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A Comparative Study of Sports Aggression and Sports Competition Anxiety between Rural and Urban Area Players

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Abstract

Introduction: *The objective of this study was to investigate the sports aggression and sports competition anxiety between rural and urban area players. Another objective of this study was to investigate the sports aggression and sports competition anxiety of male players from rural and urban areas, as well as that of female athletes.* **Methods:** *The subjects for this study were selected 400 players from rural and urban area from western Uttar Pradesh (U.P.). The subjects wear equally divided into two groups 200 rural (100 male & 100 female) and 200 urban (100 male & 100 female) players. After that all subjects will be equally divided from i.e. 40 players is divided into two groups 20 rural (10 male and 10 female) and 20 urban area (10 male and 10 female) in each game (athletics, badminton, boxing, basketball, cricket, football, kabaddi, shooting, volleyball & wrestling). The age of the subjects were ranged between 16 to 18 years. The variables selected for evaluation included sports aggression and sports competition anxiety. To measure sports aggression between the players from rural and urban areas, the 'Sports Aggression Inventory' developed by Anand Kumar and Prem Shankar Shukla was used, while the 'Sports Competition Anxiety Test (SCAT)'developed by Martin Renier was used to assess sports competition anxiety. To find out significant different of sports aggression and sports competition anxiety between rural and urban area players and sports aggression and sports competition anxiety of male players from rural and urban areas, as well as that of female athletes, 't-test' was used. The level of significance was set at .05 levels.* **Results and Discussion:** *The result reveals the 't-test' that there was significant (p>.05) for sports aggression and sports competition anxiety between rural and urban area players and sports aggression and sports competition anxiety of male players from rural and urban areas, as well as that of female athletes.*

Introduction

The concepts of sport and games occupy an important position in human civilization and have evolved alongside changes in society, culture, education and patterns of human interaction. Although the terms 'sport' and 'game' are frequently used interchangeably in everyday language, they represent related yet conceptually

distinguishable forms of organized human activity. A game generally involves structured play governed by a set of rules, objectives and conditions, within which participants interact, compete or cooperate. Sport, on the other hand, generally represents a more organized and institutionalized form of physical activity involving established rules, competition, skill development, training and in many cases, formal recognition by sporting organizations. Both games and sports provide opportunities for individuals to develop physical abilities, cognitive skills, emotional regulation, social relationships and behavioral discipline. Consequently, their significance extends beyond recreation and includes educational, developmental, cultural and social dimensions. [1]

Games have existed in human societies since ancient times and have served a variety of purposes, including recreation, social interaction, education, skill development, cultural expression and preparation for practical activities. A game normally contains identifiable rules, goals, limitations and patterns of interaction that distinguish it from unstructured play. The presence of rules creates an organized framework within which participants understand what actions are permitted, what objectives must be achieved and how success is determined. Games may be physical, intellectual, individual or collective in nature. Traditional games, recreational games, board games and competitive physical games represent different manifestations of this broad concept. In educational contexts, games are particularly valuable because they can facilitate learning through active participation, problem solving, decision making, cooperation and competition.[2]

Achievement motivation is also closely related to the manner in which athletes interpret challenging situations. From the perspective of self-determination theory, motivation can range from intrinsic motivation, in which participation is associated with interest and enjoyment, to forms of extrinsic motivation involving external rewards or social approval. Athletes who experience greater autonomy, competence and relatedness may develop more self-determined forms of motivation. These motivational processes can influence persistence and the quality of engagement in training and competitive activities.[3]

Sports aggression refers to tendencies involving forceful or hostile actions within sporting contexts, particularly when such actions are intended to harm or intimidate another individual. Aggression in sports

requires careful distinction between legitimate assertive behaviour and actions intended to cause harm. Certain sports involve intense physical contact and assertive performance without necessarily representing psychological aggression. Therefore, sports aggression must be considered in relation to the athlete intention, the rules of the sport and the competitive context.[4]

Urban and rural environments may create different conditions for the development and maintenance of physical activity and sporting participation. In urban areas, players may have greater access to organized sports clubs, training centres, educational institutions, qualified coaches and competitive opportunities. At the same time, factors such as traffic, population density, limited open spaces, and sedentary lifestyles may influence opportunities for regular physical activity. Rural environments may offer greater access to open and natural spaces, but athletes may experience limitations related to the availability of specialized sports facilities, organized competitions, coaching services and transportation. These environmental characteristics can influence the frequency and nature of sports participation and may contribute to differences in the sporting experiences of players from different residential settings.[5]

Methodology

The subjects for this study were selected 400 players from rural and urban area from western Uttar Pradesh (U.P.). The subjects wear equally divided into two groups 200 rural (100 male & 100 female) and 200 urban (100 male & 100 female) players. After that all subjects will be equally divided from i.e. 40 players is divided into two groups 20 rural (10 male and 10 female) and 20 urban area (10 male and 10 female) in each game (athletics, badminton, boxing, basketball, cricket, football, kabaddi, shooting, volleyball & wrestling). The age of the subjects were ranged between 16 to 18 years. The variables selected for evaluation included sports aggression and sports competition anxiety. To measure sports aggression between the players from rural and urban areas, the 'Sports Aggression Inventory' developed by Anand Kumar and Prem Shankar Shukla was used, while the 'Sports Competition Anxiety Test (SCAT)'developed by Martin Renier was used to assess sports competition anxiety. To find out significant different of sports aggression and sports competition anxiety between rural and urban area players and sports aggression and sports competition

anxiety of male players from rural and urban areas, as well as that of female athletes, 't-test' was used. The level of significance was set at .05 levels.

Result of the Study

Table No. 1
Comparison of the means of sports aggression and sports competition anxiety between rural and urban area players

Variables		Rural Area	Urban Area	't'-ratio	Level of Significance	Value of Significance (df=398)
Sports Aggression	Mean	15.18	14.57	2.287	.05	1.96
	S.D	2.46	2.90			
Sports Competition Anxiety	Mean	20.26	17.14	12.249		
	S.D	2.72	2.35			

It is evident from table no. 01 that significance difference was found between the mean scores of rural and urban area players in relation to sports aggression and sports competition anxiety, as t-value wear founds higher than the required value at .05 level of significance.

The graphical representation of data has been presented in figure no. 1.

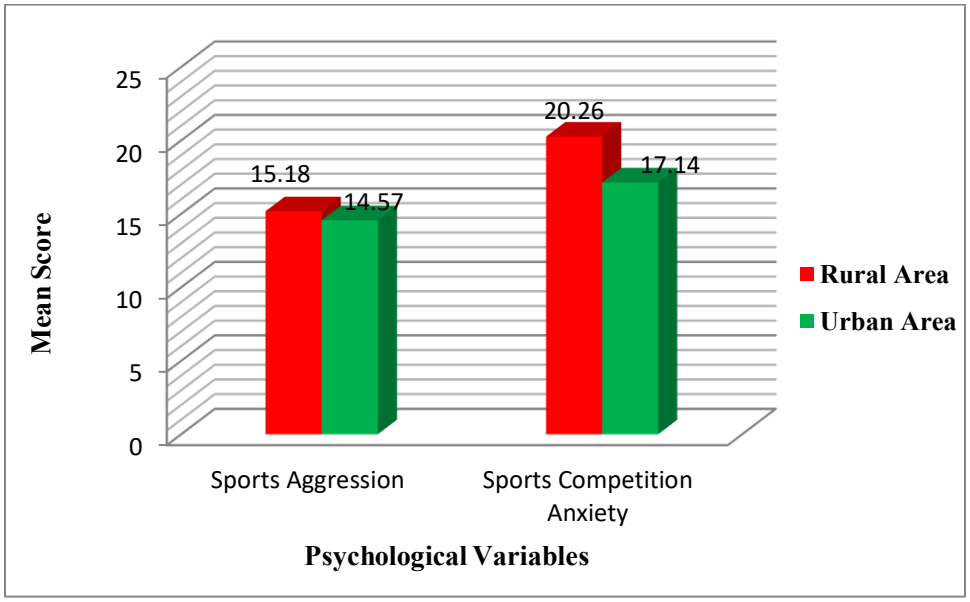


Figure No. 1: Graphical presentation of mean difference for sports aggression and sports competition anxiety between rural and urban area players

Table No. 2
Comparison of the means of sports aggression and sports competition anxiety between rural and urban area male players

Variables		Rural Area	Urban Area	't'-ratio	Level of Significance	Value of Significance (df=198)
Sports Aggression	Mean	16.06	15.19	2.067	.05	1.96
	S.D	2.61	3.30			
Sports Competition Anxiety	Mean	21.06	17.72	8.420		
	S.D	2.96	2.64			

It is evident from table no. 02 that significance difference was found between the mean scores of rural and urban area male players in relation to sports aggression and sports competition anxiety, as t-value wear founds higher than the required value at .05 level of significance.

The graphical representation of data has been presented in figure no.- 2.

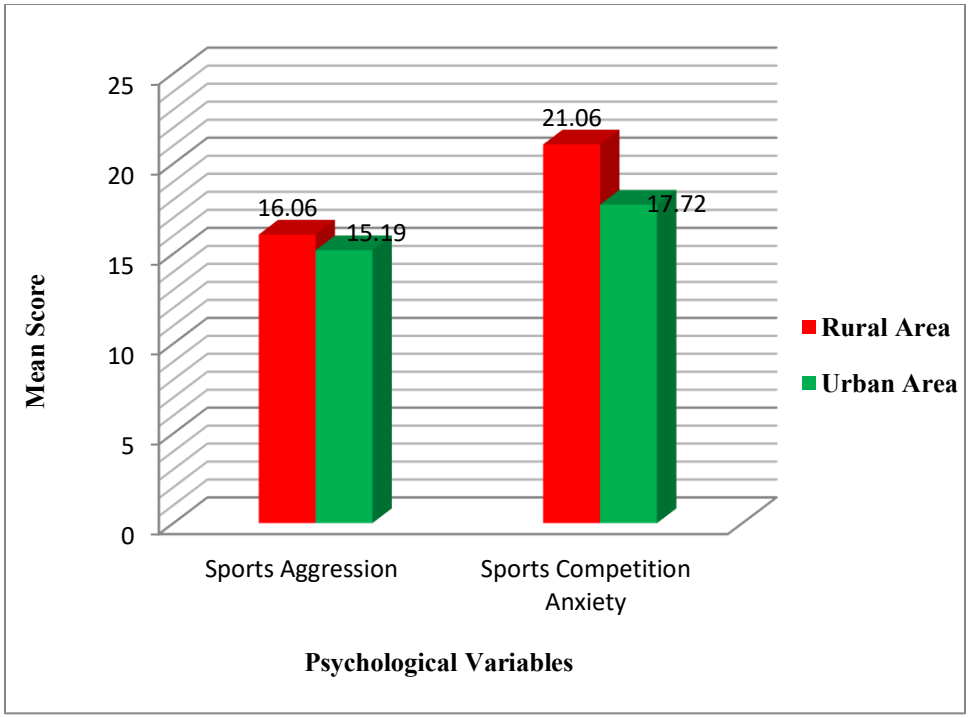


Figure No. 2: Graphical presentation of mean difference for sports aggression and sports competition anxiety between rural and urban area male players

Table No.-3
Comparison of the means of sports aggression and sports competition anxiety between rural and urban area female players

Variables		Rural Area	Urban Area	't'-ratio	Level of Significance	Value of Significance (df=198)
Sports Aggression	Mean	14.30	13.94	1.199*	.05	1.96
	S.D	1.93	2.30			
Sports Competition Anxiety	Mean	19.45	16.56	10.045		
	S.D	2.19	1.86			

It is evident from table no. 03 that significance difference was found between the mean scores of rural and urban area female players in relation to sports competition anxiety, as t-value wear founds higher than the required value at .05 level of significance.

But insignificance difference was found between the mean scores of rural and urban area female players in relation to sports aggression as t-value was found lower than the required value at .05 level of significance.

The graphical representation of data has been presented in figure no. 3.

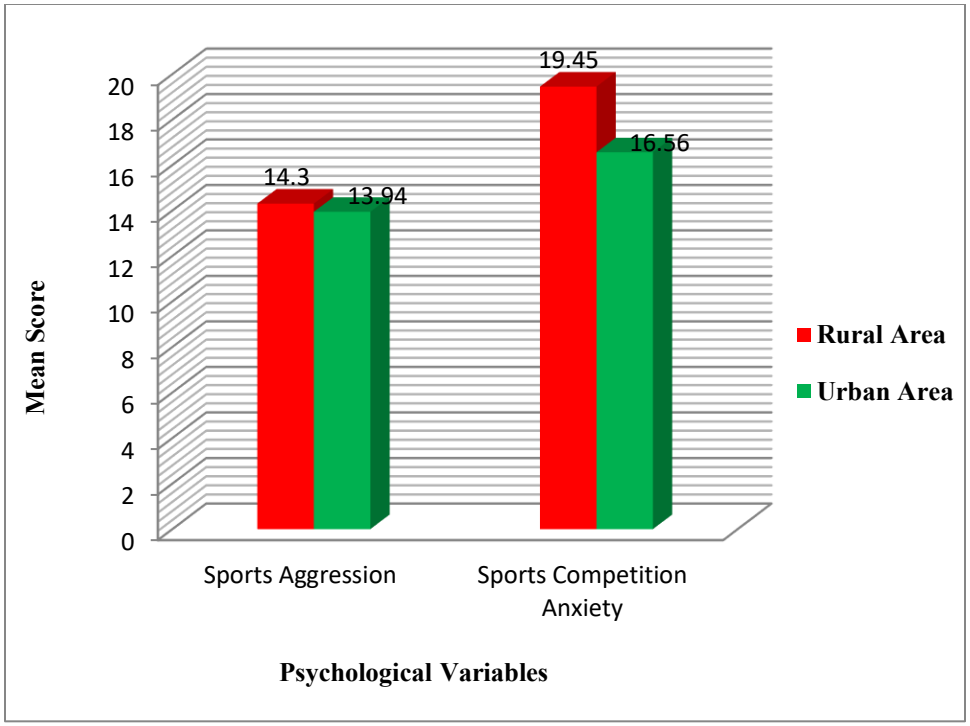


Figure No. 3: Graphical presentation of mean difference for sports aggression and sports competition anxiety between rural and urban area female players

Discussion of the Result

The present study was designed to know the sports aggression and sports competition anxiety between rural and urban area players and sports aggression and sports competition anxiety of male players from rural and urban areas, as well as that of female athletes. The purpose of this study was revealed some specific differences for sports aggression and sports competition anxiety between urban and rural area players. The research scholars did not intend to explore personal life of players. Various tools have been used to find out the important differences in aspects sports aggression and sports competition anxiety of players to achieve the purpose of this research.

The study findings revealed significant differences in the mean scores of players from rural and urban areas across the sports aggression and sports competition anxiety between rural and urban area players and sports aggression and sports competition anxiety of male players from rural and urban areas, as well as that of female athletes. These differences may be attributed to factors such as the sports facilities, environment, lifestyle, diet habits etc available to players in rural and urban area. The results of the present study are consistent with those of previous research conducted by Sharma S. & Bhima C. S. (2025)[60] conducted a study on the topic "A Comparative Study of Self-Confidence and Competitive Anxiety between Rural and Urban Cricket Players". Goswami S. & Biswas A. (2024)[64] conducted a study on the topic "A comparative study of sportsperson and non-sportsperson about certain selected psychological correlates". Taily T. A. & Bhat W. A. (2023)[66] conducted a study on the topic "A comparative study of aggression between team sports and individual sports". Diel K., Broeker L., Raab M. & et al (2021)[72] conducted a study on the topic "Motivational and emotional effects of social comparison in sports". Heena, Rathi P. & Chaudhary D. (2026)[59] conducted a study on the topic "A Comparative Study of Anxiety and Adjustment between Player and Non-Player Students".

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