Study of Aggression, Self- Esteem and Emotional Intelligence in Relation to Personality Traits of Combative Sports Persons

Dr.JULIE Research Scholar Guru Kashi University Talwandi Sabo, [2]Professor Guru Kashi University Talwandi Sabo,

Abstract

The purpose of the present study was to compare the selected Study of Aggression, Self- Esteem and Emotional Intelligence in Relation to Personality Traits of Combative Sports Persons The main purpose of the study is to determine, the Comparison of Study of Aggression, Self- Esteem and Emotional Intelligence in Relation to Personality Traits of Combative Sports Persons. As well known, Aggression, Self- Esteem and Emotional Intelligence play important role in achieving proficiency in games and sports. Aggression, Self- Esteem and Emotional Intelligence is an athlete's ability to perform effectively during sports. Aggression, Self- Esteem and Emotional Intelligence involves a mixture of speed, agility, power, coordination, strength and so on and is essential for competing at high levels. For this study, 300 students were taken for the test.

Key word: Judo, wrestling, Aggression, Self- Esteem and Emotional Intelligence.

Sports Psychology (or sport psychology) is the analyses of the mental element that affects involvement and carrying out in sports. Sports psychology too specialization inside the encephalon psychology and kinesiology that inquire about to empathies mental/psychological constituent that bear upon carrying into action in sports, physical movement, and physical exercise and utilize these to raise individual and group performances. Sports psychology transaction with enhancing performance by carry off emotions and down play the psychological consequences of harm and the hapless performance. Several of the most significant attainments taught are setting of goal, visualization, relaxation, alertness, self-talk and manage, compactness, assurance, using ceremony, ascription preparation and periodization. Sports psychology also definedinlaymen‟slanguage:Therearesogalorepsychologytoolsthatyoucanutilizeinsports.

Aggression

According to aggression manners in sports means, "the international intention of violent and or nonverbal offence, while injurious behaviour. By "Violent" is meant „any physical, oral

or non-verbal offence, although injurious behaviours stand for any hurtful intention or action." on the other hand, an international foul, though not ensuing in any spoil or harm, is measured as sport aggression **(Bredemeier1983).**

Self-Esteem

Self-esteem is a state of mind. It is the ways we think and feel about ourselves. Having high self-esteem which mean that having feelings of confidence, worthiness and positive regard. People with high self-esteem feel good about themselves. They feel a sense of belonging and security to themselves. They respect themselves and appreciate others as well. They tend to be successful in life because they feel confident in taking challenges and risking failure to achieve what they want. They have more energy for positive pursuits because their energy is not wasted on negative emotions, feelings of inferiority or working hard to take care or the pursuits to others at the expense of their own self-care.

Alexandra Kopp , et al (2021) Emotional intelligence (EI) is considered a determinant of sports performance. Two opposing perspectives have been discussed in the theoretical discourse on EI: EI as an ability versus EI as a trait, both widely differing in content and method of assessment. Previous applied sport psychology research is characterized by a heterogeneous use of different conceptualizations and measurements of EI. However, evidence for the superiority of an EI concept does not exist. This study directly compares the ability and trait EI concepts in the relationship with athletic performance. An online survey was conducted (response rate = 19%). Participants completed the Mayer-SaloveyCaruso Emotional Intelligence Test, the Trait Emotional Intelligence Questionnaire Short Form, a list of questions about biographical information as well as information related to sports performance and sport participation. We used regression analyses and controlled type of sports to investigate how sports performance is influenced by EI. Trait EI positively predicted self-assessment of athletes' performance (B = 1.02; **p** < 0.01) whereby ability EI did not predict any outcome of sports performance. The effect of trait EI was independent of the ability EI. Overall, the result indicates some evidence for the superiority of the trait EI in applied sports psychology

Objective of the Study

To identify the levels of aggression, self-esteem and emotional intelligence of judo and wrestling

players

H_{o2}There would be no significant identify the dominant personality traits of judo and wrestling players.

Source of data

The subjects for the present study will consist of 300 Judo and Wrestling players. (150 each sport) who participated in State, National or Inter-university level competitions.

Table No. 1: dominant personality traits among judo and wrestling players.

wrestling players		N	Mean	Std. Deviation	Std. Error
Aggression Scale	Male	75	114.47	42.335	4.888
	Female	75	114.47	42.335	4.888
	Total	150	114.47	42.193	3.445
Self-Esteem Scale	Male	75	93.79	41.089	4.745
	Female	75	93.79	41.089	4.745
	Total	150	93.79	40.951	3.344
Sports Emotional Intelligence Test	Male	75	67.91	23.183	2.677
	Female	75	67.91	23.183	2.677
	Total	150	67.91	23.105	1.886

For wrestling players, aggression scale, the descriptive output gives the sample size (N = 150),

total mean score = 114.47, total standard deviation 42.193, total standard error = 3.445.
For wrestling players, Self-Esteem Scale, the descriptive output gives the sample size (N = 150), total mean score = 93.79, total standard deviation 40.951, total standard error = 3.344.
For wrestling players, Sports Emotional Intelligence Test, the descriptive output gives the sample size (N = 150), total mean score = 67.91, total standard deviation 23.105, total standard error = 1.886.

Table No. 2: dominant personality traits among judo and wrestling players.

Personality Traits		N	Mean	Std. Deviation	Std. Error
Sociability	Juddo	150	35.05	9.359	.764
	Wrestling	150	35.05	9.359	.764
	Total	300	35.05	9.344	.539
Dominance	Juddo	150	34.91	11.004	.898
	Wrestling	150	34.91	11.004	.898
	Total	300	34.91	10.985	.634
Extroversion	Juddo	150	29.33	6.851	.559
	Wrestling	150	29.33	6.851	.559
	Total	300	29.33	6.839	.395
Self-Concept	Juddo	150	31.68	7.009	.572
	Wrestling	150	31.68	7.009	.572
	Total	300	31.68	6.998	.404
Mental Toughness	Juddo	150	32.39	7.811	.638
	Wrestling	150	32.39	7.811	.638
	Total	300	32.39	7.798	.450
Emotionally stability	Juddo	150	26.35	6.300	.514
	Wrestling	150	26.35	6.300	.514
	Total	300	26.35	6.290	.363

For Sociability scale, the descriptive output gives the sample size (N = 300), total mean score =

35.05, total standard deviation 9.344, total standard error = 0.764.

For Dominance scale, the descriptive output gives the sample size (N = 300), total mean score = 34.91, total standard deviation 10.985, total standard error = 0.634

For Extroversion scale, the descriptive output gives the sample size (N = 300), total mean score = 29.33, total standard deviation 6.839, total standard error = 0.559.

For Self-Concept scale, the descriptive output gives the sample size (N = 300), total mean score = 31.68, total standard deviation 7.009, total standard error = 0.572.

For Mental Toughness scale, the descriptive output gives the sample size (N = 300), total mean score = 32.39, total standard deviation 7.811, total standard error = .450

Conclusion

For Emotionally stability scale, the descriptive output gives the sample size (N = 300), total mean score = 26.35, total standard deviation 6.300, total standard error = 0.363.

For Dominance scale, the descriptive output gives the sample size (N = 300), total mean score = 34.91, total standard deviation 10.985, total standard error = 0.634

For Extroversion scale, the descriptive output gives the sample size (N = 300), total mean score = 29.33, total standard deviation 6.839, total standard error = 0.559.

For Self-Concept scale, the descriptive output gives the sample size (N = 300), total mean score = 31.68, total standard deviation 7.009, total standard error = 0.572.

For Mental Toughness scale, the descriptive output gives the sample size (N = 300), total mean score = 32.39, total standard deviation 7.811, total standard error = .450

For Emotionally stability scale, the descriptive output gives the sample size (N = 300), total mean score = 26.35, total standard deviation 6.300, total standard error = 0.363.

REFERENCES

1. **Bredemeier, B.J. (1983).** Athletic aggression: A moral concern. In J. Goldstein(Ed.), Sport Violence. Springer-Verlag, NewYork.

2. **Bowker, A. (2006).** "The relationship between sports participation and self-esteem during early adolescence.", Canadian Journal of Behavioral Science/Revue comedienne des sciences comportment, 38 (3),214.

3. **EhsanZarianEt. Al, (2021)** "Effect of Aerobic Rhythmic Exercises with and Without Music On Emotional Intelligence and Motor Proficiency in Preadolescent Males", (Ijmcl 2021; 3(2) p-1-13).

4. **Kamlesh, M. L. (2004).** "Athletic Personality: A Psychological Probe", Khelsahitya Kendra,Delhi.

5. **Khan, Z., et, al. (2014).** "Level of self-esteem in men and women north zone Badminton players.", Journal of Sports and Physical Education (IOSR-JSPE), 1(6),59-60.

6. **Le. Unes, A. et, al, (2002).** "Sports Psychology: An Introduction (3rd Edition).", Pacific Grove: WadsOrth.

7. **Mohammad.,Ahsan.(2015).** "A comparative study of aggression between physical education students.",American Research Thoughts, 1(8),1741-1745.

8. [María Merino Fernandez](#), **et.al, (2020) "**Anxiety And Emotional Intelligence: Comparisons Between Combat Sports, Gender And Levels Using The Trait Meta-Mood Scale And The Inventory Of Situations And Anxiety Response",(Published Online 2020 Feb4.