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**COMPARATIVE STUDY OF AGGRESSION EFFECTS ON YOUNG
AND ADULT ATHLETES IN FAISALABAD, PAKISTAN.**

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**KEYWORDS: Aggression, Athletes, Gender, Differences, Comparative, Young,
and Adult.**

ABSTRACT

Comparative study was conducted to compare the aggression level among young and adult athletes of both genders. Population of the research was male and female athletes from the different colleges, Universities and sports clubs of Faisalabad (Punjab) Pakistan. Sample

size conveniently selected was 120 (66 Male and 54 Female). Range of age for young athletes from both genders and category varied between 12 to 18 years and adult athletes between 20 to 30 years. [Buss & Perry](#) Aggression scale was used to measure aggression and reliability of scale. The Reliability Coefficient Cornbrash's Alpha was 0.814). Results of multivariate analysis of the varia (Independent T-Test) were $t=9.02$ and $\alpha p<0.03$. Percentage was used for showing the difference between aggressive behavior of young and adults' athletes. Male athletes scored higher on the aggression scale than female. There was significant aggression difference between male and female athletes. Male athletes are more aggressive as compared to female athletes with ($t=9.86$, and $p<0.02$) in aggression.

MAIN FINDINGS

Main findings of the study were that aggression was observed in young and adult athletes of Faisalabad Pakistan. Male and female both genders were prone to aggression during sport competitions. Young athletes scored higher on aggression scale as compared to adults. In female comparatively aggression was lesser than male athletes. In individual and team sport aggression negatively affect the achievement levels of participants.

IMPLICATIONS OF STUDY

Findings of study will help the coaches and managers of team and individual events to critically evaluate the performance results of sportsmen. Psychologists and counselors attached with teams will set their objectives in light of the results and recommendations of the study. Behaviors, self-talk and self-thought are essential parts of sport competitions and it may harm the main objective of sport and competitions. Guidelines of the study will help a lot to remove conflicts and rivalries among the players to get rid of aggression and tense situations in sport competitions.

NOVELTY

Although research was carried out on basis of secondary yet there is lot of new material and results to follow for future researchers. No study has been conducted on the young and adult athletes facing aggressive situations in sport competitions. In present study other than that opposite gender was also examined and properly tested. Sport and games are broader and expended disciplines and future researchers may opt to conduct study in any specialized field or event.

INTRODUCTION

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. ... Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is to achieve a goal by using aggression ([Fatima H, et al, 2017](#)). Aggression in a sporting environment falls within the area of social psychology. Whether it's seen on the field as a defensive tackle line up to protect his quarterback ([Basiaga-Pasternak J, et al, 2020](#)). Aggression is seen throughout sports. Sometimes in a crowd's reaction to on-field activity, and sometimes simply as part of a sport. However, many of the sporting behaviors we often believe to be

aggression are actually not classified as such and are miss-classified by commentators and forecasters. Aggression attempts to harm other by body organs, words instruments ([Pradhan, S, et al, 2019](#)). The aggression is term used in many ways, it is mostly used for fight, any kind of behavior that harm or injury others is called aggression. The term Aggression originates from Latin word "Aggression" which means assault or attack. In simple words aggression can be defined as hurt, harm or pain given to others. A Person's Anger is best understood as emotional state that varies from mild annoyance to severe ([Shin, A Y, et al, 2010](#)). Aggression is the behavior that is performed with intent to injure another person as well as inherited can be either physical or verbal. People believe that aggressive behavior in sports play a positive role for player's performance but sports psychologists did not agree with the statements because aggression is kind of frustration and frustration blocks to achieve goals ([Shachar k, et al, 2016](#)). So many times, aggression is planned to achieve some personal goal or revenge, in this way athlete attempts to injure other athletes, because of some previous clashes'/conflicthistory with athletes. Healthy aggression can help a team out-physical an opponent, generate crowd enthusiasm, and create anxiety within the minds of the opponent ([Gardner F. L, et al, 2012](#)). Unhealthy aggression does the opposite in that it leads to penalties, suspensions, unnecessary injuries, and possibly legal consequences. Aggression is seen throughout sports ([Bhardwaj. S, et al, 2013](#)). Sometimes in a crowd's reaction to on-field activity, and sometimes simply as part of a sport. However, many of the sporting behaviors we often believe to be aggression are actually not classified as such and are miss-classified by commentators and forecasters ([Muhammad H, 2019](#)). Self-control has an important role in the regulation of aggression in sport. Individuals with low self-control tend to show more aggressive behaviors. Self-control seems to aid the regulation of ruminative thinking patterns in athletes. Self-control skills training may be a key for decreasing aggression in sport ([Spielberger, C D et al, 1983](#)). Direct aggression. When there is actual physical contact between performers. The 'aggressor' uses physical contact to deliberately inflict harm on. opponent. As frustration on field (or off) often leads to hostile aggression this can heighten levels of physical arousal which can be productive to improved performance in some sports or take them out of their zone of optimum functioning for arousal ([Shachar K, et al, 2016](#)). In sport, as in any interpersonal context, intentional behaviors that typically have positive or negative consequences for others occur. ... Examples in sport are lending equipment to an opponent; helping another player off the floor; and encouraging, supporting, or congratulating a teammate. Being aggressive is often defined as establishing one's rights in a way that violates or ignores the rights of others: In other words, getting your own way at other people's expense. Aggressive behavior often involves putting people down, making them feel guilty, intimidated, small, incompetent, foolish or worthless ([Sofia R et al, 2017](#)). Many athletes use aggressive behavior to pressurize other athletes; in this way, the opponent athlete may be mentally disturbed which may harm his/her performance ([Crane, 1983](#)). Boys were found to be more physically and verbally aggressive than girls but girls proved to be more aggressive indirectly ([MacMullin, 1995](#)). During aggressive communication, you stand up for yourself in a way that is inappropriate and may violate the rights of others. 2 You may find that people seem exhausted,

overwhelmed or drained after talking with you when you are in an aggressive state. Aggression among athletes is common in recent days world-wide and various researchers have conducted studies to point out the causes and consequences of aggression on sportsmen. Significant difference was found between the mean scores of gender differences in the younger and adults' athletes. A study was conducted to check the violent and non-violent behaviors among 300 male athletes ([Tenenbaum G, et al, 1997](#)). The breakdown of percentage showed that verbal aggression 26.3%, physical aggression 19%, psychological aggression 27.7% and cheating 4%. 77 percent athletes reported that in the sports violent behavior does occur ([Buss A H et al, 1957](#)). On Australian football and Hockey players, this approach was used to observe sanctioned aggression, thrill, power and anger behavior among players because Football and Hockey players often behave aggressively for several reasons during competition and outside of the training. The conclusion of the research indicates that for gaining excitement athletes behave and competitive advantage aggressively outside of the sanctioned aggression, which otherwise they will not be able to in a non-contact competition. Silva (1980) indicates a comparative study on effects of the different sports on aggressive behavior of athletes; study was conducted to compare two types of instrumental and reactive aggression in contact and non-contact sports. Results of study shows that competition increases aggression in all sample. Aggression undermines athletic performance because aggressive athletes deviate his/her focus from goal achievement against the opposing player and this deviation causes an interruption in competition. A study was conducted on 305 male and female athletes from different team and non-team participants, AR scale was used to assess aggression, results shows that no significant difference between gender, sports type or the competitive level was recorded on the other hand scores of the provocations and the aggression rumination were correlated significantly ([Sonderlund A L, et al, 2014](#)). In the investigation of Stephen, (2004), results have depicted that female athlete were more aggressive than third counterparts in general population. Results shows that female athletes scored higher on the verbal irritability scale and on the other hand male scored high on measures of indirect aggression within the players group. When female athletes play multiple sports activities as compare to single sport, they will show more aggressive behavior. In another research study researchers studying role of aggression among badminton players of interuniversity level, sample size 150 badminton players who represented inter university tournament was selected for study. Aggression was measured by using SAI scale and share significant experienced because the badminton players having average level of the aggression.

RESEARCH METHODOLOGY

Athletes playing different sports like (badminton, hockey, football, basketball, tennis and volleyball) at college, university and club level in Faisal Abad (Punjab) Pakistan were population of the study. A sample size of 120 with '66' Male and '54' Female athletes from different college, university and sports clubs in Faisalabad was conveniently selected from the targeted population. Age range of young athletes was 12 to 18 years and adult athletes between 20 to 30 years. Athletes below and above-mentioned age were excluded from the

study sample. Data collection approval was taken from Ethical Sports Management Committee and duration of data collection was almost one month after approval. Self-designed Demographical data collection tool was used to collect information from participants. [Buss & Perry](#) aggression questionnaire which measurement included 29 items (4-categories): physical aggression (9-Q), verbal aggression (5-Q), anger (7-Q) and hostility (8-Q), reliability coefficient Cornbrash's Alpha = 0.814) was used, the collected data analyzed through SPSS for calculating aggression level of study participants.

OBJECTIVES

Main objectives of the study were: -

1. To check aggression in male young athletes.
2. To check aggression in young female athletes.
3. To check aggression in adult male athletes.
4. To check aggression in adult female athletes.
5. To compare aggression levels of young male and female athletes.
6. To compare aggression levels of adult male and female athletes.

HYPOTHESES

1. Ho1. There is no effect of aggression on young male athletes.
2. Ho2. There is no effect of aggression on young female athletes.
3. Ho3. There is no effect of aggression on adult male athletes.
4. Ho4. There is no effect of aggression on adult female athletes.
5. Ho5. There is no significant difference between the aggression level effects in young male and female athletes.
6. Ho6. There is no significant difference between the aggression level effects in adult male and female athletes.

RESULTS

Results of the study on the basis of collected data is presented in below tables.

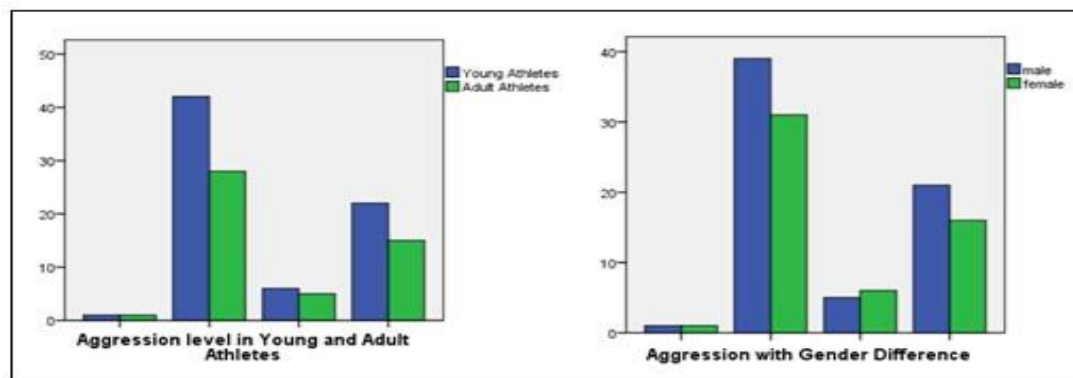
Table No: 1. Aggression with Gender Difference

N		Mean		T	Df	Sig.	95% Confidence Interval	
Male	Female	SE. M	M.D		SD		Lower	Upper
66	54	0.46	0.45	120	1.45	0.02	0.36	0.54

Table No: 2. Aggression of Young and Adult Athletes

N		Mean		T	Df	Sig.	95% Confidence Interval	
Young	Adult	SE. M	M.D		SD		Lower	Upper
				120	1.41			

		0.045	0.40		0.49			
71	47			9.06	119	0.03	0.32	0.50



The figure shows that there is a highly significance difference between young and adult athletes/ gender difference.

DISCUSSION

Main objectives of this study were to examine aggression and aggressive behavior of young and adult both gender athletes and compare difference in aggression behavior of young and adult athletes of both genders. According to results there was significant difference in aggression behavior of young and adult athletes as well as male and female athletes. Results of the present study is at par with the most of the studies of the literature. The present research results are in line with the results of Silva (1980), Kerr and Grange (2010), Stephen (2004), and contradictory to the findings of Maxwell (2004) researches. A Young athlete is more aggressive than adult athletes. Aggression has negative results which inclines the youngsters towards misbehavior, crime, social maladjustment and so many other behavioral ill-adjustments. In this study, results shows that there is significant difference between aggressive behaviors of young and adult athletes, results confirmed that higher aggressive behavior score was present in young athletes as compared to adult athletes. It was also found that male young and adult athletes were more aggressive as compared to female athletes.

CONCLUSIONS

Keeping in view the objectives and hypotheses the study was carried out. Results of study depicts that aggression was observed in both the categories and genders. All the six hypotheses of the study were rejected. Aggression was present in all the sample studied. It was found that in both the young and adult athletes' categories more aggression was observed in male athletes as compared to female athletes. More aggression was there in young athletes as compared to adult athletes.

RECOMMENDATIONS

Researchers recommend below recommendations: -

1. During competitions in conflicts must be resolved immediately.
2. Proper psychological training must be provided to all athletes.
3. At grassroot level prompt counseling of players must be carried out.
4. Personal and team problems must be timely addressed.
5. Motivational and encouraging seminars must be arranged to tackle with anxiety and aggression.
6. Parents, teachers and community must be involved in conflicts resolutions.

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