

A Comparative Study of Aggression and Adjustment Among Combat and Non-Combat Female Athletes of Tonk District in Rajasthan.

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Abstract: Comparative research was conducted to find out differences among combat and non-combat female athletes in terms of their aggression and adjustment. The sample consisted of six hundred, Combat Sports Female Athletes (N=300) & Non-Combat Sports Female Athletes (N=300) participants from Tonk District of Rajasthan. Dr. G.P. Mathur and Dr. R.K. Bhatnagar (2004) (QA) and Bell's Adjustment Inventory (Student Form) by Dr. R.K. Ojha (2006) was used for the present research to assess the level of aggression and adjustment among the female athletes respectively. It was hypothesized that there would be no difference among combat and non-combat female athletes in terms of their aggression and adjustment. 'Z' test results ($Z=1.8139$, $p<.01$) reject the null hypothesis and states that aggression among combat and non-combat female athletes are different. In terms of adjustment (Family, Health, Social & Emotional), results show an insignificant difference among combat and non-combat female athletes ($Z=-0.245$, -0.36 , 0.27 , 0.390 $p<.01$). Thus, result supports the null hypothesis in terms of adjustment.

Keywords: Aggression and Adjustment, Combat and Non-combat Sports

I. Introduction:

The term 'aggression' has a surplus of meanings, ranging from an overt response that delivers noxious stimuli to another organism to an internal state such as a personality trait (Hinde, 1974). A broad definition of aggression would include all kinds of self-assertive and go-getting behaviour: "aggression is the entire spectrum of assertive, intrusive and attacking behaviour" (Daniels, Gilula, & Ochberg, 1970). In the *Stricto sensu*, aggression used to be defined as any overt behaviour intending an aversive effect as a goal either a personal injury - it does not need to be a physical harm; it can be psychological damage, such as verbal hostility, devaluation or degradation-, or a destruction of property. For Berkowitz (1962), "aggression serves only to inflict injury; the intent of being potentially injurious would be its essential aspect". Bandura (1973) suggests that it would be more accurate to differentiate the aggressive action in terms of their functional value, and to assume that the infliction of suffering is, at best, a secondary purpose of the aggression; the aggressor, hurting the victim, produces a variety of desired results that cannot be achieved otherwise; for instance, status conferring value, to gain control over other people, to secure resources and to force changes in social practice. Bandura characterizes 'aggression' as an injurious and destructive behaviour socially defined as aggressive on the basis of a variety of factors, some of which reside in the performer and others in the evaluator.

The concept of the adjustment was given by Darwin with a term adaptation. Ecologist uses the term adjustment for varying conditions of social or interpersonal relations in the society. For example, to some adjustment connotes happiness and freedom from personal problems. To others, it means an unhappy conformity to group demands and expectations.

Adjustment can be defined as a person's contact with surroundings each person constantly strives to meet his needs to reach his goals. Adjustment involves the reconciliation of personal and environmental demands, which may be external or internal. Adjustment is dynamic rather than static in quality. As change, our environment changes too, and our relation with environment changes. Sometimes in some areas of life adjustment efforts may seem to be minimal; sometimes they may be of heroic proportion. Whether minimal or heroic, one's efforts are never at an end. A person's adjustment can be expected to modify from situation to situation and it can also be expected to modify over a period of time in a particular situation. Adjustment is a two-way process; we influence our surroundings as well as are being influenced by it.

II. Objective of the study:

The objective of the study was to compare the aggression and adjustment among combat and non-combat female athletes in the Tonk district of Rajasthan.

Hypothesis: Null Hypothesis: These will be no difference in the aggression and adjustment ability of the female athletes participating on combat and non-combat sports.

III. Methodology:

All players, those are engaged professionally or unprofessionally in any combat and non-Combat sports studying in Bansathali Vidyapeeth were considered as the population of the study. The selected 600 female athletes were categorized in 2 different categories name Combat Sports (N=300) and Non-Combat Sports (N=300) were selected as sample of the study. Aggression of the

students was assessed by Aggression Scale developed and standardized by Dr. G.P. Mathur and Dr. R.K. Bhatnagar (2004) and Bell's Adjustment inventory (Student Form) by Dr. R.K. Ojha in 2006 was administered for collecting data.

IV. Results:

In this study, Z-test test was applied for testing the significance of difference between the groups. Along with this graphical representation of data was done wherever possible and required.

Aggression:

Table No-1

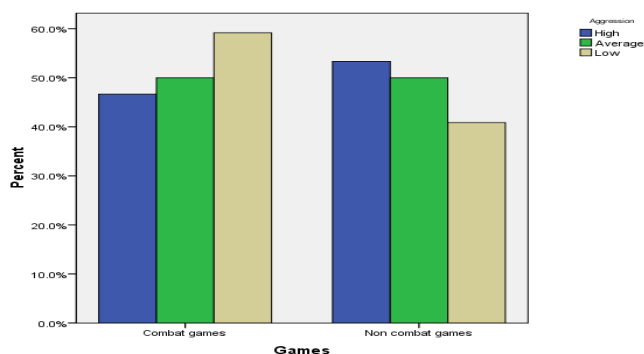
Table representing Z-test for aggression among combat and non-combat female athletes

	Combat Games	Non-Combat Games
Mean	1.850000	1.756667
Variance	0.4155518	0.3787179
Observations	300	300
Hypothesized mean difference	0	
Z	1.8139	
P(Z<=z) one tail	0.03485	
z Critical one tail	1.644854	
P(Z<=z) two tail	0.06969	
z Critical two tail	1.959964	

Interpretation of the Data: The 'Z' score table indicates that negative score of 1.8139, reveals that the raw score is above the average mean. As the p value came out to be lower than the alpha level, so that there is difference between aggression of combat and non-combat athletes. We reject the null hypothesis states that aggression among combat and non-combat sports athletes are different.

Graph No.1

Graphical representation of aggression among combat and non-combat female athletes



Adjustment: The tool of adjustment has been divided in 4 sections said family adjustment, health adjustment, social adjustment and emotional adjustment. Table below express then independently rather than collectively.

Family adjustment:

Table No-2

Table representing Z-test for family adjustment among combat and non-combat female athletes

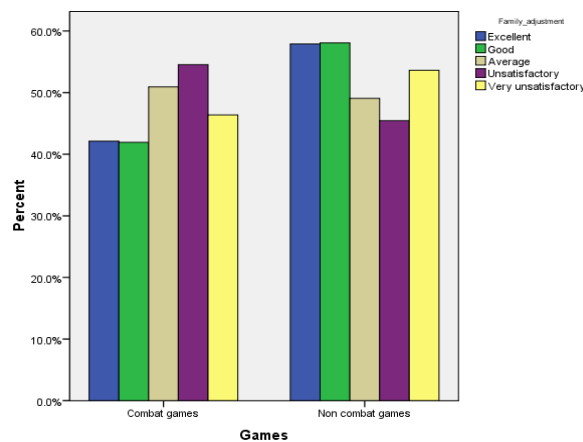
	Combat Games	Non-Combat Games
Mean	3.59	3.57
Variance	0.9182943	1.075351

Observations	300	300
Hypothesized mean difference	0	
Z	0.24534	
P(Z<=z) one tail	0.4031	
z Critical one tail	1.644854	
P(Z<=z) two tail	0.8062	
z Critical two tail	1.959964	

Interpretation of the Data: The ‘Z’ score table indicates that positive score of 0.24534, reveals that the raw score is above the average mean. As the p value came out to be greater than the alpha level, so that there is no difference in family adjustment between combat and non-combat athletes. We accept the null hypothesis states that family adjustment among combat and non-combat sports athletes are same.

Graph No.2

Graphical representation of family adjustment among combat and non-combat female athletes



Health adjustment:

Table No-3

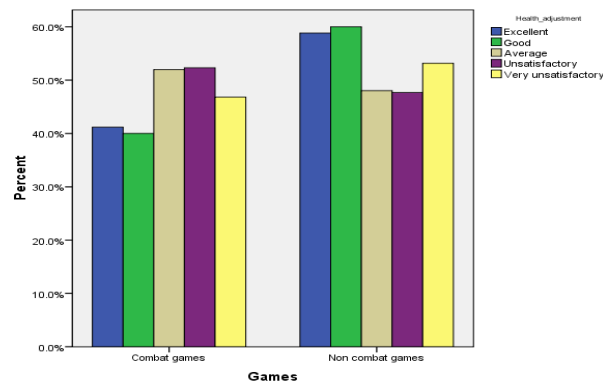
Table representing Z-test for health adjustment among combat and non-combat female athletes

	Combat Games	Non-Combat Games
Mean	3.663333	3.693333
Variance	0.9264103	1.056143
Observations	300	300
Hypothesized mean difference	0	
Z	-0.36904	
P(Z<=z) one tail	0.3561	
z Critical one tail	1.644854	
P(Z<=z) two tail	0.7121	
z Critical two tail	1.959964	

Interpretation of the Data: The ‘Z’ score table indicates that negative score of -1.36904, reveals that the raw score is below the average mean. As the p value came out to be greater than the alpha level, so that there is no difference in health adjustment between combat and non-combat athletes. We accept the null hypothesis states that health adjustment ability among combat and non-combat sports athletes are same.

Graph No.3

Graphical representation of health adjustment among combat and non-combat female athletes



Social adjustment:

Table No-4

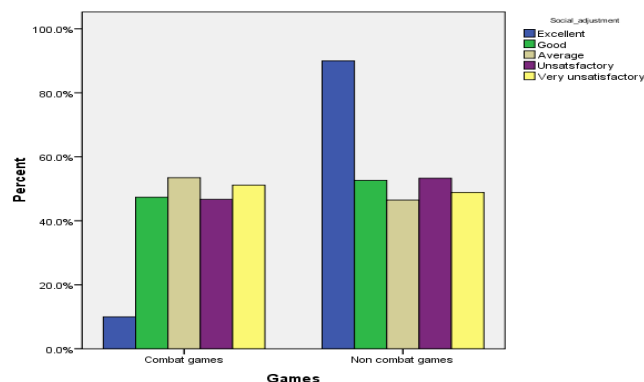
Table representing Z-test for social adjustment among combat and non-combat female athletes

	Combat Games	Non-Combat Games
Mean	3.69	3.67
Variance	0.7430435	0.8907358
Observations	300	300
Hypothesized mean difference	0	
Z	0.27102	
P(Z<=z) one tail	0.3932	
z Critical one tail	1.644854	
P(Z<=z) two tail	0.7864	
z Critical two tail	1.959964	

Interpretation of the Data: The 'Z' score table indicates that negative score of 0.27102, reveals that the raw score is above the average mean. As the p value came out to be greater than the alpha level, so that there is no difference in social adjustment between combat and non-combat athletes. We accept the null hypothesis states that social adjustment among combat and non-combat sports athletes are same.

Graph No.4

Graphical representation of social adjustment among combat and non-combat female athletes



Emotional adjustment:

Table No-5

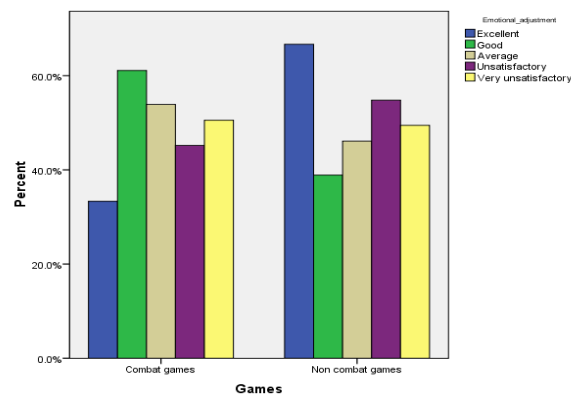
Table representing Z-test for emotional adjustment among combat and non-combat female athletes

	Combat Games	Non-Combat Games
Mean	3.816667	3.840000
Variance	0.9462096	0.9910368
Observations	300	300
Hypothesized mean difference	0	
Z	-0.29037	
P(Z<=z) one tail	0.3858	
z Critical one tail	1.644854	
P(Z<=z) two tail	0.7715	
z Critical two tail	1.959964	

Interpretation of the Data: The 'Z' score table indicates that negative score of -0.29037, reveals that the raw score is below the average mean. As the p value came out to be greater than the alpha level, so that there is no difference in emotional adjustment between combat and non-combat athletes. We accept the null hypothesis states that emotional adjustment among combat and non-combat sports athletes are same.

Graph No.5

Graphical representation of emotional adjustment among combat and non-combat female athletes



V. Findings and Discussion of the Study:

It was hypothesized that there would be no difference in combat and non-combat female athletes in terms of aggression. As per the findings from statistical analysis, it revealed from the data collected, shows that there is significant difference in aggression between combat female athlete and non-combat female athletes. So that null hypothesis is rejected and clearly states that the level of aggression in combat and non-combat sports athletes are different.

It was hypothesized that there would be no difference in combat and non-combat athletes in terms of adjustment whereas all four types of adjustment have been taken care individually i.e. Social adjustment, Family adjustment, Health adjustment, and Emotional adjustment.

As per the findings from statistical analysis, it revealed from the data collected says that there was insignificant difference in social adjustment between combat athlete and non-combat female athletes. So that null hypothesis is accepted and clearly states that the ability of social adjustment in combat and non-combat female athletes are not different.

As per the findings from statistical analysis, it revealed from the data collected says that there was insignificant difference in family adjustment between combat athlete and non-combat female athletes. So that null hypothesis is accepted and clearly states that the ability to adjust the in family among combat and non-combat sports athletes was not different. They are same.

As per the findings from statistical analysis, it revealed from the data collected says that there was insignificant difference in health adjustment between combat athlete and non-combat female athletes. So that null hypothesis is accepted and clearly states that the ability to adjust tour health among combat and non-combat sports athletes are not different.

As per the findings from statistical analysis, it revealed from the data collected says that there is insignificant difference in emotional adjustment between combat games athlete and non-combat games athletes. So that null hypothesis is accepted and clearly states that the ability to emotional adjustment among combat and non-combat sports athletes are not different.

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