

International Multidisciplinary
Research Journal

Golden Research
Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Welcome to GRT

RNI MAHMUL/2011/38595

ISSN No.2231-5063

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Janaki Sinnasamy Librarian, University of Malaya	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Anurag Misra DBS College, Kanpur	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, IasiMore
Titus PopPhD, Partium Christian University, Oradea,Romania		

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra Maulana Azad National Urdu University
	Sonal Singh, Vikram University, Ujjain	

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.aygrt.isrj.in

A STUDY OF AGGRESSION AND MENTAL TOUGHNESS AMONG UNIVERSITY BASKETBALL PLAYERS



Zamirullah Khan
Professor, Department of Physical Education, Aligarh
Muslim University, Aligarh India.

Co - Author Details :

Anwar Ali² and Naseem Khan³

²Research Scholar Aligarh Muslim University, Aligarh India.

³Mumtaz P.G. College Lucknow, Lucknow India.



ABSTRACT

The purpose of this study was to compare of aggression and mental toughness among Basketball players of All India Intersarsity championship,(Men and Women). For the design of the study, 100 (50 men & 50 women basketball players) were randomly selected from All India Intersarsity championship as the subject of the study. Aggression inventory questionnaire constructed and standardized by Prof. Anand Kumar Srivastava & Mental toughness questionnaire prepared by Dr. Alan Goldberg. The data were analyzed by applying descriptive statistic i.e. mean, standard deviation and t-test. The significance level was set at 0.05. The

findings of the study showed that there is no substantial significant difference in mental toughness and aggression between Men and Women basketball players.

KEYWORDS : *Aggression, Mental Toughness Basketball players.*

INTRODUCTION :

All over the world, the concept of sports psychology was changed. Today, players face sharp and unique challenges. The competition standards are higher, the competition. They involve mental images, thought patterns, one's mind and physical conditioning. If one has trained more and better, his present capacity will be higher than the one who has trained less or less well. Recent research has proved that mental toughness is largely important to achieve success in sports. It is a quality, which differentiates the winner from the loser, the champion from the rest of the field. Basically, sportsmen with mental toughness have the ability to raise their game to the highest level at crucial moments in a match. This also implies that the mental toughness gives them the necessary focus and ability to concentrate on the goal.

Mental toughness is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the players. Aggression among human is as old as the human race. Aggression is defined as the deliberate to harm another person. This includes physical, psychological as social harm is the primary focus. On the other hand, highly tough behavior within the rules of the games is not aggression. In this

modern era of competition the psychological preparation of a team is as much important as teaching the different skill of a game on the scientific line. The team are not only to play the games, but to win the games & for running the games, it is not only the proficiency in the skill which bring victory, but more important is the will, spirit, desire of the player which they play & perform their best in the competition. There are studies from western countries which reveal differences in performance among men and women players, but such studies are seldom in India. The present study wanted to examine to aggression & mental toughness among university basketball players during competition of all India Intersarsity and also find out any possible difference between men and women basketball players.

STATEMENT OF THE PROBLEM:

The purpose of the study was to compare the aggression and mental toughness variables of the all India Intersarsity basketball players.

FUNCTIONING DEFINITION OF KEY TERMS

AGGRESSION:

Aggression is defined as the infliction of an oversize stimulus either physical, verbal or gestural upon one person by another". In sports psychology, the term aggression is generally defined as any behavior that is intended to harm another individual who does not want to be harmed (e.g., Baron & Richardson, 1994).

MENTAL TOUGHNESS:

It is an ability to constantly sustain over the ideal performance state during an adversity in competition. It is also being defined as that unshakable perseverance and conviction towards some goal despite pressure or adversities. R. Weinberg and S. Forlenza (2012) he defined mental toughness is a view embedded in a multidimensional framework that includes personal characteristics e.g., winning attitude, handling pressure, concentration and situations (e.g., playing environment, injury, or mental and physical preparation).

SIGNIFICANCE OF THE STUDY

The study might help the players & coach to analyze the level of Aggression and mental toughness. The knowledge of the aggression and mental toughness will help the coach to handle the players of the team in a better way. The study would help to prepare and/or modify the psychological training program, according to the level of the players. The method adopted for selection of subject administration and scoring of the questionnaire and the statistical procedure used for analyzing the data are described.

METHODOLOGY AND MATERIALS

SUBJECTS:

For the purpose of this study one hundred (100) Basketball players (Men= 50, Women = 50), who represented in All India Intersarsity (Men, Satayabama University, Chennai and Women, Banasthai University, Jaipur, India) basketball competitions, were considered as subjects. Their age ranged from 18 to 28 years.

TOOL:

The data were collected for all the subjects by administering the Aanad Kumar Srivastava

Sports Aggression Inventory and Dr. Alan Goldberg (1995) mental toughness Questionnaire. Mental toughness questionnaire consists of 60 items measuring the mental toughness in four areas i.e. Handling pressure, concentration, mental rebounding and winning attitude. Sports Aggression Inventory questionnaire consist of 25 items. These were only True/ False or Yes/No reply option in this mental toughness and aggression questionnaire and subjects have tick only one choice.

PROCEDURE:

The questionnaire was administered to the subjects during All India Intersivity basketball tournaments. Prior to data acquisition, investigators contacted team managers, captains & coaches to seek permission to collect the data of the subjects on the psychological variables. After acquiring consent questionnaires were administered to the subjects.

STATISTICAL ANALYSIS:

The data thus collected were statistically analyzed by using statistical package for the Social Science (SPSS) version 16.0 software. The data were analyzed by applying descriptive statistic i.e. mean, standard deviation and t-test. The significance level was set at 0.05

RESULTS AND DISCUSSION:

Table.1
Descriptive Statistics on Comparison of aggression All India Intersivity (Men and women) basketball players.

Variable	Groups	N	Mean	S.D
Aggression	All India Intersivity Men	50	12.9	3.09
	All India Intersivity Women	50	12.76	2.49

The above table 1 revealed that the mean score of all India Intersivity men & women basketball players are 12.9 and 12.76 respectively. The standard deviation of all India Intersivity men is 3.098 and all India Intersivity women is 2.49.

Table.2
Independent "t" test on Comparison of aggression between All India Intersivity (men and women) basketball players

Variable	Groups	N	Mean	S.D	d.f	t- value
Aggression	All India Intersivity Men	50	12.9	3.09	98	0.40
	All India Intersivity Women	50	12.23	2.49		

t- Value from table of 98 at 0.05 level of degree is 1.98.

From the table 2, it is evident that the obtain t-value is 0.402 which is not significant at 0.05 level with df = 98. Since the value is much lesser than table value 1.98. It may be said that there is no difference in relation to aggression among all India intervarsity men & women basketball players.

The graph depicting the mean aggression all India Intersarsity (men and women) basketball players are shown below.

Fig.1 Graph depicting the mean aggression all India Intersarsity men and women basketball players.

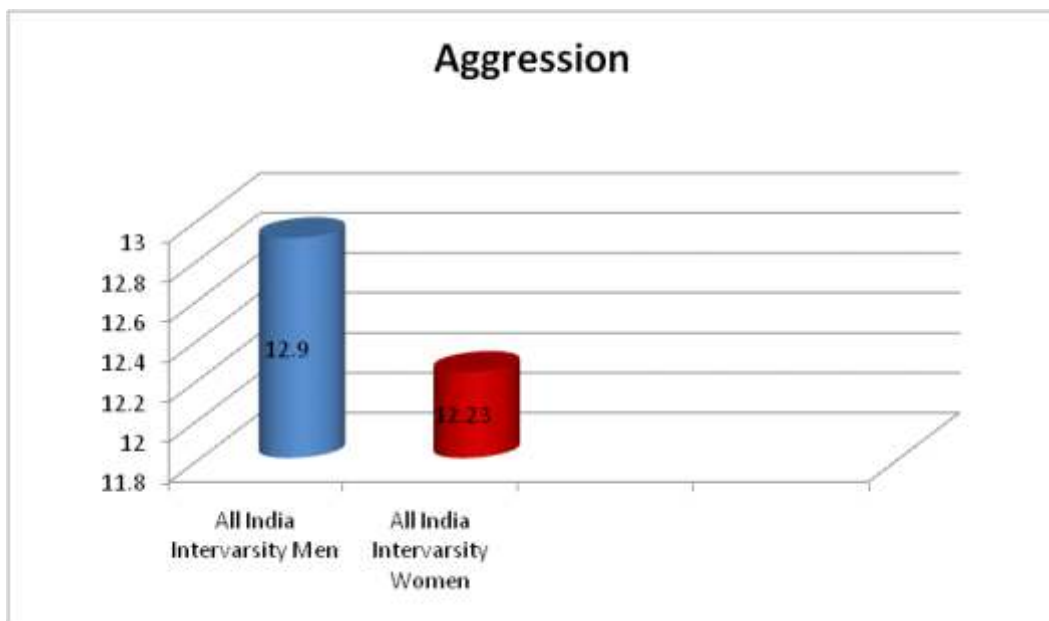


Table. 3

Descriptive Statistics on Comparison of mental toughness amongs all India Intersarsity (men and women) basketball players.

Variable	Groups	N	Mean	S.D
Mental Toughness	All India Intersarsity Men	50	19.6	3.34
	All India Intersarsity Women	50	18.23	3.71

The above table 3 showed that the mean score of all India Intersarsity men & women basketball players are 19.6 and 18.23 respectively. The standard deviation of all India Intersarsity men basketball player is 3.34 and their counter part is 3.71.

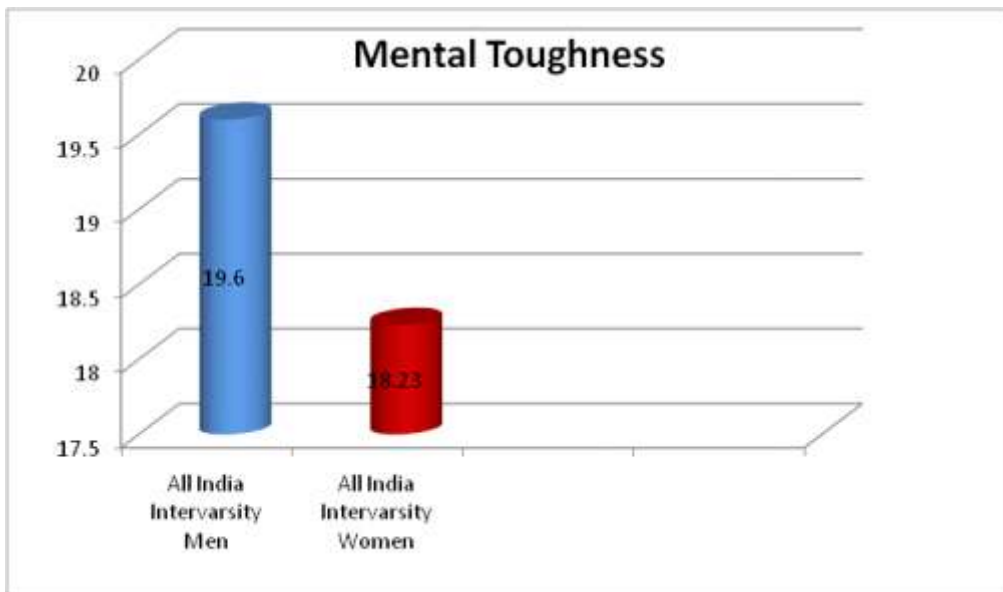
Table.4
Independent "t" test on Comparison of mental toughness all India Intersarsity (men and women) basketball players.

Variable	Groups	N	Mean	S.D	d.f	t- Value
Mental Toughness	All India Intersarsity Men	50	19.6	3.34	98	0.97
	All India Intersarsity Women	50	18.23	3.76		

t- value from table of 98 at 0.05 level of degree is 1.98.

From the table 4, it is evident that the obtain t-value is 0.97 which is not significant at 0.05 level with df = 98. As the value is much lesser than table t-value 1.98. It may be said that there is no difference in relation to mental toughness among Inter zone men and women basketball players. The graph depicting the mean mental toughness all India Intersarsity (men and women) basketball players are shown below.

Fig.2 Graph depicting the mental toughness of all India Intersarsity Men & Women basketball players.



CONCLUSIONS:

The study showed that there was no significant difference between the aggression of all India Intersarsity basketball players (Men and Women). This clearly reveals that all India Intersarsity basketball players' men and women required similar quantity of aggression as they involve themselves for various competitions. It also revealed that there was no significant difference on mental toughness among of the All India Intersarsity basketball players (Men and Women). This finding also supports the findings as M. K. Ali and Naseer (2013) found that there was no significant difference between aggression and mental toughness of the armed force sportsperson and civilian sportsman.

BIBLIOGRAPHY

1. Baron, R. A., & Richardson, D. R. (1994). *Human aggression* (2nd ed.). New York: Plenum.
2. Brayant J. Cratty. (1968) *Psychology and Physical Activity*, (New Jersey: Englewood Cliffs, Prentice hall Inc. P.15.
3. Buss, A. H. (1961). *The psychology of aggression*. New York: Wiley.
4. Chantal Y, Soubranne R, Brunel P.C. (2009). Exploring the social image of anabolic steroids users through motivation, sportpersonship orientations and aggression. *Département STAPS, Faculté des sciences, Université de Limoges, Limoges, France*, 19(2):228.
5. Dimmock, Gordon and Gucciardi (2000) *Advancing Mental Toughness Research and Theory Using Personal Construct Psychology*. *American Journal of Physical education*, 25 (4):674-639.
6. G. Jones, (2002) "What is this thing called mental toughness? an investigation of elite sport performers", *Journal of Applied Sport Psychology*, vol. (14), Issue (3), pp. 205–218.
7. Glyn C. Robert et al., (1986) *Experience Nine – Aggressive Begue in Sports Psychology*. PP. 71-73.
8. Golby J, Sheard M, Lavallee D (2003) *A cognitive-behavioural analysis of mental toughness in national rugby league football teams*. University of Teesside, School of Social Sciences & Law, Middlesbrough, England, 96 (2), pp.455-62.
9. Gucciardi D.F. (2011) *The relationship between developmental experiences and mental toughness in adolescent cricketers*. School of Human Movement Studies, University of Queensland, Brisbane, Queensland, Australia. *Journal of sports and exercise Psychology*, Vol,33, (3):370-93.
10. J. Tapp, (1991) "Mental toughness," *Referee*, vol. 16, pp. 44–48.
11. John M. Silva and Robert S. Weinberg. (1984) *Psychological Foundation of Sports*, (Champaign, I.L.): Human Kinetic Publisher, Inc.
12. L. Crust and P. J. Clough, (2005). *Relationship between mental toughness and physical endurance Perceptual and Motor Skills*, vol. (100). No.(1), pp. 192–194.
13. M. Sheard. (2009) "A cross-national analysis of mental toughness and hardiness in elite university rugby league teams 1," *Perceptual and motor skills*, vol. (109), Issue. (1), pp. 213–223, 2009.
14. M.K., Ali, Naseer & D.S. Thokechom (2013) *Comparison of aggression and mental toughness between armed force sportsmen and civilian sportsmen*. *Academic sports scholar*, Vol (2), Issue (3), pp 6-8.
15. P. John M. Silva and Robert S. Weinberg. (1984) *Psychological Foundation of Sports* Champaign, Illinois: Human Kinetic Publisher, Inc., P. 102.
16. R. Thelwell, N. Weston, and I. Greenlees (2005) "Defining and understanding mental toughness within soccer," *Journal of Applied Sport Psychology*, vol. 17, no. 4, pp. 326–332.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.in