



psychologist is a professional analyst or specialist in this area of social, behavioral or subjective research. (Chittibabu, B. 2014) Sports psychology has a vast domain specifically focusing on all the aspects that influence the performance and involvement in the sport, along with applied sports psychology that centralizes the application of psychology to improve the performance of the athletes (Cox, 2011). Excelling sports performances are not accidental or a matter of chance, rather the performance is influenced by many aspects of sports which may be physiological, nutritional, psychological, physical, physique, tactics, strategies, and body structures etc. Due to the increased competition these days, even the smallest aspect can have a huge impact on the goal attainment in a sports competition. (Cox 2011 & Mahesh Kumar 2015) Ever since the origin of sports, aggression has been linked to it (Appadurai, 2015)... The aim of sports in modern era competitions is not just to participate, but to ensure victory. In this pursuit, aggression is considered to be an essential component (Conmy, Tenenbaum, Eklund, & Roehrig, 2013). According to Parveen et. al (2015) sports psychology dexterously deals with the intelligent understanding and capability to spot the performance and well-being of the athlete. Under this 2 domain falls the considerable psychological impact that is produced, contribution to sports, and training, ideological and physical components. Parveen et. al (2015). The environment provided in sports competitions proves to be a good platform for players to physically face each other and conduct aggressive behaviour. Though Wankel (1973) states, "Aggression in sport is not perceived as unequivocally negative; when it is an assertive behavior as searching for the source, aggression is highly desirable." Aggression is described as "The attempt to injure characterized by the inner desire to win an advantage or receive a reward" (Baired, 2009). Athletes' aim towards career development, promotions, money earning, fame, and strengthening their professional

worth like any other professional belonging to another field. If aggression contributes towards the victory of the athlete in their sports competition, the supporters and management endorse this behaviour regardless of the penalization by referees. This strengthens the aggression of the athlete who pursues this behaviour for further attainment of fame and victory (Kabak 2009) Any physical or verbal behaviour that aims towards injuring or harming some other living being intentionally is considered aggression. This is not an emotion or attitude (Sharpe & Desai 2001).

### Statement of the Problem

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Aggression is an issue that needs to be addressed at a global level as it occurs in almost any and every sports game. The influence of aggression on the handball players' performance has not been fully set forth due to the insufficient number of studies in this area. Therefore, the scope is currently limited regarding the recognition of other similar cases. This study aims to examine and analyze this issue in the perspective of handball. It was observed by the coaches dosing preliminary data that players are unable to properly manage and divert their aggression which adversely influences their overall performance. So the current research purpose was to analyze the influence of aggression on the handball female players' performance aged 16 to 22 years in the Sargodha district.

### Literature Review

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According to Cox (2011), sports psychology has a broad area that specifically focuses on all the aspects that influence the performance and involvement in the sport, along with applied sports psychology that centralizes the presentation of psychology to enhance the performance of the athletes. Aggression has been linked to sports from the very beginning. The purpose of modern sports competitions is not simple participation but victory. For this purpose, aggression plays a crucial role in ensuring winning. According to Parveen et al.

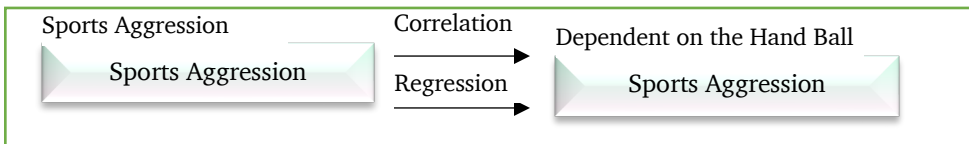
(2015), sports psychology dexterously handles the rational conception and competence to notice the performance and welfare of the athlete. The substantial psychological influence that is resulted, contribution to sports, preparation, concepts and physical components are included in this area. The environment provided in sports competitions proves to be a good platform for players to physically face each other and conduct aggressive behavior. Though Wlazlo et al. (2007) state, "Aggression in sport is not perceived as unequivocally negative; when it is an assertive behaviour as searching for the source, aggression is highly desirable." Aggression is described as "The attempt to injure characterized by the inner desire to win an advantage or receive a reward" (Baired, 2009). Aggression plays a crucial role in sports these days. Keeping in view the sports environment, the most appropriate definition of aggression can be a motiveless verbal or physical attack, while the tendency to attack someone in such a way displays aggressiveness. It is not possible to separate aggression from a sports competition. It is generally observed that sports that incorporate aggression help the athletes work harder by motivating them to succeed by "do or die." On the other hand, [Kamlesh ML \(1984\)](#) points out that both individual and team aggression can contribute to the overall success in sports competitions. [Kabak \(2009\)](#) suggests the incorporation of aggression in athletes' behavior in the pursuit of winning and attaining fame. This behavior is supported by fans and administration which leads to the strengthening of aggression among the athletes even if they are punished during the matches. As described by the [Terry and Jackson \(1985\)](#), sports aggression may be defined as damage-inducing conduct bearing no direct linkage to the competitive desires of sports and related areas, consequently, to occasions of out of control aggression outside the rules and regulations of sports, instead of highly competitive conduct within the rule limitations. Yet there is a clear difference between sport aggressiveness and aggression and the violent physical contact that is

considered significant in sports like karate, wrestling, and rugby. This type of physical contact adheres to certain sports regulations that are entirely authentic within that context regardless of the consideration that such behavior outside this environment is a crime. When someone agrees to participate in a sport, they are discreetly accepting the fact that rough physical contact is unavoidable. They have covertly agreed to the possibility of minor or major injuries. ([Singh & Dubey, 2015](#)) The word Aggression itself is derived from the Latin word *aggress* which literally implies walking toward or approaching something. [Silva \(1984\)](#) suggests that the act of aggression is considered when an athlete is greatly motivated, shows excessive physical energy and/or is fearless about the probability of an injury or even a fracture. [Singh and Browmik, Singh \(2013\)](#). consider this aggression not to be an emotion or attitude, but rather the harmful and injurious intention towards another living being. While defining human aggression, there are three crucial concerns. First and foremost, it is difficult to evaluate the results of research and theories related to aggression unless we distinctly define aggression. Various definitions have been proposed in the past resulting in various research studies about behavioral aggression, although they are literally challenging during comparison. Presently, social psychologists have united in compiling a definition of aggression where the idea behind aggression is to injure or inflict pain on someone who has provoked them ([Anderson & Huesmann 2003](#)). This definition is very vast to encapsulate a broad spectrum of aggressive conduct and permit hurtful happenings with the consent of the targeted person to endure the pain (e.g. surgical procedures). Secondly, the term aggression is often substituted by common people and misled experts with terms that are close in meaning but ideologically different phenomena like resentment, anger, and competitiveness. within the domain of psychology, undoubtedly, aggression entails conduct and not a mental or emotional

condition. Anger, attitudes like pessimism or sadism, and motivations like wishing for victory or wanting to take control of situations are feelings that may encourage aggression, although they are not exactly aggression in itself. In order to efficiently understand aggression it is required to distinctly clarify these feelings. Thirdly, while defining aggression the issue of concern is the use of “violence” as a substitute for aggression. Researches, public policy-makers and the general public tend to be confused as these words as synonyms miscommunicate the intended meanings. Some social psychologists consider violence to be a subtype of aggression. To be more accurate, when aggression takes an extreme form that requires medical attention or even results in a fatality, then it is considered as violence. This definition has been expanded by a few social psychologists by the inclusion of emotional damage. Therefore not all aggression is violent, but all violence can be considered aggressive. It must be noted that "violent crime" is a legitimate, not scientific term which is not the same thing as violence. Warburton and [Anderson \(2015\)](#) classified aggression on the basis of various behavioral characteristics. There are many kinds of damage that can be caused by one human to another. There are various ways in which an action can be aggressive like physical harm (i.e. kicking, punching, swearing, slapping, biting, shooting, stabbing), verbal harm (i.e. swearing, name calling, yelling, screaming), or verbal or digital harm to someone reputation or relationship (i.e. relational aggression). Furthermore, aggressive behavior can be indirect (with an absent victim e.g. spreading rumors, harming their property etc.) or directly (physically injuring a person who is present). In addition to these classifications, Krishneveni& Shahin (2014) suggested instrumental aggression (cognitive, voluntary, and planned aggression, free from the directly hurtful intention, to attain a goal like fame, victory, reward etc.) and emotional aggression (impulsive act with lesser deliberation). This aggression may be considered positive or

negative regarding resulting judgmental worth and emotional reaction ([Weinberg, N., & Klonsky, E. D. 2009](#)). The aggression could be classified as good (e.g. driving towards a loose volley ball) or bad (e.g. deliberately committing an obvious foul) ([Fay, 2012](#)). Generally aggression implies negative psychological qualities, but it is believed by some sport psychologists that aggression increases the efficiency of the athlete in their performance leading to a higher possibility of winning ([Wilson, 2015](#)). Aggression may be considered as an assertion where the participant, with a disdainful force, frolics within the norms of the sport without the aim of harming the rival ([Smith et al., 2013](#)). There are also various functional distinctions of aggression related to the intention and extent of deliberation. Sometimes the aggressive person voluntarily intends to inflict pain as a reaction to being provoked (i.e. hostile, hot, reactive, retaliatory, impulsive, or affective aggression). Other times the person wants to gain something from the aggressive act through scheming and planning (i.e. cold, instrumental, proactive, or planned aggression). In situations of fight or flight, aggression might be induced in the pursuit of self-protection as an automatic response mechanism, or it might include common responses in a scripted form that is not extensively thought-through. These distinctions cannot rigidly be applied to all situations. For example, if someone deliberately and meticulously schemes someone's death, it cannot be categorized as typically aggressive behavior. These types of examples cannot be categorized according to traditional classifications or dichotomous distinctions. Another feasible option proposed by [Anderson and Huesmann \(2003\)](#) towards the comprehension of the aggressive behavior is by tracing the actions from three aspects – the extent of the harmful intention towards the victim that benefits the culprit; the presented standard of anxiety or antagonism; and the amount of thought given to the execution of that aggressive.

### Conceptual Framework



### The Study Hypothesis

There is a significant impact of aggression on the overall handball female players' performance in the Sargodha district.

### Method and Martial

The aim of this research was to examine the psychological factor of aggression influencing females' performance in hand ball teams in the Sargodha District. Taking this research objective as a general purpose of this study, a descriptive survey design was applied to examine the research issue. Two close ended questionnaires were used for data collection, having the option of YES and NO. The samples for the present study included all female" players of Handball in Sargodha Distract female colleges who were selected by using a stratified random sampling technique. Total 52 handball; teams of 12 players from 5 colleges

who fulfill the criteria (their age 16 to 22 years old female in Sargodha district) were included in the study. Formula; Handball  $n = N/1 + ne^2$   
 $N = 60/1 + 60 * (.05)02$ ,  $n = 60/1.5$ ,  $n = 052.17$ ,  $n = 052$ . Inferential statistic correlation and regression were adapted to analyze the collected data. The aggression record was recorded for measuring the stage of aggression. And the athletic overall performance was recorded for measuring self-rating. There was notable variance found b/w Handball with respect to Aggression ratings ( $t = -4.96$ ,  $p < 0.05$ ) at a 05% level of significance. The outcomes of post analyses confirmed that Handball players had a better degree of aggression. The study revealed that the relationship between performance and aggression is that effective reinforcement and triumphing the match has great effect on the overall performance of participating female handball players.

### Analyses of the Data

#### Relationship between Aggressions on the Hand Ball Female Netball Players' Performance

Table 1

Variable	n	r	Sig
Aggression	052	.695**	.000

The above table shows the connection between aggressions and the Handball female players performance. This table indicates that the connection between aggression and the Handball female payers performance is significant ( $r =$

.695) & considerable ( $P = 0.000$  &  $t; .05$ ). Accordingly, the current study hypothesis stating that there is a considerable relationship between aggression and the Handball female players performance is hereby widespread and accepted.

### Regression Model

Table 2. Impact of Aggression on the overall Handball Female Players' Performance

IV	R	R <sup>2</sup>	Adj R <sup>2</sup>	B	F	Sig	Durbin-Watson
Aggression	.695	.483	.481	1.345	456.6	.000	4.96

Dependent variable: Aggression at the overall performance of Handball payers

Table 2 shows the regression model was about aggression and overall handball players' performance. The regression analysis found that there is a substantial effect of aggression on the handball players' performance ( $P=.000<.05$ ). The table shows that  $R^2 = .483$  which suggests that aggression provides an explanation for 60% variance in the handball and volleyball players' performance. The +B value suggests that one-unit growth in

the independent variable (aggression) than 1.098 SD unit will continue growth in the dependent variable (at the handball players' performance). Durbin Watson test was utilized to address the autocorrelation problem in the data. The table suggests that the Durbin Watson test value falls in the applicable range ( $DW=4.96$ ). The applicable range of the Durbin Watson test falls in-between 0 to 4 so there is no problem of autocorrelation within the data which satisfy the belief of regression.

### The Hand Ball Female Players' Performance

Table 3

Statement	Level	Frequency	%age
Overall of the Female player in aggression	V Poor	0	0
	Poor	5	9.615
	Satisfactory	9	17.307
	Good	28	53.486
	V- Good	10	19.230

The above table indicates that the Handball players, 9.615% reaction was poor, 17.307 percent was satisfactory, 53.486 percent was good, 19.230 percent was v- good, with the assertion overall performance of players in aggressiveness and adequate 017.307 percent, good 53. 486 percent and v. good 19.230 percent with the assertion overall players performance in aggressiveness which is very notable.

### Discussion

The purpose of this research was to discover the psychological element of aggression influencing the overall handball female players' performance. Correlation and regression were carried out to check the hypotheses. The study discovered that the relationship between aggression and overall performance is that effective reinforcement and triumphing the match greatly affect the overall performance of female handball players. The finding of this

study showed that there is positive relation between aggression and players' overall performance. Various researches indicate conflicting outcomes in various sports Wright, (2009); Zitek at el., (2011) in basketball & Russell, (1974); McGrathy at el., (1978), Andreevs, (1974); [Wankel, \(1973\)](#) in Ice Hockey had concluded effective relationship among aggressive moves and quantity of victories. The performance level of the players in this game is better than in non-contact games such as volleyball. One way investigation of variance and stepwise multiple regression analysis were used to evaluate the data. Noteworthy differences were discovered among the participants with respect to aggression and sports performance only. Aggression proposed enhanced performance while it positively influenced the performance. Our research proves that the relationship between aggression and overall performance is enhanced reinforcement and triumphing in the match has a positive effect on the overall

Handball female players' performance. If aggression is accompanied by anxiety, then it has an adverse effect on the overall Handball players' performance.

### **Conclusion**

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The aim of this research was to examine the psychological factor of aggression influencing females' performance in hand ball teams in Sargodha District, Punjab Province, Pakistan. The aggression and female Netball team performance were the main variables that tried to be investigated in the current study. It was hypothesized that there is a significant correlation between aggression and players'

performance and that effective reinforcement and triumphing the match have a positive impact on the overall handball female players' performance. The population was delimited to female Handball players of city Sargodha and the elements such as positional play, competition level, officiating aberrations etc. were not considered. It is suggested that a study of the same nature may be conducted on male inter-colleges or inter-universities teams competitions. The same study may be conducted on female and male provincial and national levels team competitions. It is suggested to apply these findings on Handball female and male district and local levels teams.

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