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BEHAVIORAL PATTERN AMONG THE PLAYERS OF FOOTBALL,  
BOXING AND WRESTLING



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Short Profile

Sanjit Sardar is working as an Associate Professor at G.G.V. Bilaspur, Chhattisgarh.



**ABSTRACT:**

The purpose of the study was to investigate the behavior of players of Football, Boxing and Wrestling. 300 subjects were selected randomly from the players playing contact games of State/National Level Competitions. An equal number of subjects i.e. 100 each were taken from the above mentioned games. To measure aggression, Aggression Questionnaire constructed by BUSS and PERRY (1992) was administered and to measure violence, The Maudsley Violence Questionnaire constructed by JULIAN S. WALKER (2005) was administered. The psychological test was

administered at a place with no distraction or minimum distraction. All the tests were administered one after the other with the equal number of samples. Throughout testing, the researcher was tried to follow the same time schedule. To determine the significant differences among different players of Football, Boxing and Wrestling games, Analysis of Variance was applied with the help of SPSS software. The level of significance was set at .05 level of confidence. Aggression and violence behaviour of football players found significantly higher than others.

**KEYWORDS**

*Aggression, Violence.*

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**INTRODUCTION :**

Societies are becoming highly concerned with the performance of athletes at the national and the international arenas and celebrate athletic success and bestow attention, trophies of gold and great riches upon victors. Courage and skill are no more the only criteria determining the very outcome of sporting events, other characteristics including commitment, teamwork and many other qualities associated with desirable social character are demonstrated on fields, tracks, and courts world-wide.

'Star' athletes, particularly males playing popular team sports, are often venerated by other students, their peers and their local communities, becoming core members of a school's "in-crowd" (Bissinger 1991; Coleman 1961; Holland and Andre 1994). Similarly, non-athletic friends of popular athletes tend to share elevated social status and gain membership in more exclusive peer groups (Eckert 1989). There is usually an element of sustained suspense, until the end of the sporting physical activity. The uncertain outcome provides the opportunity for participants to demonstrate their physical skills and prowess. Furthermore, the suspense also adds to the excitement and enjoyment of game (McPherson et al., 1989: 17). According to Snyder and Spreitzer (1983: 12) "the term sport, derives from the Middle English verb sporten,... sport is historically associated with a sense of "tuning aside", "distraction", - amusement and giving pleasure". The idea of competition in sport was not as important as it is nowadays (Gerber & Morgan, 1979: 82). Competition is a social process whereby individuals or groups compare themselves with others using some agreed-upon criteria for evaluation. The environment in which a child competes – the social context as described by Sherif (1976) – determines whether the effect of the events encountered during the competitive process is positive or negative. According to Boxill (1993: 25) the most controversial and perhaps the most intelligible characteristic of society is that of "competition". "Competition is seen to be driven by selfish motives and involves competitors treating others as means, as enemies to be defeated, or as obstacles thwarting one's victory or success – all of which are to be removed by any means possible".

Freud (1950) stated that, aggression is an inborn drive similar to sex or hunger. Konrad Lorenz (1966) who later extended Freud's hypothesis posited that, discharging instinctual aggression in a positive societal context (competitive games and sports) satisfies a basic human need. Dollard et al., (1939) hypothesized that, aggression is a universal reaction to frustration. Hence, the theory's name, Frustration-Aggression. This theory suggests that, frustration, the blocking of goal directed behaviour creates a drive to aggress against a person or subject. Violence, in relation to sport, consists of a breach of the rules by those practicing in the sport in question, or in a breach of the public order by the players. Specialists rightly distinguish between violence in sport (violence engaged in by sportsmen) and violence associated with sports (violence by players in and outside the stadia).

**Methodology:** The study has been designed to investigate the behaviour of different types of players playing Football, Boxing and Wrestling games with regard to the selected variables of Aggression and Violence.

**Selection of Subjects:** The sample was consisting of 300 subjects (players).The subjects were selected from the players at State/National Level Competitions. An equal number of subjects i.e. 100 each were taken from the above mentioned games.

**Selection of Tools:** To measure aggression, the Aggression Questionnaire constructed by Buss and Perry (1992) was administered and to measure violence, the Maudsley Violence Questionnaire constructed by Julian S. Walker (2005) was administered.

**Test Administration:** The psychological test was administered at a place with no distraction or minimum distraction. The test instructions were read out to the subjects and questions, if any, was answered. All the tests were administered one after the other with the equal number of samples. Throughout testing, the researcher was tried to follow the same time schedule.

**Collection of data:** The test instruments were administered by the researcher to the players playing body contact games. Clear instructions were given by the researcher about the questionnaire in which they are going to filled up before distributing to make sure of accurate completion of the instruments and assure to them confidentiality of their answers. The players were reminded that, their participation as a subject while filling up the questionnaire was voluntary and all their responses will be kept confidential and they were all appreciated and thanks for their valuable time.

There were five (5) answers of a single statement. The participants were asked to rate each of the following statements in terms of how extremely uncharacteristic or extremely characteristic to them. So they were told to tick ( )mark to only one answer in which they generally feel or react from the following statements. There is no right or wrong answers. It is very important for this research project that, your response for each item by putting a tick ( )mark in the below of the box where you feel suitable. And the Aggression Questionnaire is divided into four factors which are as given below:

1. Physical Aggression of 9 items.
2. Verbal Aggression of 5 items.
3. Anger of 7 items.
4. Hostility of 8 items.

So, all the answers were accorded scoring as per the key.

- 1= extremely uncharacteristic of me.
- 2= somewhat uncharacteristic of me.
- 3= neither uncharacteristic nor characteristic of me.
- 4= somewhat characteristic of me.
- 5= extremely characteristic of me.

The total score for Aggression is the sum of the factor scores.

5 x 9 items of Physical Aggression = 45

5 x 5 items of Verbal Aggression = 25

5 x 7 items of Anger = 35

5 x 8 items of Hostility = 40

Total score of 29 items of the Aggression Questionnaire = 145.

So the range of the score of Aggression varies in between 1 to 145.

**Statistical Design:** To determine the significance differences among the different players of three contact games i.e. Football, Boxing and Wrestling. Analysis of Variance was applied. Further Bonferroni Post-hoc test was used to find out the paired mean differences with the help of SPSS computer software. The level of significance was set at .05 level of confidence.

**Analysis of Data:**

The table represents the Aggression of Football, Boxing and Wrestling.

Type of Games	Behaviour		Sum of Squares	df	Mean Square	F
BODY CONTACT GAMES	PHYSICAL AGGRESSION	Between Groups	364.327	2	182.163	7.532*
		Within Groups	7182.590	297	24.184	
	VERBAL AGGRESSION	Between Groups	46.140	2	23.070	2.309
		Within Groups	2967.340	297	9.991	
	ANGER	Between Groups	54.720	2	27.360	1.801
		Within Groups	4513.050	297	15.195	
	HOSTILITY	Between Groups	105.047	2	52.523	3.084*
		Within Groups	5057.870	297	17.030	

The above table depicts that, Physical Aggression among the behaviour of contact games players differs significantly with the F value of 7.532, whereas the Verbal Aggression and Anger show no differences. In the case of Hostility it has significant differences with the F value of 3.084 among the behaviour of players as per as contact game is concerned.

Post Hoc Tests see the direction of differences.

Type of Game	Dependent Variable	(I) Name of Game	(J) Name of Game	Mean Difference (I-J)	Std. Error	95% Confidence Interval	
						Lower Bound	Upper Bound
Contact Game	Physical Aggression	BOXING	Football	-2.40000(*)	.69547	-4.0744	-.7256
			Wrestling	-.13000	.69547	-1.8044	1.5444
		FOOTBALL	Boxing	2.40000(*)	.69547	.7256	4.0744
			Wrestling	2.27000(*)	.69547	.5956	3.9444
		WRESTLING	Boxing	.13000	.69547	-1.5444	1.8044
			Football	-2.27000(*)	.69547	-3.9444	-.5956

The above table reveals that, the behaviour of the Physical Aggression of Boxing players differ significantly from the Football players with the mean differences of -2.4 and the behaviour of Physical Aggression of Football players shows significant differences from Boxing and wrestling players with the mean difference of 2.4 and 2.27 respectively. Physical Aggression in Wrestling differs significantly with the Football players with the mean differences of -2.27.

Table represents the Violence behaviour of Football, Boxing and Wrestling.

Type of Game	Behaviour		Sum of Squares	df	Mean Square	F
Contact Game	ACCEPTANCE OF VIOLENCE	Between Groups	67.647	2	33.823	8.809*
		Within Groups	1140.340	297	3.840	
	MACHISMO	Between Groups	191.660	2	95.830	9.764*
		Within Groups	2914.820	297	9.814	

Above table shows that, the behaviour of Acceptance of violence among the players of Contact Games is differs significantly with the F value of 8.809, where as the behaviour of violence in Machismo among the players of Contact Games is also shows significant differences with the F value of 9.764. In the case of Contact Games the violent behaviour of the players of Machismo shows more significant differences from the violent behaviour of Acceptance of violence.



Post Hoc Tests to see the directional differences of mean.

Type of Game	Dependent Variable	(I) Name of Game	(J) Name of Game	Mean Difference (I-J)	Std. Error	95% Confidence Interval	
						Lower Bound	Upper Bound
Contact Game	ACCEPTANCE OF VIOLENCE	Boxing	Football	-.370	.277	-1.04	.30
			Wrestling	.770(*)	.277	.10	1.44
		Football	Boxing	.370	.277	-.30	1.04
			Wrestling	1.140(*)	.277	.47	1.81
		Wrestling	Boxing	-.770(*)	.277	-1.44	-.10
			Football	-1.140(*)	.277	-1.81	-.47

The above table depicts that, the behaviour of Acceptance of violence of Boxing players differ significantly from the Wrestling players with the mean differences of .770 and whereas the behaviour of Football players in the acceptance of violence also shows significant differences from the wrestling players with the mean difference of 1.140.

In the case of Wrestling player's behaviour the acceptance of violence shows significant differences from the behaviour of boxing players and football players with the mean differences of -.770 and -1.140 respectively with their counter parts.

Bonferroni Post Hoc Tests to see the directional differences of mean.

Contact Game	Dependent Variable	(I) Name of Game	(J) Name of Game	Mean Difference (I-J)	Std. Error	95% Confidence Interval	
						Lower Bound	Upper Bound
Contact Game	MACHISMO	Boxing	Football	-1.720(*)	.443	-2.79	-.65
			Wrestling	-.050	.443	-1.12	1.02
		Football	Boxing	1.720(*)	.443	.65	2.79
			Wrestling	1.670(*)	.443	.60	2.74
		Wrestling	Boxing	.050	.443	-1.02	1.12
			Football	-1.670(*)	.443	-2.74	-.60

The table reveals that, the behaviour of Machismo of Boxing players differs significant from the behaviour of Football players with the mean differences of -1.720, as in the case of the behaviour of Football players of Machismo shows significant differences from the behaviour of Boxing and Wrestling players with the mean differences of 1.720 and 1.670 respectively. The Wrestling players' behaviour in Machismo also shows significant difference from the Football players with the mean difference of -1.670.

**CONCLUSION:**

the study may be concluded, as the football players have found to be more aggressive and



accepted the violence than their counter parts of boxing and wrestling players as far as body contact games are concern.

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