Impact Of Aggression On The Sports Performance Of Volley Ball Female Players (A Case Study Of District Sargodha)

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Abstract

This study was concentrated on the impact of aggression on the sports performance of volleyball female players. A descriptive survey research method with cross sectional approach was adopted for the study in hand. 52 Volleyball female players their age 16 to 22 years were selected as sample using Stratified sample technique. Two types of questionnaire aggression and performance scale were used to for the data collection and to measure the aggression level the aggression inventory was administered, similarly to measure the self-rating of athletic performance was administered. There was significant difference was observed between volleyball with respect to Aggression scores (t=-2.76, p<0.05) at 05% level of significance. Aggression and aggressive behavior same time out of the ethical realm of sports. The results showed that volleyball female players had higher level of aggression. The study in hand showed the link between aggression and sports performance volleyball female players is that positive winning and reinforcement the match has a good impact on the performance of volleyball female players.

Introduction
Sports have also proved to provide an environment that allows the players to emotionally express themselves and also enhance their self-awareness. Even though aggression is a persistent concern in sports, but the players are trained in a way that helps them control and manage their aggression along with other negative motivations. Various researches showed that children who regularly played sports were not as aggressive as compared to children who did not play sports keeping in view their socio-demographic background (Mahmut, et al, 2014). Roland and Stornes (2004) conducted a research to analyze to determine aggression among adolescent handball players. They found out that sports helped the players developed other social abilities through interaction and sharing. So when they play during sports, their violent instinct to exhibit aggressive behavior diminishes as they are able to channelize their energy in the game. Therefore sports players tend to be less violent as compared to those who do not play sports. Another contributing factor is the emotional imbalance, although it is not directly associated with compatibility. A direct link between anger, hostility, and neuroticism has been inferred, whereas there as an indirect association regarding the sub-dimensions of compatibility and accountability (Eryılmaz & Ögulmus 2010). It has also been observed that neuroticism hazardously influences positive attributes like cordiality, diligence, and extraversion (Sharpe & Desai, 2001). According to a study by Christopher & Craig (2012) the increase in neuroticism directly influences the rise in levels of aggression while inhibiting cordiality and diligence. Gallo & Smith (1998) supported this notion. Regardless the explanations related to aggressive behavior, there is a general consensus that it has harmful implications that not only damage the person exhibiting aggression but it also has a socially negative impact while is unacceptable. It is tolerable to acknowledge that every person has their own negative qualities that inhibit their social skills in one way or the other, but it should also be noted that health and physical education provide an atmosphere that allows the person to manage his negative behavior through a positive outlet. Thus, in order to reduce and even eradicate certain negative qualities, such a person can indulge in precautionary activities especially while the adolescent is at the apex of his social development (Kýrýmoðlu, et al 2008). (Mcgowan, et al1991) observed that after someone lifted weights or went jogging there was a decrease in aggression, depression, hostility, and emotional tension. But this was not applicable to someone who attended a karate session due to the reduced level on intensity as compared to other activities. Istanbul Provincial Directorate of National Education reported 80% deterioration in school violence indebted to increased participation in sports, social activities and other precautions (Özay, 2008). A similar study showed that non-participants of sports tend to be more angry and hostile as compared to sports participants who are also extraverted and consequently lesser aggressive and neurotic. Subsequent studies have supported these propositions through methodological and research sampling. Where aggression is related to an explicit action that is physical or verbal with a physically or psychologically injurious intention, Silva & Weinberg (1984) termed person-against-person aggression “asextropunitive behavior”. This type of aggression is not accidental, and the aggressor is under control of his behavior with the conscious intention to harm the other person. Aggression proves to be both positive and negative in sports. But aggression is mostly considered to be a negative trait, although aggression might considerably
enhance the performance of the player in sports (Widmeyer & Birch, 1984). When the player plays a sport within the atmosphere of sports adhering to rules and regulations it is considered as assertive behavior (Bredemeier, 1994). The player is not to motivate to injure the rival team even though the environment is intense. On this basis sports aggression can be categorized as instrumental and hostile (Silva, 1983). Instrumental aggression is aimed towards the achievement of a goal, whereas hostile aggression is aimed towards harming the opponent. For instance, in handball aggression the player is focused on tackling the ball rather than injuring the opposing team”s player. Aggression is commonly found among animals. This aggressive behavior might originate as a reaction to being provoked, or even without aggravation. Usually human aggression roots from the frustration that rises out of obstacles in the way of attainment of a goal (Praveen, 2015). Aggression can be contrasted with submission. When someone does not show submissive behavior, then he may attack the opponent to injure him (Dollard et al., 1939, Bredemeier, 1983) with the possibility to divulge a toxic incentive (Kaufman, 1970). The harmful intention is essential for the frustration to take the form of aggression. But defensive or destructive behavior cannot be categorized as aggression.

Statement of the problem
On this basis sports aggression can be categorized as instrumental and hostile (Silva, 1983). Instrumental aggression is aimed towards the achievement of a goal, whereas hostile aggression is aimed towards harming the opponent. For instance, in volleyball aggression, the player is focused on tackling the ball rather than injuring the opposing team’s player. Aggression is commonly found among animals. This aggressive behavior might originate as a reaction to being provoked, or even without aggravation. That is why the researchers select the research topic to investigate the impact of aggression on the sports performance of volleyball female players (A Case Study of District Sargodha)

Objective of the study
To find out the impact of aggression on the sports performance of female volleyball players.

Literature review
Sports ethics is determined by the judgment in that context. Actually, the act of aggression cannot be considered unethical or ethical unless the context is taken in consideration. Ethical issues may rise in the context of complicated conditions and emotional background which may lead on to another path. Code of ethics cannot provide much assistance while determining the situation (Fruchart & Rulence-Pâques, 2014). In the light of contemporary sports research, there have been many transitions along whereas many issues have also come forth. These issues include the impact of drugs, role of media, professional attitude, criminal law, judicial regulations, decreased level of tolerance, and sports commercialization. (Krishnaveni & Shahin, 2014) Contact sports like Wrestling, Judo, and Karate as well as non-contact sports like Football, Basketball, and Cricket etc. provide a context where aggression and violence are permitted. The rules of sports channelize
the higher levels of aggression without harming others which would otherwise be considered criminal beyond the sports context. During these sports games the coarse physical contact or injury cannot be avoided. Sports provide a medium to many athletes for expressing aggression where the atmosphere gives them the chance to channelize their aggressive impulses in a way that can be accepted by the society. In an organized and restricted competitive environment, the players’ aggression is considered acceptable. The combination of cultural sports ideals and masculinity form an allowable atmosphere where violence is exhibited and supported. (Benedict, 1997) In the light of competition, the aggression that leads to in good or bad performance was measured in researches through amount of fouls or penalties. For instance, McCarthy and Kelly’s research (1978a, 1978b) about ice hockey players at college level showed higher level aggressiveness among players scoring more goals as well as penalties. On the other hand, the observation by Sheldon and Aimar (2001) determined that victory in hockey was preceded by aggression. Through research observations that the amount of victories and quantity of received fouls were positively related (Andrews, 1974). Usually it has been shown that fouls given as a result of aggressive behavior to win in hockey although this may be true in certain contexts (Gee & Leith, 2007). Volley ball provided the parallel results where one study showed the losing team had lesser penalties than the winning team (Albrecht, 1979). The competition of sports cannot be legitimized for high levels of aggression although a few sports permit a portion of aggression inflicted on „victims”. Warburton, W. A., & Anderson, C. A. (2015) provided insight to the comprehension of aggression in the light of external social impacts or outcome of aggravating someone by chanting, spreading rumors or making upsetting comments. Usually the victims of aggression are athletes as well as females, new participants, administrators, and targets for racial discrimination. Testosterone and fluctuation in hormonal levels also influences the level of aggression and moodiness in humans (Katherine Simpson, 2001). Krishneveni & Shahin (2014) pointed out gender differences also contribute to aggression in different ways. Behavioral changes studied in Evolutionary Psychology evolve with the passage of time for the sustenance of species and their gene pool which subsequently influences gender differences. The finger digit ratio has become a new market for aggression linked to several personal traits. This theory suggests higher aggression levels in a man whose index finger is shorter than his ring finger. Apart from evolutionary aspects, the environmental also influences the mood and state of mind of humans e.g. weaponry, alcohol, drugs, steroids, temperature, noise etc. lead to rise in aggression. In order to let out the built-up frustration, Krishneveni & Shahin (2014) proposed The Catharsis Effect through which the frustration can be purged when a certain goal is not accomplished. This can be done in different ways like verbally venting, letting out the anger on an inanimate object e.g. a punching bag. If the aggressor lets out this aggression on another human being, it cannot be tolerated because it shall only result in further aggression. Therefore it can be deduced that aggression does not decrease by catharsis but rather it only increases through short-tempered behavior. Generally athlete’s act of aggression proves to be a distraction that leads to poor performance. Not only does this individually affect the player but it also distracts the whole team. It has been observed through researches that teams that poorly perform in sports are inclined to display more aggressive behavior and it gets
more gruesome if the game already incorporates aggression in its rules. This aggression may be influenced by various situation aspects like higher temperature, reaction to an opponent’s harmful intention, the victim’s dread of such reaction, tougher level of competition, score gap, rivalry surfacing from familiarity, and inflated ego leading to decreased focus on the goal of the game. (Cox 2011) These situation factors can be dealt with for instance the intake of cooling drinks can reduce the aggression levels by decreasing the temperature. Baron and Bell (1976) performed some laboratory experiments which showed the curvilinear relationship between performance levels and environmental temperature. The performance will increase with the increase in temperature up to a limit after which there will be a decline. Praveen (2015) suggested that a player who suspects his opponent’s harmful intention tends to be more aggressive e.g. in rugby the opponent’s high physical energy and rough behavior can throw the player off due to the perceived intention that the former may harm him. In such cases, the player avoids to purge his aggression on the “Enforcer” i.e. the largest, toughest, and sturdy defender of the opponent team out of terror and respect that he might show a counter-aggressive reaction. Some players enjoy the thrill of counter-aggression while others completely evade it. The element of victory plays a fundamental role in sports and enhanced professionalism flourishes on the spirit of victory. The usual reason behind indulging in sports, including enjoyment and a fair match, is reduced. Consequently, it has been suggested by research that when the player is focused on defeating others, rather than improving himself, it is more likely to build up aggression and the harmful intention. Regrettably, sometimes this situation is aggravated by coaches and players by encouraging this aggression in the pursuit of victory. Overall, when the frustration of an athlete is channelized in the form of aggression with the intention of harming others, it distracts them from attaining their actual goal and hinders the efficiency of their performance. This extreme condition of provocation combined with frustration is anticipated to lead to improved performance. (Gershon, T et. al., 1987). It is possible to control sports aggression if the players, administrators, coaches, and parents wish to do so. But sometimes aggression is not dispirited and it is even applauded by some coaches to add thrill to the environment, entertain the audience, increase ticket sales, and intimidate opponents. This behavior tends to influence all the members participating in the sports event which poorly influences them by promoting a culture of aggression. Praveen (2015) proposed various strategies for parents, administrators, coaches and players to reduce aggression in sports.

**Theoretical framework**

<table>
<thead>
<tr>
<th>INDEPENDENT VARIABLE</th>
<th>Correlation</th>
<th>DEPENDENT VARIABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Aggression</td>
<td>Regression</td>
<td>Performance of the Volley Ball</td>
</tr>
</tbody>
</table>

**Hypothesis of the study**

There is significance impact of regression on the performance of volley ball female players.
Method and martial

This study was concentrated on the impact of aggression on the sports performance of volleyball female players. A descriptive survey research method with cross-sectional approach was designed to investigate the problem in hand. Stratified sampling technique was applied to carry out the study, 52 volleyball female players; (their age 16 to 22 years). Formula; Handball n= N/1+ne²
N=60/1+60* (.05)², n=60/1.5, n=52.17, n= 52. Aggression and sports performance adopted questionnaire were used for the data collection; to measure the aggression level the aggression inventory was administered. To measure the self-rating of athletic performance was administered. The researchers distributed the questionnaire among the female volleyball players and advise them to fill the questionnaire within 7 or 8 days. After a week the researcher collects back the filled questionnaires. The data analysis the researcher used correlation and regression test. The result of the study in hand show that there was significant difference between Volleyball with respect to Aggression scores (t=-2.76, p<0.05) at 05% level of significance.

Data analyses

Association between aggressions on the performance of volleyball female players

Table No 1.1

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>r</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggression</td>
<td>52</td>
<td>.587**</td>
<td>.000</td>
</tr>
</tbody>
</table>

The Table 1.1 indicates the relationship between aggressions on the performance of hand ball players. The table shows that the relationship between aggression on the performance of hand ball female players is positive (r = .587) and significant (P = .000 & lt; .05). Thus, the research hypothesis stating that there is significant relationship between aggressions on the performance of hand ball players is hereby accepted.

Regression Model

Table No 1.2

<table>
<thead>
<tr>
<th>IV</th>
<th>R</th>
<th>R²</th>
<th>Adj R²</th>
<th>B</th>
<th>F</th>
<th>Sig</th>
<th>Durbin-Watson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggression</td>
<td>.587</td>
<td>.483</td>
<td>.481</td>
<td>1.345</td>
<td>456.6</td>
<td>.000</td>
<td>2.76</td>
</tr>
</tbody>
</table>

Dependent variable: Aggression on the performance of hand ball players
The Table 1.2 indicates regression model of Aggression on the performance of hand ball and volleyball players. The regression output indicates that there is significant impact of Aggression on the performance of hand ball and volleyball players (t= 2.76 P=.000<.05). The table indicates that $R^2 = .483$ which indicates that Aggression explain 60% variance in the performance of hand ball and volleyball players. The $+B$ value indicates that one-unit increase in independent variable (Aggression) then 1.098 SD unit will increase in dependent variable (on the performance of hand ball players). Durbin Watson test was used addressed the autocorrelation issue in the data. The table indicates that value of Durbin Watson is falls in acceptable range (DW=2.56). The acceptable range of Durbin Watson test fall in-between 0 to 4 so there is no issue of autocorrelation in the data which fulfill the assumption of regression.

**Overall performance of the hand ball female players Table # 1.3**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Level</th>
<th>Frequency</th>
<th>%age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall of the Female player in aggression</td>
<td>V. Poor</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>22</td>
<td>42.230</td>
</tr>
<tr>
<td></td>
<td>Adequate</td>
<td>21</td>
<td>40.383</td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td>9</td>
<td>17.307</td>
</tr>
<tr>
<td></td>
<td>V. Good</td>
<td>1</td>
<td>1.923</td>
</tr>
</tbody>
</table>

Table 1.3 shows that the volley ball team players 0 percent response was poor 42.230 adequate 40.383 good 17.307 very good with the statement overall performance of player in aggressiveness and adequate 17.307 good 17.307 and V. Good 1.923 with the statement overall performance of player in aggressiveness which are highly significant

**Discussion of the Study**

This study was concentrated on the impact of aggression on the sports performance of volley ball female players. The relationship between aggression on the performance of hand ball female payers is positive ($r = .587$) and significant ($P = .000$ & lt; .05). The regression output indicates that there is significant impact of Aggression on the performance of hand ball and volleyball players (t= 2.76 $P=.000<.05$). Thus, the research hypothesis stating that there is significant relationship between aggressions on the performance of hand ball payers is hereby accepted. The same study was conducted by Albrecht (1979) Volley ball provided the parallel results where one
study showed the losing team had lesser penalties than the winning team. The study analyzed by Özay (2008). that non-participants of sports tend to be more angry and hostile as compared to sports participants who are also extraverted and consequently lesser aggressive and neurotic. According to a study by Christopher & Craig (2012) the increase in neuroticism directly influences the rise in levels of aggression while inhibiting cordiality and diligence. Roland and Stornes (2004) conducted a research to analyze to determine aggression among adolescent handball players. They found out that sports helped the players developed other social abilities through interaction and sharing. So when they play during sports, their violent instinct to exhibit aggressive behavior diminishes as they are able to channelize their energy in the game.

**Conclusion of the Study**

This study was focused on the impact of aggression on the sports performance of volley ball female players. A descriptive survey research method was employed to investigate the problem. Single One hypothesis was formulated to investigate the object of the study. Descriptive research design was adopted of the current study. There are two main variables of the study aggression and sports performance. The relationship between aggression on the performance of hand ball female players is positive \( r = .587 \) and significant \( (P = .000 \text{ & lt; .05}) \). The regression output indicates that there is significant impact of Aggression on the performance of hand ball and volleyball players \( (t= 2.76 P=.000<.05) \). Thus, the research hypothesis stating that there is significant relationship between aggressions on the performance of volley ball payers is hereby accepted. The present was delimited to Sargodha Punjab Pakistan and the factors like positional play, level of competition, officiating aberrations etc. were not taken into consideration. It was recommended that a similar kind of the study may apply for different age group and different games. A similar kind of study may apply with aggression and other psychological factors, like anxiety, motivation, self-confidence and performance. It is suggested that the aggressive players might be inclined to unruliness which coincides with research proposing angry people are more like to take risky decisions

**References**


Christopher, B., & Craig, A. (2012). Direct and indirect relations between the Big 5 personality traits and aggressive and violent behavior, personality and individual differences The Jornal of Sci Verse, 52, 870-875


