

Comparing and Examining the Amount of Aggression Between the Athletic and Non-athletic Students

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Abstract: The aim of the study is to examine and compare the amount of aggression between the athlete and non-athlete students in Islamic Azad universities. The sample was comprised of all the students of Islamic Azad University in Mazandaran province of Iran (2006-2007). The data sampling consist of 270 athlete students and 380 non-athlete ones who were chosen by cluster sampling. Measurement tools were the AGQ questions with which psychological characteristics were made by using analytic factors. The AGQ measurement is a self pencil and paper reporting which contains 30 close-ended questions based on 4 degree Likert measurement. The questions were calculated to be %82 using Cronbach's alpha coefficient. In the analysis of the data, the inferential and descriptive statistics were used. The analysis of the data shows the average amount of aggression was lower among the athlete students than non-athlete ones But there were no significant deference ($P < 0.05$) among them. The average analysis showed that there is no significant difference at between the average aggression level of athlete students and non-athlete both in girls and boys ($P < 0.05$).

Key words: Aggression • Athletic and non-athletic students • Islamic Azad University • Iran

INTRODUCTION

Aggression is the commonest individual reaction to agonies and unsuccessfulness which are done to harm others, gain advantage, satisfy the needs or get rid of the problems. Since all human actions are purposeful, the aggression behavior is not exception [1-2].

Aggression is the offensive, hostile and reactive behaviors to unsuccessfulness and suppression of the desires. We can call it a defensive reaction which aims at removing on omitting the threatening factor. Aggression is not a competition or anger. Competition is an attitude and anger is an excitement they both can help to aggression. Aggression is a physical offensive action against someone else which ranges from using offensive words which is a matter of psychological harm to severe physical actions. Aggression is termed for behaviors which done to damage or harm somebody in order to prevent the same kind of reaction [3].

It some times relates to individuals and inevitably causes accidents and problems. The signs and symptoms, like the definition, are manifolds. The time and place of having aggression must be known. We can categorize the

symptoms and signs of the aggression into 2 main classes of self-aggression and aggression against others. Self aggression are caused by exhaustion, lying, angry look, pressing the teeth, having wrinkles on the face, higher heart beat, high blood pressure, being jealous, being reserved and defensive reactions [3-4].

Aggression against others are caused by bothering others, criticizing others, causing disorders, destruction, hitting and beating, fighting, swearing and ignoring other people's right. Some researchers showed that aggression is a complete imitative behavior and is learned by observation and cannot be instinct [4]. The result of other studies showed that the parents' training of the child has caused %60 reductions in %75 cases and There were different studies on the amount of aggression in men athletes in different fields. The aim of the studies was to answer this question that whether there is a difference in the amount of the aggression among the athletes in different fields or not. The result showed that there were significant differences in volleyball and basketball at $P < 0.01$ and for the others there weren't any.

In another study which about aggression amount among the athlete youth in the fields of basketball, karate,

box and non-athlete ones , it is concluded that there was a significant deference between athlete and non-athlete and the behaviors of the non-athlete were higher that the karate ones while in other field we didn't reach this conclusion[6-7].

The aim of this study is to examine and compare the amount of aggression between the athlete and non-athlete students boys and girls) at Azad universities. In order to reach such a goal these questions wee made:

- What is the amount of aggression among the athlete boy students?
- What is the amount of aggression among the athlete boy students?
- What is the amount of aggression among the non-athlete boy students?
- What is the amount of aggression among the non-athlete boy students?
- What is the amount of aggression among the non-athlete and athlete students?
- Was the amount of aggression among the non-athlete and athlete students different?
- Was the amount of aggression among the non-athlete and athlete boys and girls students in 4 groups different?

MATERIALS AND METHODS

The procedure done for the study was descriptive-comparative. The statistic samples were the students of Azad universities in Mazandaran province of Iran (2006-2007). The samples under study consist of 270 athlete students and 380 non-athlete ones which sums to 650 who were chosen from different branches of Azad University. The sampling technique was cluster sampling. Regarding this fact, the senior students from different branches of Amol, Sari, Ghaemshar, Neka, Noshahr and Chalus were chosen the number of the samples are given in Table 1.

Measurement tools were the AGQ questions. It contains 30 close-ended questions which has measures of (always, sometimes, seldom and never) answer set on 0, 1, 2 and 3. The AGQ is a self-pencil-paper reporting tool and its psychological measuring tools are made by the analytic factors. In order to analyze the data the t-test and the variance analysis in SPSS (Version 7) environment was used.

RESULTS AND DISCUSSION

The mean and standard deviation of the aggression amount with regard to both the athlete and non-athlete (boys and girls) are given in Table 2.

As it can be seen from Table 2, the average amount of aggression in total sample of the athlete was 41.42 and in non-athlete were 41.8. In order to see and determines the significant difference between the two groups the independent t-test was used and the results are given in Table 3.

At it can be witnessed from Table 3 the calculated t (0.39) is smaller than the critical t (1.96) at $p < 0.05$. it shows that there is no significant difference between the averages of the two groups.

In order to determine the difference between the averages of the two groups we used the ANOVA analysis. The result of the variance analysis has been put in Table 4.

Based on Table 4 there are no significant differences between among the groups under study. The analysis of the data showed that the average self report of the aggressive behaviors of the athlete boys and girl's students and non-athlete boys and girls was lower than the average. The t-test showed that there was no significant difference between the average aggressive behaviors of the two groups.

The one-factor variance analysis has also asserted that the aggression among these four groups of athlete and non-athlete was not significant. The result others

Table 1: the frequency distribution of the samples based on the gender

Rank	The branch name	Non-athlete		Athlete		Total
		Boys	Girls	Boys	Girls	
1	Amol	14	21	6	12	53
2	Sari	28	46	87	110	271
3	Ghaemshar	83	59	-	-	142
4	Noshahr& Chalus	72	43	22	33	170
5	Neka	8	6	-	-	14
Total	380	270	650			

Table 2: The mean and standard deviation of the aggression amount with regard to both the athlete and non-athlete (boys and girls)

Groups amounts	Athlete boy	Athlete girl	Non-athlete boy	Non-athlete boy	Total sample of the athlete	Total sample of the Non- athlete
Average	41.87	41.75	42.17	40.55	41.42	41.80
Standard deviation	13.08	12.32	12.05	11.34	12.62	11.74
Number	115.00	155.00	205.00	175.00	270.00	380.00

Table 3: Independent t-test show significant difference between the two groups

Amount	Number	Average	Standard deviation	Degree of freedom	Calculated T2	Critical t
Group						
Athlete	270	41.80	12.62	648	0.39	p<0.05
Non-athlete	380	41.42	11.74			1.96

Table 4: ANOVA analysis show difference between the averages of the two groups

Sport- gender		The deference of averages	Standard Error	Sig.
Athlete boys	Non-athlete boy	0.2963	1.4119	0.997
	athlete girl	0.1212	1.4915	1.000
	Non-athlete girl	1.3151	1.4547	0.803
Non-athlete boys	athlete boy	0.2963	1.4119	0.997
	athlete girl	0.4175	1.2899	0.998
	Non-athlete girl	1.6116	1.2472	0.568
Athlete girls	athlete boy	0.1212	1.4915	1.000
	Non-athlete boy	0.4175	1.2899	0.998
	Non-athlete girl	1.1941	1.3367	0.808
Non-athlete girls	athlete boy	1.3153	1.4547	0.803
	Non-athlete boy	1.6116	1.2472	0.568
	athlete girl	1.1941	1.3367	0.808

study was different from others and it can be said that the reason was supposed to be the professional and money making status of the sport[6-7].

CONCLUSION AND SUGGESTIONS

Although, based on statistics, there was not much difference, the results showed the average amount of aggression was lower among the athlete students than non-athlete ones. Therefore it is recommended that

- The officials pay more attention and attribute to the development and increasing the number of the sports clubs and centers and by having cooperative markets and sport stores prepare the bargain for students.
- As the main aspect of doing sport activities id to be healthy and get rid of the kind of aggression that

people may have, these activities should be developed at universities and realization of such a goal can be made by having sport centers at universities or having sport camps.

- The study showed the difference between these two groups (athlete and non-athlete students), therefore it is suggested that due to the effects of sporting activities on elevating the social characteristics of a person and creating and giving rise to creativity, bringing changes in the attitudes and improvement in understanding, Azad university takes the necessary steps to involve students in such activities.
- Stepping into professionalism in sports and making money has drastic effect on the athletes' behaviors. It is suggested that amateurs be considered by universities [7].

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