



## Level Of Aggression Among The Athletes Of High And Low Self-Efficacy

Dr. Vishal Subhash Pawar<sup>1\*</sup>

<sup>1\*</sup>Director of Physical Education, S.S.G.M. College, Kopergaon, Dist. Ahmednagar (Maharashtra)

**\*Corresponding Author:** Dr. Vishal Subhash Pawar

\*Director of Physical Education, S.S.G.M. College, Kopergaon, Dist. Ahmednagar (Maharashtra)

### ABSTRACT

**Research Background:** According to Scheier and Carver (1992) self-efficacy underlines people's faith in their ability to carry out particular behaviour or produce a desired outcome. Self-efficacy is a person's belief in his or her ability to complete a future task or solve a future problem. Other hand, aggression is distinct from, synonymously used words like anger and hostility. According to Fraczek and Zumkley (1992), Aggressive behaviour is aimed at causing harm to others. In this study investigator find out the impact of self-efficacy on level of aggression.

**Objectives:** The study objective was, to study the significant difference in level of aggression among the athletes of high and low self-efficacy. Other hind side objective was, to study the significant difference in level of aggression among male and female athletes.

**Procedure:** The present study, one hundred twenty athletes were selected. Out of them, sixty athletes were selected from high self-efficacy, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty athletes were selected from low self-efficacy, in which thirty were selected from male athletes and thirty were selected from female athletes. The purposive sampling technique was used for the selection the sample. Their age range between was 20 to 26 years. In this study self-efficacy scale has developed by, Dr. A. K. Singh and Dr. Shruti Narain and Aggression Inventory is developed by M.K. Sultania have been used.

**Conclusions:** It is concluded that, there is significant difference found in level of aggression among the high and low self-efficacy athletes. The athletes of low self-efficacy have found more level of aggression than athletes of high self-efficacy. Another concluded that, there is insignificant difference found in level of aggression among the male and female athletes. The male and female athletes have found equal on their level of aggression.

**Keywords:** Aggression, High and Low Self-Efficacy, Athletes

### ➤ INTRODUCTION

Self-efficacy is a person's belief in his or her ability to complete a future task or solve a future problem. All people can identify goals they want to accomplish, things they would like to change and things they would like to achieve and also realize that putting these plans into action is not quite so simple. Self-efficacy is the belief that one is capable of performing in a certain manner. It is the belief that one has the potential of executing the course of action required to manage the prospective situation. Self-Efficacy means belief that we can achieve a goal as a result of our own actions. "According to Albert Bandura (1994) "Self-efficacy is people's beliefs about their capabilities to create designated levels of performance that exercise influence over actions that affect their lives. According to Albert Bandura in 1997, Self-Efficacy is essential to believe that we can achieve and attain objectives as a result of our own action to even try.

Aggression is a word that we use every day to characterize a particular behaviour of people. Aggression is a phenomenon that can take many forms, ranging from relatively minor acts to little more serious acts to severe or extreme acts. The fact that aggression appears in so many forms, makes it difficult to determine whether aggression has occurred or not. According to, Bushman and Huesmann, 2010; DeWall, Anderson and Bushman, 2012, social psychology, aggression is most commonly defined as, a behaviour that is intended to harm another person who is motivated to avoid that harm. According to Arnold Buss (1961) defined aggression as a response that delivers noxious stimuli to another organism. According to Bandura (1973), personal injury & physical destruction and this perception of injurious behaviour as aggression depends on the subjective judgment of intentions and causality.

The present study objective was, to study the significant difference in level of aggression among the athletes of high and low self-efficacy. Other hind side objective was, to study the significant difference in level of aggression among male and female athletes.

### ➤ OBJECTIVES

1. To study the significant difference in level of aggression among the athletes of high and low self-efficacy.
2. To study the significant difference in level of aggression among male and female athletes.

### ➤ HYPOTHESIS

1. The athletes of low self-efficacy will be more aggressive than athletes of high self-efficacy.

2. There would be no significant difference in level of aggression among the athletes of male and female.

➤ **RESEARCH PROCEDURE**

**1. Independent Variables**

**A) Type of Athletes**

1. High Self-efficacy Athletes
2. Low Self-efficacy Athletes

**B) Type of Gender**

1. Male Athletes
2. Female Athletes

**2. Dependent Variables : Level of Aggression**

➤ **SELECTION OF THE SAMPLE:**

The present study, one hundred twenty athletes were selected. Out of them, sixty athletes were selected from high self-efficacy, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty athletes were selected from low self-efficacy, in which thirty were selected from male athletes and thirty were selected from female athletes. The purposive sampling technique was used for the selection the sample. Their age range between was 20 to 26 years.

➤ **STUDY MATERIALS:**

**1. Self- Efficacy Scale:**

The self-efficacy scale has developed by, Dr. A. K. Singh and Dr. Shruti Narain (2014). This scale has consisted of 20 items. This scale meant for above 12 years of males and females. This inventory is very simple for use and score process.

**2. Aggression Inventory:**

Aggression Inventory is developed by M.K. Sultania (2006). The present test consists of 67 items and eight sub-tests namely, assault, indirect aggression, irritability, Negativism, resentment, suspicion, verbal aggression, guilt. This inventory is very simple for use and score process.

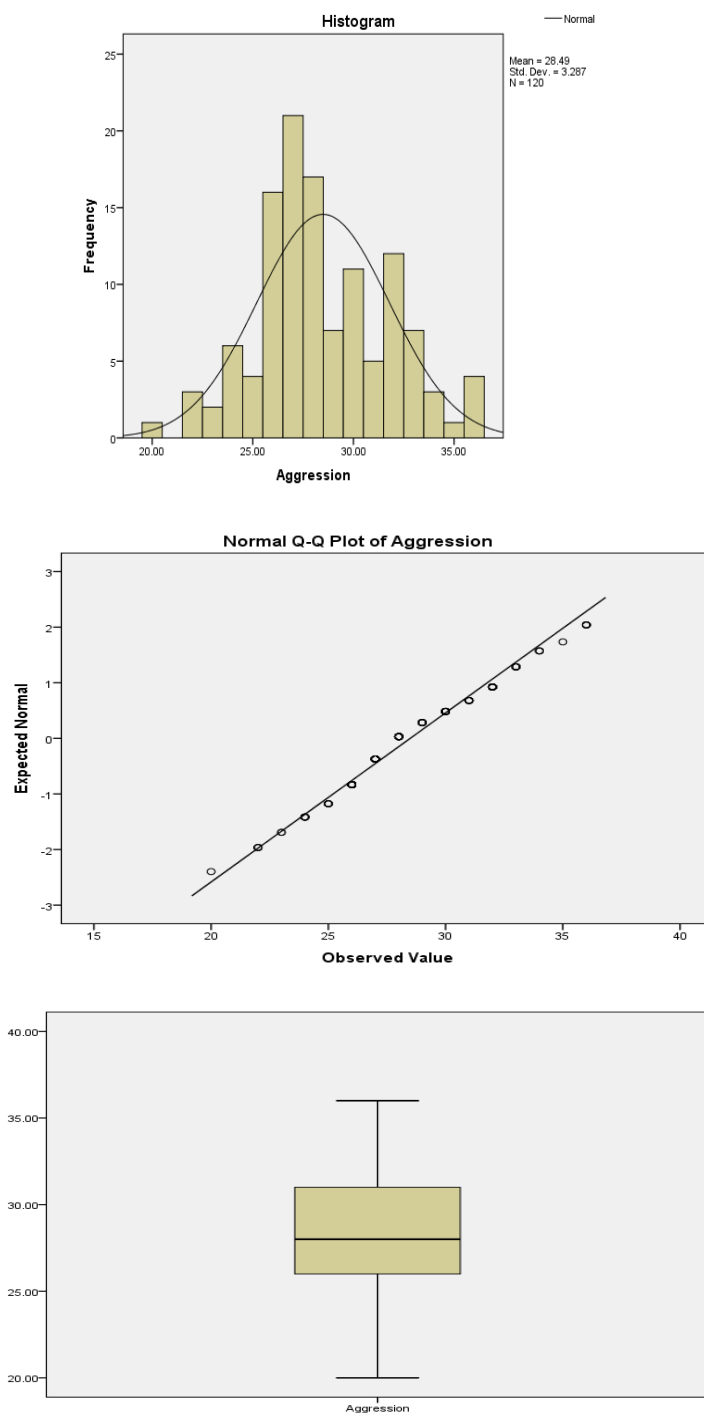
**STATISTICAL ANALYSIS AND RESULTS**

**Table No. 1. Assessing normality of level of aggression**

Descriptive Statistics		Statistic	Std. Error	
Aggression	Mean	28.4917	0.30009	
	95% Confidence Interval for Mean	Lower Bound	27.8975	
		Upper Bound	29.0859	
	5% Trimmed Mean	28.4630		
	Median	28.0000		
	Variance	10.807		
	Std. Deviation	3.28735		
	Minimum	20.00		
	Maximum	36.00		
	Range	16.00		
	Interquartile Range	5.00		
	Skewness	0.229	0.221	
	Kurtosis	-0.176	0.438	

Above table indicates that the trimmed mean score (28.4630) is very close to simple mean (28.4917). Hence, we confidently explain that our simple mean is not affected extreme scores, and indicates that there is not a single outlier in our data (Sheridan, J. Coakes, 2006). The Skewness value is Positive. The positive values for Skewness indicate a positive skew, while kurtosis value is negative. The negative values for kurtosis indicate a distribution that is negatively.

**Graph No:1: Shown normality of aggression from graphs.**



Above is a Q-Q and box a plot indicates of depended variable of aggression among the high and low level self-efficacy. The shapes of the distribution are considered normal.

**Table No. 2. Descriptive statistics of dependent variable Aggression**

Dependent Variable: Aggression				
Type of Athletes	Types of Gender	Mean	S. D.	N
High Self-efficacy Athletes	Male Athletes	27.4000	2.32824	30
	Female Athletes	26.6000	3.04676	30
	<b>Total</b>	<b>27.0000</b>	<b>2.71842</b>	<b>60</b>
Low Self-efficacy Athletes	Male Athletes	29.2667	2.50425	30
	Female Athletes	30.7000	3.57337	30
	<b>Total</b>	<b>29.9833</b>	<b>3.14342</b>	<b>60</b>
<b>Total</b>	Male Athletes	28.3333	2.57542	60
	Female Athletes	28.6500	3.88751	60
	<b>Total</b>	<b>28.4917</b>	<b>3.28735</b>	<b>120</b>

**Table:3: Summary of ANOVA of the dependent variable Aggression**

Source	Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Type of Athletes	267.008	1	267.008	31.651	0.000	0.214
Type of Gender	3.008	1	3.008	0.357	0.552	0.003
Type of Athletes X Type of Gender	37.408	1	37.408	4.434	0.037	0.037
Error	978.567	116	8.436			
Total	98699.000	120				
Corrected Total	1285.992	119				

**Significant Level,  $df(1,116) ---- 0.05 = 3.92 \quad 0.01 = 6.85$**

The above table indicates a two-way ANOVA was conducted that examined the effect of type of Athletes (High and Low Self-Efficacy Athletes) and gender (Male and Female Athletes) on individual's level of aggression. Our dependent variable, level of aggression, was normally distributed for the groups formed by the combination of the type of Athletes and gender.

The main effects analysis showed that for type of Athletes (High and Low Self-Efficacy Athletes) is significant,  $F(1,116) = 31.651, P < 0.01$ . There is significant difference found in level of aggression among the high and low self-efficacy athletes. So, hypothesis no.1: The athletes of low self-efficacy will be more aggressive than athletes of high self-efficacy is accepted. The athletes of low self-efficacy have found more level of aggression than athletes of high self-efficacy. It means level of self-efficacy is contributory part of aggression. Their forth, high level self-efficacy is most important aspect for control of aggression.

The main effects analysis showed that for type of gender (Male and Female Athletes) is insignificant,  $F(1,116) = 0.357, P > 0.05$ . There is insignificant difference found in level of aggression among the male and female athletes. So, hypothesis no.2: There would be no significant difference in in level of aggression among the athletes of male and female is accepted. The male and female athletes have found equal on their level of aggression. It means an gender difference is not contributory factor for development of aggression.

There is significant interaction between the effects of type of athletes (High and Low Self-Efficacy Athletes) and gender (Male and Female Athletes) on individuals aggression level,  $F(1,116) = 4.434, P < 0.05$ . There is significant interaction found among type of athletes and type of gender in terms of their level of aggression.

### ➤ CONCLUSIONS

1. There is significant difference found in level of aggression among the high and low self-efficacy athletes. The athletes of low self-efficacy have found more level of aggression than athletes of high self-efficacy. It means level of self-efficacy is contributory part of aggression. Their forth, high level self-efficacy is most important aspect for control of aggression.
2. There is insignificant difference found in level of aggression among the male and female athletes. The male and female athletes have found equal on their level of aggression. It means a gender difference is not contributory factor for development of aggression.
3. There is significant interaction found among type of athletes and type of gender in terms of their level of aggression.

### ➤ REFERENCES

- Anastasi, Anne. (1982). *Psychological Testing* (5th ed.). New York: Macmillan Publishing Co. Inc.
- Branscombe, Nyla R., Baron, Robert A. (2017). *Social Psychology*. (14<sup>th</sup> ed.), England, Pearson Education Limited.
- Ciccarelli, Sandra, K. & White, J. Noland. (2016). *Psychology*. South Asian Edition. India: Dorling Kindersley Pvt. Limited, Licensees of Pearson Education in south Asia.
- Feldman, R.S., (1995). *Social Psychology*. New Jersey, Prentice Hall, Englewood Cliffs.
- Feldman, Robert. (2011). *Understanding Psychology*, (10<sup>th</sup> Edition). McGraw-Hill Humanities Social Sciences Languages.
- Good, C.V. (1959). *Dictionary of Education*, II Edition, New York: Mc Graw Hill Book.
- Good, C.V. (1973). *Dictionary of Education*. (Third Edition). New York: Mc Graw Hills Book Company, Inc. Toronto, London
- Gupta, S. L., & Gupta, Hitesh. (2011). *Research Methodplogy* (2<sup>nd</sup> ed). New Delhi: International Book House Pvt. Ltd.
- Kaur, Rajdeep. (2020). Aggression among adolescents in relation to self-efficacy, peer pressure and parent child relationship, *A Thesis Submitted to the Faculty of Education Panjab University, Chandigarh for the Degree of Doctor of Philosophy*.
- Kothari, C.R. (2004) *Research Methodology*, (Second Revised Ed.), New Delhi New Age International (P) Limited, Publishers,
- Nandini Moudgil, (2019) Aggressive behaviour among adolescents: a cross-sectional perspective, *A Thesis Submitted for the award of the Degree of Doctor of Philosophy in Psychology*.
- Singh A. K., & Narain, Shruti. (2014). *Self-Efficacy Scale*. Agra, National Psychological Corporation.
- Sultania, M.K. (2006). *Aggression Inventory*. Agra, National Psychological Corporation.
- Thomas, Heinzen, & Wind, Good friend. (2019). *Social Psychology*. SAGE Publications, Inc.