CHAPTER - VI

SUMMARY

In the world of stiff competition, technological advancement and ever changing social scenario, people are bound to suffer from psychological disorders like frustration tension and anxiety. Sports may provide remedy to overcome these maladies affecting modern society. Sports help in breaking the monotony of mechanical life which the people are living in today. Sports help the participants and the spectators as well. By playing strenuous games the performer derives real happiness and satisfaction from them. It helps in bringing out positive aspects of one’s personality, like self perception, confidence, intelligence, enduration adjustment and will power to remain calm and cool in most compelling circumstances, appreciation and learning of skills even of opponents and to contest in friendly manner and accept both the victory and the defeat with the same grace.

Education means all round development of one’s personality and sports are must to achieve this goal as sports teach us to become emotionally stable socially adjusted and to be a useful component in a group activity. Controlling of instincts and emotions enables one to do some thing constructive for oneself and for society at large. Sports are a good means of recreation. Sports are potent enough to direct or release the extra energy generated during tension or excitement
otherwise one can resort to anti social actions during these emotionally charged conditions.

The ability of a person to perform in any athletic event is obviously limited by his/her physical characteristics. There is almost a consensus among the sports scientists that comparative performance of an individual or a team depends upon his/her a number of potentials including those of fitness dimensions, skill dimensions and most importantly upon psychological and behaviour dimensions.

Most of the coaches and psychologists have started believing that the barriers of physical, physiological and skill dimensions can be broken by applying psychological therapy which may serve as stimulant to boost the performance of athletes. It has also been believed that future records will be broken primarily because of increased attention to the psychological features of an individual.

Research and practical experiences have indicated that the ability of athletes undergo social and physical stress of participation in high level of competition can be improved by psychological approach. Therefore, the psychological dimensions of sportsmen/women are receiving more and more attention of researchers in the field of physical education and sports.

In the modern era of cut throat competition one cannot afford to remain immune to competition with aggression, intelligence and adjustment but a review of available literature among the wide variety of psychological variables which directly or indirectly influences the sports performance may conclude that no study has been conducted to investigate the intelligence adjustment and aggression of individual and team events sportspersons such as Boxing, Judo, Gymnastic,
Athletic, Football, Basketball and Cricket etc. So to find out the effect of intelligence, adjustment and aggression on the sports persons of different games was the main objective of the present study entitled, "A comparative study of aggressive tendency, intelligence and adjustment among sports person".

Objectives of the study

The present study had the following objectives:

1. To find out whether there was any difference in aggressive tendency, intelligence and adjustment among the sports persons of different games.

2. To find out whether there was any difference in aggressive tendency, intelligence and adjustment between male and female players of different games.

Delimitation of Study:

The present study was to determine the aggressive behaviour, intelligence and adjustment in sportsperson of contact, semi-contact and non-contact games.

Hypothesis:

On the basis of review and empirical observations the following hypothesis were formulated.

1. There exists a difference in aggressive behaviour, intelligence and adjustment among the sportspersons of contact, semi-contact and non-contact games.

2. There exists a difference in aggressive behaviour, intelligence and adjustment between male and female players of contact games.
3. There exists a difference in aggressive behaviour, intelligence and adjustment between male and female players of semi-contact games.

4. There exists a difference in aggressive behaviour, intelligence and adjustment between male and female players of non-contact games.

Design of the study:

A total of 600 sportsmen/women of contact, semi-contact and non contact games were selected as samples for the present study. The samples were selected by stratified random sampling technique. The break up of the samples was as follows:

Tools and Technique:

To collect the data the following tool were used

SYSTEMATIC REPRESENTATION OF SAMPLE

Aggression
Intelligence
Adjustment
(600)

Contact game
(200)

Semi-contact game
(200)

Non-contact game
(200)

Boonong
(50)

Judo
(50)

Wrestling
(50)

Kabaddi
(50)

Kho-Kho
(50)

Handball
(50)

Basketball
(50)

Football
(50)

Athletic
(50)

Gymnastic
(50)

Volleyball
(50)

Cricket
(50)

Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
(a) "Aggression questionnaire" by Dr. G.C. Pati (1976) had been used for measuring aggressive behaviour.

(b) "The Group test of General Mental Ability" by S. Jalota (1976) was used to measure the intelligence level.

(c) "Adjustment inventory for college students (AICS) by Dr. A.K.P. Singh and Dr. R.P. Singh had been used to measure adjustment.

Administration of tests:

All the questionnaires scales were administered to all the subjects under the direct supervision of the investigator. The questionnaires were administered in accordance with the instructions laid down in the manual. All the subjects were assured that the information obtained through the scale would be kept confidential.

Main findings:

On the basis of interpretation of data the researcher was in a position to draw the following findings:

(a) Aggression:

It was found that sportsmen were more aggressive as compared to sportswomen. It was also found the contact game players were most aggressive as compared to semi-contact and non-contact games players and the sportspersons of semi-contact games were also more aggressive than the sportspersons of non-contact games.

(b) Intelligence:

It was found that sportswomen were more intelligent as compared to
sportmen. It was also found that players of semi-contact games were more intelligent as compared to contact and non-contact game players and it was also found that the players of non-contact games were more intelligent as compared to contact game players.

(c) **Adjustment:**

It was found that sportswomen were better adjusted as compared to sportmen. It was also found that players of semi-contact games were most adjusted as compared to contact and non-contact games players and it was also concluded that the contact game players were better adjusted as compared to non-contact game players.

**CONTACT GAME**

(i) **Aggression:**

It was found that the sportmen of contact games were more aggressive than their sportswomen. It was also found that Boxing and Judo players were more aggressive as compared to Wrestling and Kabaddi players.

(ii) **Intelligence:**

It was found that the sportswomen of contact games were more intelligent as compared to their sportmen. It was also found that sportspersons of Wrestling were less intelligent as compared to Boxing and Kabaddi sportspersons.

(iii) **Adjustment:**

It was found that the sportswomen of contact games were better adjusted as compared to their sportmen. It was also found that Kabaddi players had best adjustment level as compared to Boxing, Judo and Wrestling players.
SEMI-CONTACT GAME

(i) Aggression:

It was found that the sportmen of semi-contact games were more aggressive as compared to their sportswomen. It was also found that Basketball players were most aggressive as compared to Kho-Kho, Handball and Football players.

(ii) Intelligence:

It was found that the sportswomen of semi-contact games were more intelligent as compared to their sportmen. It was also found that players of Handball and Football were more intelligent as compared to Kho-Kho and Basketball players.

(iii) Adjustment:

It was found that the sportswomen and sportmen of semi-contact games had equal adjustment level. It was also found that Football players had best adjustment level as compared to Kho-Kho, Handball and Basketball players.

NON-CONTACT GAME

(i) Aggression:

It was found that there was no difference in aggressive behaviour between the sportmen and sportswomen of non-contact games. It was also found that Volleyball players were more aggressive as compared to Gymnastic and Cricket player.

(ii) Intelligence:

It was found that sportswomen of non-contact games were more intelligent as compared to their sportmen. It was also found that sportspersons of Gymnastic and Cricket were more intelligent as compared to the sportspersons of Athletic and Volleyball.
(iii) Adjustment:

It was found that sportswomen of non-contact games had better adjustment level as compared to their sportsmen. It was also found that Athleteic players had best adjustment level as compared to Gymnastic, Volleyball and Cricket players.

DISCUSSIONS OF RESULTS

As per first objective of the study it was found that as body contact increases the aggressiveness in the behaviour of the players also increases so the contact game players were found most aggressive as compared to semi-contact and non-contact game players.

But in intelligence and adjustment level it was found that semi-contact games players were most intelligent and adjustment as compared to contact and non contact game players. It was also found that non-contact game players were more intelligent than contact game players and contact game players were better adjusted than non-contact game players.

2) As per second objective of the study it was found that in male section contact games players were most aggressive as compared to semi-contact player and non-contact games player were must intelligent and best adjusted as compare to the of contact and non-contact games players.

3) As per third objective of the study it was found that in female section contact games players were most aggressive as compared to semi-contact and non-contact games players.

4) As per fourth objective of the study it was found that spoportsmen of contact games were more aggressive as compared to their sportswomen. It was also found
that sportswomen of contact game had more intelligence level and were better
adjusted as compared to their sportsmen.

5) As per fifth objective of the study it was found that sportsmen of semi-
contact games were more aggressive as compared to their sportswomen. It was
also found that sportswomen of semi-contact games had better adjustment and
intelligence level as compared to their sportsmen.

6) As per sixth objective of the study it was found that sportsmen and
sportswomen of non-contact games have same aggression level. But sportswomen
of these game were found better adjusted and more intelligent than their sportsmen.

Recommendation for further study:

Some of the problems in this area which can be under taken for further
investigation are:

1. More study on aggression intelligence and adjustment with a large number
can be conducted to understand the depth of problem.

2. A similar study can be conducted with successful and unsuccessful
sportspersons.

3. A similar study can be conducted on international players.

4. A similar study in comparison of sportspersons and non-sports persons
may be conducted.