

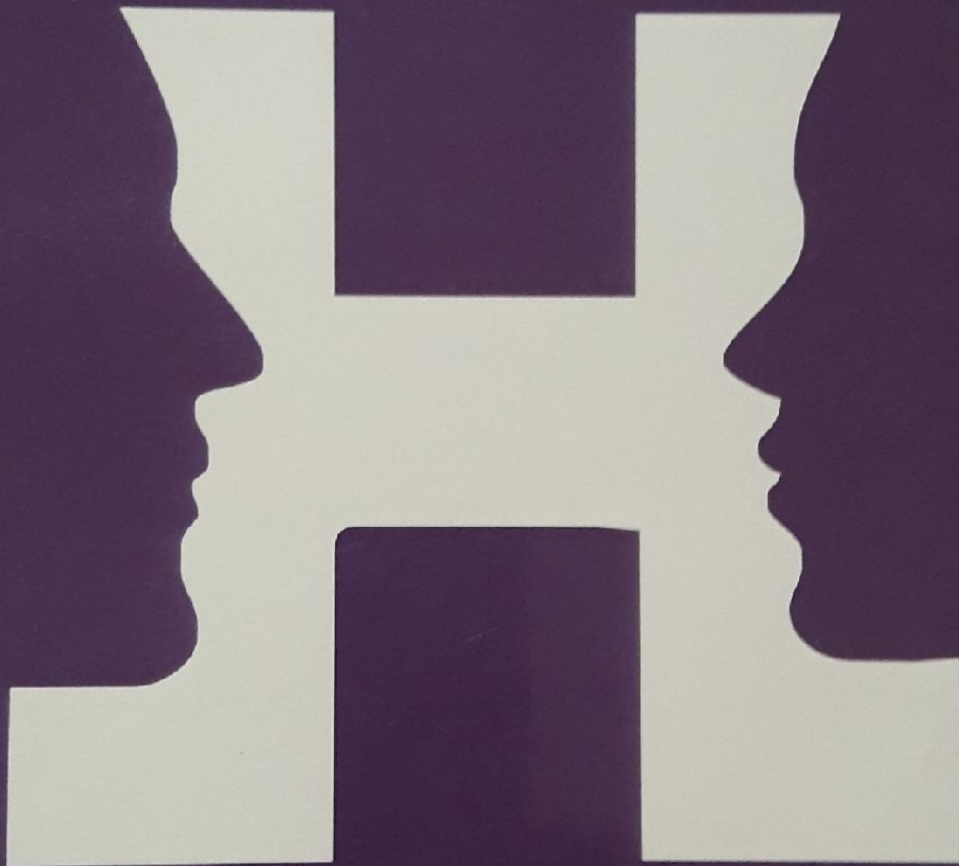
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# CHRONICLE OF HUMANITIES AND CULTURAL STUDIES

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1.

**A COMPARATIVE STUDY ON THE PERFORMANCE OF FOOTBALL AND HOCKEY PLAYERS GOAL SHOOTING**

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**Introduction :**

**Aggression :**

The type of aggression witnessed in sport may be categorized in to (1) athlete's and (2) spectator's aggression or hostility. The competitive nature of sport, perhaps, is the major reason for the athletes behaving aggressively especially in contact sports where the instinctive tendencies of offences and defense (primitive or racial forms of behaviour aiming at struggle for existence and survival of the fittest) are directly reflected in the skills and actions of the participants. The struggle for supremacy, dominance and excellence obviously involves all sorts of aggression retaliatory, instrumental, direct indirect, etc aggression in one from or the other is inevitable and inescapable in sporting activity.

**Self confidence :**

When athletes feel confident, they are more readily able to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance.

**Methodology :**

The sample of the study consists of 400 sports persons (200 Hockey players and 200 Football players). The age range of the sample was 18 – 25 years. Initially the large number of players were chosen for administration of tests like aggression and self confidence to classify in equal number of high and low self confidence and aggression similarly an equal number of players from hockey and football, two groups (18 – 21) and age group (22 – 25) were selected finally. Thus the sample to match for age, game (hockey and football) aggression and self confidence. Thus the finally selected sample of 400 subjects to motor ability test and sports performance (goal shooting) in respective games.

**Tools :**

**1. Aggression inventory:**

This inventory consists of 60 items. The scoring is done as per the key given in the manual for every positive answers '1' and for every negative answers '0' score will be given and individual can be categorized as either high or low on aggression depending one the scores he gets. The reliability and validity of the scale are claimed to be significant.

**2. Self confidence questionnaire (SCQ) (1975):**

The self confidence questionnaire (SCQ) developed by Basavanna. The questionnaire consists of 100 items. The odd even (splitly-half) reliability co-

efficient calculated by Spearman Brown formula was found to be 0.94.

**3. McDonald Soccer Skill Test (1951):**

The skill test constructed for college men to measure accurate kicking and the validity co-efficient of the test ranged from 0.63 to 0.94. He conducted the kicking test with a restraining line distance of 9 feet, 15 feet, 21 feet and 30 feet from the kickboard. However the test with a nine feet restraining distance provided the highest validity co-efficient and is in common use for soccer skill testing.

**4. SAI Hockey skill testing (1972) :**

This test item is aimed to measuring the ball shooting ability of the hockey player. A target is formed by putting two flag posts (each of two meters height) at a distance of one meter from each other. A restraining line at a distance of ten meters from the target is marked on the ground. Ten balls are placed near the shooting sport on the restraining line. The subject is asked to hit all the ten balls into the target one by one.

**Data collection:**

The major objective of the sample was to study the motor ability and goal shooting of hockey and football players. The total sample was divided into two groups based on aggression (high and low) self confidence (high and low) age (age group 1 and age group 2) and game hockey and football which was subjected motor to ability test (speed, agility, endurance, strength) flexibility) and shooting performance of both hockey and football.

**Influence of independent variables on goal shooting performance :**

In this section an attempt is made to assess the influence of independent variables on goal shooting performance of football and hockey players together for the purpose of ANOVA was calculated and 'F' ratio.

Table – 1

The influence of independent variables on dependent (sports performance) variables (ANOVA) (F-Ratio) (N=400)

Main effects	SOS	DF	MS	F
Aggression	25.983	1	25.983	6.93**
Self confidence	21.814	1	21.814	5.63**
Age	20.541	1	20.541	5.45**
Interaction efforts				
Aggression x self confidence	24.669	1	24.669	6.12**
Aggression x age	23.435	1	23.435	6.089**
Self confidence x age	22.797	1	22.797	5.93**

\*\* Significant at 0.01 level.

Table -1 presents the influence of independent variable on sports performance of the sample. Aggression, self confidence, age are independent variables of the study. The sports performance means the goal shooting of both football and hockey players in terms of accuracy achieved in respective games.

#### Conclusion :

- There is a significant difference between football and hockey players in physical fitness test expect in strength test where football players have significantly higher strength than hockey.
- The players with lower age have significantly higher fitness than the higher age in all tests of physical fitness.
- The high aggressive players have shown higher performance in speed, agility, strength and flexibility while the low aggressive players have shown higher performance in endurance.
- The high confident players have significantly higher scores in speed, agility, strength and flexibility tests and lower scores in endurance test than the low confident players.
- Football players exhibited higher goal shooting performance than the hockey players.
- The higher age group has the higher performance than the lower age group in goal shooting performance.
- The high aggressive players shown higher sports performance than low aggressive players.
- The players with high self confidence have score significantly higher than the low self confidence in goal shooting performance.
- The high aggressive hockey players are found to have score significantly higher in sports performance than the low aggressive hockey players.
- The hockey players with higher self confidence have shown significantly higher performance than those of the low confidence.

- The football players with high aggression have significantly higher sports performance than those of low aggression.
- The football players with higher self confidence have higher score sports performance than those of low self confidence.
- There is a significant influence of aggression on goal shooting performance of football and hockey players together.
- The goal shooting performance of hockey and football player is greatly influenced by self confidence.
- There is a significant effect of age on sports performance of the total sample.
- The goal shooting performance of football and hockey players is significantly influence by all the independent variables independently and with internationally.
- There is significant coorelation between independent variables and dependent variables.

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