

Comparative Study

A Comparative Study: Aggression and Psychological Well-being among Athletes and Non-Athletes

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ABSTRACT

The pandemic due to Covid-19 had caused unparalleled disruption on almost everyone in the world regardless of athletes and non-athletes. The purpose of this study was to assess the level of aggression and psychological well-being during COVID-19 among athletes and non-athletes. It was an explorative survey study with total sample size (N =260) who were divided into two groups Athletes (N= 130,65 males,65 females) and Non- Athletes (N=130, 65 males & 65 females) of 18-25 years age from Guru Nanak Dev University. The Short Form Buss-Perry Aggression Questionnaire and Psychological well-being Questionnaire were used for the assessment. An Independent t-test and Pearson correlation was applied to analyze the data. Results revealed that there was a significant difference found in aggression among athletes and non-athletes. But there was no significant difference found on psychological well-being among athletes and non-athletes, because the pandemic has drastically affected the mental health of the people. The correlation analysis among athletes have shown positive relationship with aggression but independent relation with psychological well-being whereas non-athletes are found to be independent on both the variables i.e., psychological well-being and aggression. The another important finding was that there was an inverse relationship of aggression with psychological well-being, among athletes as well as non-athletes. Thus, the finding of this study concluded that COVID-19 has raised aggression among athletes as compare to non-athletes.

Keywords: Covid 19, Aggression, Athletes, Non-Athletes, Psychological Well-Being

The corona virus pandemic in India is wreaking havoc on people's mental health and well-being. The effects of social distancing, recurrent lockdown, and the loss of loved ones due to the virus has shown long lasting effects after the lockdown is over. Prioritizing mental health has never been more critical than during the Covid-19. To understand how we can best support people during the uncertain time, lot of researches were carried out to examine the experiences of people.

Covid-19-related measures restricting or cancelling sport participation and events were enacted by national governments and international Olympic sporting organisations from March 2020.(Parnell et al., 2022) .This move had a massive effect on the well-being and

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quality of life of players who spent the most of their time in the ground. The in-home isolation phase had a significant impact on the physical skills of talented and elite athletes who did not trained in a sports-related environment with appropriate equipment and under the supervision of coaches and sports professionals. In fact, the lockdown and postponement of important 2020 sporting events had a negative impact on athletes' mental health.

However, the sport stoppage, came with steep cost for those who have dedicated their lives in pursuit of victory. The pandemic was already taking a mental health toll on pretty much everyone else, but very few researcher who were trying to examine mental health of players. Across India, Educational institutions and sports academies are closed, and public movement has been restricted. Because of the confinement, most students have been forced to stay indoors, which disrupted their routine and reduced social interaction. They are vulnerable to a variety of psychological repercussions as a result of their prolonged confinement. Restriction of movement, inability to participate in physical outdoor sports activities, restricted social contact with peers, boring daily routine, and trouble staying motivated can all be detrimental to athletes and non-athletes equally. Thus the basic exploration of the present research was to do a comparative study during covid-19 on psychological variables i.e. aggression and psychological well-being among athletes and non-athletes.

When a person is unable to achieve their desired goal (for example, wanting to travel outside the home and spend time socialising with loved ones at a favourite destination), the resulting negative affective state predisposes them to aggressive tendencies, which can manifest in a variety of ways, including but not limited to physical aggression, verbally aggressive responses, feelings of anger, and hostility. While explicit demonstrations of violence are not always necessary, frustrations are.

The study, (Taquet et al., 2021) examined the electronic health records of 69.8 million patients in the United States, finding 62,354 patients with COVID-19. Psychiatric issues, such as anxiety, hostility, rage, depression, or sleeplessness, were diagnosed in nearly 20% of confirmed cases with COVID-19 within three months of testing positive. One-fourth of those surveyed had never been diagnosed with a mental illness. Sufferers of "long COVID" – those who continue to have symptoms months after samples were positive – also appear to have mental health concerns, which can be precipitated by a variety of reasons such as PTSD, lethargy, exhaustion, and olfactory disorders such as loss of odour. Since millions of people have been forced to rapidly adapt to new circumstances and make significant lifestyle changes, lockdown measures have heightened feelings of loneliness, alienation, restlessness, and anxiety among those who have not tested positive.

PSYCHOLOGICAL WELL-BEING

A person's emotional well-being and holistic functioning are referred to as "psychological well-being." The author of a study published in *Applied Psychology: Health and Well-being* defined psychological well-being as "the combination of feeling well and working efficiently" (Huppert, 2009). According to studies, those who have a better psychological well-being are more likely to live longer and healthier lives. They are also more likely to have higher living standards (Kubzansky et al., 2018). Less social problems were also associated with better mental health. According to the study, those who have a high psychological well-being are less likely to commit crimes or abuse drugs and alcohol. Furthermore, higher earnings and more pro social behaviour, such as volunteering, are associated to improved mental health. (Ryff, 1989) established the Six-factor Model of

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Psychological Well-being, which identifies six elements that contribute to an individual's psychological well-being, satisfaction, and happiness. Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development (Ryff, 1989). Psychological well-being is accomplished by maintaining a balance between stressful and rewarding life events (Dodge et al., 2012).

(Ryff, 1989) The model is founded on Ethics, "where the objective of life isn't feeling pleasant, but rather living virtuously," according to the author. Six factors of psychological well-being are considered essential: 1. Self-Acknowledgement 2. Personal Growth 3. Purpose in life 4. Environmental Mastery 5. Autonomy 6. Positive relations with others. In the previous decade, Ryff proposed a psychological well-being paradigm that has achieved considerable recognition. The six dimensions of self-acceptance (the ability to see and accept one's own strengths and weaknesses), positive relationships with others (having close and valuable relationships with important people in one's life), autonomy (the ability to follow demands and actions based on personal principles, even if they contradict customs and social demands), having a purpose in life (having goals that direct one's life), and personal growth (actualization of one's opportunities) and environmental mastery (the ability to adapt and manage one's daily affairs, especially day-to-day problems) as psychological well-being variables. As a result, psychological well-being is the result of a balance between an individual's objectives and accomplishments in numerous areas of career, life, health, material circumstances, emotions, and interpersonal relationships. According to the concept of psychological well-being, exercise appears to affect the dimensions of psychological well-being. The positive psychological approach, which looks at people's abilities, strengths, and capabilities, is one of the theoretical models in sport psychology, and psychological well-being is one of the factors researched and studied in positive psychology.

Aggression

Gill believes Aggression is defined as "any sort of behaviour aimed at harming or injuring another living being who is motivated to avoid such treatment," according to psychologists (Baron & Richardson, 1994). Hostile, or reactive, aggression and instrumental aggressiveness are two types of aggression identified by psychologists (Silva & Weinberg, 1984). The fundamental purpose of aggressive aggression is to cause physical or mental harm to another person. Instrumental aggression, on the other hand, happens when a nonaggressive purpose is sought. (a) Instinct theory, (b) Frustration–Aggression Theory, (c) Social Learning Theory, and (d) Revised Frustration–Aggression Theory have all been proposed by psychologists in the past as key hypotheses about the causes of aggression.

Many sportsmen believed that while some aggressive behaviours are unacceptable in general, but they are acceptable in the sporting setting (Bredemeier et al., 1986). Fighting, for example, is acceptable in some sports scenarios (like–, if you beans by pitcher intentionally) but it is not acceptable in the school band. Game reasoning is the term for this double standard (or bracketed morality). Unfortunately, people are learning and believing that being more violent in sports is acceptable than in other life circumstances.

(Killgore et al., 2021) found a significant main effect on aggression with increasing aggression scores evident for those reporting that they were under lockdown. (Amendola et al., 2021) the study raised a particular concern about psychological well-being considering the negative associations between stressful events during the COVID-19 pandemic, symptoms of psychological distress, and perceived social support.

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(Ceri & Cicek, 2021) aimed to examine psychological well-being, depression, and stress in Turkish healthcare and non-healthcare professionals. And the results showed no significant difference in the scores of psychological well-being, depression and stress of healthcare professionals and non-healthcare professionals.

(Bashir et al., 2016) investigated aggression among athletes and non-athletes and concluded that athletes were more physically, hostilely, and indirectly aggressive than non-athletes. Non-Athletes on the other hand, were more verbal and rage hostile than athletes.

Owing to the lack of available literature during COVID-19 in athlete and non-athlete, this study was conducted in the second lockdown phase from April 2021 to assess the level of aggression and psychological well-being among athletes and non-athletes during COVID-19 to fill lacunae in available research. There is no comparative study done among athletes and non-athletes to know which group had more affected.

1.2 Objectives

- The present research was an attempt to explore the relationship between Covid-19 with Aggression and Psychological Well-Being among athletes and non-athletes.
- To compare the level of Aggression and Psychological well-being in athletes and non-athletes.
- To study gender differences in athletes and non-athletes for Aggression and Psychological well-being

1.3 Hypothesis

- It is hypothesized that there would be a significant difference in the level of Psychological well-being among athletes and non-athletes.
- It is hypothesized that there would be a significant difference in the level of Aggression among athletes and non-athletes.
- Sports person exhibit significantly more aggressive and psychologically well-being than non-sports person.

METHODOLOGY

Sample

Data was collected from a sample of 260 subjects, which included 130 Athletes (65 males & 65 females) and 130 non-athlete (65 male & 65 female). who are in the age of 18-25 from Guru Nanak Dev University and Sports academies.

Study design

Survey Study is conducted.

Selection of the subject will be depending on the following criteria's

Inclusion Criteria

- Participants should be between 18-25 years of age.
- Participants without any mental health disorder or problem
- Athlete must be a state or national level player.

Exclusion Criteria

- Participants below the age of 18 and above the age of 25.
- Participants going through any Psychological Therapy.

Selected variables

- Aggression
- Psychological Well-being

Materials used/ tools of the study

- 1. The Short Form Buss- Perry Aggression Questionnaire (BAQ-SF) by (BRYANTH AND SMITH 2001):** According to the Buss-Perry Aggression Questionnaire-Short Form (BPAQ-SF) (Diamond & Magaletta, 2006) A validation study of federal offenders was conducted. (Bryant & Smith, 2001) developed the 12-item shortened version of the Buss-Perry Aggression Questionnaire (BPAQ-SF), which was later revised and confirmed with mentally ill offenders using confirmatory factor analysis(Diamond et al., 2005). The four-factor structure was confirmed by confirmatory factor analysis. For all loadings and covariances, assessments showed factorial invariance throughout gender. The reliability was determined to be adequate and similar to the research mentioned previously. High correlations between the subscales of the BPAQ-SF confirmed concurrent validity. Physical Aggression, Verbal Aggression, Anger, and Hostility are the four subscales of the BPAQ, and the BPAQ-SF included the three highest loading items from each.
- 2. Psychological well-being (18) item Questionnaire by (RYFF C.D& KEYES):** Questionnaire on psychological well-being (18 items) by (RYFF C.D& KEYES): This study used a condensed version of Ryff's psychological well-being scale [18]. Self-acceptance, positive interpersonal relationships, autonomy, environmental mastery, life purpose, and personal progress were among the 18 items and six subscales. This is a seven-point Likert scale that ranges from strongly agree (score 1) to strongly disagree (score 7). Negatively worded questions were scored in the opposite direction. The factor loadings for this 18-item version were at least.60, and the reliability alpha coefficients for its six subscales were.92 and.60-.75, respectively, according to (Ryff & Keyes, 1995). Furthermore, the correlation between the 18-item Ryff Psychological Well-Being scale and the main Ryff Psychological Well-Being scale ranged from.70 to.89.

Procedure

A total of 260 Participants were selected randomly with 130 Athletes and 130 Non- athletes included both males and females from Guru Nanak Dev University and various other sports academies. Survey method was conducted using BUSS and PERRY questionnaire for the assessment of aggression and RYFF & KEYES Scale for Psychological well- being. Google form was created for conducting survey due to covid-19 lockdown, which included purpose of the study, instructions along with two questionnaire in different section. Different social media handle were used for disseminating google form link for filling questionnaire. Coaches were contacted from different sports for the assistance. Consent was taken before filling questionnaire. Any doubt related to scale or items in scale were solved if required.

Statistical analysis

Independent T test was performed to analysed the data by using the software package IBM SPSS Version 26.0 (IBM Corp. Armonk, NY, USA). All the data were provided as their mean (M), standard deviation (SD) and 95% confidence intervals (CT) and Significance level was set at $P < 0.05$.

RESULTS

130 athletes and 130 non-athletes were treated with Psychological Well-being questionnaire and analyzed by Independent T test to assess the level of psychological well-being among non-athletes and athletes. Result with regard to the first hypothesis revealed that there are non-significant differences found on psychological well-being as the significance level noted at **.895** which is higher than $p > 0.05$.

Table 1: Comparison on psychological well-being among athletes and non-athletes.

INDEPENDENT T TEST	Participants	Mean	Std. Deviation	Std. Error Mean	Table Value	P-value
PSYCHOLOGICALWELL-BEING SCORING	Non-Athletes	85.331	14.0466	1.232	0.132	
	Athletes	85.546	12.2665	1.0758	0.132	.895.

Significant value set at p value <0.05

Further in table -2(N=130) athletes and (N=130) non-athletes data were analysed on aggression with the help of independent t test and result revealed that there is highly significant difference found on aggression among athletes and non-athletes as the significance level noted at **.000** which is lower than $p < 0.05$. which indicate athletes were very aggressive in nature.

Table 2 : Comparison on aggression among athletes and non-athletes

INDEPENDENT T TEST	Participants	Mean	Std. Deviation	Std. Error Mean	Table Value	P-value
Aggression	Non-Athletes	34.354	9.3410	.8193	4.223	
	Athletes	39.354	9.7471	.8549	4.223	*.000

Significant value set at p value <0.05

Athletes Correlation

The correlation analysis among athletes have shown positive relationship with aggression but independent relation with psychological well-being. Result indicates that there is significant positive correlation in athletes with aggression and significantly negative correlation found in psychological well-being and aggression which indicates the two variable moves in opposite direction i.e., one variable increases the other one decreases. This shows that athletes having more aggression were low on psychological well-being or vice versa.

Table – 3 Correlation between Athletes, Psychological well-being and aggression

Correlations (ATHLETES)				
Correlations (ATHLETES)		Athletes	Psychological Well-Being	Aggression
Athletes	Pearson Correlation	1	0.163	.217*
	Sig. (2-tailed)		0.064	0.013
	N	130	130	130
PsychologicalWellBeing	Pearson Correlation	0.163	1	-.202*
	Sig. (2-tailed)	0.064		0.021
	N	130	130	130
Aggression	Pearson Correlation	.217*	-.202*	1
	Sig. (2-tailed)	0.013	0.021	
	N	130	130	130

*. Correlation is significant at the 0.05 level (2-tailed).

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Non-Athlete Correlation

For correlation among Non-Athletes for aggression and psychological well-being. Result indicates that there is significantly negative correlation found in psychological well-being with aggression. And aggression and psychological well-being function independently on non-athletes. Which indicates the two variable moves in opposite direction i.e., one variable increases the other one decreases. This shows that non-athletes having more aggression were low on psychological well-being or vice versa.

Table – 4 Correlation between Non-Athletes, Psychological well-being and aggression

Correlations (NON-ATHLETES)				
		Non-athletes	Psychological Wellbeing	Aggression
Non- Athletes	Pearson Correlation	1	0.057	-0.155
	Sig. (2-tailed)		0.522	0.077
	N	130	130	130
Psychological Well-being	Pearson Correlation	0.057	1	-.379**
	Sig. (2-tailed)	0.522		0.000
	N	130	130	130
Aggression	Pearson Correlation	-0.155	-.379**	1
	Sig. (2-tailed)	0.077	0.000	
	N	130	130	130

** . Correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

The purpose of this research was to examine both athletes' and non-athletes' psychological well-being and aggression during COVID-19 situation. It was the comparative study to assess the pandemic effect on psychological distress between athletes and non-athletes. As the pandemic continued to run month after month, hostility and frustration became a very prevalent aspect in everyone's life as a result of isolation and a disruption from their regular routine or work.

The present study results indicated that the psychological well-being among athletes (85.54 ± 12.26) and non-athletes (85.331 ± 14.04) was non-significant.

(Gautam, 2018) studied the effect of Psychological well-being on sport player and non-sport player, found significant difference among sport and non-sport player, The result is contradictory to the present result, thus rejected the present hypothesis. The main reason of the contradictory result of the present research was the unhealthy environment due to COVID, whereas previous researches were conducted in a healthy environment. The pandemic has affected the mind-set of all the people regardless of athletes and non-athletes, so from these findings. We can say that the lack of competitive sport during the pandemic forced athletes to adopt non-normative adjustments and limited many athletes' capabilities to match their basic psychological needs. As a result, there's a higher chance of depression and loneliness.

Another recent research on home confinements as a result of the coronavirus had showed that athlete's experiences negative Psychological effects. (Uroh & Adewunmi, 2021) concluded that there is elevated level of psychological distress during coronavirus in athletes and found that both professional and non-professional athletes do not differ in the level of psychological well-being. Thus, above study support the findings of the present study.

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Another hypothesis was that there would be a significant difference in the level of Aggression among athletes and non-athletes, was accepted here as in the present study, results revealed that there was a highly significant difference in aggression among athletes (39.35 ± 9.7) and non-athletes (34.35 ± 9.3) as the mean score was higher in athletes than non-athletes. It showed that athletes were aggressive in nature during COVID-19. (Rahimizadeh et al., 2011) studied aggression on athletes and non-athletes and found significant differences among the two groups. So, this study, supports the second hypothesis of the present study.

The third hypothesis was that the sports person exhibit significantly more aggressive and psychologically well-being than non-sports person. The hypothesis was partially accepted here for aggressiveness but not for psychological well-being because the results of present study indicated that sports person were significantly higher on aggression than non-sports person. But there was no significant difference found in the psychological well-being of athletes and non-athletes. (Bashir et al., 2016) found that sports men were more aggressive than non-sports men. Thus supports the third hypothesis.

Further correlation analysis among athletes (Table 3) depicted that there is inverse correlation found among psychological well-being and aggression and positive significant relationship in aggression with athletes, which revealed athletes were having significant positive relation with aggression, and were aggressive in nature during Covid. (Forbes et al., 2006) research has shown that men who participate in organized sports exhibit more aggressive behaviors, in both athletic and non-athletic contexts, than those who do not. (Kaur, 2018) Findings indicated significant and inverse relationship between aggression and wellbeing.

Thus, the finding of this current study indicate that athletes are having positive relationship with aggression but independent relation with psychological well-being whereas non-athletes are found independent on both the variables i.e., psychological well-being and aggression. The another important finding was that there was an inverse relationship of aggression with psychological well-being, among athletes as well as non-athletes.

CONCLUSION

The findings of this study justify that, the COVID-19 had a ruinous impact on athletes and non-athletes minds and their psychological well-being. The results of this study showed that during COVID-19 the aggression in athletes were extremely high as compared to non-athletes. In context to psychological well-being, findings indicated no significant difference among athletes and non-athlete. Thus, this research concluded that Covid-19 had greater impact on athletes as compared to non-athletes. Finally, it should be emphasised that this study could be expanded to include another psychological element in order to provide more information to sports professionals. Further this research concluded that the athletes, as well as non-athletes required mental strengthening and relaxation technique.

Limitation and Future Research

Demographic area was limited to Guru Nanak Dev University only, hence the sample size was restricted to 260 included both athletes and non-athletes therefore, for the result to be more generalizable, it is necessary to do on large sample.

This study included younger age group. The more elder age groups can be included for more information about the topic in elder age group. This study will help other researchers to

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develop an interest to take post COVID-19 data so that they can compare and analyse the difference in psychological well-being and aggression. Furthermore, it is recommended to replicate this study on larger demographic area with more sample.

Practical Implications

- This study will provide information to the Sports Professional about the psychological factor that influence psychological well-being and aggression among players.
- This research will be helpful for parents, teachers, coaches and friends in terms of creating a healthy psychological well-being climate for better excellence in life.
- The result of this study guides the coaches and various sports science experts to design protocol for their athletes to make them psychologically healthy.

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Conflict of Interest

The author(s) declared no conflict of interest.

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