Concept. This might be due to the reason that the sportsman belonging to all the three categories of sports uses different types of tactics i.e. negative and positive. These tactics require different types of moral values and self concept.

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