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“The Study Of Sports Aggression On Hockey Players”

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Abstract

The purpose of the study was to assess the sports Aggression of sports hostel women Hockey player, the study was delimited to 20 Gadag sports Hostel players, purposive sampling method was used to select the subjects for the present study, The age group of the subjects were ranging between 12-16 years. For the study sports aggression questionnaire developed by Anand Kumar and P.S. Shukla was used. The purpose data analysis descriptive statistics were employed to assess the aggression of the hockey players, the sports aggression of the Gadag sports Hostel women Hockey player was found low level of Aggression.

Key words: Hockey players, Purposive sampling and Aggression, Descriptive statistics

Introduction

Hockey is a dynamic sport where players aim to score points by striking an object-typically a ball or puck—into the opposing team's goal using a stick. The term "hockey" is believed to have originated from the French word coquet, meaning "shepherd's stick."

James Creighton, an engineer from Nova Scotia, played a pivotal role in formalizing the game. He introduced hockey to his peers at McGill University in Montreal, helping elevate it to a more structured and competitive level.

1. Field Hockey

- Played with a ball on grass or artificial turf.
- Each team consists of 11 players.
- Primarily played outdoors, though indoor versions exist.
- Featured in the **Summer Olympic Games**.

2. Ice Hockey

- Played on ice with players wearing ice skates.
- Uses a small rubber disc called a **hockey puck**.
- Each team has up to 6 players on the ice at a time.
- Played both indoors and outdoors; professional matches are held in arenas.
- A major global sport, included in the **Winter Olympic Games**.
- Originated in the mid-1850s by British soldiers in Canada.
- Formal rules were established in 1879 by McGill University students.
- The first recorded game in the USA took place in 1893.

3. Roller Hockey

- Played indoors on a roller hockey rink.
- Players wear roller skates and use a plastic puck.
- Each team has 5 players.
- Unlike ice hockey, **contact is not allowed**.

Aggression in Sports

Aggression is commonly defined as any deliberate verbal or physical act intended to cause bodily or psychological harm to another individual. For behavior to be classified as aggressive, it must be driven by the intent to inflict harm. While intent is a psychological state and not always observable it remains central to most definitions of aggression. Strict behavioral definitions, however, focus solely on observable actions without assuming internal motives.

Descriptive Statistics

Descriptive statistics refer to numerical summaries that describe the main features of a dataset. This includes measures such as mean, median, mode, and standard deviation. The purpose of descriptive statistics is to **summarize and present data clearly**, without making predictions or generalizations about a larger population. This contrasts with **inferential statistics**, which aim to draw conclusions about a population based on sample data.

Objective of the study

The objective of the study was to assess the sports aggression of women hockey players from sports hostel,

Methodology

Selection of subjects

For this study 20 Gadag sports hostel women Hockey players. The purposive sampling technique by used to select the objective of the study. The entire subjects after have been inform about the objective and purpose of the study. The age of the subjects were ranged between 12 to 16 years.

Procedure

Questionnaire developed by Anand Kumar and P.S. Shukla was used which contains 25 statements, If the statement describes how you normally feel, make check mark () in the "Yes" column. If the statement does not describe how you normally feel, make a check mark (✓) in the "No" column. Please check only one column (either Yes" of "No") for each of 25 statements. This is not a test there no "right" or "wrong" answers. You have to answer all the statements.

A score ranging from 12-13 is taken as average aggression, the score which range above 12-13 are considered as high aggression and the scores the lower than 12- 13 are considered as low aggression.

Statistical Technique

The purpose of analysis of data, percentage analysis and descriptive statistics were employed to assess the aggression of the hockey players,

Result and findings

Table 1

Mean, SD, Minimum and Maximum level of women hockey players sports aggression

Variable	N	Mean	SD	Min	Max
Aggression	20	11.75	2.5105	8	17

The table shows that the sports aggression level of the Hockey players, The mean of sports aggression was 11.75 Descriptive statistics were employed, 2.5105 was the standard deviation, response minimum score was 8 and maximum score was 17, Table was illustrated through graphical representation for clear understanding of this study.

Bar graph representation of Mean and SD,

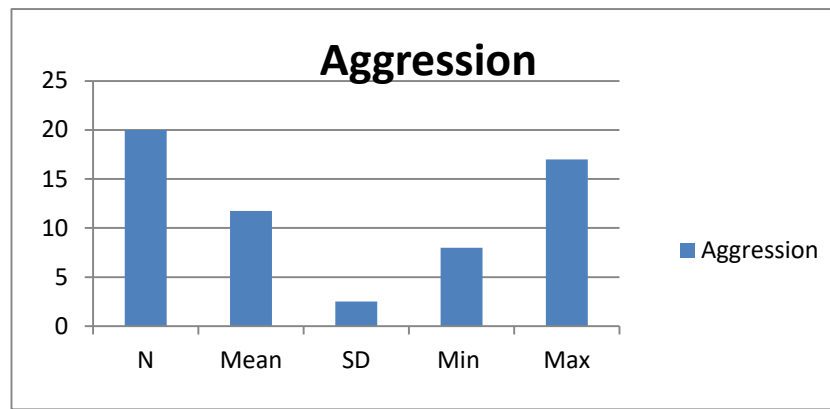


Figure: 1

Table: 2

Percentage analysis of sports aggression

Level	Response	Percentage %
Low level aggression	08	40%
Average level aggression	05	25%
High level aggression	07	35%

The above table depicts that sports aggression of women hockey players, level of aggression show in a percentage basis. In total 20 sample out of which 08 members were responded low level, 05 members average level and 07 were high level of aggression. In that the level of aggression converted into a percentage that 40% of low level aggression, 25% of average level aggression and 35% high level aggression was found. Table was illustrated through graphical representation for clear understanding of this study.

Pie graph representation of aggression

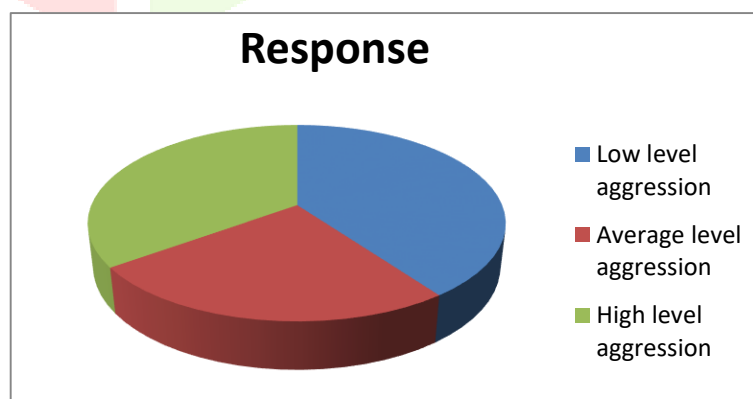


Figure: 2

Discussion of Findings

The aggression of the hockey players mean value 11.75 was found it says that overall aggression of the Gadag sports Hostel Hockey players having low level of aggression the selected players were professional hockey players, practicing regularly and representing taluk, district and SGFI matches so they believe absence of the aggression can win the game, Hence they showed low level of sports aggression.

Conclusion

In regard to the aggression of Gadag sports Hostel Hockey players was found low level of aggression, as fixed mean value 11.75 and in percentage 40% of the subject were responded as low level of aggression.

The present study aimed to assess the levels of sports aggression among hockey players, with a specific focus on athletes from the Gadag Sports Hostel. The findings revealed that these players demonstrated **low levels of aggression**, suggesting a strong foundation in emotional regulation, discipline, and sportsmanship.

This outcome may be attributed to several factors, including: Structured training programs emphasizing skill development over aggressive play, Effective coaching strategies that promote mental resilience and team harmony, a supportive Hostel environment that fosters positive behavioral traits.

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