

**STUDY ON CONCENTRATION AND AGGRESSION LEVELS OF FIELD HOCKEY
PLAYERS AT MANGALORE UNIVERSITY**

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Abstract

The study's goal is to examine male inter-university hockey players' concentration and aggression levels at Mangalore University. To meet the study's goal, a total of 40 male hockey players from Mangalore University were chosen. Some of the subjects chosen have represented their college team, while others have competed at the interuniversity level. The subjects ranged in age from 20 to 25. A self-structured questionnaire based on a sports aggressiveness assessment was used to assess the subjects' focus and hostility. Statistical analysis involving the determination of the z-test, mean, and standard deviation. There was no significant difference in focus or hostility amongst Mangalore University male hockey players.

Key word: Concentration, aggression, field hockey,

Introduction

A sport is a sort of organised, competitive play. Sport is extremely important in human life since it is strongly engaged with numerous societal organisations. Sport has the potential to become a fundamental part of modern society's culture, as it promotes personal health and social connection. If educational institutions disregard it, the potential may be lost.

According to the International Council for Sports and Physical Education (IICSPE) in 1964, "a sport is any physical activity that has the character of play and takes the form of a struggle with oneself or involves competition with others."

Coakley (1978) defines sports as "an institutionalised competitive activity that involves rigorous physical exertion or the use of relatively complex physical skills by individuals, whose participation is motivated by a combination of intrinsic satisfaction associated with the activity itself and external rewards earned through participation."

Personality

The term "personality" is derived from the Latin word "persona," which means "mask." Personality research can be thought of as the study of masks that people wear. These are the personas that people project and present, as well as the inner components of psychological experience that we collectively refer to as ourselves.

In the words of Munn, "Personality is the most characteristic integration of an individual's structures, modes of interest, attitudes, behaviours, capacities, abilities and aptitudes". In the words of Allport, "Personality is the dynamic organisation of those psychos' physical systems that determine an individual's adjustment to his environment".

Personality in sports

Sports and Physical Education play an important role in a child's overall and balanced development. As a result, the significance of games and sports in the formation of an individual's personality should be adequately recognised.

Hockey on the fields Hockey is a team sport with a typical hockey setup in which each team has eleven players overall, ten outfield players and a custodian. Teams must move a hockey ball around a pitch by striking it with a hockey stick into the shooting circle of the opposing team and eventually into the goal. The team that scores the most goals wins the game. Matches are played on grass, wet turf, synthetic turf, or an indoor boards surface.

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The current game was originated in public schools in nineteenth-century England and is now played worldwide. The International Hockey Federation (FIH), also known as the Fédération Internationale de Hockey in French, is the governing organisation. Men and women compete worldwide in events such as the Olympic Games, World Cup, FIH Pro League, Junior World Cup, and, in the past, World League and Champions Trophy. Many countries have substantial club contests for juniors, seniors, and masters. The FIH is also in charge of organising the Hockey Rules Board and creating hockey rules.

Aggression

Aggression, in its broadest sense, refers to strong, hostile, or attacking behaviour or disposition. It might happen in retribution or without any provocation. Aggression is defined as a purpose to do harm or an act intended to increase relative social dominance in social sciences and behavioural sciences. Predatory or defensive behaviour between members of different species may not be deemed violence in the same way. Aggression can take many forms and can be physical, verbal, or nonverbal. Although the terms are frequently used interchangeably among laypeople, such as an aggressive salesperson, aggression differentiates from assertiveness.

Concentration

Concentration is described as focusing one's complete attention on something specific. This will be the specific task at the moment in football. Concentration is determined by how long an individual can sustain his or her attention and how resilient he or she is to attention breaking/wearing forces or situations. When it comes to youth athletes, the difficulties they have in directing and retaining attention are clear. As youngsters become older, their attention span lengthens and they can deal with more and bigger distractions.

Mehndi Hasan. et, al. (2015) proposed comparing the hostility of Indian female hockey players at three levels of competition. To carry out the study's objectives, 150 female Indian hockey players from various levels of competition were chosen. The participants ranged in age from 16 to 27 years.

For the purposes of this study, three strata (levels) of hockey players were created: inter-collegiate, north-zone intervarsity, and all India intervarsity. A stratified random sample procedure (proportionate) was used, with 50 participants chosen for each stratum. Kumar and Shukla (1984) developed and standardised a sports aggressiveness test inventory to assess the subjects' aggression. The one-way analysis of variance (ANOVA) was utilised to determine the significant difference between inter-collegiate and north-zone intervarsity sports. and female intervarsity hockey players from all throughout India. Post-hoc tests were performed to learn more about the pattern of differences that exist within a set of population means. The significance threshold was set at 0.05. The study's findings revealed a substantial difference in hostility amongst intercollegiate, north-zone intervarsity, and all-India intervarsity female hockey players. As a result, it is possible to conclude that hostility is one of the most important psychological factors influencing the performance of female hockey players.

Shobhakar and Agashe (2016) 17 compared hostile aggression among sportspersons based on their participation in combative and non-combative sports. They reported a statistically non-significant difference in hostile aggression among sportspersons based on the type of sports.

Objective of the Study

The study would assess the status of the sports psychology variables such as concentration and aggression among inter university field hockey players of Mangalore university.

Hypothesis

It was hypothesized that there would be significant deference between personality profile of concentration and aggression level of Male Inter-University Field Hockey players of Mangalore University.

Methods and materials

The study included 40 male hockey players from various levels of competition in India. The individuals' ages ranged from 20 to 25 years old. The researcher approached them personally and asked them to submit the needed information. A motivational measure was promised to achieve a greater reaction. The confidentiality of all received information was assured. The current study is quasi-experimental in character. The approach or procedures used to collect information, choose, process, and analyse the information, and critically evaluate the problem is referred to as research methodology. The investigator intended to examine the concentration and aggression levels of Mangalore University's Inter University Male Hockey players. The questionnaire contains questions about numerous aspects of a person's personality of concentration and aggression.

Selection of variables

Questionnaire has questions relating to various aspect of personality of concentration and aggression

Analysis of data

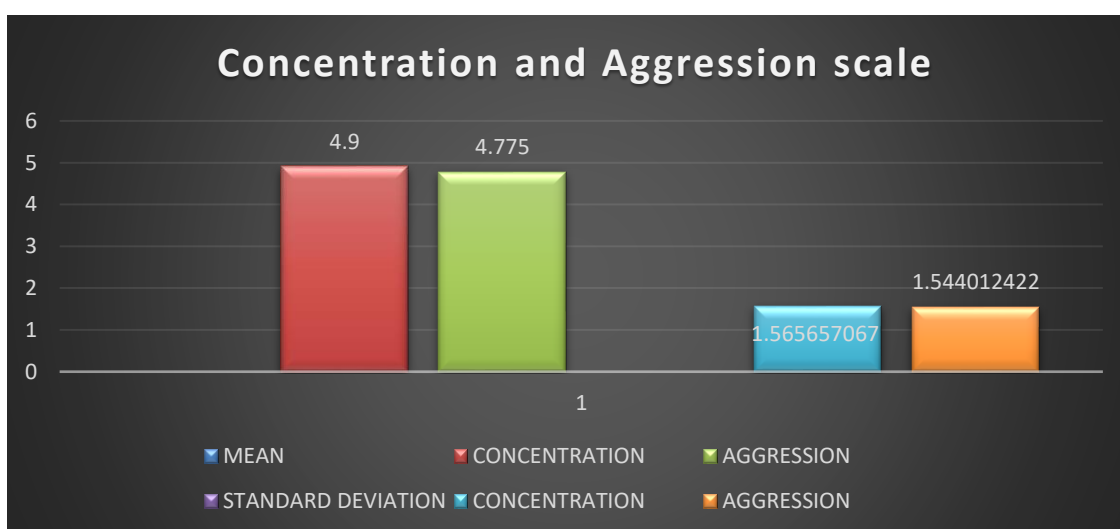
Detailed information relating to data collection was subject to statistical analysis by finding the z-test and mean and standard deviation, is providing in table one in terms of mean and standard deviation.

Table-1 Showing the Means, Difference between Mean, Standard Deviation, and t-value.

Mean and Standard Deviation of Inter University Male field Hockey players of Mangalore University

Variables	Observation	Mean	Standard Deviation	t- value
Concentration	40	4.9	1.565657067	0.36008659
Aggression	40	4.775	1.544012422	

Above table shows that the Mean and Standard Deviation of Concentration and Aggression of inter university Male field Hockey players of Mangalore University. The Mean are 4.9 ± 1.56 and 4.775 ± 1.544 and t-value is 0.36008659 respectively



From figure its very clear from above figure that test Concentration and Aggression level of Inter-University Male Field Hockey Players Of Mangalore University.

Table- 2 showing the ‘Z’ test of Concentration and Aggression level of Inter University Field Hockey Players of Mangalore University.

Z test		
	Concentration	Aggression
Mean	4.9	4.775
Known Variance	2.39	2.324375
Observations	40	40
Hypothesized Mean Difference	0	0
Z	0.364275158	
P(Z<=z) one-tail	0.357826274	
Z Critical one-tail	1.644853627	
P(Z<=z) two tail	0.715652549	
Z Critical two-tail	1.959963985	

‘z’ Test for Inter-University Field Hockey Players of Mangalore University

Concentration and Aggression level of Male Field Hockey players among assessment z-Test Two sample for Means. Z – Value is 0.3643.

The above table show the comparison of Concentration and Aggression among the Inter-University Male Field Hockey players of Mangalore University. The calculated the ‘Z’ value is smaller than the critical value. Though we are accepting the hypothesis and there is no significant difference between the concentration and aggression.

Discussion of finding

The mean and standard deviation value on concentration and aggression of inter-university Male field hockey players of Mangalore university are Mean 4.9 ± 1.56 and 4.775 ± 1.544 respectively.

Discussion of hypothesis

The comparison of Concentration and Aggression among the Inter-University Male Field Hockey players of Mangalore University. The calculated ‘Z’ value is smaller than the critical value. Though we are accepting the hypothesis and there is no significant difference between the concentration and aggression.

Conclusion

On the basis of result of the present study it is concluded that the test of Concentration and Aggression is valid, reliable and objective access Concentration and Aggression of Inter-University Male Field Hockey Players of Mangalore University for game purpose.

Finally concluded the compare to Concentration and Aggression test for Field Hockey Players that there is Significance difference between Concentration and Aggression among Inter-University Field Hockey Players of Mangalore University.

Recommendation

On the basis of analysis and interpretation of data the following recommendations are made:

- The players should have level of Concentration and Aggression during the game in order to perform better.
- Personal and family problems should not interrupt the game in order to have a good Concentration and Aggression.
- Similar study can conduct on level of Concentration and Aggression on Hockey players at different level of competition.
- Similar study may be conducted on level of aggression and concentration in other games
- Aggression and Concentration is an important component for games. Therefore, necessary care should be taken in training programmed to enhance the aggression and Concentration of the players.

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