



COMPARATIVE STUDY OF AGGRESSION OF INTER SCHOOL LEVEL POWERLIFTERS AND WEIGHTLIFTERS

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Abstract:

The purpose of this study was to compare the aggression of inter school level powerlifters & weightlifters. It was comparative method used for the study. Inter school level 10 powerlifters and 10 weightlifters were selected as sample by using simple random sampling technique from Dr. D. Y. Patil Junior College and New Pune School Nigadi, Pimpri Chinchwad Pune, (MH). Aggression inventory was conducted on powerlifters and weightlifters obtained data was analyzed by using independent sample 't' test statistics. Result showed that powerlifters mean value of aggression 13.96, SD 1.13 and weightlifters mean value of aggression 12.72, SD 0.89. It shown the powerlifters aggression level high compare to the weightlifters.

Keyword: Aggression, Inter School Powerlifters and Weightlifters.

Introduction:

Powerlifting and weightlifting is a strength sport that consists of three & two attempts at maximal weight on powerlifting three lifts squat, bench press, and deadlift. As in the sport of Olympic weightlifting, it involves lifting weights in two attempts snatch and clean & jerk. Powerlifting evolved from a sport known as "odd lifts", which followed the same three-attempt format but used a wider variety of events, akin to strongman competition. A psychological approach has helped to implement mental preparation training program to improve player's performance, guide players in psychological preparation for play. The

increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as “any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment” (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic; however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984).

Material and Method:

The purpose of this study was to compare the aggression of inter school level powerlifters and weightlifters. It was a comparative method was used. Inter school level 10 powerlifters and 10 weightlifters were selected as sample by using simple random sampling technique from Dr. D. Y. Patil Junior College and New Pune School Nigadi, Pimpri Chinchwad Pune, (MH). Aggression inventory was conducted on powerlifters and weightlifters obtained data was analyzed by using independent sample ‘t’ test statistics.

Results of the study:

The obtained results are present in the following table which represents the results of comparative analysis of the mean of powerlifters and weightlifters.

Table no. 1, Statistical of the Aggression variable of Powerlifters and Weightlifters

Variable	Players	N	Mean	Mean Diff	‘t’	df	Sig (2-tail)
Aggression	Powerlifters	10	13.96	0.63	8.72	18	0.001
	Weightlifters	10	12.72				

The data of aggression variable as shown in Table no. 1 reveals that mean, standard deviation of the sample of 20 subjects of Dr. D. Y. Patil Junior College and New Pune School Nigadi, Pimpri Chinchwad Pune. 10 powerlifters mean value of Aggression 13.96, SD 1.13 and 10 weightlifters mean value of Aggression 12.72, SD 0.89. It can therefore, be said that the aggression score of powerlifters and weightlifters between had significant difference.

Discussion of the findings:

Discussion of the results of aggression inventories consist which indicate the level of aggression of Dr. D. Y. Patil Junior College and New Pune School Nigadi, Pimpri Chinchwad Pune selected powerlifters and weightlifters:

It was observed from the finding that was to Study of compare the Aggression level on inter school powerlifters and weightlifters. In the result of study from table no. 1 shown that there were powerlifters level of aggression was high & similar weightlifters level of aggression was low they had significant difference of aggression level.

This finding was supported by **Jaskaran Singh Sindhu, Karanjit Singh and Charanjit Singh (2011)** the purpose of the present study was to investigate and compare the anxiety and aggression level among the university level male and female athletes. A total 60 athletes (30 males and 30 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G. L. Patil. Anxiety among the subjects was measured by using the sport competitions Anxiety test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male athletes had significantly greater aggression ($p < 0.05$) as compared to the female athletes. The female athletes were found have significantly higher anxiety level ($p < 0.01$) when compared to male athletes. In conclusion, the male athletes were more aggressive whereas female athletes were more anxious.

Conclusion:

The scope of this study, the researcher concluded that powerlifters and weightlifters aggression. This study impact on the field of Physical education &

sports in field our nation. Sports player's part of various sports & games activities, express important role of Psychology sports players & coaches helps to characterized adjustment and managed & know the level of aggression for that further contribute to better performance to control.

It was concluded that important in view of the Aggression in powerlifters and weightlifters of Dr. D. Y. Patil Junior College and New Pune School Nigadi, Pimpri Chinchwad Pune. Concluded that researcher evidence revealed the powerlifters level of aggression was high & similar weightlifters level of aggression was low they had significant difference of aggression powerlifters and weightlifters these psychological variables are vital in the field of sports coaching and performance. It is known from the review of related literature that status of Aggression in sports players.

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