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Study of Aggression Behaviour and Adjustment Variables of Sports and Non-Sports Male Persons

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Abstract
The aim of the present study was to discover out the aggressive Behaviour and adjustment variables of sports and non-sports persons of district Rohtak, Haryana. The samples of the study was conducted on 80 male subjects (40 sports persons and 40 nonsports persons) were chosen for conducting this study. These samples were tested for the collection of data who had contributed at least in state level tournaments of the basketball games. The age ranged between 20-24 years. The data was collected by standardized tools the Dr. G.C. Pati test for (aggressive behaviour) and (adjustment inventory test) was collected by professor H.S. Asthana for Adjustment variables and using statistically analysis 't' test method. After comparing of the present data it was found that sports person were high in aggressive behaviour and adjustment variables.

Keywords: Aggression, Adjustment, Sports Person, Non-Sports Person.

Introduction

Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. It may occur either in retaliation or without provocation. In humans, frustration due to blocked goals can cause aggression. Human aggression can be classified into direct and indirect aggression, whilst the first is characterized by physical or verbal behaviour intended to cause harm to someone, the second one is characterized by a behaviour intended to harm social relations of an individual or a group.

In definitions commonly used in the social sciences and behavioural sciences, aggression is a response by an individual that delivers something unpleasant to another person. Some definitions include that the individual must intend to harm another person. Predatory or defensive behavior between members of different species may not be considered aggression in the same sense.

Aggression can take a variety of forms, which may be expressed physically, or communicated verbally or non-verbally: including anti-predator aggression, defensive aggression (fear-induced), predatory aggression, dominance aggression, inter-male aggression, resident-intruder aggression, maternal aggression, species-specific aggression, sex-related aggression, territorial aggression, isolation-induced aggression, irritable aggression, and brain-stimulation-induced aggression (hypothalamus). There are two subtypes of human aggression: (1) controlled-instrumental subtype (purposeful or goal-oriented); and (2) reactive-impulsive subtype (often elicits uncontrollable actions that are inappropriate or undesirable). Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople (as in phrases such as "an aggressive salesperson").

In general, differences in a continuous phenotype such as aggression are likely to result from the action of a large number of genes each of small effect, which interact with each other and the environment through development and life.

In a non-mammalian example of genes related to aggression, the fruitless gene in fruit flies is a critical determinant of certain sexually dimorphic behaviours, and its artificial alteration can result in a reversal of stereotypically male and female patterns of aggression in fighting. However, in what was thought to be a relatively clear case, inherent complexities have been reported in deciphering the connections between interacting genes in an environmental context and a social phenotype involving multiple behavioural and sensory interactions with another organism.

In mice, candidate genes for differentiating aggression between the sexes are the Sry (sex determining region Y) gene, located on the Y chromosome and the Sts (steroid sulfatase) gene. The Sts Gene encodes the steroid sulfatase enzyme, which is pivotal in the regulation of neurosteroid biosynthesis. It is expressed in both sexes, is correlated with levels of aggression among male mice, and increases dramatically in females after parturition and during lactation, corresponding to the onset of maternal aggression.

In humans, there is good evidence that the basic human neural architecture underpinning the potential for flexible aggressive responses is influenced by genes as well as environment. In terms of variation between individual people, more than 100 twin and adoption studies studies have been conducted in recent decades examining the genetic basis of aggressive behaviour and related constructs such as conduct disorders. According to a meta-analysis published in 2002, approximately 40% of variation between individuals is explained by differences in genes, and 60% by differences in environment (mainly non-shared environmental influences rather than those that would be shared by being raised together). However, such studies have depended on self-report or observation by others including parents, which complicates interpretation of the results. The few laboratory-based

analyses have not found significant amounts of individual variation in aggression explicable by genetic variation in the human population. Furthermore, linkage and association studies that seek to identify specific genes, for example that influence neurotransmitter or hormone levels, have generally resulted in contradictory findings characterized by failed attempts at replication. One possible factor is an allele (variant) of the MAO-A gene which, in interaction with certain life events such as childhood maltreatment (which may show a main effect on its own), can influence development of brain regions such as the amygdala and as a result some types of behavioural response may be more likely. The generally unclear picture has been compared to equally difficult findings obtained in regard to other complex behavioural phenotypes.

Purpose of the Study

Study of Aggressive Behaviour and Adjustment variables of sports and non-sports male persons.

Methodology

The aim of the present study was to discover out the aggressive Behaviour and adjustment variables of sports and non-sports persons of district Rohtak, Haryana. The samples of the study was conducted on 80 male subjects (40 sports persons and 40 nonsports persons) were chosen for conducting this study. These samples were tested for the collection of data who had contributed at least in state level tournaments of the basketball games. The age ranged between 20-24 years. The data was collected by standardized tools the Dr. G.C. Pati test for (aggressive behaviour) and (adjustment inventory test) was collected by professor H.S. Asthana for Adjustment variables and using statistically analysis 't' test method.

Analysis and Interpretation

Table 1: Comparison of Aggressive Behaviour of sports person and Non-Sports Male Persons

Groups	Mean	S.D	Mean Difference	't' value
Sports Person	535.79	39.44	66.58	8.329
Non-Sports Person	469.21	34.80		

Significant at 0.01 level

It is evident from the table 1 that the Mean score of sports persons having aggression was 535.79 and that of non-sports person was 469.21. The SD of sports person was 39.44 and that of non-sports person was 34.80. Mean difference between Sports Person and Non-Sports Person was 66.58 and 't' value was 10.692, which was significant at 0.01 level.

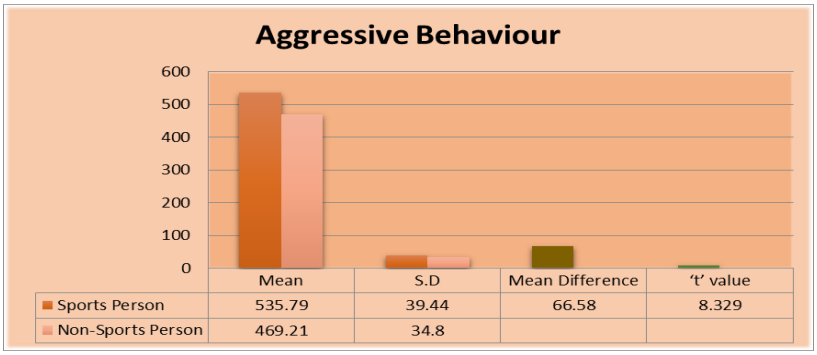

Fig 1: Comparison of Aggressive Behaviour of sports person and Non-Sports Male Persons

Table 2: Comparison of Adjustment Variables of sports person and Non-Sports Male Persons

Groups	Mean	S.D	Mean Difference	't' value
Sports Person	16.337	2.879	3.369	6.331
Non-Sports Person	12.968	3.650		

Significant at 0.01 level

It is evident from the table 2 that the Mean score of sports persons having adjustment variables was 16.337 and that of non-sports person were 12.968. The SD of sports person was 2.879 and that of non-sports person was 3.650. Mean difference between Sports Person and Non-Sports Person was 3.369 and 't' value was 6.331, which was significant at 0.01 level.

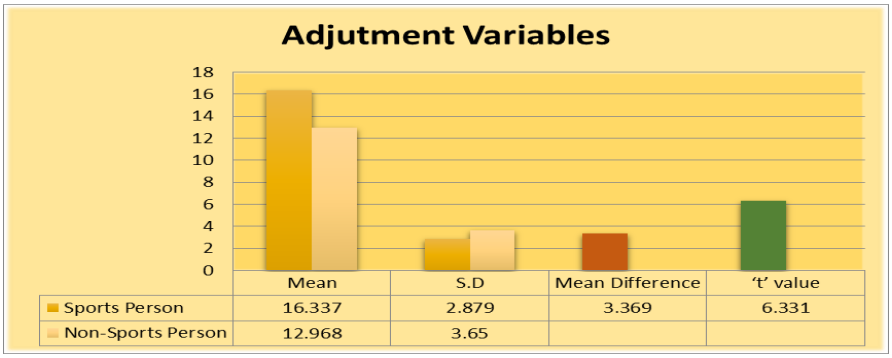

Fig 2: Comparison of Adjustment Variables of sports person and Non-Sports Male Persons

Conclusion

The conclusion of the aggressive behaviour and adjustment of the present study are sports person and non-sports person differ significantly at 0.01 level sports person were high aggressive behaviour than non-sports person difference significantly at 0.01 level sports person were found to be better than non – sports.

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