

A Study of Anxiety and Aggression between Rural and Urban Female Sport Students

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ABSTRACT

The present study analyzed anxiety and aggression between rural and urban female students. The present study was conducted on only female (rural and urban) sport students of various senior colleges of Kolhapur district, Maharashtra state, India. The sample was selected by using random sampling method. The total sample consisted of 60 female (30 rural and 30 urban) sport students and the age range was 17 to 21 years. The effective psychological tool such as anxiety scale constructed by Prof. D. N. Srivastava and Dr. Govind Tiwari and manifest aggression scale (MAS) prepared by Dr. Ram Ashish Singh was administered on selected sample. The obtained data was analyzed by using mean, SD, t test and correlation of coefficient. The result reveals that there is no difference in the anxiety as well as in the aggression of rural and urban female sport students. The result also reveals that there is a positive and significant correlation between anxiety and aggression of rural and urban female sport students.

Keywords: *Anxiety, Aggression, Rural Area, Urban Area, female and Sport Students*

Today, a lot of problems in adolescence are increasing day by day. Aggression is burning issue in adolescence. India is country of adolescents. Dr. A. P. J. Abdul Kalam stated that the importance of adolescents in development of our nation. So, we have to focus on the development of adolescents. Various psychologists pointed that this is a very sensitive stage of human development. In present, kind of problems facing by adolescents such as family crises, improper education, poverty, less opportunities of jobs, polluted family environment, etc. The current studies indicate that negative family environment creates high level of family conflicts, lack of communication, parental unsupportive nature and it is caused to diverse consequences on their behavior. Especially, aggression and anxiety is most consequences on the behavior of adolescents. Some of earlier researchers pointed that easily availability of weapons is major cause in current situation. The U.S. department of Health and Human Services (2000) conducted remarkable study and found that the male high school students are more use of weapons for fight in schools. But female adolescents also involving in aggressive behavior compare than male adolescents in present. Aggressive behavior is a sign of helplessness and hopelessness. Aggression influences on so many physical, mental and emotional diseases. The disease of anxiety,

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depression, and change in mood is cause of aggression. The very danger disease schizophrenia, alcoholism and manifesting aggressive behavior caused of aggression (Citrome & Volavka, 2001). The famous Psychologists, Sigmund Freud and Konrad indicated that aggressive behavior is innate or congenital process. The Social learning theorist, Albert Bandura remarked that aggression is not a congenital process it is a learnt process. However, some researchers indicated that genetic and environmental factors, modeling, family debates, child abuse, always neglecting, media violence, brain damage, nature of hormones, neurotransmitters and nutrition deficiency strongly contribute in growth of aggression in human being (Raine, 1993).

Anxiety is a high prevalent mental disorder in adolescents. Anxiety in adolescents is very common issue. It leads to physical, mental and emotional issues. Anxiety during adolescence typically impacted on adolescents. The behavior of adolescent extremely changed. They avoid their usual activities, becomes shyness nature, refuse to engage in new experiences. Some evidences shows that approximately 1 in 3 adolescents affecting by anxiety disorder (Survey of National Institutes of Health). Anxiety in adolescents usually self-produced but sometimes it can depend upon external factors. Some researches indicate that anxiety is major problem in female adolescents than male adolescents. There is lot of reasons such as family responsibilities, physically changes, Burden of parents, social values, illness, loss of sleep, etc. So, the anxiety among female adolescents is increasing day by day and it can become a major issue in girl adolescents.

Importance of the study

Female development is prime factor in any nation. The development of any nation is depending in the hand of women. Female are neglected since past to present. So, the development of female is major issue in India. We can make our nation strong with the help of female. So, we have to focus on the development of women especially female adolescents. Today, female adolescents are facing a lot of problems regarding development. The aggression and anxiety are major issues in female adolescents in current scenario. In present, we have seen the contribution of female in sports increasing. Many females are actively participated in every type of game such as Cricket, Hockey, Badminton, Tennis, Shooting, Running, etc. but, some of female adolescents are becoming depressive due to aggression and anxiety regarding sports. Some of them not concentrate on their game, not prepare proper planning, unconfident about success, frustration, due to massive anxious condition and it is caused to aggression. The aggressive behavior is totally affecting on their performance and it's caused to failure. So, it is an attempt to study and understand the anxiety and aggressive behavior of female sport adolescents and try to reduce it.

Therefore, present research work as an attempt to understand and reduce the causes of this aggressive behavior and to lead a healthier life.

REVIEW RELATED TO STUDY

1. Dr. Rita Rani Talukdar, Rupali Sen Deka (2014) conducted a study on aggression level among adolescents. A total sample of 60 adolescents (30 male & 30 female) from Guwahati and Sarthebari were selected for this study and the age range was 14 to 16 years. The aggression scale developed by Dr. R. L. Bharadwaj was used to collection of data. The result found that there is significance difference in aggression level among male and female adolescents; but there is no significance difference in aggression of urban and rural area.

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Tools

The following standardized scale used to collect the data.

I) Anxiety Scale: This scale is constructed by Prof. D. N. Srivastava and Dr. Govind Tiwari. It has 66 items with two options of ‘Yes’ & ‘No’. This scale has prepared in Hand English medium. There is no time limit for solve the scale but it can complete within 20 to 25 minutes. The reliability co-efficient and validity co-efficient of the scale was 0.73 and 0.81 respectively.

II) Manifest Aggression Scale: This scale is developed by Dr. Ram Ashish Singh. The scale has 50 items. Each item has two options such as ‘right’ or ‘wrong’. There is no time limit but it can complete within 30 minutes. The reliability co-efficient determined by two methods and it found split-half reliability co-efficient found .93 and test-retest reliability co-efficient found .91. The validity of the scale was 0.71 and 0.73 respectively.

Statistical Analysis: The obtained data was analyzed by the using of very effective statistical tools of Mean, SD, ‘t’ test and correlation.

RESULT AND DISCUSSION

Table No. 1 Showing Mean, SD and ‘t’ value of rural and urban female sport students

variable	Female Students	N	Mean	SD	df	‘t’ value
Anxiety	Rural	30	37.86	6.62	58	0.259*
	Urban	30	36.8	6.12		

* significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 1 shows that the mean score of rural female sports students 37.86 (SD= 6.62) which is more than mean score of urban female sports students 36.8 (SD= 6.12). The obtained t value is 0.259 which is statistically significant at 0.01 & 0.05 level. So, it means that the first hypothesis “There would be no significant difference between anxiety of rural and urban female sport students” is accepted.

Table No. 2 Showing Mean, SD and ‘t’ value of rural and urban female sport students

variable	Female Students	N	Mean	SD	df	‘t’ value
Aggression	Rural	30	67.46	5.87	58	0.08*
	Urban	30	69.76	7.04		

* significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 2 shows that the mean score of rural female sports students 67.46 (SD= 5.87) which is less than mean score of urban female sports students 69.76 (SD= 7.04). The obtained t value is 0.08 which is statistically significant at 0.01 & 0.05 level. So, it means that the second hypothesis “There would be no significant difference between aggression of rural and urban female sport students” is accepted.

Table No. 3 Showing Mean, SD and ‘r’ value of rural and urban female sport students

variable	Anxiety
Aggression	0.848**

* significant at 0.01 level, ** significant at 0.05 level, *** not significant

The table no. 3 shows that the correlation between anxiety = 0.048 which is significant at $p < 0.05$. It means that there is significant and positive correlation between anxiety and

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aggression of female sport adolescents. Therefore, the third hypothesis “There would be no correlation between anxiety and aggression of rural and urban female sport students” is accepted.

CONCLUSION

1. There is no difference in the anxiety of rural and urban female sport students.
2. There is no difference in the aggression of rural and urban female sport students.
3. There is a positive and significant correlation between anxiety and aggression of rural and urban female sport students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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