

Comparasion of self-esteem and aggression between combative and non combative sports of Kashmir Division

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ABSTRACT

This survey type research aimed to check and compare the self-esteem aggressiveness between combative sports and non-combative sports of Jammu and Kashmir. For knowing the outcome of results A total of sixty 60 sports players, which constitute 30 Combative sport and 30 non-combative sport. The Subjects were selected by purposive sampling. The subjects were considered from the age group between 22-29 years. For the analysis of the self-esteem and aggresssive tendency of the subjects of both the groups I.e. combative sports and non-combative sports group. The Standard questionnaire meant for Self-Esteem by-Dr. Morris Rosenberg's Self-Esteem Scale it has 10 items and the standard questionnaire of aggression constructed by R. L. Bhardwaj scale, were used for data collection and to know the aggression level of individual and team game players of Kashmir University which contains 28 items. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of self-esteem aggressive tendency between combative sports and non-combative sports and the level of significance was set at 0.05 levels ($p < 0.05$). After the systematic collection, analysis and interpretation of collected data from all, it is concluded that in comparison between both groups Combative were found with high self-esteem and aggression as compared to non-combative sports players.

Keyword: Self-esteem; aggression; combative; non-combative

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INTRODUCTION

Makarowski reminds Thirer's classification of aggression: destructive aggression is combined with anger or hate; non-destructive aggression (yet still aggression) is identified with assertiveness (Makarowski 2013). In the latter case aggression has an instrumental character and its objective is to get the result (sports score) and not to harm the opponent (Klimczak, Podstawski, & Dobosz 2014). Krishnaveni and Shahin (2014) divide aggression that accompanies sport struggle into: direct, indirect, instrumental and emotional. Psychology is an educational and applied branch of science that involves the the scientific study of mental processes and behaviors. Specific nature of combat sports allows deliberate physical attacks against an opponent with coincidental refraining from illegal moves or those who offend against opponent's dignity.

Therefore moral and psychological development of people training combat sports is strongly emphasized. Due to controversial character of these types of sports people training combat sports need to be fully aware with regard to the threats of using the practiced techniques. The specific nature of sport task connected to combat sports regarding their characteristic or type can also have an impact on their level of

aggressiveness. According to the study contact sports fighters are more aggressive than contestants in non-contact sports (Kumar 2015); Baker, Whiting, and Van der Brug (1990) proved that sport activities can pacify aggression in sportspeople. Combat sports fighters are not necessarily aggressive, but they should present aggressive attitude for the sake of sport competition. Specific level of exhilaration is required to take a sport competition task. It is also important to control possible aggressive behavior, because excessive aggression can lead to ignoring fair play rules (Baker, Whiting, & Van der Brug 1990). The importance of controlling the level of aggression in sports was also presented in Krishnaveni and Shahin's paper (Krishnaveni & Shahin 2014). Baumeister and Boden as cited in Kubacka-Jasiecka (2006) stated however that people characterized by too high level of aggression can also show problems with self-control. Excessive self-control may in turn cause aggressive behavior, because in this case the tension caused by the self-control cannot be relieved regularly and may lead to specific reactions – usually aggressive ones. Although several studies were conducted in this field, the anticipatory cues, to which athletes respond, are not clarified in many sports, neither in karate. An in-situ study with parallel motion capturing of two karate athletes (Petri et al., 2019a) and the following in-situ study with parallel video analysis of two athletes (Petri et al., 2019b), implied that the reduction of distance before the attack might be an anticipatory cue. In that studies, according to the method described above in (Petri et al., 2019b), Psychology also indicates to the use of such knowledge in various fields of human activity, including the daily life of individuals and the treatment of mental illness.

Sometimes, apart from applying the scientific method, it also depends on symbolic interpretation and critical analysis, although it is often less known than other social sciences such as sociology. Psychologists study phenomena such as perception, emotion, personality, behavior, and relationships. Some, especially deep psychologists, also study unconscious brains. Psychology differs from other social sciences in anthropology, economics, politics, and sociology, which explain the mental processes and behaviors of individuals. Psychology differs from biology and neuroscience in that it deals primarily with the interaction of mental processes and behaviors at the systemic level, as opposed to the study itself of biological or neurological processes. In contrast, the subfield of neuroscience studies real neural processes and how they relate to the mental effects arising individually. Biological psychology is the scientific study of the biological underpinnings of behaviour and mental state. Psychology does not necessarily refer to the brain or nervous system and is purely in the context of theoretical and information processing of the mind. Can be prepared. Increasingly, however, knowing of mental work is being incorporated into psychological theory and practice, particularly artificial intelligence.

RESEARCH METHODS

Source of Data

For the Present study the Subjects were selected from combative and non-combative sports players of Kashmir division.

Selection of Subjects

For the present study total 60 players were selected out of which 30 were combative and 30 non-combative players of Kashmir division all of them were selected by using sample random sampling method.

Questionnaires Used for Collection of Data

Two standard questionnaires were used for the collection of data related to aggression and self-esteem of both the groups. The standard questionnaire meant for self-esteem by Dr. Morris Rosenberg's self-esteem scale has 10 items and the standard questionnaire of aggression constructed by R. L. Bhardwaj scale, were used for data collection and to know the aggression level of individual and team game players of Kashmir University which contains 28 items. And the data was referred to norms given in questionnaires for further verification.

RESEARCH RESULT

The data is obtained from Sixty (60) players individually in total i.e. 30 from Combative sport and 30 non-combative sport and after that the obtained collected from questionnaires from all the players were separately analyzed through given norms and results were drawn by comparing the means of 30 Combative sport and 30 non-combative sport and was again statistically analyzed by applying t-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable. Each table gives the average or mean of 30 Combative sport and 30 non-combative sport. Also the researcher found the standard deviation of 30 Combative sport and 30 non-combative sport and also their mean difference is given in the table. The level of significance for the present study is kept at 0.05 and also the degree of freedom is also kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'. This is used for testing of hypothesis which was given by the researcher previously.

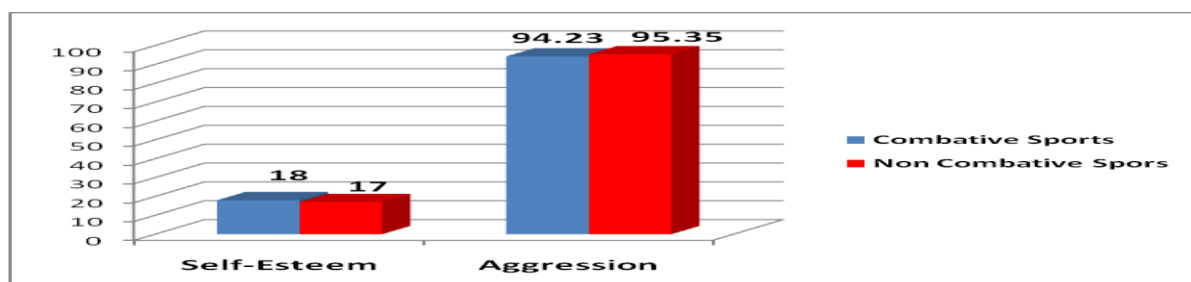
If the value of the calculated 't' is more than the tabulated 't' then the hypothesis of the researcher will be accepted and if the value of the calculated 't' is less than that of tabulated 't' then the hypothesis of the researcher will be rejected. Acceptance or rejection of hypothesis doesn't matter as it is not in control of researcher. The finding of this particular research is given below for both the variables

Table 1. Comparison of Self Esteem between Combative Sport and Non-Combative Sport of Jammu and Kashmir

Group	Mean	S.D.	M.D.	S.E	D.F.	O.T.	T.T.
Combative Sport	18	3.05	1	0.833	58	2.30	2.00
Non-Combative Sport	17	3.10					

Table 2. Comparison of Aggression between Combative Sport and Non-Combative Sport of Jammu and Kashmir

Group	Mean	S.D.	M.D.	S.E	D.F.	O.T.	T.T.
Combative Sport	94.23	17.21	1.12	3.037	58	2.12	2.00
NonCombative Sport	95.35	16.48					



Graph 1. Showing the Mean Difference of Self-Esteem and Aggression Between Combative and Non-Combative Sports Person of Kashmir division

DISCUSSION

It was presumed that there would be significant difference in the self esteem and aggression between combative and non-combative sports players of Kashmir division the study was delimited to to the age group of 25 to 30 both combative and non-combative sports players. The main observation of the present study was done with accuracy with respect to research ethics and scientific principles the observation was there were two separate questionnaires for both the variables that were standard questionnaires with high validity and reliability after applying questionnaires on both the groups for both variables for comparison it was observed after evaluation of these questionnaires there was found significant differences in self esteem and aggression between combative and non-combative sports players of Kashmir division All this has been shown below in research results. [Imtiyaz et al., \(2014\)](#) also conducted a study related to above said variables on different subjects for comparison and the result of the study had significant differences in both the variables. [Lone and Dasgupta \(2016\)](#) has conducted study on aggression self esteem among various groups for comparison and the study also shown significant differences in pysical variables in various sports players.

CONCLUSION

From the graphical mean difference representation we come to this conclusion that as far as self-esteem is taken into consideration, combative sports players are sociable, self-respectable and favorable, while as non-combative sport are despise, and disregard. After the systematic collection, analysis and interpretation of collected data from all, it is concluded that in comparison between both groups combative were found with high self-esteem and aggression as compared to non-combative sports players.

Keeping in view the limitations of the study and from the statistical techniques applied for analysis of the collected data it is concluded that there was found significant difference in self-esteem and aggression between physical between combative sport and noncombative sport of Jammu and Kashmir while applied 't' test. The researchers prior to this research preassumed that there would be a moderate or significant difference in self-esteem and aggression between combative sport and non-combative sport of Jammu and Kashmir. After the statistical analysis interpretation of data it was found that there is significant difference. Because calculated 't' is greater than tabulated 't' at the level of significance 0.05, hence the hypothesis is accepted.

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