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ANALYSIS OF AGGRESSION, FRUSTRATION AND STRESS AMONG FOOTBALL HOCKEY AND KHO-KHO MEN PLAYERS

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dr.k.usharani@gmail.com**Abstract**

The purpose of the study was to find out the analysis of aggression, frustration and stress among football, hockey, and Kho-kho men players. To achieve this purpose fifteen players from each team were selected as subjects winner of the inter physical education tournament team were selected. The age of the subjects range from eighteen to twenty nine. The subjects were selected from Annamalai University inter physical education Tournament. The data were collected through the standardized smith's questionnaire for sporting aggression was used to score the aggression of men players. The standardized questionnaire of Everly and Girdno's was used to measure the psychological stress. . The standard psychological tool by chauchanb and tiwaris questionnaire was used to measure the level of frustration. The one way analysis of variance was used to find out the significant difference in aggression, Frustration and Stress among Football, Hockey and kho-kho men players. It was concluded that the football, hockey and kho-kho university men players show insignificant difference in aggression. The football, hockey and kho-kho university men players show significant difference in frustration. The football, hockey and kho-kho university men players show significant difference in stress.

Keyword: aggression, frustration, stress, football, hockey, kho-kho

Introduction

Education is the main form to create a strong nation also for the healthy nation. Without education man cannot create a better person. Education is creating you mental and physical strong. Physical fitness comprises two related concepts: general fitness, a state of health and well-being, and specific fitness, task-oriented definition based on the ability to perform specific aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, and enough rest. The

physical fitness components which define an athlete and an average person are different. For an athlete, skill related components of physical fitness like speed, agility, balance, coordination, reaction time and power are considered. However, for an average person, there are majorly 5 components of physical fitness which can be considered. It is important that a health program consists of these components. The most important components of physical fitness are: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility,

and Body Composition. The Indian football association (IAF) was established in Calcutta in 1893, but did not have a single Indian on its board until the 1930s. In January 2011 India played in the 2011 Asian cup which was the first time India has played in the Asian cup for 24 years. India were knocked out in the group stage which contained South Korea, Australia and Bahrain. The history of the game of hockey has its roots well laid in the world's early civilizations. One of the oldest known sports, the game is believed to be in existence about 1200 years before the Ancient games of Olympia. One of the major tributes of a successful animal life is "active chase" which is a cardinal principle of the Indian game known as kho-kho, synonymous with phrase "Game of chase". The Deccan gymkhana of Pune, so named and baptised by the great Indian leader Lokmanya Tilak drafted the first ever rules and regulations which symbolised the metamorphosis of the game soon to follow. The first ever all India championships were organised at Vijay Wada in 1959-60 under the auspices of kho-kho federation of India. Then Mumbai province won the championship under the leadership of Rajabhai Jester who was a champion player, expert commentator and redoubtable coach made in one. 1960-61 featured women's championships for the first time.

Methodology

The purpose of the study was analysis of aggression, frustration and stress among football, hockey, and kho-kho men players. To achieve this purpose fifteen players from each team were selected as subjects winner of the inter physical

education tournament team were selected. The age of the subjects range from eighteen to twenty nine. The subjects were selected from Annamalai University inter physical education Tournament. The one way analysis of variance in aggression among Football, Hockey and kho-kho men players.

Test

Questionnaire Used

The standardized Smith's questionnaire for sporting aggression was used to score the aggression of men players. The test consists of four questions with five levels of responses. The level changes from strongly disagree, to strongly agree. The standardized questionnaire of Everly and Girdno's was used to measure the psychological stress of university level men players. There were fourteen statements relating to various situations of life. There were four levels of responses almost always true, usually true, seldom true, the subjects were made to mark a tick in the column which ever response the person felt was true to his nature. The standard psychological tool by Chauchanb and Tiwari's questionnaire was used to measure the level of frustration among football, hockey, and kho-kho men players. The list consists of forty interesting questions. Each question contained six answers very much, much, ordinary, less and not at all. The respondents made a tick in the appropriate column.

Results and Discussion

The one way analysis of variance in aggression among Football, Hockey and kho-kho men players is presented in Table-1.

TABLE-1

COMPUTATION OF ONE WAY ANALYSIS OF VARIANCE AGGRESSION OF FOOTBALL, HOCKEY AND KHO-KHO MEN PLAYERS.

(Score in Point)

Sources Of variance	Degrees Of Freedom	Sum of Squares	Mean Squares	Obtained 'F' ratio	Table Value
Within Group	44	3693.87	83.95	2.2999*	3.21* *
Between Group	2	386.13	193.065		

* insignificant * * Required table value at 0.05 level of confidence 3.21.

Table -1 reveals that the obtained 'F' value of 2.299 was insignificant at the 0.05 level. The required table was 3.21 at the degrees of freedom 44 and 2. This indicates that the football, hockey, kho-kho men players show

insignificance difference in aggression level. Hence the hypothesis was accepted. The one way analysis of variance in frustration among football, hockey and kho-kho men players is presented in table 2.

TABLE -2

COMPUTATION OF ONE WAY ANALYSIS OF VARIANCE FRUSTRATION OF FOOTBALL, HOCKEY AND KHO-KHO MEN PLAYERS

(Score in Point)

Sources Of variance	Degrees Of Freedom	Sum of Squares	Mean Squares	Obtained 'F' ratio	Table Value
Within Group	44	14640.27	332.73	6.79*	3.21* *
Between Group	2	4517.73	2258.865		

* significant * * Required table value at 0.05 level of confidence 3.21.

Table -11 reveals that the obtained 'F' value of 6.79 was significant at the 0.05 level. The required table was 3.21 at the degrees of

freedom 44 and 2. This indicates that the university level football, hockey, kho-kho men players show no significance difference

in frustration level. Hence the hypothesis was rejected. The alternate hypothesis was accepted. The one way analysis of variance

in aggression among Football, Hockey and kho-kho men players is presented in Table-111.

TABLE-3

COMPUTATION OF ONE WAY ANALYSIS OF VARIANCE STRESS OF FOOTBALL, HOCKEY AND KHO-KHO MEN PLAYERS.

(Score in Point)

Sources Of variance	Degrees Of Freedom	Sum of Squares	Mean Squares	Obtained 'F' ratio	Table Value
Within Group	44	6904	15.690	5.595*	3.21*
Between Group	2	175.6	87.8		

* significant **Required Table value at 0.05 level of confidence 3.21.

Table -3 reveals that the obtained 'F' value of 5.595 was significant at the 0.05 level. The required table value was 3.21 at the degrees of freedom 44 and 2. This indicates that the university level football, hockey, kho-kho men players show significance difference in stress level. Hence the hypothesis was rejected. The alternate hypothesis was accepted.

Conclusion

Within the limitation and delimitation the following conclusions were drawn. The football, hockey and kho-kho university men players show insignificant difference in aggression. The football, hockey and kho-kho university men players show significant difference in frustration. The football, hockey and kho-kho university men players show significant difference in stress.

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