

A Comparative Study Of Anxiety, Aggression And Adjustment Ability Of School Going Female Hockey Players Of Urban And Rural Area

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1.0 Introduction

The desire to do your personal best, to excel to attain the highest standard of sports performance is omnipresent and the field hockey is not an exception. High levels of achievement and excellence in any area do not come easily as there are numerous obstacles to overcome and barriers to push aside. The greatest barriers one confronts in his/her pursuit of excellent are psychological barriers, which we impose upon ourselves, sometimes unknowingly. Moreover, the sports psychologists have acknowledged that an individual's thoughts and feeling can have a critical impact on his or her performance. In addition to above, it appears now that both mental and physical skills are very important for optimal performance in the game of field hockey.

Hockey is the national game of India and is played extensively in the country, by all people alike. However, often the availability of sports facilities as well as coaching or lack of it is responsible for the performance of hockey players, especially the female players. Also, presently, the field Hockey has become a fast and powerful game, so if one wants to keep up, be a step ahead of others and make the most of your potential then you have to be working on your hockey fitness, which includes much more than just endurance training or running. The critical psychological factors are anxiety, aggression and adjustment. Hence, this study was carried out to determine the difference in the anxiety, aggression and adjustment ability of school going female hockey players of urban and rural areas of Nagpur District.

2.0 Research Methodology

2.1 Selection of the Subjects

In this study two hundred female hockey players each were selected from the schools situated

in urban and rural areas of Nagpur District. Only the female hockey players who have played in the Inter School Hockey tournaments were selected.

2.2 Criterion Measure

The criterion measures for this study are anxiety, aggression and adjustment ability of the female field hockey players.

2.3 Research Deign

For this study, "Descriptive (Cross Sectional)" research design was used by the researcher.

2.4 Collection of the Data

Primary data was collected through survey by using above mentioned psychometric scales. The necessary data related with the study was collected 24 hours prior to the start of the competitions.

- Anxiety of the hockey players was assessed using Renier Martin's Sports Competition Anxiety (SCAT) Questionnaire.
- The aggression level of the hockey players was determined by using Sports Aggression Inventory constructed and standardized by Anand Kumar and Prem Shankar Shukla.
- Adjustment of the hockey players was determined using Revised Adjustment Inventory prepared by Dr. Pramod Kumar.

2.5 Reliability and Validity of Data

The reliability of data was confirmed by establishing the instruments reliability, tester's competency and reliability of the test. To ensure that the investigator is well versed with the technique of conducting the test, the investigator along with the assistant had a number of practice sessions in testing procedure under the supervision of supervisor. The tester's reliability was evaluated together with the reliability of tests.

2.6 Statistical Treatment of Data and Significance Level

The data generated during the study was processed using various statistical tests with the aid of Statistical Package for Social Sciences 18.0 (SPSS 18.0) software (Chicago, USA). The data

characteristics such as frequency, percentage, etc. were determined and the Chi-Square test was used as an inferential statistical tool.

3.0 Analysis of the Data

3.1 Anxiety of hockey players

Table 1: Anxiety level of hockey players of Urban and Rural Areas

Anxiety Level	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Low	38	19.0	20	10.0
Average	126	63.0	71	35.5
Very High	36	18.0	109	54.5
Total	200	100.0	200	100.0
	Chi-Square: 79.133; df: 2; P = 0.05; Table Value: 5.99		Chi-Square: 59.709; df: 2; P = 0.05; Table Value: 5.99	

Table 1 shows information pertaining to anxiety level of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that most of the hockey players of urban area i.e. 63.0% have average level of anxiety. In addition to it 19.0% players have low level of anxiety whereas 18.0% players are highly anxious in nature.
- **Rural Area:** Study results show that majority of hockey players from rural area i.e. 54.5% are highly anxious in nature. In addition to it 10.0% players of rural area have low level of anxiety while 35.5% hockey players have average level of anxiety.

3.2 Aggression of hockey players

Table 2: Aggression level of hockey players of Urban and Rural Areas

Aggression Level	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Low	32	16.0	53	26.5
Average	54	27.0	97	48.5
Very High	114	57.0	50	25.0
Total	200	100.0	200	100.0
	Chi-Square: 53.936; df: 2; P = 0.05; Table Value: 5.99		Chi-Square: 20.723; df: 2; P = 0.05; Table Value: 5.99	

Table 2 shows information pertaining to aggression level of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that most of the hockey players of urban area i.e. 57.0% are highly aggressive in nature. In addition to it 16.0% players of urban area have low level of aggression whereas 27.0% players have average level of aggression.
- **Rural Area:** Study results show that most of the hockey players of rural area i.e. 48.5% have average level of aggression. In addition to it 26.5% players of rural area have low level of aggression whereas 25.0% players are highly aggressive in nature.

3.3 Adjustment level of hockey players

Table 3: Adjustment level of hockey players of Urban and Rural Areas

Adjustment Level	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely High Adjustment	8	4.0	64	32.0
High Adjustment	26	13.0	58	29.0
Average Adjustment	36	18.0	42	21.0
Below Average Adjustment	69	34.5	27	13.5
Poor Adjustment	32	16.0	6	3.0
Extremely Poor Adjustment	29	14.5	3	1.5
Total	200	100.0	200	100.0
	Chi-Square: 59.869; df: 5; P = 0.05; Table Value: 11.07		Chi-Square: 99.97; df: 5; P = 0.05; Table Value: 11.07	

Table 3 shows information pertaining to adjustment level of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that adjustment level of 4.0% and 13.0% hockey players of urban area is extremely high and high respectively. In addition to it 18.0% and 34.5% players of urban area have average and below average level adjustment respectively. Furthermore adjustment level of 16.0% and 14.5% players of urban area is poor and extremely poor respectively.
- **Rural Area:** Study results show that adjustment level of 32.0% and 29.0% hockey players of rural area is extremely high and high respectively. In addition to it 21.0% and 13.5% players of urban area have average and below average level adjustment

respectively. Furthermore adjustment level of 3.0% and 1.5% players of rural area is poor and extremely poor respectively.

4.0 Conclusions

On the basis of analysis of the data and the result of the study results, conclusions were drawn and are presented hereunder.

4.1 Anxiety of hockey players

- In view of the study results it is evident that there is significant (P<0.05) difference in the anxiety level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of urban area has average level of anxiety while those belonging to rural area have very high anxiety.

4.2 Aggression of hockey players

- From the study results it is evident that there is significant (P<0.05) difference in the aggression level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of urban area has high level of aggression while those belonging to rural area have average aggression.

4.3 Adjustment level of hockey players

- From the study results it is evident that there is significant (P<0.05) difference in the adjustment level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of urban area has below average level of adjustment while those belonging to rural area have extremely high level of adjustment.

5.0 Bibliography

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