



## COMPARISON OF AGGRESSION AND COMPETITION ANXIETY BETWEEN OFFENSIVE AND DEFENSIVE INTER COLLEGIATE MEN RUGBY PLAYERS

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### **Abstract:**

The purpose of the study was to compare the aggression and competition anxiety between Offensive and defensive Inter Collegiate Rugby Men Players. To achieve this purpose of the study, sixty men Rugby players representing Colleges affiliated to University of Madras were selected as subjects at random. Among them, thirty offensive Rugby Players and thirty Rugby defensive players were selected. The following 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 university men Offensive and Defensive Inter Collegiate Men Rugby Players on aggression and competition anxiety.

**Key Words:** Offensive and Defensive Inter Collegiate Rugby Men Players, Aggression, Competition Anxiety, Independent "t" Ratio

### **Introduction:**

Rugby, a sport characterized by its physical intensity, strategic depth, and dynamic interplay, requires players to possess not only physical prowess but also psychological resilience. Among the key psychological attributes that influence performance, competition anxiety and aggression stand out as pivotal elements, especially for both offensive and defensive players. These traits, when understood and harnessed effectively, can significantly impact a player's ability to perform at their best, adapt to high-pressure scenarios, and contribute to the overall success of the team.

Competition anxiety is a natural emotional response to the pressures of performing in competitive environments. It involves feelings of nervousness, tension, and apprehension about the outcome of a game or individual performance. For rugby players, competition anxiety can manifest before or during matches, driven by the intensity of the sport, the unpredictability of outcomes, and the high stakes associated with team success. While excessive anxiety can hinder performance, a moderate level of anxiety, often referred to as facilitative anxiety, can enhance focus, alertness, and determination. Offensive players, such as fly-halves or centers, often face the pressure of decision-making under high stakes, requiring them to channel their anxiety into quick, accurate plays. Defensive players, on the other hand, must manage their anxiety to maintain composure under relentless attacks, ensuring their positioning and reactions remain precise.

Aggression in rugby is often associated with the controlled use of physical force and assertiveness to gain a competitive edge. Unlike uncontrolled aggression, which can lead to penalties and poor decision-making, instrumental aggression is directed and purposeful, allowing players to impose their presence on the game while adhering to the rules.

For offensive players, aggression translates into relentless driving runs, powerful tackles to break through defensive lines, and dominance in scrums or rucks. Defensive players leverage aggression to neutralize threats, apply pressure, and dominate contact situations, such as mauls or tackles, to regain possession or disrupt the opposition's momentum. Controlled aggression is not only a tool for physical domination but also a psychological weapon that can intimidate opponents and elevate a team's overall intensity. The relationship between competition anxiety and aggression is particularly significant in rugby. Both elements influence how players respond to high-pressure situations and maintain performance levels under challenging conditions. Offensive players, for instance, might use their anxiety as a motivator to push beyond their limits and execute plays with precision, while leveraging aggression to maintain an assertive presence. Defensive players, similarly, must balance their anxiety to stay focused and use aggression to counteract the opposition's offensive threats effectively.

The collective ability of rugby players to manage competition anxiety and channel aggression positively contributes to a team's overall dynamics. Players who understand and regulate these psychological traits can maintain clarity under pressure, make strategic decisions, and uphold their physical intensity throughout the match. Coaches play a vital role in fostering this balance, helping players build mental toughness, develop coping strategies, and harness these traits as assets rather than liabilities. Competition anxiety and aggression are indispensable psychological components for rugby players. Offensive and defensive players alike must learn to navigate the fine line between underperformance and overexertion, transforming potential stressors into sources of strength. By recognizing the importance of these traits and employing effective strategies to harness them, rugby players can elevate their individual and team performances, achieving success in one of the most demanding sports in the world.

### **Methodology:**

The purpose of the study was to compare the aggression and competition anxiety between Offensive and defensive Inter Collegiate Rugby Men Players. To achieve this purpose of the study, sixty men Rugby players representing Colleges affiliated to University of Madras were selected as subjects at random. Among them, thirty offensive Rugby Players and thirty Rugby defensive players were selected. The following 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 Offensive and Defensive Inter Collegiate Men Rugby Players have been analyzed and presented in Table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Offensive and Defensive Inter Collegiate Men Rugby Players on Aggression

Groups	Mean	Standard Deviation	't' Ratio Value
Offensive Players	24.82	0.63	0.69
Defensive Players	24.69	0.82	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 1.672).

The table 1 shows that the mean values on aggression for Offensive and Defensive Inter Collegiate Men Rugby Players were 24.82 and 24.69 respectively. The obtained 't' ratio value on aggression 0.69 which was lesser than the table value required for significance with df 58 was 1.672.

The results of the study showed that there was no significant difference between university men Offensive and Defensive Inter Collegiate Men Rugby Players on aggression.

**Competition Anxiety:**

The mean, standard deviation and 't' ratio values on competition anxiety of Offensive and Defensive Inter Collegiate Men Rugby Players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Offensive and Defensive Inter Collegiate Men Rugby Players on Competition Anxiety

Groups	Mean	Standard Deviation	't' Ratio Value
Offensive Players	16.91	0.91	0.73
Defensive Players	16.73	0.98	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 1.672).

The table 2 shows that the mean values on competition anxiety for Offensive and Defensive Inter Collegiate Men Rugby Players were 16.91 and 16.73 respectively. The obtained 't' ratio value on competition anxiety 0.73 which was lesser than the table value required for significance with df 58 was 1.672.

The results of the study showed that there was no significant difference between university men Offensive and Defensive Inter Collegiate Men Rugby Players on competition anxiety.

**Conclusions:**

- There was no significant difference between Offensive and Defensive Inter Collegiate Men Rugby Players on aggression.
- There was no significant difference between Offensive and Defensive Inter Collegiate Men Rugby Players on competition anxiety.

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