COMPARISON OF COMPREHENSIVE ANXIETY AND AGGRESSION AMONG INDIVIDUAL AND TEAM GAME PLAYERS

A Dissertation Submitted to the

Department of Physical Education

In partial fulfillment of the requirement for the award of degree of

Master of Physical Education

By

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2015

DECLARATION

I do hereby declare that the dissertation entitled "Comparison of comprehensive anxiety and aggression among individual and team game players" submitted in partial fulfillment of the requirement for the award of the degree of Master of Physical Education. It is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

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CERTIFICATE

This is to certify that Mr. Balbir Singh has completed this dissertation entitled "Comparison of comprehensive anxiety and aggression among individual and team game players" under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for the submission for the partial fulfillment of the requirements for the award of Master of Physical Education degree.

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ABSTRACT

The purpose of the present study was to compare the comprehensive anxiety and aggression among individual and team game players. Individual games (Boxing. judo, and weight lifting) team games (kho-kho, Handball and Baseball). The total number of sample 60 for the this study, 30 individual game players and 30 team game players were selected as subjects whose represent the inter-university. Data was collected by using well reliable and valid tools. The comprehensive anxiety questionnaire developed by "Sinha and Sinha" (1980). And the aggression inventory constructed by M.K Sultania (1957) for used the collection of data. The t-test was used for the calculation and analysis of data. The calculated t-value 1.3018 found less than the tabulated value which shows statistically no significance difference in relation to anxiety among individual and team game players. For aggression the calculated 't' value 3.0175 found greater than the tabulated value which shows the statically significant difference among individual and team game players which proves that the individual game players are more aggressive as comparison to team game player.

Key words: comprehensive anxiety and aggression.

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INTRODUCTION

In today's life, everyone wishes to be on the top and do extremely well and to attain top form. To be the best in the field which one have chosen, it is a worth ambition which an individual lead. One can continue to go ahead toward increase standard and personal growth. Sport psychology is the science of human's behavior during the physical activity as well as competitions; its objective is to pick up the performance of athlete. Sports Psychology is mental factor that affects on the sports performance by managing emotion and minimize the mental affect like injure and poor performance. The psychological variable like anxiety and aggression as the representation of fear, tension, stress, anger and hostile behavior is a factor effective in sportsman's performance. Educational sports psychology deals with emotional factors that influence on sports performance of an individual. Sports psychology is a division of psychology expected at better preparing the brain of an athlete for opposition.

An individual may experience general or specific anxiety when faced the some stressful situation. In the field of sports, there are many situations which produce anxiety ridden behavior that have many implications for the players. Most of the time many athlete and players below possible pressure or extra anxious about falling to come to the social expectation than, which might happen to them during performance. For example the player may face unexpected defeat from a dreadfully team which lead to failure anxiety fear expressed in such situation is the fair of failure. The failure anxiety is related to the individual's perception of social consequences of the relative success of failure or situation. There is also a feeling of social embarrassment due to failure in sports; especially in a highly competitive sports the player anxiety s more related to subsequent result of game or getting reward than to his felling about getting injured or any other physical harm. Agyajit singh (2004)

Anxiety is negative disturbing state in which feeling of nervousness, fear, tension, stress take place. Whenever the player with discomfort to some event however anxiety can occur in different condition such as cognitive and somatic in nature. Somatic is a physiological aspect and cognitive is a mental component of anxiety and it's caused by negative on individual and team game player. In which the person Self-talk at a times leads to continues and take a feelings of nervousness, tension fear etc. So the performance of the player can amount success if the coaches

and the trainers starts to give more attention to the player's performance and then bring modification or transform with partial amounting to success. Anxiety as a normal observable fact does not act as a drive or energizer to achieve or to perform. A moderate amount of anxiety energizes the individual and there by improve performances but as a pathological phenomenon it impairs the ability to think and act freely. Moderate levels of anxiety appear to work best that is the individual who evidences moderate concern for the performance threat, in a situation in able to leave out irrelevant stimuli and it can be there and react to essential stimulus in situations. Under high levels of anxiety, the individual begin to narrow attention too much and also displays attention in flexibility. There are frequent other situations and feelings that are likely to activate anxiety in athletes. In some athletes too many success prove anxiety producing.

Apprehension disturbs psycho physical execution of the human being innumerous ways. Anxiety is a personality characteristic of responding to certain mode of a stress syndrome of responses. Nervousness is one of the negative touching state in which the sportsman take the feeling of nervousness then he become in a stress condition and cannot compete the game. The reason behind of this statement the anxiety fully damages the player because of his nervousness and tension etc. A sportsman participating in individual events is found to be more experienced to anxiety as compared to those of group or team players. A real danger can be deal to our body by a system for example; anxiety motivates us to prepare for a big performance.

It is manageable by following a plan of helpful suggestion. It is also different from typical uneasiness, because it is more forceful, more disruptive, more troubling. Anxiety is present in everyone, yet few will openly admit to its occurrence. in spite of the kind of aggression by a player, the amount of aggression is usually determined by the level of frustration produced by the particular location competitions can be frustrating particularly when we lose. But even in an undecided contest, frustrate can arise from the anxiety of anticipate possible beat and the demands upon one's behaviour created by the competitive conditions. The abovementioned description of anxiety apparently shows that optimal anxiety is necessary for optimum performance; however, the rough pressures exerted by the modern life and work set-up leads to the optimal anxiety levels of the human population in general, pushed away from its optimal limits more often. The impact of crossing the optimal restrictions of anxiety is

detrimental to cognitive performance in humans. This invoke a significant need for intervention that can be adopted by the human population in general to manage their anxiety within the optimal levels that can survive the uneven demands and pressures generated by modern life and by this means ensure consistently excellent cognitive performance.

Many anxiety traverses in people often protest of a general loss of interest and inability to focus or think. Anxiety has a chronological relationship with achievement. The level of anxiety evidenced prior to assessment may be different form of arousal during examination. Anxiety itself is a physiological and psychosomatic state that can be characterized by cognitive, somatic, behavioral and expressive components. These combined components create repulsive feeling associated typically with uneasiness and causing fear. Anxiety is an inclusive mood or state that occurs without particular triggering stimulus. A normal reaction to stress may help a person in dealing with difficult situations. Feelings or memories that are perceived as threatening can also evoke anxiety reactions as willingly as real dangers in the external world. Since perceived threat mediate the relationship between a stressor and the intensity of an anxiety reaction, anxiety states vary in intensity and fluctuate over time as a function of the amount of perceived hazard.

Anxiety is an inauguration of departure structure. The scheme planned to keep one safe from any harm when no danger is expected. The fight or flight system causes a number of physical changes that would help you respond to a predator or threat if one was present, but can be stressful when they occur without that danger. Most community feel anxious and nervous from time to time when they faced certain situation such as taking an exam, speaking in public or going for a job interview. At that time a certain level of anxiety can help group feel alert and focused .But when the symptoms of anxiety in physical is too great, they may seriously interfere with your ability to compete. It's a serious condition that makes it hard for a person to cope with daily life. We all feel anxious from time to time but for a person experience uneasiness and these feelings cannot be easily controlled. Anxiety plays an important role in sports and games. Anxiety is careful as an important phenomenon in motor performance. Anxiety, especially the state type, plays a significant role in the motor performance of individuals. Modification of these natural properties may have to be done with some care.

The word aggression is used to characterize the behavior of the individual we say that the people are aggressive when the harmful responses such as anger injuries or rough performance during the game of the goal and desire. Aggression represents the anger and hostile behavior whenever during the game the referee suggested the penalties to the player that time the aggression were viewed Collective aggressive behavior is prevalent in sport, particularly among crowds of spectators.The appearance of aggression can occur in a number of ways, including verbally, mentally and physically.The aggression or aggressive behavior play a big role in different sports or game it may be according to the nature ofgame some time it gives good result and sometime its effect very harmful and it directly effect on the athlete performance. Aggression or aggressive behavior plays a vital role in different sports or games according to nature of activity. Some time it gives good results and sometimes its result very dangerous. Some time the aggression directly effects on the sportsman's performance due to that they cannot give the optimum performance in the game and sports.   Conventional wisdom argues that act on aggression on the part of an athlete will constitute a distraction and result in a decrement in performance. Not only are aggressive acts on the part of an individual distracting to the individual, but they are likely to be disturbing to the team as a whole. altaf hussan bhatt (2010).

In fact many forms of aggressive behaviour are accepted and even promoted, often aggression is a part of game. Aggression in sports may also occur simply because a lot of people are highly activated in conditions that are likely to produce negative judgments if failure is experienced or perceived. Psychological factors like aggression can affect the performance of an individual and of the whole team. The problems of aggression have been considered important in all area of human activity including sports. Aggression need to be regulated and appropriately to be applied in each sports for achieve the goal and desire .Aggression is more boisterous in games it may be helpful in performance because it arise the players for the harder efforts, and keep them to motivate to do and die for the success of the team. The aggressive athlete will be more energetic, excited, strongly, high motivated and likely to seek to any opponent. In other behaviors some time the players violent in the game and more aggressive for the reason that they do not tolerate the aggression level so that they uses the bad language and equipment abuse. Aggression and hostility are frequently subject of mental investigation there exists however, little psychological enquiry into a sport characterized by aggression and violence. Aggression arises from an native

drives or occurs as a defense mechanism and is manifested either by constructive or destructive acts directly toward self or others they must fight for their own wellbeing and they expect same from others.

The aggressive behavior mostly covers a basic lack of self-confidence. Aggressive people enhance to their self-esteem by overpowering and there by proving their superiority. Aggression is a general characteristic of human beings, a potential condition which can be activated fast or slow and it may take various forms of expression. Today, the increasing number and frequency of aggressive acts occurring on or around the sports ground, makes us wonder where or which are the limits of combatively. This situation also demands a good understanding of deep psychological connotation of such behaviors. In sport aggression is a trait that can have many negative as well as positive effects on individual performance. Therefore sport stressors permit us to understand what causes an athlete to become frustrated which can lead to aggression and decline in performance. In a players career they will come across a number of high pressured situations where they will have to deal with many stressors.

Aggressive hostility is intended to victimize the player suffer and then reinforcement will be the pain and suffering that brings harm to the goal and not to win.

Aggressive instrument is intended to victimize the player but rather not seeing the victim suffering. There's no anger the goal is to win and to receive to external reward.

Assertive behavior: assertive behavior is a milder and no violent aspect of aggression often coaches encourage their athletes to be more aggressive, they actually mean to more assertive, agyajit singh (2004)

In the game and sports whenever the goal is to better understand the athletes think and behave away from their respective fields of play. Aggression is one of the behaviour that is likely to have the potential which is harmful for others, but some time the effect of this aggressive behavior may be positive. Different players have different aggressive behavior show in the game and sports, and different in nature and different in games, the game may be individual or team game. The players do or die for the success of the team its result may be positive otherwise negative. Aggression often involved in sports which require a degree of aggression. Aggression can be a negative although as long as it is controlled and it can also become a positive.

Symptom of aggression may also take place outside of the weight room, in the athlete's daily life. Aggression may result from the stress of lifting extremely heavy

weights, and may also be influenced by the sometimes loud and intense environment of a weight room. We often see young boys playing out aggressive themes. It's only a problem when it get out of control in order to study aggression of others, it is better to consider one's own thoughts of aggression as this can vary from an individual to individual. Reaching the awareness of one's own personal experience will help oneself to monitor and control one's reaction to aggressive behavior in others. Most players are both physically and emotionally affected by aggression. Emotions can bring a change to their physical state, for example; when feeling angry one's muscles tighten, the heart beats way faster.

Instrumental aggression could be differentiated from hostile aggression on the basis of reason why the performer inflects or attempts to inflict injury in instrumental aggression the player also intend to cause pain or injury the act is done to receive an external positive reinforce. The concept of positive reinforce should the increase the probability that the athlete would repeat the aggressive behavior in the basketball example of the player pushed the opponent into the upright the receive a positive reinforce such as the coach praise, the roar of the crowed or an athletic scholarship when the act would be classified as instrumental aggression the aggressive responses serves as a mean to an end rather than the end itself, Yadvinder singh (2005)

The structural, physiological, psychological behavior which determines the level of athletic performance can get an excellent success with the effects of intellectual ability. Hence, anxiety state arouses from defective adaptations to the stress and strains of life and is caused by over-reaction in struggle to meet those difficulties. During competition the sportsmen are very fearful to some degree which ultimately affects their performance. The over anxious individual has a high level of rational and emotional activities with neuromuscular pressure that may finally leads an individual to the fatigue stage and perhaps to the mental disorders. Anxiety is a superiority which is unusual to human being and it is the place of that the stimulus cause some reaction which normally don't root horror. Sports are a Psycho-Social activity. It has both Psychological and social magnitude in addition physical, physiological and practical aspects.

The level of anxiety can also vary with a number of different environments. Anxiety is expected to survive in superior aggressive sports than compared to fairly non-competitive sports because in the competitive sporting events, participants are expected to achieve and great demands are made upon them to achieve something.

Aggressive behavior is connected with critical acts, sexual attacks, unfair, speeches, drug and alcohol addiction, sports and exercise" crying" complaining, waging wars and so forth. There is clear evidence that, in general aggression is more energetic games, may help performance because it arouses players overly to put in harder effort, and "do or die" for the success of the team. Fear is also a negative emotion and is generally accompanied by a high degree of arousal. It generates activation in the internal mechanism of the body as well as in the outward expression.

Violence means aggressive violent or efforts directed towards the goal activities sets interference. The term aggression is widely used in daily sporting activities. If the players in game are asked and surveyed to recognize the character of a successful player, aggression would be of high in the list. "Fight without aggression is a body without soul". Competition and Aggression are like same side of a coin. Evidence is clear that in general aggression is more explosive game like kho-kho that helps in performance because it arouses players openly to put in harder effort and keep them motivated to let them try dying for the success of its team.

During the past few decades it has been emphasized that aggressive behavior plays a pivotal role and at times gi0ving good results in said sports and games according to the nature of activity and at times giving its effect toward the risky. Different factors must be present in order for a behavior to be labeled aggression. First the behavior must be aimed at another human being with the goal of influencing physical harm. Second there must be reasonable expectation that attempt to inflict bodily harm be successful.(Bhatt Altaf hussant 2010).

The nature of aggression in sports should be consider the degree of uncertainty regarding aggression in the sports, in some directs aggression in the form of physical act against the person of another player of encouraged within the rule. Violence and aggression in sports is a complicated problem. The limits of aggression in a game are specified through intention and purpose of the action in line with the related sport type. The nature of sportsman is energetic, and it changes like that of an individual. Students and youth are more flat to interpret others' behaviors as aggressive. Aggressive behavior of young players as a reaction to opponents' behavior is more common than so as to of adult players. The aggressive behavior is gradually used for his own profit.

Significance of the study

This study will be helpful for the coaches and physical education teacher as they come to know the role of comprehensive anxiety and aggression in competitive sports.

This study helps to identify comprehensive anxiety and aggression among individual and team game player it will further help to identify the sportsman to give the full potential in different level of participation.

Statement of the problem

The purpose of the study was comparison of comprehensive anxiety and aggression among individual and team game player.

Objective of the study

To compare the comprehensive anxiety among individual and team game players.

To compare, the aggression, among individual as well as team game players.

Delimitations

The study will be delimited to 60 Inter-university Male players of individual and team game.

The study will be delimited to assessment of Comprehensive anxiety and aggression of individual and team game players.

Limitations

To response of the questionnaire might act as the limitation of the study.

Motivation among the subjects toward feeling of questionnaire might act as the limitation of the study.

Hypothesis

It was hypothesized that there would be significant difference between individual and team game players towards comprehensive anxiety.

It was hypothesized that there would be significant difference between individual and team game players towards Aggression.

Definitions of the terms

Comprehensive Anxiety

Anxiety is negative troubling state in which feeling of uneasiness, panic, tension, stress take place. It a harmful emotion and is generally accompanied by a high degree of arousal. It generates activation in the internal mechanism of the body as well as in the outward expression.

Aggression

Aggression can manifest in physical action, such as physical violence toward others or in the more emotional ways, such as cruel word or unkind behavior. Aggression destructive acts directly toward self or others they must fight for their own wellbeing and they expect same from others.

Chapter 2
Review of Literature

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Kerketta (2015), the principle of the work was comparing the Sports Competition Anxiety between Volleyball and Soccer male players. The subjects for this study were (N=60) male were 30 each from Volleyball and Soccer male players and age ranged from eighteen to twenty five years were purposive selected from Bilaspur district (C.G.). For the Acquisition of Sports Competitive Anxiety questionnaire developed by Martin (1990) was used. The in dependent't' test was used to analyze data. Results indicated that there is no significant difference was found between Volleyball male players and Soccer male players in their Sports Competition Anxiety.

Sharma (2015), in which researcher to find out the comparison of aggressive behavior between sports and non-sports persons of Bhiwani District the sample of the present study was conducted on 60 male subjects (30 sports persons and 30 non-sports persons) of Bhiwani District in Haryana. The age ranged between 18-25 years. Significant difference was found between the mean score of sports person and non sports person on aggression behavior. Non-sports person were significantly more aggressive than the sports person.

K. Rajesh (2014), the model of the present study consist of 60 women cricket players of the universities of India. The purpose of the study was to compare all India intervarsity and west zone intervarsity women cricket players. they were divided into two groups i.e. all India intervarsity (N=30) and west zone intervarsity (N=30). Results indicated significance difference between all India intervarsity and west zone intervarsity women cricket players in the aggression level. It is evident that all India intervarsity and west zone intervarsity women cricket players in aggression test differed significantly on aggression as the obtained t-value of 1.78 was found to be more than the tab t 0.05 (58) = 1.671

Kaur, et.al (2014), the motive of this study was to assess the tendency of anxiety at different time of a competition. For this purpose, 30 male inter collegiate basketball players from S.G.B. Amravati University were selected. The age range of the participants was 18-23yrs.The Sports Competitive Anxiety Test (SCAT) was administered to obtain responses from the participants at different time of competition

i.e. Pre, during and post competition. Apart from descriptive statistics, ANOVA was applied to assess the differences among pre, during and post competition responses taken from subjects. It was found that mean anxiety level among the basketball player differs significantly as the mean difference value in between pre -competition and during -competition (DM=3.34), Pre- competition and post competition (DM=1.36) and During competition and post competition (DM=1.36) are greater than the critical difference value of 0.043. On the base of the result establish, following conclusions were drawn: It has seen that a moderate level of Anxiety is best for the acquisition & performance of motor skill. Level of anxiety either too high or low tends to decrease the performance of a player. Anxiety is natural part of the competition in a player or Athlete.

Singh Th et.al (2014), the researcher aimed at to prove the sports anxiety between the individuals and teams sports. The subjects of the study were selected 173 teams' sportspersons and 173 individual sportspersons of Manipur over the span of five years starting form 1995 to 2000AD. The team sports persons were form the field of hockey, handball, kabbadi, sepak-takraw and volleyball, on the other hand the individual team sportspersons were from the disciplines of Archery, cycling, table-tennis, wrestling, fencing, athletics, weight lifting, judo, boxing and tae-kwondo respectively. Data were collected by using "Anxiety test questionnaire" tools. Comparing the sport anxiety before, during and after the play, both the individual and team sportsperson were found significantly higher in anxiety level during the play than the before and after the play situation. The sports anxiety between the individuals and teams sports found no significant difference before the play and after the play. But there is significant different found during the play i.e., individuals sportspersons were found significantly higher in sports anxiety then the team sportspersons.

Basumatary (2014), the objective of research work was to compare the Competitive State Anxiety between National level male Basketball and Volleyball Players. 60 National level Basketball and Volleyball players of Delhi i.e. 30 each Basketball and Volleyball players were selected as subjects. The subject's age was ranged from 20 to 30 years. Competitive State Anxiety Inventory-2 (CSAI-2) developed by Rainer Marten was used to assess the cognitive worry, Somatic Tension and Self Confidence. To compare the cognitive worry, Somatic Tension and Self

Confidence between Basketball and Volleyball Players, mean difference method i.e. 't' test was used. The level of significance was setat 0.05 levels. result showed that there is insignificant difference between National level male Basketball and Volleyball Players in regards of competitive state anxiety.

Khan et.al (2014), the main aim to compare the sports competitive anxiety and sports achievement motivation among basketball players and all India intervarsity track runners. Forty six male subjects (23 basketball players and 23 all India intervarsity track runners) were recruited as sample for the study. Their age ranged from 18 to 25 years. For the acquisition of psychological data of the participants of sports achievement motivation questionnaire developed by Kamlesh (1990) and for sports competitive anxiety questionnaire developed by Martin (1984) was used. The data of basketball players were acquired from the north zone intervarsity competition held at bareilly, data of track runners were acquired from All India Intervarsity Athletic meet held at Mangalore. The 't' test was used to explore data. Results indicated that no significant difference was found among basketball players and all India intervarsity track runners in their sports competition anxiety and sports achievement motivation.

Yadav (2014), the main motive to find out was to compare the degree of aggression between inter university level of female cricket and kho-kho players. Sixty female cricketers N=30 and kho-kho N=30 players from the different university which were taken participated in east zone kho-kho and cricket tournament organized by V.B.S. Purvanchal University, Jaunpur in January 2014. Subjects were selected were randomly for the reason of the study. The age of the subjects were ranging 18 to 25 years. Aggression Inventory questionnaire used for the collection of data. This questionnaire developed by Anand Kumar and Prem Sankar Shukla. To analyze the data't' test was apply to compare the quantity of aggression among cricket players and kho-kho players. The end result of the study shows that the significant difference between the mean of the kho-kho and cricket players.

Singh Baldeep (2014), In the current study try to compare the Anxiety and Aggression level between Lawn-Tennis and Badminton male players at university level. The study was carried out on 48 male players 24 each The data was collected by different coaching camps. The age of the selected subjects ranged from seventeen to twenty four years. Only those players were selected who had attended the inter-college competition at K.U.K university. Only Anxiety and Aggression level were

selected for the study. The data was collected through (Sinha's comprehensive anxiety test (1999) to measure Anxiety and Dr. (Mrs.) G.P Mathur and Dr. (M.rs.) R.K. Bhatnagar's) Aggression test to measure Aggression level. The data was analyzed by t-test. The Investigator observed that Badminton male players having more anxiety and aggression level then the Lawn-Tennis male players at university level.

Banayi et.al (2014), the level to which an individual labels her/himself as an athlete is strongly influenced by individuals within the athlete's social environment who give that athlete reinforcement. The major use of this job was to investigate the connection between aggression with athletic identity on Shiraz team sports. The population of the study consisted of 600 Shiraz city team athletes. The 235 athletes were selected as a sample by Morghan table. Saatchi Aggression Scale (2010) and Athletic Identity Measurement Scale (AIMS; Brewer et al., 1993) were used. The results of Pearson correlation indicate that there was positive significant relationship between athletic identities with aggression on team sport athletes. There was positive significant relationship between athletic identity with anger, verbal aggression. Again, there was not significant relationship between athletic identity hostility. Regression analysis indicates aggression subscales predict athletic identity

Kumar pardeep et.al (2014), the major use of this job to compare the Anxiety level between Yoga and Gymnastic male players at college level. The study was carried out on 50 male players (25 each). The data was collected by different coaching camps. The age of the selected subjects ranged from 18 to 25 years. Only those male players were selected who had attended the inter-college competition at (M.D.U) university. Only Anxiety level were selected for the study. The data was collected through (Sinha's comprehensive anxiety test (1999) to measure Anxiety at college level. The data was analyzed by t-test. The researcher find that Gymnastic male players having more anxiety level than the yoga male players at college level.

Mashhoodi et.al (2013), the aim of the researcher to find out the aggression between the male and feminine, young and adult athletes competing in four different sports including volleyball, football, judo, and wushu. The members of the sample taken from the statistic population have received the aggression questionnaire of Bredemeier, inside three subscales of aggression including instrumental, hostile, and general have been given. They had to answer 30 questions with a 4-point scale to compare aggression of male and female athletes in two age group of young and adult. The reliability of the questionnaire has been equal to 0.86 based on Cronbach's alpha. After describing data statistically, the results of multivariate analysis of variance (MANOVA) at the alpha level of 0.05 percent show that there is a significant difference between the aggressive behavior of the young athletes and that of adult athletes, in such a form that the young athletes, whether male or female, have been more aggressive that adult athletes did. The comparison of the aggressive behaviors of male and female athletes shows that male athletes are more aggressive than female athletes are. However, there is no difference between the aggression exhibited by both male and female adult athletes.

.	**Victer et.al (2013),** the researcher aspiration was to compare the level of Anxiety Between the university level team and Individual sportsmen. The study was conducted on 43 university level male team sportsmen and 43 male Individual sportsmen. The subjects were taken from Himachal Pradesh University Shimla who were selected to participate in the intervarsity tournaments in different games in 2010. To measure anxiety (SCAT) constructed by Sinha and Sinha (1980) was used to collect data from team and individual sportsmen. 't' test was used to compare anxiety level among team and individual sportsmen. Mean score of team sportsmen was 19.16 and Individual sportsmen was 24.26. t - value was 1.92 which showed no significant difference involving the anxiety level of university team and Individual sportsmen.

K.Vinod (2013), in which the researcher was to compare the aggression and anxiety among inter-collegiate and inter-university level cricketers. Sixty subjects were selected from inter-collegiate and inter-university Dehli University and lovely professional phagwara (Punjab), under the different department different competition their ages ranged between 18-25 years. rajiv lochan bhardwaj and doctor Mahesh bhargava's, comprehensive anxiety questionnaire was used to check the anxiety among inter-collegiate and inter-university level player for the collection of data. Whereas for purpose to check the aggression among inter-collegiate and inter-university level players aggression questionnaire of Dr M.K Sultania were used for the collection of reliable data. For the collection of data pre and post competitive

anxiety and aggression recorded for both the level player. To know the statical significance 't' test has been applied. The critical analysis of data bring into light that the anxiety among intercollegiate level players as higher as compare to inter-university level players. Whereas the aggression was found higher among inter-university level player as compare to the inter-collegiate level players.

Pahlavani1 et.al (2013), the current goal of this research work to investigate the relationship of positive and negative perfectionism with competitive state anxiety in adolescent handball players in Khuzestan region in Iran. The study adopted a descriptive-correlational study and was approved out as a field study. The collection of data researcher-made private data sheet, Positive and Negative Perfectionism Scale (PANPS) and Competitive State Anxiety Inventory-I (CSAI-1).The sample of the study consisted of a number of eight junior handball teams in Khuzestan including 76 players. Cronbach Alpha formula, Pearson correlation coefficient and multiple regression were used to evaluate the data. The level of significance was considered to be α=0.05 for all hypotheses. The results showed no significant negative correlation between positive perfectionism and competitive state anxiety and all its subscales. However, the results revealed a significant positive correlation between negative perfectionism and competitive state anxiety and all its subscales. The results of regression analysis showed that both positive and negative perfectionism may forecast competitive state anxiety and all its subscales in adolescent handball players. Therefore, it is recommended to the factors contributing to negative perfectionism be controlled so that competitive state anxiety and all its subscales may decrease in the athletes. High level of competitive state anxiety adversely affects athletic performance. It is recommended that coping techniques be used to reduce anxiety

Buchha (2012), the function of the study was to find out the relationship between Will to Win and sports competitive anxiety of Inter University Cricket of S.G.B. Amravati university. The data on Will to Win was obtaining by administrating the Will to Win questionnaire developed by Dr. Anand Kumar and P.S. Shukla and Sports Competitive Anxiety was obtained by SCAT by R. Marten It was concluded that the calculated value of co-efficient of correlation is 0.283. Results have exposed that there is significance difference of relationship among will to win and sports competitive anxiety of Inter University Cricket players.

Khetmalis (2012), the principle of the this study was to compare the. aggression among Team Game Players and Individual Game Players of Visva-

Bharati, Santiniketan. From fifty 50 male university players, twenty five players of team game and remaining twenty five players of individual game were randomly selected, as the subjects for the present study. The age of subjects, kept from eighteen to twenty five years. To evaluate the aggression, from obtained by aggression inventory developed by Anand Kumar and Prem Shankar Shukla was used. To Comparison of selected psychological variables that is aggression between team game players and individual game players mean difference method (t ratio) 't' test was used Results showed that Team Game Players were more aggressive than Individual Game Players.

Meenu et.al (2012), the main aim the researcher was to discover out the comparison of anxiety and aggressive level between handball and basketball male players of Sirsa District. the 48 male sports person who had participated at interuniversity level. The age ranged between 18 to 25 yeas. The data were collected in different coaching camps. Aggression – aggression is the injuction of on onerize stimulw either physical, verbal, or gestural upon one person by another. Anxiety- In its simplest form anxiety may be defined as a subjective mood of hesitation and heightened. Further the data of aggression test was collected through G.C. Pati questionnaire test and the data of anxiety, test was collected through Dr. A.K.T. Sinha questionnaire test and data was analysis by 't' test after comparing of the present data it was found that basketball female players of Sirsa have better in anxiety and aggression level than volleyball female players of Sirsa.

Dutta (2012), the ambition of this work to find out comparison of competitive anxiety, aggression, achievement motivation and self concept with volley ball players of different level of achievement .A total of 75 male volley ball player were selected as subject for the purpose of the study ,i.e., 25 players each from District, State, and national level. The age of the subjects was ranged between 20 to 30 years. The tool measures chosen to test the hypothesis were: The anxiety score of the volley ball players were obtained by using sports competition anxiety questionnaire. A form developed by R. martin .The Aggression scores were obtained by using aggression inventory developed by Anand Kumar and Prem Shanker Shukla .The achievement motivation scores were obtained by using achievement motivation questionnaire developed by V.P. Bhargava. The self concept was obtained by using self concept questionnaire developed by Raj Kumar saraswat. To compare the anxiety, aggression, achievement motivation and self concept of the volley ball players of district, state,

national level achievement one way analysis of variance, in order to decide the difference, if any, among the voelly ball players of different level of achievement. When the difference was found significant, the LSD post-hoc test was applied to assess the significant difference among the group's means, the level of significant was set at 0.5 level of confidence. The result of study showed that in all the selected psychological parameters such as competition anxiety, aggression, achievement motivation and self concept significant difference was found among the means of the selected level of volley ball players.

Ali et.al (2011), the main aim of the researcher was to evaluate the phase of multidimensional trait anxiety with university and national level hockey players of U.P .The total forty male sample selected as a subject. Twenty inter-university and twenty national level players selected as subjects of this study. The sample age was fixed from seventeen to twenty-five years. To calculate the anxiety level of inter-university and national level players 't' test was used to explore the data. The multidimensional trait anxiety test developed by Martens (1977) was administered on the subjects. Results have exposed that there was no significant difference set up among inter-university and national level hockey players of U.P.

Chapter 3

Procedure

This study had been under taken to access the comprehensive anxiety and aggression among the male player belonging to individual and team game. The sample for this present study includes all male sportsmen who represent the Inter-university. The researcher will collect the data himself with the help of players related to the game, thirty (30) subjects from the individual game players and thirty (30) from team game players as a subject for the collection of data.

Sampling

For this purpose first of all two groups were selected.

1). Team Game

2). Individual Game.

TOTAL SAMPLE (60)

INDIVIDUAL GAME	TEAM GAME

MALE

1. Judo (10)
2. Weight lifting (10)
3. Boxing (10)

MALE

1. Kho- kho (10)
2. Handball (10)
3. Baseball (10)
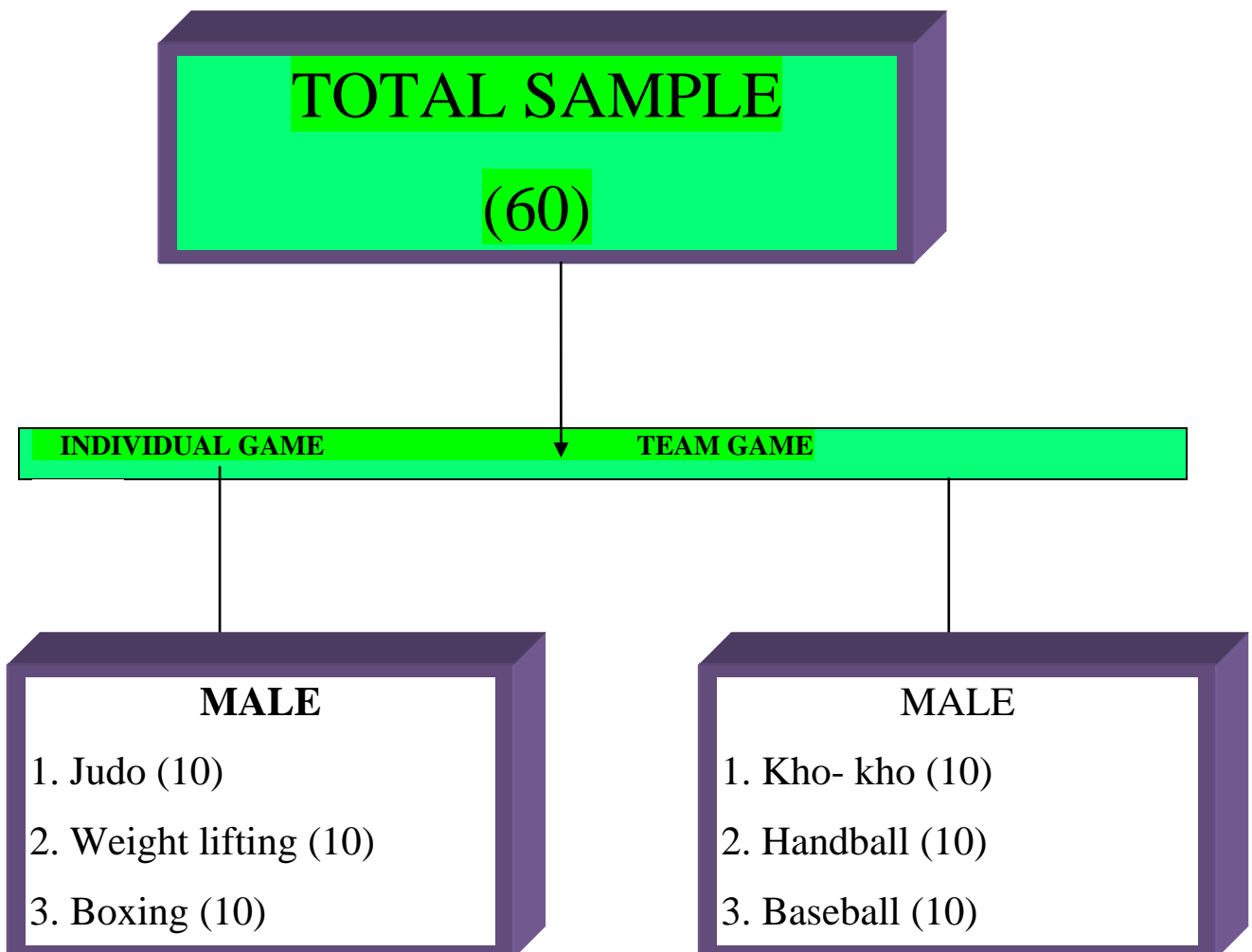
Two psychological variables has been selected as variables for the present study. The variables are as follows:

1. Comprehensive Anxiety

2. Aggression

Tools

The following tools in the present investigation will be used on the subjects to collect the data:

1. To measure the anxiety test (SCAT) constructed by the A.K.P sinha and L.N.K sinha (1980) was administrated the test consist of 90 statements related to the personality of an individual which they answer by making a HCK mark (x) to the yes and no.

2. Aggression inventory (AI) questionnaire written by M.K Sultania (1957) was administrated the test consist of 67 statements used for the collection of data.

The questionnaire distribute among them and they fill it the data collect carefully and honestly there will no time bound to fill up the questionnaire.

Description of test

Anxiety

To measure anxiety and to achieve the objectives of the study, anxiety test constructed by A.K.P.Sinha and L.N.K.Sinha was administered. The test consists 90 statements related to the personality of an individual which they answered by making a HCK mark (x) to the yes and no. It should be emphasized that there is no right or wrong responses to statements. They are designed to study individual's reactions to different situations.

i). Reliability

The reliability of the anxiety test (SCAT) was found 0.92.

ii).Validity

The coefficient of validity was determined by computing the coefficient between score on comprehensive anxiety test and on Taylor's manifest anxiety scale. It was .62, which is significant beyond .001 level of confidence.

Method of scoring

The procedure for scoring anxiety test was as follows:-

Scoring was done according to key in the respective manual of the tool. The individual score of subject the statements were totalled to arrive at the score of subjects. The subjects were already classified earlier. The data of the both groups were gathered according to the game.

Scoring

For each item one of two was possible:

i). Yes

ii). No

All items were scored accordingly to the following key by hand accurately.

For any response indicated as 'yes', the tested should be awarded the score of one and zero for 'no'. The sum of the entire positive, (yes) response would be the total anxiety score of the individual.

i). Yes – 1

ii). No – 0

Classification and interpretation of scores

All the score total individually of all the subjects. The individual score was classified according to the range of score as follow:

Table:-3.1.

Classification and Interpretation of Scores

Sr. No.	Scores	Interpretation
1	30 to 69	Extremely high anxiety
2	28 to29	High anxiety
3	17 to 23	Normal anxiety level
4	14 to 15	Low anxiety
5	3 to 12	Extremely low anxiety

Description of test

Aggession

Reliability: reliability determined by speareman-brown formula and test-retest method. The internal constancy reliability for full test rose to .90 for male and .85 for female after correction.

Validity

The item analysis validity determined of each sub-scale by product-moment correlation method was found satisfactory.

Table:-3.2

Scoring procedure of aggression is showing the positive and negative items.

Sr. no.	sub-scale	Responses	Item number	Total Items
1	Assault	Positive	8,24,30,37,43,50,58,63	10
		Negative	1,16	
2	Indirect aggression	Positive	2,17,25,38,51,67	9
		Negative	9,31,44	
3	Irritability	Positive	4,10,19,32,46,53	9
		Negative	26,59,64	
4	Negativism	Positive	3,11,18,27,33	5
		Negative	-	
5	Resentment	Positive	5,12,29,40,47,54	7
		Negative	20	
6	Suspicion	Positive	13,21,28,34,41,48	9
		Negative	60,65	
7	Verbal aggression	Positive	6,14,22,35,45,61	10
		Negative	39,52,56,66	
8	Guilt	Positive	7,15,23,36,42,49,57,62	8
		Negative	-	
			Total	67

Table 3.3

Marking for positive statements

Responses	Score
Yes	1
No	0

Table:-3.4.

Marking for negative statements

Responses	Score
Yes	0
No	1

Statistical Procedure. The 't' test was used to compare comprehensive anxiety and aggression among individual and team game player.

Analysis of the data and finding of the study

This chapter includes the analysis of data, discussions of the findings, discussion of the hypotheses and result of the study. The data was analyzed by using the independent t-test for comparison of comprehensive anxiety and aggression among individual and team game. The data for the analysis of aggression and anxiety of inter-university male individual and team game player. The data was collected from the 30 individual and 30 team game male player. The level of significance was set at 0.05.

Findings

The analysis of aggression and anxiety of inter-university individual and team game male player are shown in tables below.

Table:-4.1

T. Table for comprehensive anxiety between individual and team game players.

Group	N	Mean	Std. Deviation	Df	t-value
Individual game player	30	36.03	8.93		
Team game player	30	38.8	7.47	58	1.3018

By interpreting the above table it was found that calculated 't' was 1.3018 and tabulated 't' was less than the value of tabulated 't' thus hypothesis is rejected that would significance difference between individual and team game players toward comprehensive anxiety. It had been interoperated that there was no significance difference between individual and team game players toward the comprehensive anxiety.

On comparing the scores with the norms the sportsmen representing university in individual events can be grouped on the basis of anxiety as under.

<div align="center">

Table:-4.2

Classification of Anxiety Scale of Individual game players.

</div>

Group	Level of anxiety	No of players
1	Extremely high anxiety	26
2	High anxiety	4
3	Normal anxiety level	0
4	Low anxiety	0
5	Extremely anxiety	0
Total		30

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in Team events can be grouped on the basis of anxiety as under.

<div align="center">

Table:-4.3

Classification of Anxiety scale of Team game players.

</div>

Group	Level of anxiety	No of player
1	Extremely high anxiety	27
2	High anxiety	3
3	Normal anxiety level	0
4	Low anxiety	0
5	Extremely anxiety	0
Total		30

<div align="center">

Figure:-1

</div>
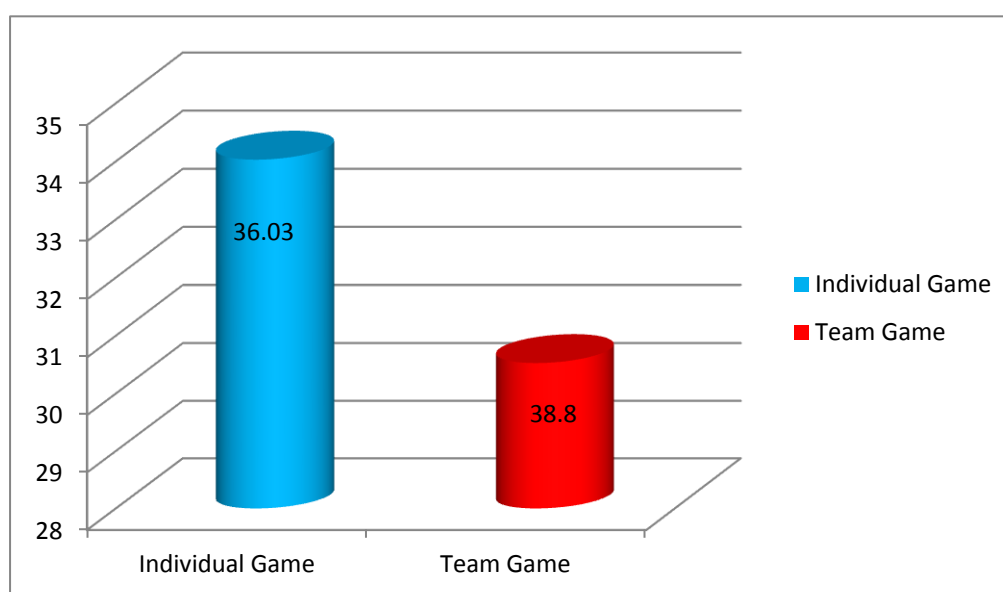
Figure:-1 Illustrates the comparison of comprehensive anxiety between individual and team game players.

Table:-4.4

T table for aggression between individual and team game player.

Group	N	Mean	Std. Deviation	Df	t-value
Individual game players	30	34.03	3.93		
				58	3.0175
Team game player	30	30.53	4.99		

The above figure shows that there was no significance difference between individual and team game players toward comprehensive anxiety.

By interpreting the above table it was found that calculated 't' was 3.017 and tabulated 't' was 1.671. As the value of calculated 't' was more than the value of tabulated 't' thus hypothesis is accepted that would be significance difference between individual and team game players toward aggression. It had been interpreted that there was significance difference between individual and team game players toward the aggression.

Figure:-2.
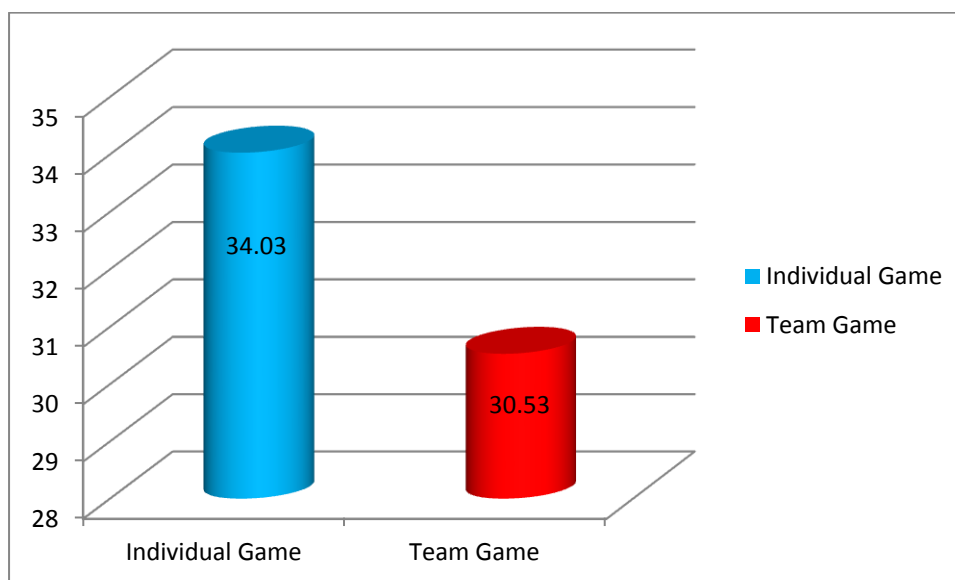
**Figure:-2.** Illustrate the comparison of aggression between individual and team game player.

The above figure shows that there was significance difference between individual and team game players toward aggression.

Discussion and Finding

The study was conducted with the aim to determine whether there is any difference exists between two different natures of sports i.e. players of team and individual games in the selected psychological variables comprehensive anxiety and aggression. As a physical activity both these individual games and team games require some sort of physical fitness and different components of physical fitness to be fit to excel, certain body type.

The finding pertaining to the study resolved no significant difference in comprehensive anxiety among individual and team game players it was showed that the anxiety there was no significant difference between individual and team game player. It was hypothesized that there would be a significant difference in relation to comprehensive anxiety among individual and team game players on the basis of findings of this study the hypothesis is rejected.

Whereas the aggression result of the study have shown significant difference among individual and team game players. The individual game player is more aggressive as comparison to team game players. It was hypothesized that there would be a significant difference in relation to aggression between individual and team game player on the basis of findings of this study the hypothesis is accepted.

This fluctuation can be due to the varied demographic factor, and limited number of sample.

In the condition of anxiety while the players to compete the competition they all possess different quantity or amount of tendency to perceive competitive situation with feeling of tension or apprehension.

The individual game like judo, weight, lifting and boxing in which the more need of aggression to compete the successful game.

The team game, like base ball, kho-kho and hand ball in which there is no more need of aggression to compete the game as comparison to individual game player.

Chapter v

Summary, Conclusion and Recommendations

One of the most important things in today's world is how the sports man is playing his game in the condition of anxiety and aggression. These problems become a big obstacle in the path of progress. Although the person is in full form competition, high level anxiety affects the biological system of the body and imbalance the body movement and sociological barriers in the shape of facilities which are provided to us in over field are not enough to show good results.

The purpose of the study was to investigate the comparison of comprehensive anxiety and aggression among individual and team game player. The 30 individual and 30 team game players were selected as a sample. The subjects were selected from the selected team games (hand ball kho-kho base ball and individual's games judo boxing and weightlifting) from inter-university, the following psychological variables were selected for the comparison such.

1. Anxiety

2. Aggression

The following tools in the present investigation will be used on the subjects to collect the data:

1. To measure the anxiety test (SCAT) constructed by the A.K.P sinha and L.N.K sinha (1980) was administrated the test consist of 90 statements related to the personality of an individual which they answer by making a HCK mark (x) to the yes and no.

2. Aggression inventory (AI) questionnaire written by M.K Sultania was administrated the test consist of 67 statements used for the collection of data.

The questionnaire distribute among them and they fill it the data collect carefully and honestly there will no time bound to fill up the questionnaire.

The raw data were further completed to implements the selected statistical techniques. 't' test were adopted.

The finding of the study shows no significance difference in comprehensive anxiety between individual and team game players and significance difference in aggression between individual and team game players.

Conclusion

On the basis of findings of the study and scholar's own understandings following conclusions are drawn.

On the basis of finding we found out and conclude that there was no significance difference in relation to comprehensive anxiety among individual and team game players, thus hypothesis was rejected.

On the basis of finding we found out and conclude that there was significant difference in relation to aggression among individual and team game players, thus hypothesis was accepted.

Recommendation

The present study proves to be helpful tool in understanding the phenomenon of success and failure among the participants of individual and team game players with special reference to these selected variables. Further, this study may facilitate the process of developing techniques and ways to develop those characteristics which can be helpful in achieving success in sports.

1) A similar study can be conducted with successful and unsuccessful sportsperson.

2) A similar study in comparison of sports person and non sports person may be conducted.

3) A similar study can be conducted on different age group of state level players.

4) A similar kind of study may be conducted on the female state levels teams and individual events..

5) A similar kind of study may be conducted on the female national levels teams and individual players.

6) The similar kind of study can be conducted by increasing the number of samples.

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Appendixes
Appendix Raw score of Aggression

Assult	indirect aggression	Irritability	Negativism	Resentment	Suspicion	verbal aggression	Guilt	total
				Aggression Raw score of Individual game players				
5	4	6	3	3	5	6	4	36
2	6	3	2	4	4	5	3	29
4	6	5	3	5	6	4	2	35
8	5	5	2	5	5	4	4	38
4	4	8	3	7	6	5	4	41
3	4	4	3	2	4	7	4	31
2	6	4	3	2	4	6	6	33
8	3	3	2	3	3	6	6	34
5	2	5	2	3	5	6	5	33
5	5	3	2	3	3	6	5	32
4	2	1	2	4	7	2	6	28
6	4	3	0	6	4	5	4	32
6	2	3	3	3	3	6	7	33
2	3	7	3	4	5	7	2	33
8	4	7	2	2	4	5	2	34
4	3	5	3	3	4	6	4	32
3	6	2	2	3	7	3	4	30
4	7	6	3	5	3	8	4	40
5	7		3	3	5	6	2	35
4	4	6	4	5	4	5	5	37
8	5	4	5	3	5	5	7	42
8	5	6	1	4	5	6	4	39
5	6	4	2	1	5	6	4	33
5	2	3	2	4	2	7	4	29
4	4	4	3	6	5	9	4	39
4	3	4	1	6	5	3	3	29
4	5	7	3	5	5	5	5	39
7	4	4	0	3	2	6	4	30
4	5	5	2	4	4	5	5	34
8	3	4	0	3	6	3	6	33

Aggression
Raw score of Team game players

Assult score	Indirect aggression	irritability	Negativism	Resentment	Suspicion	verbal aggression	Guilt	Total
2	5	2	3	3	8	5	3	31
6	7	6	2	5	5	7	4	42
6	3	4	4	6	6	6	6	41
4	6	2	4	2	3	7	3	31
2	3	2	2	3	2	4	6	24
8	4	7	1	3	6	2	4	35
8	4	5	2	3	7	3	4	36
3	2	5	3	4	6	5	1	29
4	5	4	3	4	4	6	6	36
6	1	7	3	4	4	7	6	38
4	5	7	3	4	6	1	5	35
4	4	3	2	5	6	5	4	33
4	4	5	3	3	6	4	5	34
3	5	3	3	2	5	3	4	28
8	5	3	2	4	3	4	1	30
1	3	7	0	2	4	4	7	28
4	4	3	1	2	5	4	2	25
6	4	7	0	3	4	4	4	32
5	4	4	3	4	7	5	4	36
4	3	5	3	1	5	5	2	28
1	4	3	3	3	3	4	6	27
4	5	3	3	3	4	7	4	33
6	5	4	2	1	2	4	2	26
4	5	4	1	2	4	4	3	27
5	3	4	2	2	6	5	2	29
5	3	3	2	4	2	7	3	29
4	4	3	1	3	3	4	0	22
4	2	3	3	3	7	3	3	28
3	4	3	1	2	4	4	4	25
2	3	2	2	3	2	4	6	24

Appendix 2

Raw Score of Comprehensive Anxiety

Comprehensive anxiety Raw score		
S. No.	**Individual Game**	**Team Game**
1	33	49
2	31	52
3	37	40
4	50	28
5	54	32
6	36	50
7	34	34
8	47	37
9	30	36
10	30	52
11	30	49
12	34	48
13	52	35
14	27	34
15	37	30
16	36	36
17	33	27
18	36	37
19	57	28
20	54	37
21	27	39
22	26	37
23	36	39
24	33	34
25	32	35
26	32	45
27	29	39
28	28	38
29	30	35
30	30	52