



Psychological Application: Aggression and Anxiety in Different Levels of Football Player's

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Abstract

Hostility and Anxiety are unavoidable physiological and natural cadenced cyclic procedure to each male and female. It is seen that the Aggressive Athletes are all the more quick, dynamic, solid, exceptionally energetic and anxious to crush the rival. Uneasiness is an enthusiastic dependability, extreme mindedness and certainty which accomplishes an ideal objective.

So as to evaluate the critical contrasts between elite and low execution of football players based on Aggression and Anxiety (60) examples were taken and t-proportion was applied setting its level at 0.5.

Discourse, Result and reference were watched and referenced.

Keywords: Aggression, Anxiety, Different Levels, Football Player's

Introduction

Hostility and Anxiety is unavoidable physiological and organic cadenced cyclic procedure to each male and female, capability in any game and game requires the Ideal mix and cooperation of fantastic capacities created to a perfect characteristics. Anyway execution proportions of this energizing focused games speak to a significant methods for Aggressive motivations.

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At the point when Aggressive energies are communicated with in the principles of a game and diverted in to ability by a develop Athlete, at that point one may observe an amazing and superb presentation. The huge and extraordinary Athlete's go into rivalry with restraint and not with motivation. The Aggressive Athletes will be all the more quick, dynamic, solid, exceptionally energetic and anxious to crush the adversary, Anxiety is identified with enthusiastic dependability, extreme mindedness and certainty, an individual who has the above characteristics is prepared to deal with Anxiety and convert it in to something exceptionally accommodating and attainable execution in Athlete.

Nervousness is an inspiring power and go to accomplish the objective in related competition. The sportsmen who utilizes his Anxiety thusly will search out approaches to create himself. It with diminishes Anxiety as well as help him to build his Athletics aptitudes and play with self-assurance.

METHOD**Sample**

Sixty male Football players were selected for inter collegiate competition as subject for this study. Players who had participated in various non Agriculture University's of Maharashtra State Football Tournament has given high performance but those who had participated in inter collegiate Football Tournament were not selected to represent the inter – university Football team because of the “Low Performance”. Each group consisted of 30 players and aged under 17 to 25 years.

In order to find out the competitive Anxiety of Football players C.S.A. 1-2 from was applied the questionnaire consist of 27 statements which had an evaluation range from 1 = not all to 4 = very much so. The questionnaire assesses the following two components and third factor – (A) cognitive Anxiety (B) somatic Anxiety (C) self confidence. In order to find the competition Anxiety of the subject, the scores on the above mentioned factors were added up.

“Sports Aggression Inventory” constructed by Anand Kumar and Prem Shankar Shukla, was selected for this study. This inventory consists of 25 items in which 13 items are keyed

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“yes” and rest 12 items keyed “No”. The score obtained by each subject, on each statement was added up which represented one's total score on Aggression.

In order to Assess the significant differences between high performance and low performance of Football players on the basis of Aggression and Anxiety. The t-ratio was applied. The level of significance was set at .05.

RESULT

To determine the significance of mean difference between high and low performance Football players with regard to their psychological dimensions Aggression and Anxiety status is presented in table – 1.

Table – 1**Significance of difference of means of high and low performance football players**

Sr. No.	Group	Dimension	Mean	S.D.	Mean Difference	Std. Error of the mean	t-ratio
1	High PerF	Aggression	12.5	4.25			
					2.57	0.945	2.71*
2	Low PreF	Aggression	9.93	2.95			
3	High PreF	Anxiety	62.0	5.69			
					2.60	1.09	1.36
4	Low PreF	Anxiety	64.6	8.75			

$P < 0.05$ 't' value required to be significant at 0.05 level with 58 degree of freedom is 2.0.

The analysis of data in table – 1 shows that high performance Football players have significantly more aggressive attitude than those of low performance Football players, as the obtained “t” value of 2.71 is higher than the required value of 2.0.

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The analysis of data also reveals that there is no significant difference between high and low level performance ability of Football players in the dimension of Anxiety as the obtained “t” value of 1.36 is lower than the required “t” value of 2.0 at 0.05 level of confidence.

Discussion

The significant difference between high and low performance Football players in the dimension of Aggression may be due to the fact that the maturity of these experienced players might be helping them to produce under given circumstances of Aggression when it is required and to channelise it into the skill which may lead to inspiring performance at the optimum level of Aggressiveness which makes the players more active, eager and highly motivated.

The significant difference between the high and low performance Football players in the dimension of Anxiety may be attributed to the fact that regular participation in game of the Football players by both the category of players might have produced in them the quality of emotional stability, self confidence, tough mindedness and adjustment. These qualities equip the person to handle Anxiety appropriately by keeping it at under given circumstances level.

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