

## Comparative Analysis of Aggression between Team Game Volleyball and Handball Players

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### Abstract

The aim of the present study was to comparative analysis of aggression between team game volleyball and handball. Total hundred (n=100) players were selected for study as sample. The samples were further divided into two groups of 50Volleyball players and 50Handball players. The data was collected by using simple random sampling technique of sports person and age of the subjects were 18 to 30 years. In order to assess the aggression of Volleyball players and Handball players, the questionnaire by Buss & Perry, 1992 was used. The data was collected tabulated and subject to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. The result revealed that there is no significant difference found between the volleyball and handball players.

**Keywords:** Aggression, Volleyball players, Handball players, Physical Aggression (PA), Verbal Aggression (VA), Anger (A) and Hostility (H).

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### 1. Introduction

Sports aggression has been extensively studied since it has a big influence on player performance, team dynamics, and the competitive atmosphere of games. Aggression in sports can take several forms and manifestations, depending on the rules, physical contact, and intensity of the game. The prominent team sports of handball and volleyball exhibit different degrees of hostility because of their different player interactions, game rules, and playing styles. Examining the psychological and physiological underpinnings of aggressive behaviour's in volleyball and handball, this research seeks to compare and contrast these two sports' approaches to aggression.

There are two types of aggression in sports: angry aggression and instrumental aggression. Hostile aggression is motivated by feelings like frustration and is meant to inflict harm, whereas instrumental aggression is goal-oriented and utilized to obtain a competitive edge. Compared to handball, a contact sport where physical altercations are frequent, volleyball, a non-contact sport, is typically seen as less violent. Aggression in volleyball, however, can take many forms, including heated body language, vocal arguments, and joyful taunts. Conversely, handball frequently entails direct physical contact, such as pushing, tackling, and blocking, which might intensify players' violent tendencies.

**Physical aggression:** -Physical aggression is the use of violent physical acts to inflict injury or establish control, such as shoving, beating, or destroying property.

**Aggression with words (VA):** - insults, threats, or derogatory comments meant to cause emotional hurt to others are examples of hostile speech.

**Anger (A):** An emotional reaction that frequently results in violent behaviour in response to perceived injustice, frustration, or threat.

**Hostility (H):-** A chronically pessimistic outlook characterized by bitterness, hatred, or a desire to harm others.

**1.1 Physical Contact and Rule Implications: -**

The amount of physical contact allowed by the regulations of the game is one of the main factors that determines hostility in sports. The rules of volleyball place an emphasis on skill, strategy, and teamwork rather than a lot of physical contact. Instead of interacting directly with opponents, players interact with the ball. On the other hand, because players try to block or intercept the ball, handball promotes physical contact and increases physical violence. Both overt and psychological aggression, such as verbal altercations or intimidation methods, can be influenced by the nature of these interactions.

The structural difference in rule enforcement also plays a significant role in determining the levels of aggression in both sports. In volleyball, referees closely monitor player conduct, ensuring that there are few personal conflicts; any excessive aggression, such as unsportsmanlike behavior or deliberate distractions, can result in penalties; in handball, on the other hand, referees only step in when actions surpass the acceptable limits of the sport.

**1.2 Psychological and Emotional Aspects: -**

Aggression levels in all sports are also significantly influenced by psychological variables. The way anger is manifested is greatly influenced by the team chemistry, player temperament, and competitive atmosphere. High-pressure circumstances, including pivotal match points or referee decisions, can cause volleyball players to become aggressive. An ineffective attack, a poor serve, or a misunderstanding between teammates can all lead to frustration, which can then manifest as angry, albeit non-physical, emotions.

However, because of high-speed play, defensive pressure, and body collisions, handball players frequently encounter violence. Physically intense interactions might cause emotional reactions like anger, retaliation, or increased competitiveness. Understanding the psychological factors that contribute to hostility in both sports might help coaches better understand player conduct and develop techniques for controlling aggression.

Aggression levels are also influenced by leadership and team composition. Coaches and captains are crucial in managing player conduct and upholding team discipline in both handball and volleyball. Aggression can be regulated and performance can be enhanced with the use of coaching techniques that prioritize emotional control, conflict resolution, and controlled assertiveness.

**1.3 Cultural and Environmental Influences: -**

The cultural and environmental setting in which these activities are practiced is another important factor to take into account. The perception and regulation of hostility vary by geography and level of competition. In certain cultures, aggressive play is valued as a sign of tenacity and perseverance, whereas in others, it is prohibited to maintain sportsmanship and fair play. For example, compared to amateur leagues around the world, European handball leagues might be more tolerant of physical aggressiveness. Similarly, volleyball teams in different countries may have varying techniques to controlling violence, depending on the coaching philosophy and competitive situation.

Aggression levels are also influenced by the playing environment. Players' reactions to competitive stress can be impacted by the differences in game dynamics between indoor and outdoor environments. Variations in aggression in handball and volleyball are also influenced by elements including team rivalries, match stakes, and crowd influence.

## **2. Methodology and Research Scope**

Observational studies, player interviews, and statistical data on fouls, penalties, and hostile episodes documented in professional and amateur matches will all be used in this comparative study to analyze aggression. This study intends to advance sports psychology, coaching techniques, and aggression management in team sports by analyzing the variations and parallels in hostility between handball and volleyball.

The results might also aid athletes and coaches in creating strategies for resolving aggressiveness in a way that improves performance without compromising the fairness of the game. Improved coaching techniques, better regulations, and healthier player interactions in competitive sports situations can result from a clearer understanding of aggression in handball and volleyball. For a more thorough examination of the subject, this study will also look at how player experience influences violent behavior and gender variations in aggression levels.

As a result, this study intends to provide useful insights for athletes, coaches, and sports psychologists, contributing to the ongoing discourse on aggression and its role in competitive sports. In conclusion, aggression is a multifaceted phenomenon in sports that is influenced by physical, psychological, cultural, and environmental factors. Handball and volleyball serve as contrasting examples of aggression in team games, allowing for a comparative analysis that highlights the varying nature of aggressive behaviour's in contact and non-contact sports.

## **3. Methodology**

### **3.1 Selection of Subjects**

For this study researcher selected 100 players (50)Volleyball players and (50)Handball players) and age ranged between 18 to 30 years selected as randomly.

### **3.2 Selection of variables**

For the present study the researcher selected aggression variables.

### **3.3 Criterion Measures**

In order to assess aggression of Volleyball players and Handball players by the questionnaire of Buss & Perry, 1992.

### **3.4 Administration of Questionnaire**

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

### **3.5 Statistical Techniques**

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independents 't' test were applied to analyze the data.

**Table 1**  
**Mean and S.D. of aggression between Volleyball players and Handball players**

Group of sports	N	mean	Std. Deviation	Std. Error Mean	95%confidence interval of mean	
					Lower Bound	Upper Bound
Volleyball	50	78.7600	21.24643	3.00470	-8.88849	7.12849
Handball	50	79.6400	19.04962	2.69402	-8.88968	7.12968

**4. Results and Discussion**

The above table revealed that there is no significant difference in means of aggression scores of Volleyball players and Handball players. The reported mean scores on aggression value of Volleyball players and Handball players.

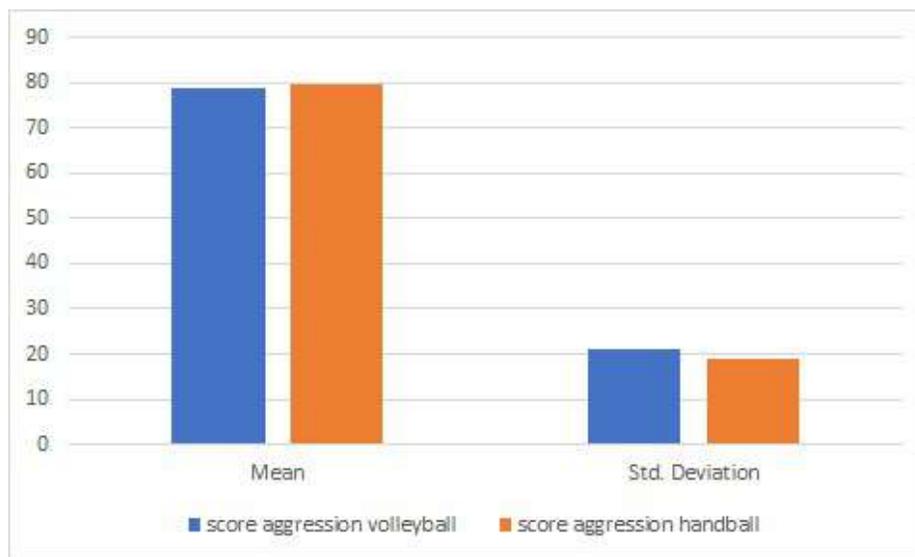


Fig 1: Graphical Representation of aggression between Volleyball players and Handball

**5. Conclusion**

The result of the study reveals that there is no significant difference found between the Volleyball players and Handball players.

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