

Study of Aggression and Self Esteem among Volleyball Players of J&K State**Mudasir Bashir***

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Original Research Article***Corresponding author***Mudasir Bashir***Article History***Received: 14.07.2018**Accepted: 25.08.2018**Published: 30.08.2018*

Abstract: The present study was undertaken to measure the aggression and self esteem of volleyball players of J&k State. For the study the population was all the volleyball players of Jammu and Kashmir State. For the present study, 80 volleyball players were selected randomly from Govt. degree colleges of different districts of Jammu & Kashmir. All subjects were selected with the help of purposive sampling technique .Only male sports men were selected. This was a survey study under Descriptive research. For the collection of data the researcher administered the Buss and Warren aggression Scale and Dr. Morris Rosenberg self esteem scale. The questionnaires filled up by the subjects were collected and analyzed by using the SPSS Software version 17.00. After data collection, data of aggression and self esteem of volleyball players was compared by using t-test and the result was analyzed and interpretations were drawn.

Keywords: Aggression, Self Esteem, Physical or Verbal behavior, volleyball Players, Athletes, Self Confidence, Direct and Indirect Aggression, Self worth.

INTRODUCTION

Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. It may occur either in retaliation or without provocation. In humans, frustration due to blocked goals can cause aggression.

Human aggression can be classified into direct and indirect aggression; whilst the former is characterized by physical or verbal behavior intended to cause harm to someone, the latter is characterized by behavior intended to harm the social relations of an individual or group. Aggression could have positive influence on the performance outcome of an individual or team if the aggressive behavior harmed the opposition either physically or psychologically weakening their resources. Aggression could also improve a team's performance outcome by improving the process of that group. Aggressive behavior is quite visible in sports. To observe aggressive sports behavior we could attend a volleyball game and watch player's fights for rebounds or we could watch runners throw elbows and craze in speed of Position in 100m race.

Aggression in sports

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavior directed toward the goal of harming of injuring another live being who is motivated to avoid such treatment" [1].

Vigorous athletic activity can be classified as assertive behavior, instrumental aggression, or hostile aggression [2, 3]. In assertive behavior, the player employs legitimate force within game rules. In instrumental aggression, the player tries to inflict physical damage as a step towards the higher goal of winning. In hostile aggression, the player is angry and primarily bent on physically harming an opponent. Although such behaviors have been linked to team success [4, 5], hostile aggression is particularly controversial. It is not clear if it improves performance by increasing arousal to an optimal level or causes it to deteriorate by distracting the player from the task at hand [6].

What is self-esteem?

Self-esteem is the regard you hold for yourself. All of you have a concept of your person (self-concept). If you like your self-concept (who you think you are), then you have self-esteem. Self-confidence is different. Self-confidence is the belief in your ability to perform a task - it is not a judgment. You can have self-confidence, but not self-esteem, and vice versa. Optimally, you want both high self-confidence in your abilities and self-esteem. Synonyms or near-synonyms of self-esteem include: self-worth self-regard, self-

respect, and self-integrity. According to *The American Heritage Dictionary of the English Language*, "self-love" is "the instinct or desire to promote one's well-being"; while La Rochefoucauld considered 'that *amour-propre* (self-regard) is the mainspring of all human activities'.

Self-esteem in the athlete

Patrick Cohn explains why athletes must learn to separate self-esteem from their level of performance in sports. Many athletes and performers I work with often wrongly determine their self-worth by how successful they feel about their sport. When an athlete performs well or feels successful, he or she can feel good about him or herself. However, the opposite is also true: despair and low self-esteem results when this person does not perform well or view him or herself as a failure.

Athletes are especially vulnerable to this problem of attaching self-esteem to one's performances because you are judged by how well you perform. However, society sends subtle signals that you must achieve in your sport to feel worthy as a person and that is the trap that many athletes fall into. In addition, if you are perfectionist, it does not help your self-esteem because you have such high expectations and are always so critical and hard on yourself. If you fall into this trap, your emotions, and how you feel about yourself, are heavily influenced by the perceptions of your performance, which can naturally vary from day to day. Thus, one day you have self-esteem and the next day it erodes due to what you think is a poor performance or practice. One athlete in my seminar stated: "Even if I felt I had a flawless performance, if I did not get a good reaction or the reaction I was looking for, I feel like a failure." This statement highlights how

out of control one can feel about his or her success or failure, and thus make negative judgments about one's performance.

Significance of the Study

- The study will contribute, to know the present status of aggression and self esteem of volleyball sports athletes in the Govt. degree colleges of Jammu & Kashmir State.
- The result of the study will help the volleyball sports men and in improving self esteem and controlling aggression.
- The study will provide base for new researches.

Need and Importance of the Study

- This study will help to increase the awareness about the aggression and self esteem among volleyball sports men.
- This research will provide base for the further research in the same field.
- The studies will help to reveal the difference in aggression and self esteem if any exist between volleyball sports men and non sports men.

For the collection of data the researcher administered the Buss and Warren 2000 aggression Scale questionnaire and Dr. Morris Rosenberg's self esteem questionnaire.

Statistical Analysis

After data collection, data of aggression and self esteem of volleyball sports athletes was compared by using t-test and the result were analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Variables	Mean	N	Std. Deviation	Std. Error Mean
Aggression	19.3250	40	2.94729	0.46601
Self Esteem	19.6750	40	3.98965	0.63082

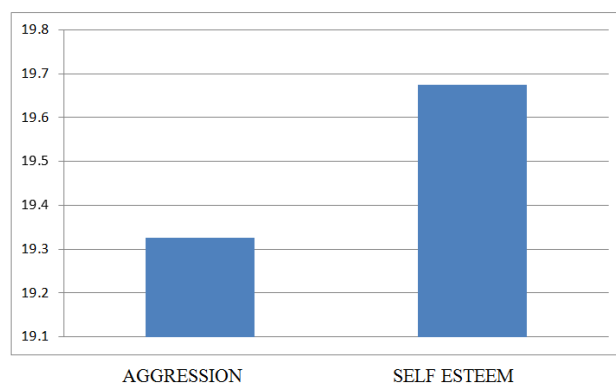
In the above table, there are 40 Volleyball players having mean 19.3250 with standard deviation 2.94729 and standard error mean 0.46601 on the Aggression. Similarly there are 40 Volleyball players

having mean 19.6750 with standard deviation 3.98965 and standard error mean 0.63082 on the Self esteem respectively. (In the table N means the number of Players).

T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
0.488	78	0.628	0.35	0.47986

Mean differences for the Aggression of Volleyball players and Self esteem of Volleyball players is 0.35. This difference when tested by Independent 't' test, 't' value was found 0.488. Which

was not significant at 0.05 significance level for 78 degree of freedom, therefore the null hypothesis, there is no significant difference in Aggression and self esteem between Volleyball players is accepted.



DISCUSSION OF THE FINDINGS

It was observed from the finding that in Aggression and self esteem there was no significant difference between Volleyball players at different levels in J&K state, therefore the null hypothesis, there is no significant difference in Aggression and self esteem of Volleyball players is accepted. The mean scores of self esteem and Aggression sub scales like Physical Aggression, Verbal Aggression, Hostile behavior, Self Awareness and Altruistic Behavior shows that Volleyball players have high degree of Aggression as compared to self esteem. While the mean scores of Self Esteem sub scales like Self motivation, Integrity, Self Development, Value Orientation and Commitment shows that Volleyball players have high degree of Self esteem as compared to Aggressive volleyball players. The result shows that there is no significant difference between the Aggression and self esteem of Volleyball players of Jammu And Kashmir State thus. Researcher concluded that Aggression and self esteem of Volleyball players of different regions of Jammu And Kashmir State is similar and will not affect their Volleyball playing ability. Rather both groups of Volleyball players are the two sides of a same coin and also are sailing in the same boat in the matter of Aggression and self esteem. Edwin, Carol J., Malinger, Jeanne C. 1984 studied the Relation of age and role to personality. Found no difference among different age groups in personality dimensions like self-esteem, Aggression, locus of control, achievement and affiliation needs, and indices of psychological adjustment. This finding is similar to Gus key's [7] who concluded that teaching experience was not related to teachers self esteem. While [8] concluded that higher self esteem during middle years. Puglisi & Jackson, 1980 concluded that lower self esteem in older age. Lane, A. M., Devonport, T. J. and Harrell, A. [9] studied the Self-efficacy, self-esteem and performance among students taking research methods. Repeated measures analysis of variance indicated a significant interaction effect, whereby individuals high in self-esteem protect self-efficacy more than individuals low in self-esteem following poor performance.

Maxwell, J. P., & Vises, A. J. [10], Conducted a study on the topic "Unsanctioned aggression in rugby union: relationships among aggressiveness, anger, athletic identity, and professionalization". Aggressive players who intentionally cause injury to their opponents are common in many sports, particularly collision sports such as Rugby Union. Although some acts of aggression fall within the rules (sanctioned), others do not (unsanctioned), with the latter tending to be less acceptable than the former. This study attempts to identify characteristics of players who are more likely to employ unsanctioned methods in order to injure an opponent. Male Rugby Union players completed questionnaires assessing aggressiveness, anger, past aggression, professionalization, and athletic identity. Players were assigned to one of two groups based on self-reported past unsanctioned aggression. Results indicated that demographic variables (e.g., age, playing position, or level of play) were not predictive of group membership. Measures of aggressiveness and professionalization were significant predictors; high scores on both indicated a greater probability of reporting the use of unsanctioned aggressive force for the sole purpose of causing injury or pain. In addition, players who had been taught how to execute aggressive illegal plays without detection were also more likely to report using excessive force to injure an opponent. Results provide further support that highly professionalized players may be more likely to use methods outside the constitutive rules of Rugby Union in order to intentionally injure their opponents. Results are discussed within the context of the increasing win-at-all-cost attitude that is becoming more prevalent in sport and its implications for youth athletes.

This finding is supported by M. Brent Dunnellon, Kali H. Trzesniewski, Richard W. Robins, Terrie E. Moffitt, and A shalom Casper 2004 Low Self-Esteem Is Related to Aggression, Antisocial Behavior, and Delinquency. The present research explored the controversial link between global self-esteem and externalizing problems such as aggression, antisocial behavior, and delinquency. In the three researches the Self-esteem was measured with the Rosenberg's Self esteem Scale (RSE). In three studies, we found a robust

relation between low self-esteem and externalizing problems. This relation held for measures of self-esteem and externalizing problems based on self-report, teachers' ratings, and parents' ratings, and for participants from different nationalities (United States and New Zealand) and age groups (adolescents and college students). Moreover, this relation held both cross-sectionally and longitudinally and after controlling for potential confounding variables such as supportive parenting, parent-child and peer relationships, achievement-test scores, socioeconomic status, and IQ. In addition, the effect of self-esteem on aggression was independent of narcissism, an important finding given recent claims that individuals, who are narcissistic, not low in self-esteem, are aggressive. Discussion focuses on clarifying the relations among self-esteem, narcissism, and externalizing problems.

CONCLUSION

In the present study, it was observed that there was no significant difference between Aggression and Self esteem of Volleyball players of j& k state, in self esteem and aggression and all sub scales. Finally, Researcher concluded that Volleyball players of j& k state have high hold upon themselves, more active, high confidence, high desirable, more handle difficulties, high communication and understandings, and had unselfish concern welfare for others.

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