



COMPARATIVE STUDY OF AGGRESSION BETWEEN PROFESSIONAL WRESTLERS AND DANGAL WRESTLERS

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Abstract

The purpose of the study was to compare the aggression between male professional wrestler (performance in mat) and dangal wrestler (performance in mud). The present study was conducted on a sample of thirty (N=100) male players, which includes fifteen each, professional wrestlers (N=50) and dangal wrestler (N=50) of age ranging between 20 to 25 years, who actually participated in national competition of. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study. Data was collected by using sport aggression inventory developed by Mr. Anand Kumar and Mr.Prem Shankar Shukla (1998). The independent samples t-test was applied to assess the differences between professional wrestler (performance in mat) and dangal wrestler (performance in mud). The level of significance was set at 0.05. Result revealed statistically significant differences between professional wrestler (performance in mat) and dangal wrestler (performance in mud) with regard to rebound ability ($p<0.05$), ability to handle pressure ($p<0.05$) and overall sport aggression inventory ($p<0.05$) but insignificant differences were found with regard to concentration ($p>0.05$), confidence ($p>0.05$) and motivation ($p>0.05$).

Keywords: *Aggression (SAI), Professional Wrestler (perform in mat) and Dangal Wrestler (perform on mud)*

Introduction

Kusti or Pehlwan, a sport that transmits the fragrance of Indian soil is a style of mud wrestling that dates to the time when Mughal rulers held influence over this huge India. Kusti is considerably more than a game, this conventional type of Indian wrestling offers its followers a profound journey, a consecrated space, and an unparalleled climate of social solidarity. The words Pehlwan and Kushti get from the Persian expressions Pahlavani and Kushti individually. This Indian martial art has its parenthood from Malla-Yuddha of India and Varzesh-e Pahlavani of Persia. Kushti origin can also be found in the great epic of Mahabharat.

In the era of the 16th century, when Indian soil was conquered and being started to rule by the Mughals, who were of Turko-Mongol plunge. Through the impact of

Iranian and Mongolian wrestling, they joined the foundation of the local martial arts malla-yuddha, in this way making a current game of kushti. The first Mughal emperor and could supposedly run quickly for a long separation while holding a man under each arm. Mughal- time wrestlers some of the time even played wearing Bagh Naka on one hand, in a variety called Naki Ka kusti as per sportzcraazy (13/sep/2018)

Freestyle is arguably the world's most popular style of wrestling. This is due in large part to rules that have been carefully designed to create scoring possibilities. This fast-paced style is the least restrictive of all of the major styles and allows competitors to execute both upper-body and lower-body attacks in order to score on an opponent.

In recent decades wrestling at international level has got many changes in its rules and playing surface. In Olympic

Games now it is a fast paced, tactically played out complete fitness oriented activity conducted in a single day. The changed nature of the game has put the different type of physical as well as psychological demands on the wrestler. On the other hand Dangal wrestling is more of indigenous nature and very few changes have come in its preparation (training) and competition. Age old traditions play major role in the practice and conduct of the game at domestic level. Where mud Wrestling gets preference and popularity in the society.

However the many and prestige associated with its competition. Dangal brings no less psychological challenge to the wrestler. Inspire of various differences in training and competition, both type of wrestling focuses upon out powering the opponent by physical capacity and psychological attributes. Psychology of an individual, as in other sports activity has a significant role in wrestling also. Being a combat sports it demands predominance of some psychological traits in the individual for success.

Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. In narrower definitions that are used in social and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Predatory or defensive behavior between members of different species may not be considered aggression in the same sense. Aggression can take variety of forms and can be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably in the society.

Aggression is defined as threats or harmful actions directed towards another individual and can include threat displays, lunging, growling, snarling, snapping and biting. In animals, aggressive behaviors are a means of communication. Aggression committed by players in certain contexts situation or position shows positive
Result

correlation with performance of person skill as well as success of the team (Kamlesh, 1987). Dogs and cats use aggressive displays, threats and attacks resolve competitive disputes over resources (territory, food) or to increase their reproductive potential, or to escape threatening situations. "Aggression" describes the behavior, but does not give any information about underlying motives or causes by Aggression can have multiple motivations as per Prof. V. Satyanarayanan (2019). Based on above understanding the study was conceptualized as "**Comparative study of aggression between professional wrestler and dangal wrestler**".

Materials And Methods

Subjects: For the purpose of this study total 100 male national level wrestler belonging to professional wrestling (50) and Dangal wrestling (50) aged between 20 to 25 years were selected as the subjects of the study by applying purposive random sampling technique. The data was collected during the open national wrestling tournament held during pre-match.

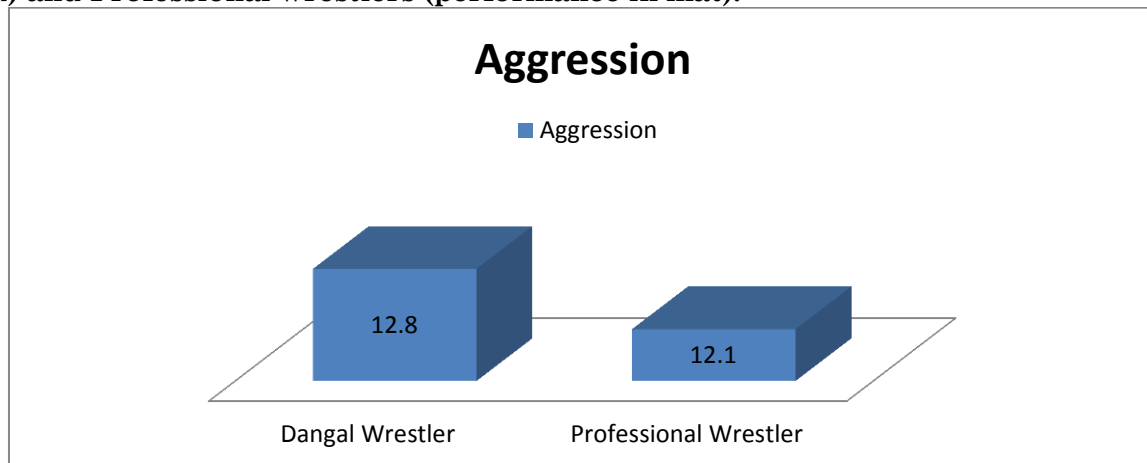
Methodology: Questionnaire method was used to collect the data. Sport Aggression was measured by applying Sport aggression Inventory developed by Mr. Anand Kumar and Mr.Prem Shankar Shukla (1998). Sport aggression Inventory consists of total 25 items that measure the sport aggression inventory. Only true/false response options are there in this questionnaire and subject has to tick only one. Before filling up the questionnaire necessary instructions were given and questions were explained to the subject.

Statistical Analyses For the analysis of collected data various Descriptive and Inferential statistical techniques were applied. In descriptive statistics, Mean, and standard deviation (S.D) was computed for selected Psychological variables. To compare the different group's means in inferential statistics Independent t-test was computed. The level of significance was set at 0.05.

TABLE 1: Descriptive statistics for of Aggression status of Dangal wrestlers (performance in mud) and Professional wrestlers (performance in mat).

Variable	Wrestlers	N	Mean	Std. Deviation	Std. Error Mean
Aggression	Dangal Wrestlers	50	12.80	2.08	0.29
	Professional wrestlers	50	12.10	1.63	0.23

It is evident from table-1 that mean and S.D of Aggression for Dangal wrestlers (performance in mud) and Professional wrestlers (performance in mat) is (12.800±2.08), and (12.10±1.63), respectively.

Fig - Graphical representation of Aggression status of Dangal wrestlers (performance in mud) and Professional wrestlers (performance in mat).**TABLE 2: Inferential statistics of Aggression status of Dangal wrestlers (performance in mud) and Professional wrestlers (performance in mat).**

Variable	N	Mean difference	St.D	t-Value	Df	p-Value
Aggression	50	0.70	0.37	1.86	98	0.65

Significant at 0.05 level with $df=98$ $T_{tab0.05}(98) = 0.195$

It is indicated from table-2 that the t-value is 1.86 which is not significant at 0.05 level of significance with 98 degree of freedom (p -value = 0.65). It reveals the mean difference is (0.70) of Aggression between Dangal wrestlers (performance in mud) and Professional wrestlers (performance in mat).

Discussion of Finding

The statistical analysis of data in relation to aggression status, between Dangal wrestlers (performance in mud) and professional wrestlers (performance in mat) revealed the fact that is t-value 1.86 which was not significant at 0.05 level with $df=0.195$. This shows that the aggression status among Dangal wrestler and Professional wrestler do not differs significantly.

The statistical findings pertaining to the of Aggression between Professional Wrestlers and Dangal Wrestlers showed insignificant difference, this may be attributed to the fact that both the sports discipline are from the category of combative game where a comprehensive amount of aggression is required to execute the movements and play the bouts. Similar findings were also reported by Sumit Kr. Thapa (2015).

There are different types of aggression used in sports namely Hostile Aggression, Instrumental Aggression and Assertive behavior. The combative games like Professional Wrestling and Dangal Wrestling are very disciplined sports as far as the training and competition is concerned,

They require instrumental aggression and to some extent assertive behavior to play the bout with adequate intensity and magnitude. Both types of wrestling demand aggression of optimum level to perform better in the competition. In our country most of the wrestlers belong to village community where they start their training in similar way as in dangal wrestling. Since training of an activity at early stage plays a big role in technique and skill of the player, same is true for psychological attributes also. Since most of the participants were belonging to the national level, switching over to mat from the mud may not have changed their aggression and behavior patterns, which was reflected in the result of this study.

Conclusions

On the basis of the statistical findings following conclusion have been drawn:

The analysis of the data revealed that there was no statistically significant difference on Aggression status between national level Dangal wrestler and Professional wrestlers. However, the Mean comparison of aggression revealed that

Dangal Wrestler had higher aggression level than the Professional wrestlers.

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