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COMPARISON OF DEFENSIVE AND OFFENSIVE MALE FOOTBALL PLAYERS OF UTTAR PRADESH ON AGGRESSION AND ANXIETY

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Abstract:- The purpose of this study was to study the comparison of aggression and anxiety among defensive and offensive male football players of Uttar Pradesh. For the purpose of the study, two groups namely defensive and offensive male football players who have participated in senior national (Santosh trophy) tournament from Uttar Pradesh. Sports competition anxiety questionnaire (SCAT) of Renier Marten & Sports Aggression inventory questionnaire developed by Anand Kumar and P.S. Shukla were selected to collect the data. The anxiety questionnaires were administered to each player prior to the competition. Whereas aggression questionnaires were distributed to each football player for their response immediately after the competition. To find the significance difference between defensive and offensive male football players on anxiety and aggression, the 't' ratio was applied. The level of significance was set at .05. The result revealed that there is no significant difference between defensive and attacking football players in anxiety. The result also revealed that there is a significant difference between defensive and attacking football players in aggression.

Keywords: Aggression and Anxiety , Male Football Players , behavioural science .

INTRODUCTION:

Psychology as a behavioural science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators.

Anxiety is a state of mind in which the individual responds to some event that is going to occur. Anxiety may be a motivating force or it may interfere with successful athletic performance. As a positive motivating force, it can be instrumental in motivating the athlete to work harder to find new and better ways to improve performance, and to help to set goals. The athlete who uses his anxiety in this way will seek out ways to improve himself. This not only reduces his anxiety, but helps him to increase his athletic skills and his self confidence.

Sports may be arranged in a scale according to the intensity and type of aggression inherent in each. 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. Many sports however require that individual aggression within structured rules and specified conditions.

METHOD

Thirty male football players who participated in Senior National tournament (Santosh Trophy) on behalf of Uttar Pradesh state were selected as subjects for the study. Thirty subjects were classified into defensive and offensive groups; each group consisted of fifteen subjects. The age of the subjects ranged between 17 to 25 years.

The anxiety score of the subjects was obtained by using Sports Competition Anxiety Questionnaire – A form developed by Renier Marten. The questionnaire had fifteen statements out of which five were spurious questions which had been added to the questionnaire to diminish response bias towards the actual test items. These five statements were not scored. Every statement had three possibilities i.e. (a) Hardly ever (b) Some times (c) Often. The ten test items which were taken for scoring purpose were 2,3,5,6,8,9,11,12,14,15 and spurious items not scored were 1,4,7,10,13. In order to find out the competition anxiety of the subjects, the scores on the above mentioned items were added.

Comparision Of Defensive And Offensive Male Football Players Of Uttar Pradesh On Aggression And Anxiety

The aggression score of the subjects was obtained by using Sports Aggression Inventory developed by Anand Kumar and Prem Shanker Shukla. This inventory consisted of 25 items, in which 13 items are keyed 'Yes' and rest of 12 are keyed 'No'. The statement which are keyed 'Yes' are 1,4,5,6,9,12,14,16,18,21,22,24,25 and the statement which are keyed "No" are 2,3,7,8,10,11,13,15,17,19,20 and 23. Scores obtained by each subject on each statement was added up which represent one's total score on Aggression. Scores was added separately for defensive and offensive players.

In order to compare the Anxiety and Aggression of Defensive and Offensive groups 't' test was applied. The level of significance was set at .05

FINDINGS

**TABLE – 1
SIGNIFICANCE OF MEAN DIFFERENCE IN ANXIETY OF
ATTACKING AND DEFENSIVE PLAYERS**

Group	Mean	DM	σDM	't' Value
Attacking	20.66			
		-0.266	0.68	0.38
Defending	20.4			

Not significant at .05 level of confidence. 't' value required to be significant at .05 level with 28 degree of freedom is 2.05

**TABLE – 2
SIGNIFICANCE OF MEAN DIFFERENCE IN AGGRESSION OF ATTACKING AND DEFENSIVE PLAYERS**

Group	Mean	DM	σDM	't' Value
Attacking	13.2			
		.933	0.38	3.8*
Defending	14.1			

*Significant at .05 level of confidence. 't' value required to be significant at .05 level with 28 degree of freedom is 2.05

DISCUSSIONS OF FINDINGS

The findings of the study showed that there is insignificant difference between defensive and attacking football players in anxiety. This might be due to the fact that in modern football, the concept of the game has shifted to total football i.e. there is no fixed position of the players during the course of the game, but specific responsibilities are assigned to each player. Due to these factors, players regularly shift from attack to defence according to the need of specific situation in the game.

Significant difference between defensive and attacking football players in aggression. This might be due to the fact that in today's game the defenders go for over-lapping and support the front line players in scoring goals and some times defensive players score goals themselves. Moreover, the defensive players have to be more aggression in their approach that is due to their responsibility in the game. The defensive players in order to prevent the opponent from scoring the goals have to perform hard tackles and spectacular saves.

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