



## COMPARISON OF AGGRESSION AND COMPETITION ANXIETY BETWEEN THE FINALISTS OF INTER ZONE INTER COLLEGIATE CRICKET TOURNAMENT

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### **Abstract:**

The purpose of the study was to compare the aggression and competition anxiety between Finalists of [Winners and Runner-Up] in Inter Zone Inter Collegiate Cricket Tournament. To achieve this purpose of the study, twenty men Cricket players representing colleges Zone Inter Collegiate Cricket Tournament held at Dharmapuri District were selected as subjects at random. Among the psychological variables, the following variables namely aggression and competition anxiety were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard tests. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was no significant difference between Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on aggression and competition anxiety.

**Key Words:** Winners and Runner-Up, Aggression, Competition Anxiety, Inter Collegiate Men Cricket Players

### **Introduction:**

In competitive sports, psychological factors such as aggression and competition anxiety play a pivotal role in influencing athletes' performance, interpersonal dynamics, and overall behavior during high-stakes matches. While cricket is traditionally perceived as a technically driven sport, its competitive nature especially in tournament finals can heighten emotional responses among players, making the study of these psychological variables particularly relevant.

Aggression in sport refers to behavior aimed at dominating opponents or enhancing competitive drive. It can be categorized into hostile aggression, which is impulsive and negatively impacts decision-making, and instrumental aggression, which can be a controlled form of assertiveness beneficial to performance outcomes (e.g., controlled assertiveness in volleyball players). Research indicates that aggression varies with context, and excessive aggression may lead to poor sportsmanship or penalties, while moderate levels can enhance focus and competitive intensity.

Competition anxiety is a psychological state characterized by fear, apprehension, and physiological arousal experienced before or during competitive events. It often arises from perceived threats to performance goals, social evaluation, or fear of failure. Studies on inter-college athletes reveal that competitive anxiety can differ based on sport type and individual characteristics, affecting coordination, confidence, and performance outcomes. Furthermore, high levels of competition anxiety are associated with increased nervousness and emotional arousal, potentially impairing decision-making and tactical execution during critical match situations.

Specifically, in cricket research, studies comparing psychological traits among players have found significant differences in competition anxiety and aggression between groups based on demographic factors (e.g., rural vs. urban players) (Lal & Kumar, 2024). These findings underscore the complexity of psychological responses in competitive cricket, suggesting that finalists in an inter-zone inter collegiate tournament are likely to experience elevated levels of both anxiety and aggression due to the match's importance, increased external expectations, and internal motivation to succeed.

Understanding the interplay between aggression and competition anxiety among finalists can inform coaching strategies and psychological interventions aimed at enhancing performance, maintaining discipline, and fostering resilience under pressure ultimately improving both individual and team outcomes in high-pressure sporting contexts.

### **Methodology:**

The purpose of the study was to compare the aggression and competition anxiety between Finalists of [Winners and Runner-Up] in Inter Zone Inter Collegiate Cricket Tournament. To achieve this purpose of the study, twenty men Cricket players representing colleges Zone Inter Collegiate Cricket Tournament held at

Dharmapuri District were selected as subjects at random. Among the psychological variables, the following variables namely aggression and competition anxiety were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard tests. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

**Analysis of the Data:**

**Aggression**

The mean, standard deviation and 't' ratio values on aggression of Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on Aggression

Groups	Mean	Standard Deviation	't' Ratio Value
Winners	25.01	0.86	0.387
Runner-Up	24.86	0.87	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 18 was 1.73).

The table 1 shows that the mean values on aggression for Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament were 25.01 and 24.86 respectively. The obtained 't' ratio value on aggression 0.387 which was lesser than the table value required for significance with df 18 was 1.73.

The results of the study showed that there was no significant difference between university men Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on aggression.

**Competition Anxiety:**

The mean, standard deviation and 't' ratio values on competition anxiety of Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation a 't' Ratio Values between Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on Competition Anxiety

Groups	Mean	Standard Deviation	't' Ratio Value
Winners	16.91	0.91	0.451
Runner-Up	16.72	0.97	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 18 was 1.73).

The table 2 shows that the mean values on competition anxiety for Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament were 16.91 and 16.72 respectively. The obtained 't' ratio value on competition anxiety 0.451 which was lesser than the table value required for significance with df 18 was 1.73.

The results of the study showed that there was no significant difference between university men Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on competition anxiety.

**Conclusions:**

- There was no significant difference between Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on aggression.
- There was no significant difference between Winners and Runner-Up in Inter Zone Inter Collegiate Cricket Tournament on competition anxiety.

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