

A Study of Aggression and Personality Characteristics of Senior and Junior Male Combat Sports Persons

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Abstract

Introduction: A combat sport or fighting sport is competitive contact sports where two combatants fight against each other to gain enough points or a condition to declare a single winner by means of using certain rules of direct engagement. These engagements rules and conditions are significantly different from the rules in simulated contact or combat meant for technical based challenges, practice, or demonstration in martial arts, typically with the aim of simulating parts of real hand to hand combat through kata and self defense training. Boxing, kick boxing, armature wrestling, judo and mixed martial arts.

Aim and Objective of the study: a) To Examine the Aggression of Male Senior and Junior Combat Sports Persons.
b) To Examine the Personality Characteristic of Male Senior and Junior Combat Sports Persons.

Methods: For the study selected 100 combat players' samples. (50 Junior Combat and 50 senior combats), the age range of subjects was juniors less than 17 Years and seniors are above 19 Years.

Tools: Km. Roma Pal and Mrs. Tasneem Naqvi Aggression Scale test was used. The test consisted of 30 Items and Five Alternatives. 'Strongly disagree', 'Disagree', 'Neutral', 'Agree', 'Strongly agree'. The reliability coefficient of the test was found 0.82. And for Personality: NEO Personality scale was used it is developed by Costa and McCrea the 60 items are rated on a five point scale.: The NEO-FFI has a grade six reading level

Results: Two main independent variable were involved in this study first combat sports person and second area of residence and seven dependant variable included in this study Aggression, Openness, Conscientiousness, Extravert, Agreeableness, Neuroticism. From the summary and table it was seen that effect is highly significant. Effect refers to the factor types of combat sportsperson. It was varied at two levels i.e. senior combat sportsperson and junior combat sportsperson. Since the effect is highly significant $F(1,396) = 30.98, p < .01.$

Conclusion: Senior Combat Sports Persons having significantly high aggression than the junior Combat Sports Persons.

Keywords: Adaptation of Psychology, Psychological Approach, Performance Developed Through Psychology