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**GENDER DIFFERENCES AND AGGRESSION: COMPARATIVE STUDY OF YOUNG AND ADULT ATHLETES**

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KEYWORDS	ABSTRACT
Aggression, Young and Adult Athletes, Gender Differences	This comparative study was adopted to compare the level of the aggression among young and adult athletes and gender differences in aggression. The subjects were N=120 (Male=66 & Female 54) athletes from the different colleges, universities and sports clubs in Faisalabad, the age range of young athletes 12 to 18 years and adult athletes age between 20 to 30 years part of the sample. Buss & Perry Aggression scale was used to measure aggression and reliability of scale (Cornbrash's Alpha = 0.814). Results of multivariate analysis of the varia (Independent T-Test) T=9.02 p<0.03 Percent shows the difference between young and adults' athletes' aggressive behavior, Male athlete score high on the aggression scale rather than female. There is the significant aggression difference between male and female athletes in sports. Male athletes are more aggressive as compare female athletes (T=9.86, P<0.02) in aggression.
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## INTRODUCTION

Aggression harm, attempt to harm other by body organs, words instruments (Allah, 1999). The aggression term used in many ways, it mostly uses for the fight, any kind of behavior that harming or injuring other is called aggression. The term Aggression originates from Latin word "Aggression" which means assault or attack. In simple words aggression can be defined as hurt, harm or pain another. Person Anger is best understood as emotional state that varies from mild annoyance to rage (Duda, 1996). Aggression is the behavior that is performed with intent to injure another person as well as inherited can be either physical or verbal. People believe that aggressive behavior in sports play a positive role on player's performance but sports psychologists did not agree with the mention statements because aggression way frustration and frustration marks by blocked goals. In many times aggression is planned to achieve some personal goal or revenge, in this way athlete wants to injured other athletes, it may because of some previous clashes between athletes. Many athletes

used aggressive behavior to pressurize the other athletes; in this way, the opponent athlete may mentally disturb and affects his/her performance (Crane, 1983). Boys were found to be more physically and verbally aggressive than girls but girls more indirectly aggressive (MacMullin, 1995).

### **LITERATURE REVIEW**

Aggression among athletes is common in present days and various researchers conducted various studies to highlight the causes and consequences of aggression on sportspersons some of them are found significant difference was found between the mean scores of gender differences in the younger and adults' athletes. Violent and nonviolent behaviors among 300 male athletes held in 2006 and studding by Guilbert in 2019. The breakdown of percentage shows that verbal aggression 26.3%, physical aggression 19%, psychological aggression 27.7% and cheating 4%, 77 percent athletes reported that in the sports violent behavior does occur. In this connection, this qualitative study held in (Kerr & Grange, 2010) on Australian football and Hockey players, this approach was used to observe sanctioned aggression, thrill, power and anger behavior among players because Football and Hockey players often behave aggressively for several reasons during competition and outside of the training.

The conclusion of the research indicates that for gaining excitement athletes behave and competitive advantage aggressively outside of the sanctioned aggression, which otherwise they will not be able to in a non-contact competition. Silva (1980) indicates a comparative study on effects of the different sports on aggressive behavior of athletes; he conducted a study to compare two types of instrumental and reactive aggression in contact and non-contact sports. They result of the study shows that competition increases aggression in all tests. Silva dispute that aggression undermines athletic performance because aggressive athletes deviate his/her focus to the aggressive goal against the opposing player and this deviate cause an interruption in competition. Maxwell examined the relationship between aggression and sports type in (2004), 305 male and female athletes from different team and non-team participants in study, AR scale was used to assess aggression and results shows that no significant difference between gender, sports type or the competitive level, whereas the scores of the provocations and the aggression rumination were correlated significantly.

The investigation of (Stephen, 2004), there was a size difference between the group, male and female athletes were more aggressive than third counterparts in general population, results shows that female scored higher on the verbal irritability and the other hand male scored high on measures of indirect aggression within the players group. If female athletes play multiple sports activities as compare to single sport, they will show more aggressive behavior. In this connection, researchers studying role of aggression among badminton players of interuniversity level, sample size 150 badminton players who has represented

inter university tournament. In this connection, aggression measured by using SAI scale and share significant experienced because the badminton players having average level of the aggression.

**RESEARCH METHODS**

Present study: N=120 (Male=66 & Female=54) athletes from different college, university and sports clubs in Faisalabad, the age range of young athletes 12 to 18 years and adult athletes age between 20 to 30 years have been selected for the sample of the population. Athletes playing different sports like (badminton, hockey, football, basketball, tennis and shooting sports) at college, university and club level. Those athletes who were below and above-mentioned age were excluded from sample. Non-probability convenience sampling technique was used. Data collection approval was taken by Ethical Sports Management Committee and duration of data collection was one month after approval. Self- designed Demographical data collection tool was used to get information from participants, who included age, gender, college/ university/club and in addition Buss & Perry aggression questionnaire (1992) measure that includes of 29 items (4-categories): physical aggression (9-Q), verbal aggression (5-Q), anger (7-Q) and hostility (8-Q) by mean, standard deviation with acceptable reliability (Cornbrash’s Alpha = 0.814) and SPSS was used for data analyze, were used for measuring athlete aggression level. This comparative study was conducted to highlight level of aggression among young and adult athletes and gender difference in aggression is also studied.

**Research Hypotheses**

1. The Young athletes will score higher on the aggression as compare to the adult athletes.
2. The Male athletes will score more on the aggression as compared to the female athletes.

**RESULTS OF STUDY**

The main findings related to main objectives that are chased through particular methods have been used in this section in order to find and reach the conclusion of this study more systematically.

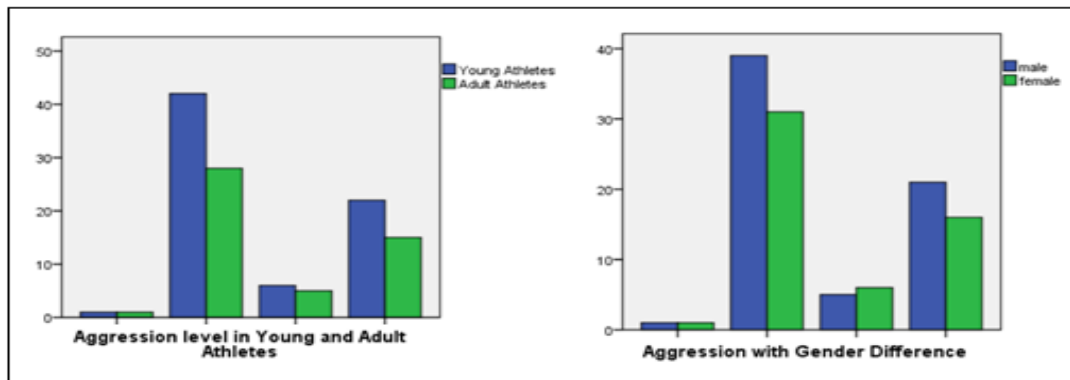
Table 1 Statistics Aggression with Gender Difference

N		Mean			T	Df	Sig.	95% Confidence Interval	
Male	Female	SE. M	M.D	SD			Lower	Upper	
66	54	0.46	0.45	0.50	9.86	119	0.02	0.36	0.54

Table 2 Statistics Aggression of Young and Adult Athletes

N		Mean			T	Df	Sig.	95% Confidence Interval	
Young	Adult	SE. M	M.D	SD			Lower	Upper	
71	47	0.045	0.40	0.49	9.06	119	0.03	0.32	0.50

Table # 1 shows the N, mean, SD, T test and P-value of the Young and adult athletes and values of male, female athletes.



The figure shows that there is a highly significance difference between young and adult athletes/ gender difference.

## DISCUSSION AND CONCLUSION

The objective of this study was to examine aggression difference among young and adult athletes or gender difference, according to results aggression structure has a significant difference between young/adult male and female athletes. A variety of the researchers has done on comparison of gender difference and aggression of the athletes who participate in diverse sports activities and mostly concluded that male athletes have more aggressive as compare to female athletes. The present research, results agree with the results of [Silva \(1980\)](#), [Kerr and Grange \(2010\)](#), [Silva \(1980\)](#), [Stephen \(2004\)](#), still it is against of [Maxwell \(2004\)](#) researches. A Young athlete is more aggressive than adult athletes. Aggression has negative results that misguide the youngsters to misbehavior, crime, social maladjustment because young generations are more affected by emotions and less skilled in the control of emotions, communication skills and have little social experience however, adult athletes are less affected by external factors by their environment because they have allot of social experienced, thus adult athletes easily to control emotions and reduce such misbehaviors is to prevent showing such positive feedbacks in sport fields. In this study, results show that significant difference between young and adult athletes, results of research confirm

that higher score on aggression in young athletes as compared to adult athletes and male is more aggressive as compared to female.

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