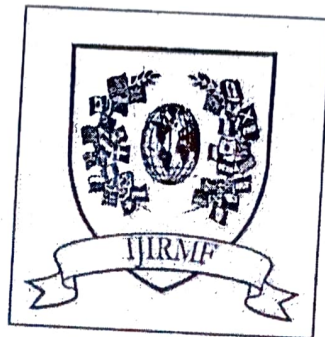


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**THE IMPACT OF AGGRESSION AND ANXIETY ON
BASKETBALL PLAYERS**

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Abstract:

Excellence in sports require high level of ability to manage aggression and anxiety. There exists very limited study on the impact of aggression & anxiety on basketball players. Speed, endurance and strength were studied for this purpose. 20 male samples who participated in inter-university tournaments were obtained. Anxiety questionnaire developed by Sanjay Vohra's and Aggression Scale developed by Dr. (Mrs) G.P. Mathur & Dr. (Mrs) Raj Lumari were used for the study. 50 meter dash and Harvard step test were employed for assessment of strength, speed and endurance. To find out the relationship, simple linear correlation was deployed at 0.05 level of significance. The statistical findings of the study revealed almost similar trend of relationship in between psychological and motor abilities in total six correlations calculated. The results revealed that anxiety was negatively related to endurance and strength but has positive relationship with speed. Whereas aggression exhibited positive relationship when compared with strength, speed and endurance.

Key Words: Basketball, Aggression, Anxiety, Psychological ability, Motor ability

1. INTRODUCTION:

Sport is an area where the sports persons have to withstand different situations. If they are not appropriate to handle the situations meticulously; certainly the results would be unfavourable. There are various categories of sports being played around the world at different level. Every sport has its own set of rules and regulations prepared by their respective governing bodies. Every sport requires different level of fitness and motor abilities depending on the nature of sports. Sportsperson not only requires the physical abilities but simultaneously psychological skills are also substantial for them to perform better (Yadav, 2013). Basketball is among such sports which have been played globally, world's second fastest game after ice-hockey. Basketball was started by James Naismith way back in 1891. It is a team game where a lot of speed, agility, strength, endurance is required. It is physical in nature and that invites forceful contact among players such as shoving, grabbing, elbowing, and blocking. Actually these are the tactics being employed by teams to score points by indulging opponents to commit fouls and to shake their temper. This sometimes makes players lose their calm and get more aggressive and feel anxiety. Aggression is the desire to inflict harm on another individual, group, or entity (James, et al., 2005). Anxiety is uneasiness; fearful feeling which can make a person miserable and even upset their mental and physical aspects (Morgan, et al., 2004). It is only muscle contraction that results in all movements in sports. Hence, strength becomes an integral part of all motor abilities, technical skills and tactical actions (Singh, 1997). Strength training is of high importance for achieving good performance in basketball (Delextrat and Cohen, 2008). It improves the ability to run, jump and shoot by strengthening the muscles that are being used when playing basketball. Endurance assists sports persons to execute movements with desired quality even under the condition of fatigue (Singh, 1997). Speed performance appears in different form in various sports (Coleman and Amonette, 2012). In the game of basketball, great speed is considered as one of the most useful characteristics. Speed on the basketball court can help a team to employ a fast-break offense. When a power forward or centre can control a rebound and throw a lead pass to a fast guard consistently, it can set the team up for layups and dunks on a consistent basis.

1.1. OBJECTIVES OF THE STUDY: The objective of the present study was to study impact of aggression and anxiety on basketball players.

1.2. HYPOTHESES: For the purpose of current study, it was hypothesised that there will be a significant relationship between selected motor abilities and psychological variables among basketball players.

1. METHODOLOGY:

Various samples were identified among basketball players and were grouped in a single group. This group consisted of 20 subjects who all were male. The average age of subjects ranged from 18 to 22 years. Selection of subjects was made through purposive sampling. Psychological parameters i.e anxiety and aggression were assessed using Sanjay Vohra's anxiety questionnaire and Dr. (Mrs) G.P Mathur & Dr. (Mrs) Raj Lumari Aggression Scale respectively. However, strength, speed and endurance were assessed using dynamometer, 50 m dash and Harvard step test respectively. Simple linear correlation was used at 0.05 level of significance in order to find out relationship.

1. DISCUSSION ON FINDINGS:

The analysis of data comprehensively revealed positive relationship but not significant in selected psychological variables and motor abilities among male basketball players. The analysis showed insignificant relationship of aggression, anxiety and motor abilities in case of basketball players.

Table 1: Relation of Selected Psychological Variables with Motor Abilities

| Variables co-related Psychological Variables | Motor Abilities | r' value |
|--|-----------------|----------|
| Aggression | Endurance | 0.08 |
| | Strength | 0.19 |
| | Speed | 0.15 |
| Anxiety | Endurance | -0.06 |
| | Strength | -0.35 |
| | Speed | 0.12 |

After correlation, it is found that 'r' value is close to '0' which implies that there is no relationship between variables. But in some cases it was found positive which implies that both values are directly proportional and if 'r' is negative which implies that both values are inversely proportional. Accordingly positive correlation in case of aggression-endurance ($r=0.08$), aggression-strength ($r=0.19$) aggression-speed ($r=0.15$) and anxiety-speed ($r=0.12$) shows if there is increase in aggression of a player then simultaneously it gives a bit positive effect on motor abilities and negative correlation shown in case of anxiety-strength ($r = -0.35$), anxiety-endurance ($r = -0.06$) means anxiety had a negative effect on motor ability as the anxiety increases motor abilities gets affected negatively. In addition to this, human beings are in every aspect psychophysical entity. Hence, psychological parameters do have physical manifestation too. As also psychological characteristics has effect on various task performance, the outcome of the task do directly influence related motor abilities. Due to this reason, different pattern of relationship was observed among selected group of basketball players between selected psychological parameters and motor abilities.

1. CONCLUSION:

It was concluded through present study that there do exists positive inter-dependence of Aggression among endurance, strength and speed. Irrespective of sportsmen belonging to any sports, their aggression is positively related with strength, speed and endurance. Anxiety was found to be negatively related with endurance and strength and positively related with speed. Hence, psychological parameters are crucial in realising levels of motor abilities namely endurance, speed and strength.

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