

**RELATIONSHIP OF IMPULSIVITY HARDINESS AND
AGGRESSION BETWEEN INDIVIDUAL
AND TEAM GAME**

A Dissertation submitted to

Lovely School of Physical Education

In partial fulfillment of the requirement for the award of degree of
Master of Physical Education

By

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PHAGWARA, PUNJAB (INDIA)

2015

DECLARATION

I do hereby declare that the dissertation entitled “Relationship of Impulsivity Hardiness and Aggression between Individual and team game” 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. Vinay Salaria has completed his dissertation entitled *“Relationship of Impulsivity Hardiness and Aggression between Individual and team game”* 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 submission for the partial fulfillment of the requirements for the award of master’s degree.

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ABSTRACT

The aim of the present study was to compare the selected psychological variables between individual and team game players. Individual games (Badminton, Chess, Athletics, Weightlifting and Yoga) team games (Handball, Basketball, Kho-Kho, Baseball, and Volleyball) were selected for the study. The samples were selected conveniently from among the interuniversity players of Lovely Professional University with age were delimited to 18-28 years. Three psychological variables were selected for the study was impulsivity, aggression and hardiness. Data was collected by using well reliable and valid tools. Hardiness was measured by using Arun Kumar Singh's psychological hardiness scale, impulsivity was measured by using Dr. S. N. Rai and Dr. Alka Sharma's Impulsiveness Scale, further Dr. Guru Pyari Mathur and Dr. Raj Kumari Bhatnagar's Aggression Scale was used to measure aggression. Independent t-test was used to interpret the findings. On the basis of findings we could conclude that both the groups differ significantly on impulsivity and aggression where team game players were found highly impulsive and aggressive than individual game players, but no significant difference was found in case of hardiness.

Keywords: Impulsivity, Hardiness and Aggression.

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CHAPTER-I

INTRODUCTION

Psychological variables plays pivotal role in the life of an individual in general and sports performance in particular. Sports psychology is branch of psychology which gain popularity in recent times due to its vast nature and implication in sports, It studies how one's mental level effect the sports performance studies have proved that good level of mental fitness leads to enhance the performance and can determine the winner. The researchers had selected Impulsivity, Hardiness and Aggression as the psychological variables for the study.

Psychology has played a highly important role to solve the problem of human beings. The basic problem of psychologists is tremendous increase in human behavioral problems. These problems are specific as well as applied for why students are becoming drug addicts, how their academic achievements are affected. The definition about the development of psychology has come to its existence by following very zigzag journey the definition had evaluated through the various stages outlined below. 'Science of the soul', 'Science of mind', Science of consciousness, 'Science of behavior', at the beginning of the twentieth century, many new hypotheses are in the sphere of psychology and as a result psychology was directed towards the behavior. According to behavior is its psychology is a science of behavior, Psychology is stated as a study of human behavior as it has touched every aspect of human life, a society progressed complexities are also increased in the same manner.

Today, a sports psychologist's role is more accepted as a part of the regular coaching staff for teams and for individual athletes. The roles of sports psychologists are numerous, but they primarily teach athletes mental game skills to improve their performance and learning. Educational sport psychology specialists have extensive training in sports and exercise science, physical education, and kinesiology; and they understand the psychology of human movement

Impulsivity

Impulsivity has been defined as behavior without suitable thought, the propensity to act with less planning than do most individuals of identical capability and awareness, or a predisposition toward quick, unplanned reactions to internal or external provocations without any respect to the adverse costs of these reactions. Impulsivity is a multifactorial paradigm that contains a propensity to act on a notion, exhibiting behavior characterized by minute or no planning, likeness, or thought of the outcomes. Impulsive activities are normally “poorly perceived, early expressed, overly risky, or unsuitable to the situation that often results in unwanted consequences,” which endanger long-term goals and strategies for success. Actions contain both impulsive and compulsive topographies, but impulsivity and compulsivity are functionally dissimilar. Compulsivity and Impulsivity are interrelated in that each displays a propensity to act prematurely or without careful understanding and often include negative results. Compulsivity may be on a range with compulsivity on one end and impulsivity on the other, but research has been conflicting on this point. Compulsivity occurs in response to a apparent risk or threat, impulsivity occurs in response to a supposed immediate gain or benefit, whereas compulsivity encompasses monotonous actions, impulsivity involves unintended reactions. Principally hyperactive-impulsive type symptoms may include: Fiddling and struggling in seats, Talking uninterrupted, Dashing round, touching or playing with anything and everything , having trouble sitting quiet during dinner, and story time, school, Being continually in motion, Having difficulty doing quiet tasks. Impulsivity, in simplest terms, is a mainly broad and split personality construct. Impulsivity can describe a person’s inclination to give into thirsts; incapacity to plan or weigh options previously deciding seeks out adventure or pleasures lack of patience, failure to appreciate consequences, and propensity for immoral unsuitable behaviors. These broad classifications suggest the range to which impulsivity is defined in normal; seemingly, impulsivity includes a wide range of daily events. Impulsivity is a behavioral outline categorized by several types of indicators: motor - acting deprived of thinking, attentional-dearth of focus on the task at hand, and non-planning i.e. focus on the pre- sent without bookkeeping for the concerns of the coming out- comes. The impulsive conduct is a principal symptom in a large number of psychiatric sicknesses but, however, there is also a increasing interest in the role of

impulsivity amongst healthy populations engaging in diverse activities, For example, an intricate and active environment where impulsiveness undoubtedly affects in the human behavior is the sportive situation. Preceding research in this area has focused on representing the relation-ship between impulsivity and the connection with particular types of sports as like com-pared the impulsiveness of athletes involved in sports defined as endurance sport and explosive sports i.e., those involve short, intense bursts of activity. They found that athletes who involved in explosive sports as football scored higher on impulsivity measures than endurance contestants like marathon runners. Impulsivity may be a vital factor in motor performance interfering in open-skill sports like soccer, handball and basketball. Due to persistent changes in the environment like changes in rivals positioning, the player is forced to inhibit pre-planned reactions, anticipate actions and organize bodily segments based on the complex and dynamic flow of sensorial info. Preceding studies shown that motor control is affected by the amount of the subject's impulsivity. For example, healthy individuals with higher impulsivity scores present smaller relative time to achieve the peak velocity than the low-impulsive in physical aiming activities.

Hardiness

Referred to as psychological hardiness, cognitive hardiness, or personality hardiness in the literature. Kobasa defined an array of personality features that distinguished managers and executives who stayed healthy under life stress, as related to those who established health problems. In the startingdays of hardiness research, it was usually defined as a personality structure encompassing the three related general dispositions of control, commitment and challenge that purposes as a opposition resource in the encounter with stressful situations. The commitment disposition was defined as a propensity to include oneself in the activities in life and having a frank interest in and interest about the surrounding world (things, activities other people). The control disposition was defined as a affinity to believe and act as if one can affect the actions taking place around oneself by one's own effort. Finally, the challenge personality was defined as the confidence that changes, rather than constancy, is the normal mode of life and constitutes motivating opportunities for personal growth rather than threats to security. Lately, Maddi has characterized hardiness as a combination of three attitudes (control, commitment and challenge) that deliver the courage and motivation needed to turn stressful conditions from potential calamities

into opportunities for individual growth. While admitting the prominence of the three core dimensions, Bartone considers hardiness as something more global than mere attitudes

Hardy persons are hypothesized to be resilient to stress-induced illness, because of their adaptive cognitive style and a afterward reduced level of biological arousal. Assessed the physiological and cognitive responses of high and low hardy male undergraduates to a challenging task under high and low evaluative danger. As predicted, hardy samples endorsed more positive self-statements than did low hardy subjects in the high risk condition. High hardy subjects also described fewer negative self-statements overall,

Control

Which is measured by the absence of weakness that an individual feels, refers to the belief that one can control or influence existences in one's life, that individual efforts can amend stressors so as to cut them into a more controllable , or that a likelihood exists between one's actions and external events Essentially, this notion taps or signifies the level to which persons see themselves as having an internal locus of control which, as noted earlier, has been proved to be a critical module in the elevation of resilience among children proposes that a sense of control is established early in life as infants learn that intents are correlated with voluntary movements. Gradually, a general expectation is produced in the child that his/her actions have a important impact on situational outcomes. In disparity, vulnerability results from non-contingencies and a sense of uncontrollability. The extent to which one perceives stressors as changeable is inclined by one's attributional style or level of optimism.

Commitment

The second dimension, commitment, is echoed in the capacity to feel actively involved with others and a faith in the truth, value, and reputation of one's self and one's experience. Adverse conditions are eventually seen as significant and interesting. Individuals high on this dimension are devoted to various aspects of their life counting interpersonal relationships, family, and the self. Measured or shown by the absence of isolation, commitment is reflected in one's capacity to become involved, rather than feeling estranged. From an existential point of view, this dimension represents a fundamental sense of one's accountability, worth and purpose

which protects against faintness while under hardship. Despite philosophical advices regarding what is “meaning”, the true spirit of the term becomes vibrant when we, as individuals, are able to attribute ourselves to a larger entity.

Challenge

The third dimension, challenge, reproduces the belief that change is not a hazard to individual security, but a chance for individual growth and development. Specified by the nonappearance of a necessity for security, it signifies the person’s positive attitude toward change and the faith that one can yield profit from successes well as failure. Doubts adjoining possible errors and the feelings of humiliation which are commonly a concern of making them, present a problem to overcoming challenges and, thus, personal growth these fears frequently lead to evasion behavior which continues the fear and prevents the individual from opposing and overwhelming the challenge. Parents and adults must generate an environment that supports within the child the belief that not only are mistake and failure are to be expected, they are satisfactory and provide an chance for learning and growth (Brooks, 1994).

Aggression

In game, aggression is a make that may have numerous negative and positive results on execution. Aggression is characterized as "any manifestation of conduct drew in toward the target of harming of harming another lived being why should inspired dodge such treatment" (Baron & Richardson, 1994). A great many people see aggression as an antagonistic mental trademark, however some game analysts reach on understanding that animosity can enhance execution (Widmeyer & Birch, 1984). Known as a confident conduct (Bredemeier, 1994), where a player will play as indicated by the standards of the game at high power, yet will have no reason to mischief a rival. In game, aggression has been characterized into two classes: instrumental animosity and unfriendly aggression. Threatening hostility is the point at which the primary object is to bring about mischief or harm to your rival. Instrumental hostility is the point at which the fundamental target is attain to an objective by method for aggression. For instance rugby player utilizing hatred to test his adversary to win the ball. The player is not utilizing aggression to surprise the challenger but instead to win the ball back. Coulomb and Pfister (1998) led a study

seeing at hate in abnormal state sport. They found that talented competitors utilized more instrumental animosity as a part of which they used further bolstering their good fortune and that threatening hostility was less routinely utilized. Experienced sportspersons utilized poise to help them with their aggression.

A question that may be asked is the place does this hostility originate from? The dissatisfaction hostility hypothesis (Dollard, Doob, Miller, Mowrer, & Sears, 1939) states that animosity emerge on the grounds that disappointment ascends because of powerlessness to accomplish objective. However this hypothesis expresses that at whatever point a player gets to be disappointed this will dependably bring about animosity. This hypothesis does not take considered whatever other inherent or extraneous variables. In actuality the general animosity model (Anderson & Bushman, 2002) cases that situational and individual variables have impact in bringing on a person to carry on forcefully. In this way, a player's identity will assume a substantial part in characterizing whether they are forceful or not in specific circumstances. This model additionally consider socially learnt prompts and along these lines if a player has been taught not to be forceful in certain condition then he won't utilize hostility.

It is evident that aggression originates from an assortment of sources and it is basic to comprehend where these sources stem from. Sport stressors grant us to acknowledge what causes a competitor to create disappointment which can prompt animosity and a debilitating execution. In a player's business they will run over various high-forced circumstances where they will need to manage numerous stressors. These can go from individual stressors, for example, tension and stress, to situational stressors, for example, group related issues. Much research on anxiety in game has been centered around golf and figure skaters, in this way recognizing stressors in a group domain are imperative (Gould, Jackson & Finch, 1993). Anxiety can have a negative effect on execution and has been indicated to try and improve the probability of damage (Blackwell & McCullagh, 1990). Noblet and Gifford (2002) contemplated Australian football players, taking a gander at the diverse stressors that they encounter. They found that the weight to perform always, poor structure and exclusive requirements were every single key stressor that influenced the players. And also this, players additionally thought that it was difficult to adjust their game and different duties. This exploration can demonstrate imperative for analysts and how they help these players manage these stressors. In tip top game the fundamental kind

of anxiety that has been concentrated on is authoritative anxiety. Shirom (1982) characterized authoritative push as "business related social mental anxiety". Woodman and Hardy (2001) examined hierarchical stretch in first class competitors and they found that there were four principle anxiety issues, which were close to home, group, initiative and natural. Inside group issues an extensive variable that brought on anxiety was strain among competitors. Fletcher and Hanton (2003) led a comparative study taking a gander at authoritative anxiety and they found that the mentor competitor strain was an expansive contributing component. Along these lines strict drilling and negative input can influence execution from multiple points of view. Figuring out how to manage sport stressors is key as players must discover approaches to defeat these issues. In game brain research, little research has been centered around the adapting methods of tip top players. It has just barely as of late been of enthusiasm to game analysts and is something which needs to be tended to in more detail to enhance our comprehension. Taking a gander at the adapting methodologies of youthful world class players will permit us to see how the players manage upsetting circumstances

Team and individual games

Teams game are those where one group compete against another of individual like basketball, hand ball, Kho-kho, volley ball etc. In individual game a single player compete against a single player like weightlifting, badminton, chess, yoga etc.

Statement of the Problem:

As psychological fitness plays pivotal role in deciding the fate of an athlete, the more mentally tough player is more likely he will perform better and meet desire goal, Aggression is part and parcel of sports competition what it should be instrumental rather to be hostile and impulsivity has been variously defined as behavior without adequate thought. Research had proved their relationship with performance. But always there is individual difference more especially when it's about high level player so it becomes important to study the difference among two groups by keeping this in mind researcher have selected this topic "Comparison of impulsivity, hardiness and aggression among individual and team games".

Objectives:

1. To analyse Impulsivity, Hardiness and Aggression of the individual and team game players.
2. To compare Impulsivity, Hardiness and Aggression between the players of individual and team games.

Hypotheses:

On the basis of literature reviewed and researchers own experience it was hypothesized that:

1. There might be a significant difference in impulsivity between individual and team game players.
2. There might be a significant difference in aggression between individual and team game players.
3. There might be a significant difference in hardiness between individual and team game players.

Significance:

1. The study will be helpful in getting the information about the status of impulsivity hardiness and aggression in individual and team game players.
2. The study will also help to reveal difference between the players of individual and teams games.
3. The study will show the relative importance of impulsivity, hardiness and aggression to the performance of both individual and team game players.
4. The study will further help the coaches, physical education teachers, sports associations, clubs and federations in identifying the potential athlete so that they can develop them further and become an elite athlete in the future.

Delimitations:

- The study was delimited to the university level players.
- The study was delimited to the male players of 18 to 28 years of age.
- The study was delimited to 100 subjects i.e. 50 individual and 50 team game players.

- The samples were selected from the following selected individual and team games: Team games: - Handball, Basketball, Kho -Kho, Baseball, and Volleyball .Individual games: - Chess, Athletics, Badminton, Weightlifting and Yoga.
- The study was delimited to the following variables of psychological variables.
 - a) Aggression
 - b) Impulsivity
 - c) Hardiness

Definitions:

Impulsivity:

Impulsivity is a kind of behavior without thinking or unplanned reaction to the situation, which leads to negative consequences.

Hardiness:

Is a personality style that comprised of control, commitment and challenge that encounter the stressful conditions and act as resistance.

Aggression

A deliberate or one can say provoking behaviour intend to harm or gain advantage over the other.

Limitation

Since the study is a descriptive in nature therefore questionnaire was used for the collection of data as such, questionnaire has some limitations. Some biased opinion might appear which may be considered as the limitations of the study. Since motivational technique is given to the subjects/ sample for filling up the questionnaire, which may be considered as the limitation of the study.

As the study was the delimited to the inter-university only. The study could be more stable and generalizable if it included longer number of player from national and international level also.

CHAPTER-II

REVIEW OF RELATED LITRATURE

Golby. J. (2003) physiological parameters play an important role in the performance prediction is an established concept. But there is lack of evidence regarding personality traits and its prediction power. The study was conducted on the role of mental skills and personality style in predicting success in rugby league players. Mental toughness was assessed by questionnaire using the Psychological Performance Inventory. Hardiness was assessed with questionnaire using the Personal Views Survey III-R. 115 samples were selected from among professional rugby league footballers who had representing the top three playing levels in the game in Great Britain (International, Super League, and Division One). Findings that performers playing at the highest standard (International players) scored significantly higher in all three hardiness subscales (commitment, control and challenge) and in two of the seven mental toughness subscales (negative energy control and attention control). Results are discussed relative to previous findings, in particular, of the usefulness of high levels of hardiness. Practical implications focus on the support of mental toughness and hardiness training to increase sports performance.

Forero. C. G. et al. (2008) indicates there is deficient proof about the idea of indiscreet animosity. In spite of the fact that not as nearly as to trust them the same develop. Along these lines, our point was to give down to earth proof of the co-relationship between the impulsivity and forcefulness develops when considered as characteristics. The information was gathered by utilizing surveys [Barratt's Imprudence Scale and Hostility Survey 768 respondents were chosen for the study. Item minute and accepted connections were utilized to decipher the discoveries. Also an essential segments examination was utilization to investigate and find out hasty hostility can be characterized phenotypically as the outflow of a solitary attribute. The basic fluctuation in the middle of forcefulness and impulsivity was beneath 42%. The important segments examination uncovers that one element is insufficient to symbolize all the variables. All in all, our outcomes demonstrate that impulsivity and forcefulness are two different, albeit related builds, which is especially essential in survey the confusions in the writing.

Barimani. A. (2009) the study was led in Islamic Azad colleges to analyze the measure of animosity between the competitor and non-competitor understudies. The

example were 270 competitors and 380 non-competitors who were chosen by utilizing bunch inspecting from among the of every last one of understudies of Islamic Azad College in Mazandaran area of Iran (2006-2007). The information was gathered utilizing AGQ questions with which mental uniqueness were made by utilizing systematic elements. The AGQ survey of estimation was a self-pencil and paper taking into account 4 degree Likert estimation and 30 shut finished inquiries. The inquiries were ascertained to be 82 percent utilizing Cronbach's alpha coefficient. In the investigation of the information, the inferential and expressive insights were utilized for the examination of the information. The examination of the information demonstrate that non-world class competitors are higher in animosity when contrasted with the tip top competitor. Yet, there were no huge regard ($P < 0.05$) was found among them. The normal investigation demonstrated that there is no critical contrast at between the normal hostility level of non-competitor and competitor understudies and both in young ladies and young men ($P < 0.05$). imperative in review the confusions in the writing.

Razae. A. et al. (2009) the study was conducted on 140 randomly selected Iranian elite and non-elite football players to compare team cohesion, athletic performance, role ambiguity and hardiness. Significant difference was found on these variable between elite and non-elite players except role ambiguity.

Yadav (2010) investigated the comparison of aggression level of players of team games and individual sports of inter-university level. ‘Sports Aggression Inventory’ developed by Anand Kumar and Prem Shankar Shukla was selected as criterion measure. The total sample of the study was —110‖ players of inter-university level. —55‖ subjects were of individual sports, ten each from Badminton, Judo and Gymnastics; seven from Swimming while three from 100mts, 200mts, 400mts, 800mts, shot put and long jump. —55‖ subjects were of team games, twelve each from basketball and volleyball; fifteen from hockey and sixteen from football. The data was analyzed by using t-test.

Lage. G. M. (2011) a perplexing and element environment where impulsivity most likely meddles in the human conduct is the game setting. The point of this exploratory study was to explore the conceivable relationship in the middle of impulsivity and specialized execution in handball competitors. Eleven lesser female competitors on a handball group were submitted to a neuropsychological appraisal of impulsivity utilizing Conner's CPT-II and the Iowa Betting Undertaking. In 11

matches, members' handball execution was investigated. We received the resampling factual way to deal with associate the measures of specialized execution with the neuropsychological measures. IGT net score was positively connected with specialized issues. Exclusion slips on the CPT-II were decidedly associated with the quantity of fouls endured, the quantity of fouls submitted, and the quantity of hostile fouls. Commission blunders on the CPT-II were contrarily corresponded with bounce back with resistance ball ownership. Our outcomes bolster the thought of connections in the middle of impulsivity and specialized execution in particular match circumstances.

Guilherme M. Lage et al. (2011) intricate and dynamic environment where impulsivity presumably meddles in the human conduct is the game setting. The point of this exploratory study was to examine the conceivable relationship in the middle of impulsivity and specialized execution in handball competitors. Eleven lesser female competitors on a handball group were submitted to a neuropsychological appraisal of impulsivity utilizing Conner's CPT-II and the Iowa Betting Assignment. In 11 matches, members' handball execution was broke down. We received the resampling measurable way to deal with relate the measures of specialized execution with the neuropsychological measures. IGT net scores was absolutely related with specialized blames likewise oversight lapse on CPT-II was emphatically connected with the quantity of fouls endured, submitted and hostile foul, Our outcomes bolster the thought of connections in the middle of impulsivity and specialized execution in particular match circumstances.

Moosavi. N. (2012) this study went for the examination of unreasonable convictions and impulsivity between over the top urgent clinical and non-clinical ladies in Isfahan. To seek after this reason, an uncovered facto examination was completed. In such manner, 51 fanatical urgent members (with a definitive determination of OCD) and 60 non-clinical members were chosen as the examination test. The members of both gatherings were comparative as far as age, sex, the instruction level and the financial societal position. To focus the given members' impulsivity and silly convictions, the surveys entitled "Barat's Impulsivity Scale" and "Jones' unreasonable convictions" were managed. The aftereffects of examination of covariance (with control of instruction variable) of nonsensical convictions between the method for the two gatherings demonstrated that e the distinction was not critical. The outcomes (with control of instruction and age variables) likewise demonstrated

that the distinction between impulsivity means was noteworthy ($p= 0.001$). Moreover the outcomes (with control of training variable) demonstrated that the contrast between means consideration indiscretion was noteworthy ($p= 0.001$). The aftereffects of two-routes examination of covariance (with control of training and age variables) demonstrated that the principle impact of conjugal status on engine indiscretion was noteworthy ($p= 0.003$). The distinction of non-arranging lack of caution between the two gatherings was not critical. Impulsivity is an imperative variable in ethologic and keeps up of over the top impulsive issue.

Daneshamooz S. (2012) the study was directed to make relationship between science tension, arithmetic execution and scholastic toughness in secondary school understudies in term of understudies learning strategy (Agreeable learning versus customary learning). For understudies who are working in little math agreeable gatherings, scientists have discovered that they can create critical thinking. The fundamental point of this study is to demonstrate that the amount of learning technique could be useful for learner with high math tension. The example involved 263 (134 guys and 129 females) school understudies were tried on Science Tension Rating Scale, Scholastic Solidness Scale and Arithmetic examination. Results acquired showed that understudies cooperate with low or high science uneasiness would be wise to execution in math score. Likewise, results have uncovered that arithmetic nervousness has huge negative relationship with science execution and scholastic strength. It is likewise observed that the sex contrasts in math tension are noteworthy, while no huge contrasts are identified in the middle of young men and young ladies in arithmetic execution and scholarly toughness. Also, the consequence of the study demonstrated that understudies who cooperate with low or high math nervousness would do well to execution in arithmetic score.

Khetmalis. M. S (2012)the purpose of the present study was to compare the selected psychological variable i.e. aggression between 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 subject's age ranged from 18 to 25 years. To assess the aggression, sports aggression inventory developed by Anand Kumar and Prem Shankar Shukla was used. To Comparison of selected psychological variables i.e. aggression between team game players and individual game players mean difference method (t ratio) 't' test was

used. The level of significance was set at 0.05 levels. Results showed that Team Game Players were more aggressive than Individual Game Players.

Mehrparvar. A. (2013) the exploration was to inspect and analyze mental toughness in the male secondary school understudies of Zahedan Region. The examination test comprised of 400 understudies who were partitioned into a competitor bunch (N=150) and a non-competitor bunch (N=250) utilizing demonstrative meeting. Bartone's 45-thing Dispositional Strength Scale that incorporates all the psychometric qualities needed for this study was utilized to gather information. The outcomes demonstrated that competitors had altogether higher scores in strength and the control subscale than nonathletes. Additionally, no huge distinction was seen in the middle of group and individual competitors. In aggregate, we can presume that competitors have more elevated amounts of mental strength than non-competitors and physical exercises have beneficial outcomes on toughness. It could likewise be that solid people have a tendency to take part in game exercises.

Narimani M. et al. (2013) the point of this study was Examination of psychological well-being and hostility in two gatherings of understudy's utilizing and not utilizing web. The study populace 120 scholastic year of 2010-2011 that have been picked taking into account multistage bunch inspecting. This study was causal-similar. For gathering information, the analyst made survey, Ahvaz hostility scale has been utilized. For information examination, autonomous t-test, two-route investigation of difference and Pearson connection through the SPSS programming have been utilized. The outcomes demonstrated that there is a noteworthy distinction between the method for two gatherings, utilizing web and not utilizing, and the variables of psychological well-being and hostility ($P < 0.05$). Generally speaking, the understudies utilizing interne have more unfavorable emotional well-being and animosity control than the understudies not utilizing.

Sharma. S. (2013) the rage for winning awards in the Olympics and other universal rivalries has catalyzed the games researchers to take enthusiasm for investigating all the viewpoints and Potential outcomes which can add to upgrade sports execution to undreamt statures. Games include amazingly complex conduct issues. As an outcome of extreme rivalry a games man's conduct may experience essential change. Physical researchers and mentors have not be fare just in the matter of aptitude preparing additionally be architects who comprehend the component of human conduct or the playfield, under to a great degree various circumstance sports

brain research as a connected brain science has taken titan strides. physical, and socio-social. Physical impacts are the acquired organic attributes that cause individuals to vary from one another. Socio social impacts are disguises from the environment that encompass the person. These impacts are ingested from folks, instructor, social foundation and media, and are the result of the general public in which the individuals live. The single short exploratory exploration outline was utilized as a part of the correlation of certain physiological variables among Contentious and Non-Confrontational games persons. A comparable study may be directed on the players of the other group and individual recreations. There was no critical distinction was found between the players of group and individual recreations when analyze on animosity.

Naser. A. (2014) the purpose of this study was to compare the dimensions of aggression (physical aggression, verbal aggression, anger and hostility) in adolescent athletes and non-athletes was divorced families. 30 adolescent volunteers who aged 11-13 years were assigned in athletes (n=15) and non-athletes (n=15) groups. Buss and Perry Aggression Questionnaire for data collection were used. Data Analysis was performed using independent t-test statistical method. Significance level of the test was considered $P \leq 0.05$. Research results showed significant differences in overall aggression ($p=0.0001$) and anger ($p=0.0001$), but no significant differences were observed between the two groups in physical aggression ($p=0.203$), verbal ($p=0.504$) and hostility ($p=0.440$). According to these findings it can be concluded that participating in sports can have a significant influence on dimensions of aggression.

Nabiei1. A. (2014) substance ill-use, otherwise called medication ill-use, is a ceaseless sensation involving numerous physical, mental, social, familial, and monetary harms so that the dependent individual's social and individual activities are extremely lessened. The principle reason for this paper is to look at the passionate insight and strength in addicts and non-addicts. The example comprised of 80 medication addicts and 80 ordinary people. The specimen size of addicts was dead set utilizing accommodation inspecting strategy as a part of dependence treatment middle of Kermanshah-Iran. At that point, the cloning system was utilized to match the two gatherings taking into account the variables of age, instruction level, number of relatives, and family wage. The members addressed Petrides and Furnham's enthusiastic insight survey and Kobasa's 80-thing solidness poll. At that point the information was examined utilizing measurable tests. The investigation of information demonstrated that there is a huge contrast in the middle of addicts and non-addicts

regarding passionate knowledge and toughness so that the enthusiastic insight and solidness of addicts are lower than the ordinary gathering. Likewise, the level of all enthusiastic knowledge parts (positive thinking, comprehension one's own and others' feelings, controlling feelings, and social aptitudes) was lower in addicts contrasted with non-addicts. The same results were acquired in regards to the people strength; at the end of the day, the dependent members got lower scores in all toughness segments (duty, test, and control). Alternate aftereffects of this exploration demonstrated that there is a noteworthy and negative connection between the span of compulsion and passionate insight and also between the length of time of dependence and solidness. At long last, it was inferred that addicts have lower enthusiastic insight and strength contrasted with typical people; likewise, there is critical connection between the passionate knowledge and toughness in addicts and ordinary people ($p < 0.05$).

WangL. et al. (2014) in spite of the fact that parcel of inquires about are consistently being directed and there is sufficient information in regards to the study of disease transmission of suicide in China, there are insufficient information on self-destructive ideation and endeavors in school understudies. Amusingly, hoisted impulsivity is thought to help the changeover from self-destructive considerations to self-destructive conduct. Accordingly, the target of this exploration was to recognize the relationship in the middle of suicide and the identity elements of impulsivity and animosity. This current study's examining system utilized stratified irregular group testing. In likelihood examining strategy a multi-stage stratified inspecting method was utilized to choose tests 5,245. The information was gathered by utilizing directed organized meetings in regards to a scope of socio-demographic qualities and self-destructive horribleness. The Patient Health Questionnaire misery module (PHQ-9) was utilized to get the data about contemplations of being in an ideal situation dead or harming themselves in a few routes amid the previous two weeks. The impulsivity manifestations in this study were evaluated with the BIS-11-CH (i.e., the Chinese variant of the BIS-11), and the Aggressive side effects were surveyed with the BAQ. The measurable bundle for sociology (SPSS) v.13.0 program (SPSS Inc., Chicago, IL, USA) was utilized for factual investigation. Socio-demographic variables, for example, ethnic and sex were thought about between gatherings, through the utilization of χ^2 tests. The nonparametric test (k Independent Sample test, Kruskal-Wallis H) was performed to focus contrasts between the identity components of

impulsivity and animosity and suicide. Altogether, 9.1% (n=479) of the 5,245 understudies reported they have ever contemplated conferring suicide; and 1% (n=51) reported a past filled with endeavored suicide (attempters). The investigations recognized huge contrasts in scores on subjective impulsivity ($p < 0.01$), when contrasting people who just had self-destructive ideation and people who had endeavored suicide. In addition, huge contrasts were found between ideators just and attempters on scores of self-arranged assault ($p < .001$). Suicidal ideation is predominant among Chinese college understudies. Understudies with high hostility scores were more vulnerable to submitting suicide. Scores on self-arranged assault and intellectual impulsivity may be vital components for differentially foreseeing suicide ideation.

CHAPTER-III

METHODOLOGY

The objectives of the study were to find out aggression, hardiness and impulsivity among team game and individual game players. For accomplishing this required tool, methods, research designs and statistical technique was used in the study.

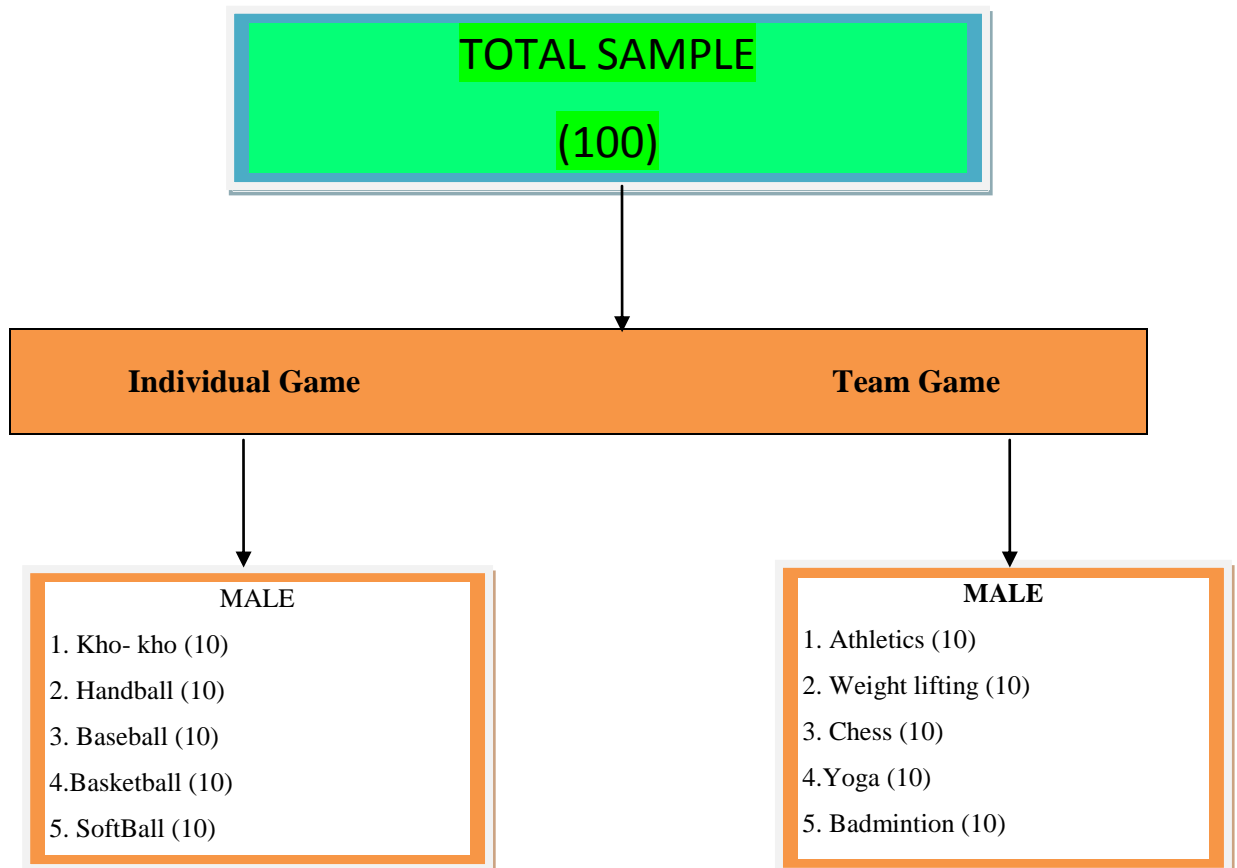
In this chapter research design, participants, tools, method of collecting data and statistical technique to be employed in the study were described.

Population

The population for the study was the male players who had participation in interuniversity competitions.

Sampling frame

The samples were selected from male interuniversity players of lpu equally from both team

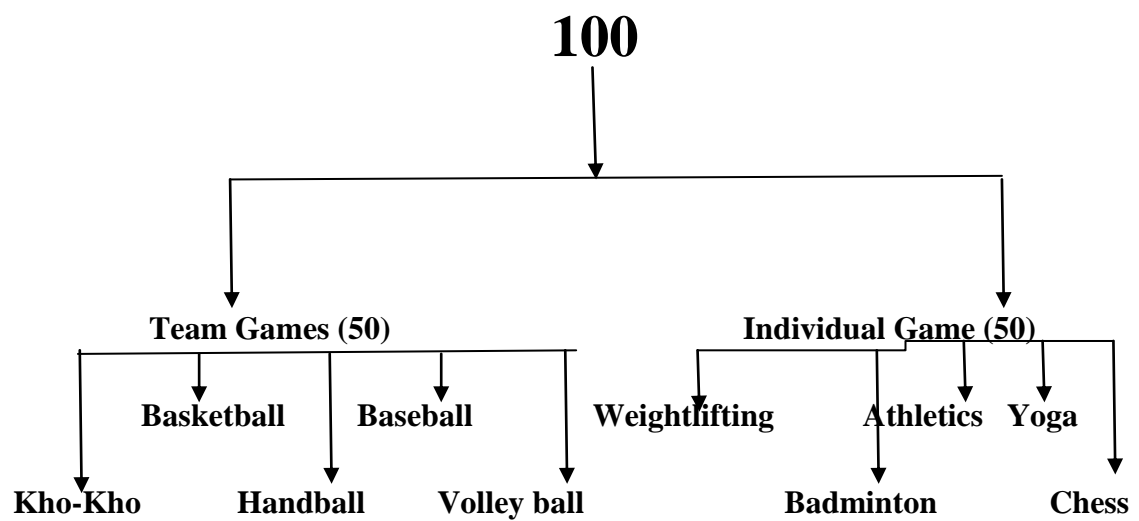


Sampling technique

Convenient Sampling technique was used to select samples from sampling frame. i.e. anybody who had participated in inter-university and easily available

Sampling size

Total Samples



Selection of variables:

The following psychological variables were selected for comparing between individual and team game players:

- Impulsivity
- Aggression
- Hardiness

Table:-3.1

Tools: The data was collected by using following questionnaire

S.NO.	Scale	Author	Validity	Reliability
1.	Singh Psychological Hardiness Scale	Arun Kumar Singh	.92	.862
2.	Impulsiveness Scale	Dr. S. N. Rai and Dr. Alka Sharma	.58	.72
3.	Aggression Scale	Dr. Guru Pyari Mathur and Dr. Raj Kumari Bhatnagar	.80	.88

Instruction for Administration of test

1. It is a self-administering questionnaire. It is administered to a group as well as to an individual. The instruction printed on the test form should be read by the administrator as well as the teste.
2. The examiner must ensure that the subjects have written his or her name, age, etc. at the top of the front page.
3. It should be noted that there is no right are wrong response to the statement, it is only to know the individual's reaction in different situations.
4. No time limit is fixed for completing the test, however usually an individual takes 25-30 minutes in completing the test.
5. It is emphasized that each statement has to be respond in one of the alternatives given with the questions.
6. No statement is to be left out.
7. They should be assured that their answer will be kept secret.

Scoring Procedure of hardness scale

The scoring of SPHS possessors the trait of simplicity. Every item has five response options. Strongly agree, Agree, Neutral, Disagree and Strongly Disagree, All items expect item no. 17, 21, 25, 28, would be given a score of 5, 4, 3, 2, and 1 for the

above five categories of responses respectively. Since these items (17,21,25,28) are negative, they would be given a score of 1, 2, 3, 4 and 5 for the above five categories of Responses respectively. The maximum score of a teste on SPHS is $30 \times 5 = 150$.

Table:-3.2

Items	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Positive	5	4	3	2	1
Negative	1	2	3	4	5

Scoring Procedure of Impulsiveness Scale

Scoring Procedure: The responses obtained in the form of tick marks (\checkmark) on 30 items of impulsiveness scale are quantified. Each item of the scale has two alternative responses. The response indicating impulsiveness is scored as 1 and response indicating no impulsiveness is scored as 0. Following are the scores for each item of the Scale:

Table:-3.3

Items	Response Alternative	
	(A)Score	(B) Score
1	1	0
2	1	0
3	0	1
4	1	0
5	0	1
6	0	1
7	0	1
8	1	0
9	1	0
10	0	1
11	0	1

12	1	0
13	1	0
14	1	0
15	0	1
16	0	1
17	1	0
18	0	1
19	0	1
20	1	0
21	1	0
22	0	1
23	0	1
24	0	1
25	1	0
26	1	0
27	0	1
28	1	0
29	0	1
30	1	0
Total Score	(15	+ 15)= 30

Scoring Procedure of Aggression Scale

As described above, it is a 5 point scale. In this scale, statements are in two forms i.e. positive and negative 30 statements are in positive forms and 25 in negative forms showing table below:

Table:-3.4

Positive Form

Strongly Accepted	Accepted	Undecided	Disagree	Strongly disagree
5	4	3	2	1

Table:-3.5

Negative Form

Strongly Accepted	Accepted	Undecided	Disagree	Strongly disagree
1	2	3	4	5

Collection of Data

With the help of the respective questionnaires for each psychological Variable necessary data was collected.

Statistical technique:

The descriptive statistics was used to understand different characteristics' of data further for comparison independent t-test was used

CHAPTER-IV

RESULTS AND DISCUSSIONS

In this chapter, analysis of the data, findings and the discussion of findings have been described. The investigator found the data collected with the help of standard tools as to be reliable, accurate and valid.

Table-4.1
Descriptive Statistics

		Indi. Impulsivity	Indi. Hardiness	Indi. Aggression	Team Impulsivity	Team Hardiness	Team Aggression
N	Valid	50	50	50	50	50	50
	Missing	0	0	0	0	0	0
Mean		13.480	98.720	170.400	17.240	99.700	189.280
Std. Error of Mean		.4800	1.443	2.413	.455	1.279	1.944
Median		13.500	98.000	169.500	17.000	97.500	193.000
Std. Deviation		3.394	10.206	17.064	3.223	9.046	13.750
Variance		11.520	104.165	291.184	10.390	81.847	189.063
Skewness		.053	.761	.288	.003	.918	.598
Std. Error of Skewness		.337	.337	.337	.337	.337	.337
Kurtosis		.739	1.552	.222	.050	.499	.409
Std. Error of Kurtosis		.662	.662	.662	.662	.662	.662
Range		14.00	55.00	76.00	15.00	37.00	57.00
Minimum		7.00	76.00	123.00	11.00	84.00	156.00
Maximum		21.00	131.00	199.00	26.00	121.00	213.00

In the above table it clearly reveals that most of the data was symmetrical, except for hardiness among both team and individual game category where skewness is more than twice of its standard error and the data was found positively skewed which means most of the scores on hardiness were below the mean.

The mean value 17.24 for impulsivity of team game players shows more impulsive behavior than individual game players 13.48, but according to the norms both the groups had moderately impulsive behavior.

The mean value 98.72 for hardiness of individual game players showed little smaller value than team game players 99.70, but according to the norms for hardiness both the groups had moderate level of psychological hardiness.

The mean value 170.40 for aggression of individual game players showed smaller value than the mean value 189.28 of team game players, but according to the norms for aggression both the groups showed average level of aggressive behavior.

As here when mean values compare to the norms prepared showed not much difference between two groups of samples. Following table shows whether there is any statistically significant difference between two natures of sports by using appropriate statistical technique

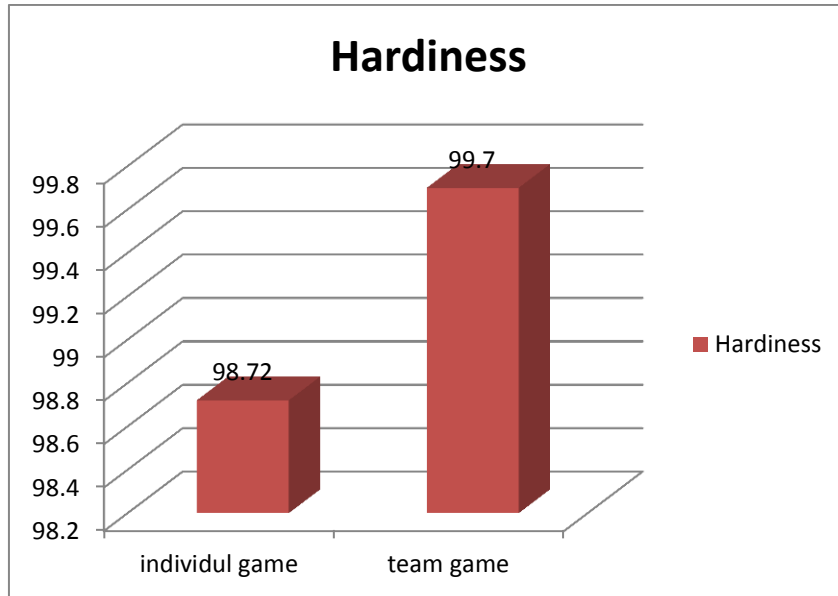
Table-4.2
Comparison of Impulsivity between Team and Individual game players

Impulsivity	N	Mean	Std. Deviation	Std. Error of Mean	t-value
Individual	50	13.48	3.39	.48	5.680
Team	50	17.24	3.22	.46	

Here in the above table it shows that the calculated t-value we found was - 5.680 which is greater than the Tabulated t-value for 98 df at 0.05 level of significance (1.984). Hence it can be interpreted that there was statistically significant difference in impulsivity between team and individual game players.

Graph-4.1

Graphical representation of comparison of hardiness between team and individual game players



Above graph clearly revealed the mean for individual games are 98.72 and team games 99.7 on hardiness, showed insignificant difference.

Table-4.3

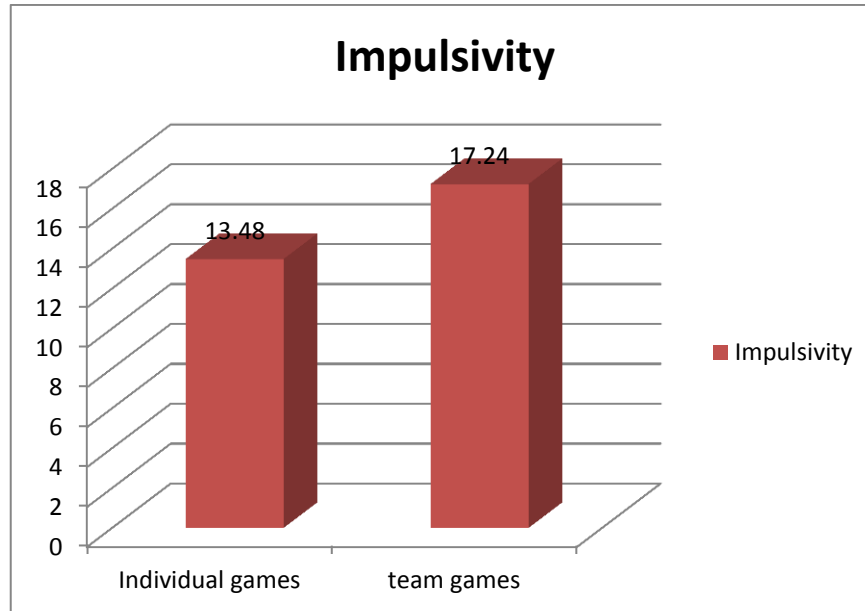
Comparison of Hardiness between Team and Individual game players

Hardiness	N	Mean	Std. Deviation	Std. Error of Mean	t-value
Individual	50	98.72	10.21	1.44	.508
Team	50	99.70	9.04	1.28	

Above table clearly reveals that the calculated t-value .508 is less than the tabulated value at 0.05 level of significance for 98 df (1.984). Hence it can be interpreted that there was insignificant difference in hardiness among the players of team and individual games.

Graph-4.2

Graphical representation of comparison of Impulsivity between team and individual game players



Above graph clearly revealed the mean for individual games are 13.48 and team games 17.24 on impulsivity, showed significant difference.

Table-4.4

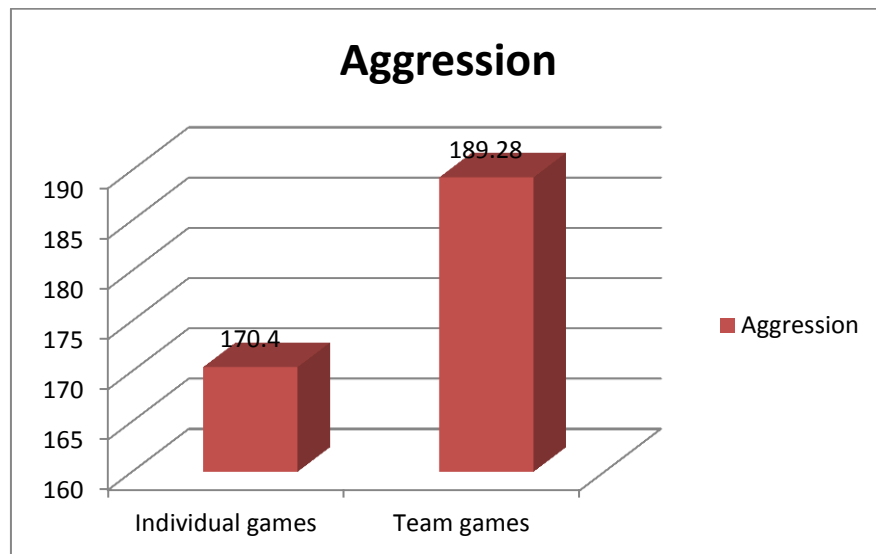
Comparison of Aggression between Team and Individual game players

Aggression	N	Mean	Std. Deviation	Std. Error of Mean	t-value
Individual	50	170.40	17.064	2.41	6.092*
Team	50	189.28	13.75	1.94	

The table above clearly reveals that the calculated t-value 6.092* is greater than the tabulated value at 0.05 level of significance for 98 df (1.984). Hence it can be interpreted that there was significant difference in aggression between the players of team and individual games.

Graph-4.3

Graphical representation of comparison of Aggression between team and individual game players



Above graph clearly revealed the mean for individual games are 170.40 and team games 189.28 on aggression, showed significant difference.

Discussions of the findings

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 impulsivity, aggression and hardiness. In the present time it is imperative to know for numerous of purposes like identifying and selecting the talent/player in which game to participate, preparing the training schedule etc. 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. According to the type of sports activity and its requirement different training schedules were prepared. Same is the case with body types as each sports activity is unique in its structure a player anthropometrically suitable for playing hockey can't do that well in volleyball which require longer height. Now to any extent the player is anthropometrically and physically suitable for playing any sports activity, its mental set up, cognitive level psychological variables undoubtedly plays vital role, the coaches now a day's paying more attention to the psychological variables while selecting and developing the player for elite level it limits the performance to a greater extent.

In the present study when we compare the different groups on impulsivity the obtained average score for individual game players was found 13.48 and for team games was 17.24 which showed the team game players had high impulsive behavior, but both the groups are fall in the range of 13-18 based on norms so both the groups had moderate impulsive behavior. But we applied t-test it shows statistically significant difference between both groups which proves team game players are highly impulsive.

On comparing the two groups on aggression the average of the score we obtained was 170.40 for individual game players and 189.28 for team game players which showed team game players are more aggressive, both the score fall in the range of 155-204 (available norms) which was average aggressive. But when we had applied t-test it showed a significant difference between both the groups i.e. team game players were more aggressive.

On comparing the two groups on hardiness the mean value 98.72 and 99.70 for individual and team game players didn't showed much difference. On applying t-test insignificant difference was found as the calculated value was smaller than tabulated value for specified level of significance i.e. both the groups didn't differ significantly on hardiness.

Discussion of the hypotheses

The first hypothesis we had framed was both the groups will be significantly differ from each other on the basis of data and our findings we could accepted the hypothesis at specified level of significance, which means team games players are highly impulsive than the players who participate in individual events means it require more forethought and planning before action

Second hypothesis proposed was there will be significant difference in aggression, on the basis of obtained data and findings it is evident that team game players are more hostile and are highly aggressive than the individual game players, hence the hypothesis could be accepted on specified level of significance.

Third hypothesis we had made was there will be significant difference in hardiness, but on the basis of findings and data collected we couldn't accept the hypothesis as it shows there is no difference in psychological hardiness require to participate individual and team games

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The objective of the present study was to compare two different groups who were the players of different kind of sports activity i.e. in one group the players of individual games (Badminton, Chess, Athletics, Weightlifting and Yoga) take part in the study and the other group comprises of team games (Handball, Basketball, Kho-Kho, Baseball, and Volleyball).

The samples were selected conveniently from among the interuniversity players whose age was delimited to 18-28 years. Three psychological variables were selected for the study was impulsivity, aggression and hardiness. Data was collected by using well reliable and valid tools. Hardiness was measured by using Arun Kumar Singh's psychological hardiness scale, impulsivity was measured by using S. N. Rai and Alka Sharma's Impulsiveness Scale, further Guru Pyari Mathur and Dr. Raj Kumari Bhatnagar's Aggression Scale was used to measure aggression.

The obtained average score for individual game players on impulsivity was found 13.48 and for team games was 17.24 which showed the team game players had high impulsive behavior, but both the groups were fall in the range of 13-18 based on norms so both the groups had moderate impulsive behavior. On applying t-test the calculated t-value 5.680 found greater than the tabulated t at 0.05 level of significance for 98 df (1.984) which shows statistically significant difference between both groups which proves team game players are highly impulsive.

When we had compare the two groups on hardiness the mean value 98.72 and 99.70 for individual and team game players didn't showed much difference. The value of calculated t .508 on applying t-test found when compared to tabulated "t" 1.984 at 98 df for 0.05 level of significance which showed there is no difference was found in hardiness.

The obtained average score for two groups on aggression was 170.40 for individual game players and 189.28 for team game players which showed team game players are more aggressive, both the score fall in the range of 155-204 (available norms) which was average aggressive. But when we had applied t-test we found

calculated t-value 6.092 which was significant for 98 df at 0.05 level of significance revealed team game players were more aggressive.

Conclusions

1. On the basis of findings we could conclude that both the groups differ significantly on impulsivity, team game players were highly impulsive and do the actions with less forethought and preplanning than individual game players.
2. On comparing hardiness we had conclude that both the groups didn't differ significantly.
3. In aggression both the groups differ significantly and we could conclude that team game players were highly aggressive than individual game players.

Recommendations

1. The similar kind of study can be conducted by increasing the number of samples.
2. Same variables can be compared between sportsperson and non-sportsperson.
3. Similar kind of study can be conducted by taking elite players as the samples.
4. Similar kind of study can be conducted to compare the subjects of different professions.
5. Similar kind of study can be conducted on the subjects of smaller or larger age group than this.

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