

**AGGRESSIVE BEHAVIOR IN FIELD SOCCER PLAYERS:**  
**A COMPARATIVE STUDY**

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**Abstract**

Sports involve extremely complex behavioral issues. As a consequence of intense competition sportsman's behavior may undergo important changes. The aim of the present study was to determine the aggressive behavior in soccer players at different levels of competition. The present study conducted on 300 male soccer players who were divided into three categories according to three different levels i.e. inter-region, intervarsity and all India intervarsity level. Aggression of the players was measured by using Aggression questionnaire of Kumar & Shukla (1988). The results of the study revealed that all India intervarsity players had lower level of aggression and inter-regional players had higher level of aggression amongst the groups.

Key wards: Aggression, Level of performance, and soccer.

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## *Introduction*

Today's in competitive sports, mental preparation of an athlete's or a team's is as much important. In modern competitive sports the athletes and team sports are prepared not only play the game, but also win the games. Today's winning the game is not only depends upon the proficiency of the skills, tactics, physical proficiency and knowledge of rules of game which bring victory but more important is the mental preparation, the sport spirit and the attitude of the athletes with which they play and perform the best in the competition.

When aggressive energies are expressed within the rules of the sport and channeled into skill by a mature athlete, they one may witness a powerful and inspiring performance. The aggression athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent.

Aggression is often accompanied by strong negative emotional state. The emotion that we call anger is usually aroused by some provocation. Anger is most often thought of as an intervening condition that instigates, and then guides, affective aggressive behavior aimed primarily at injuring the provoking person. It is accompanied by distinctive patterns of activity in the central and autonomic nervous systems, including activation of the hypothalamus, increased blood flow to the musculature, heightened blood pressure and pulse rate, papillary dilation and decreased flow of blood to the viscera.

Aggression in sport can be caused by a number of factors. The most identifiable reasons are the rules of the game (level of physical contact), frustration, instinct, presence, arousal, environmental cues, self control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. Frustration is known to play a key role in aggression. It is the view that is innate and also something that is learned (aggression). It can occur in many different circumstances and one of those can be an athlete not achieving his or hers goal targets. Having a point disallowed or being fouled by an opponent on more than one occasion can lead to frustration. Various psychologists argues that aggression is innate and only occurs in a frustrating situation but Miller (1941) claimed to differ. He stated that it was frustration that made aggression more likely, he also stated that for one or more reasons athletes won't show this aggression in their profession. (Bredemeier, 1983) defined aggressive behavior as "the intentional initiation of violent and or harmful behavior. Violent means any physical, verbal or even non verbal offences (finger salutes), while

harmful behaviors stand for any harmful intentions or actions (bad challenges or cursing). Psychologists have distinguished two types of aggression in sport, hostile and instrumental. Hostile aggression is a participants purpose to solely harm someone physically, using their fist or elbow can fall into this category and a sporting. Instrumental aggression can be used to achieve a goal, which can be to tackle harder to gain possession of the ball i.e. rugby. It is also known as channeled aggression, the ability to turn it on and off and control there temperament and it is not associated with anger. Arousal is the activation of the system, and although too much can be detrimental my personal opinion is self control can be learned to cope with aggressive feelings. I feel an experienced athlete in their prime will have learned what it takes to be successful and also respected (sportsmanship). This will show in their game when they will show aggression but channel it into situations they know it will benefit there game and not damage their performance, but enhance it. This I believes solely based on skill level, where if skill level is high then well learned arousal behavior will be of benefit. Some athletes who are great examples are Roger Federer, Ronaldinho and Johnny Wilkinson (channel aggression in situations). Arousal may damage athlete's performance and lead to aggression if they can't control it. Examples of this can be found in young athletes and also athletes with low levels of skill. An athlete who has always used aggression will not change, but will adjust their game to channel it due to experiences.

### Materials and Methods

The samples of the present study were drawn from inter-region, intervarsity and all India intervarsity soccer players. The age of the subjects were ranged from 18 to 28 years. 300 male soccer players selected randomly as a subjects. The aggression questionnaire designed by Kumar & Shukla (1988) was used to collect the data. The data was taken from inter-region soccer tournament held at Kanpur, Intersvarsity and all India intervarsity soccer tournament held at Meerut and Jabalpur. Descriptive and inferential statistics (One way analysis of variance) were used to analyze the data. The level of significance for the study was chosen as 0.05. The players were contacted individually through their managers and coaches and requested to give their candidature response.

High score means higher aggressive behavior and low score means lower aggressive behavior.

**Results****Table I**

**Descriptive analysis of inter-region, intervarsity and all India intervarsity soccer players on aggression**

Variable	Levels	Sample	Mean	Std. Deviation
Aggression	Inter-region	100	18.30	3.38
	Intervarsity	100	15.92	3.47
	All India Intervarsity	100	12.94	4.69

It is observed from the table that the mean value (18.30) of Inter-region soccer players is higher than the mean value of Intervarsity (15.92) and all India Intervarsity (12.94) soccer players.

**Table II**

**ANOVA table on aggression**

Variable	Source of Variance	Degree of Freedom	Sum of Squares	Mean Square	F-Ratio
Aggression	Between Groups	2	1442.480	721.24	47.47*
	Within Groups	297	4512.000	15.19	

\*: Significant at 0.05 level

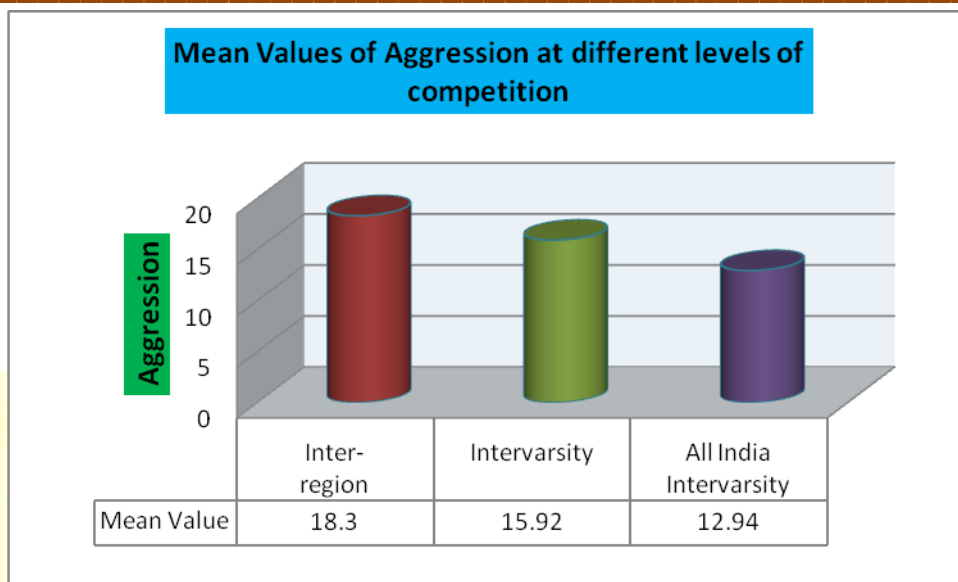
$F(2,297) = 3.03$

It is seen from the above table that the resultant value of F- ratio (47.47) is greater than the tabulated value of F-ratio (3.03). That means significant difference exists between All India Intersarsity, Intersarsity and Inter-region players on Aggression. To further analyze which level of players have high and low level of Aggression, Pair wise mean comparison analysis will be done by using Least Significant difference (LSD) test.

Mean Value			Mean Difference	CD at 5% level
Inter-region	Intersarsity	All India Intersarsity		
18.30	15.92		2.38*	1.07
18.30		12.94	5.36*	
	15.92	12.94	2.98*	

\*: Significant at 5% level

The mean difference comparison of soccer players on Aggression has been presented in the above table. It is observed from the above table that the mean difference between Inter-region and intersarsity (2.38); Inter-region and All India Intersarsity (5.36) and Intersarsity and All India Intersarsity (2.98) are significant at obtained critical difference ( $CD_{.05} = 1.07$ ).



### Discussion and Conclusions

Pair wise means comparison analysis indicated that the value of mean difference between Inter-region and All India Intervarsity (5.36) was more than both groups i.e. mean difference of Inter-region and intervarsity (2.38); Intervarsity and All India Intervarsity (2.98). So it was concluded that inter-region players had higher and All India intervarsity players had lower level of aggression among the groups. The outcome of the study revealed that aggression and performance inversely propositional to each other. The results of the study with the line of the study of Rani and Mathana (2010) examine the level of competitive aggression between school and college level Volleyball players. Analysis of aggression showed a significance difference between them at 0.05 levels. He concluded that college volleyball players to be less aggressive than school volleyball players. Mudimela (2010) studied the impact of level of participation on psychological factors such as aggression, anxiety, achievement motivation and performance. Six hundred and twenty-five soccer players representing three different levels, inter-university, inter-district, inter-collegiate, constituted the sample of the study. Significant differences were found among three levels of participation with regard to aggression achievement motivation and performance only. Aggression and achievement motivation contributed significantly to performance whereas anxiety is found to have negative impact on the performance.

Kumar and Chandrappa (2011) studied to find out the difference exist in anxiety and aggression among the athletes and non-athletes. The result of the study found significance

difference between athletes and non-athletes, athletes are more aggressive and anxiety than non-athletes.

Sidhu, Singh and Singh (2011) Investigated to compare the anxiety and aggression level among the university level male and female athletes. The results revealed that the male athletes had significantly greater aggression as compared to the female athletes.

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