



Determining the Level of Aggressive Behavior and its Relationship to Age and Sex in Players of Karate do Sport (14-16) Years in Algeria: Complementary Pilot study

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ABSTRACT

The aim of this study is to determine the level of aggressive behavior among players sport of karate de type of self-defense in the age group (14-16 years). Well aimed only to identify the impact of the variables of gender, age, aggressive behavior. Descriptive approach design method was used to achieve aims of present study, terms of study sample consisted of 110 players male and female aged 14-16 years were chosen randomly from the population of the study who were practitioners of all the players and the clubs officially registered in the state of Mustaganem specialized in karate du sport. To achieve the objectives of the study was used form consists of two parts, the first included important and general information regarding participants, the second part included a measure of sport aggression prepared by Mohammad Hassan Allawi to measure athletes aggression which consists of 24 paragraphs in which the player has to answer questionnaire phrases according to questionnaire included five staging (always, often, sometimes, rarely, never) according to the rules of the application of the questionnaire. We've been sure of the stability of the questionnaire through extraction coefficient of internal consistency using the equation Cronbach's alpha where the reliability coefficient (0.74). In addition, researchers made sure validity of questionnaire through discriminatory validity as well as results of the study sample were ordered in ascending order and take 25% a high level set, and 25% low level set. Study concluded that results of present study showed statistically significant differences in the variables of age, gender , where it was the level of aggressive behavior when players younger (14 years) is higher than the aggressive behavior at the level of aggressive behavior when older players (15-16 years). In addition, the results proved that there were no statistically significant differences in the level of aggressive behavior due to the variable sex. However, researchers recommended the need to include individual sports, especially in the curriculum and the lessons of physical education and sports in the educational institutions of

various stages of the primary to the university with a focus on studies and research in this area using different questionnaires and multiple.

Keywords: Aggressive behavior, sport of karate, self-defense, questionnaire.

1. Introduction

The phenomenon of aggression is one of widespread behavioral phenomena in our time, because the forms of violence and methods are varied and dominated many areas of the world, where is known to man since the creation of Allah on this earth and that when Cabeel was killed his brother Abeel to satisfy the desires and fulfilling the desires, God said: "Encouraged him to kill his brother, killing him himself became one of the losers" (Surah Al-Ma'idah, verse 30). Siham (2002) defined aggression that "every reaction carried out by an individual intent to harm himself or others or things, with the intent and the intent behind the act." While Mohammed (2004) cleared that: "aggression is a behavior of propensity or emotional acquired relatively fixed doing the individual in most situations with the aim of hurting others or refers to them physically or psychologically as a result of certain stimulus or frustrations perceived by the individual as threatening him."

In light of the above definitions of the concept of aggression and manifestations disparate and different stimulus that require such behavior, in addition, aggression is a social psychological phenomenon received with interest researchers and studies in both theoretical and practical especially after the outbreak of the manifestations of violence and aggression in the communities generally and between students in schools and universities inside and outside particularly. However, two types of behavior are in the sports field for instance aggressive behavior and the firm or inevitable behavior, the latter behavior means show the superior physical ability and energy to win (Osama., 2000).

Moreover, Annan (1995) said that "the conduct of the firm (the inevitable) is characterized by playing manly, strength in performance, initiative, and the performance which is characterized by struggle and perseverance in order to achieve victory and achievement for example attack serve in volleyball and tennis, or direct strong contact to take over the ball from an opponent in football and other games. So researchers see through the definitions of firm behavior or so-called inevitable behavior that is not intended to cause harm to the other person as well as it does not deviate from the scope of the rules and laws for the sport concerned. Due to the phenomenon of aggression is extended widely especially between teenagers, so researchers and experts prompted to consider it one of the main problems and social ills that threaten the community, for this reason they tried to determine its causes and possible solutions to reduce it or at least minimize its effects.

Despite the fact that the sport is extreme importance in the development of personal, sportsmanship, and social values among individuals, it did not take advantage of or as a means of preventive or therapeutic treatment of the phenomenon of aggression and reduction. Adler, (2003) and Rees *et al.*, (1990) confirmed and agreed with above opinions. Other researchers believe that the sport may contribute in many cases to the development of aggressive conflicts when individuals rather than contribute to the development of social values and good qualities such as cooperation, tolerance and other (Arnold., 1994; Beedy., 1992; Stevenson., 1985; Adler., 2003).

This study comes as an attempt to explore the role of sport and specifically the practice of karate do sport on the aggressive behavior in reducing aggressive behaviors, because the results of the studies and researches conducted in this area have shown and demonstrated that the games of self-defense and sport karate do within this framework and contribute effectively in reducing aggressive behaviors at school students and juvenile delinquents in reformatories and prisons (Adler, 2003; Lamarre *et al.*, 1999; Zivin *et al.*, 2001). However, the aim of present study is to determine the level of aggressive behavior among players sport of karate de type of self-defense in the age group (14-16 years). To achieve the aim of the study there are number of questions we need to answer them for instance, what is the level of aggressive behavior when students practitioners karate du sport? Are there significant differences in the level of aggressive behavior attributable to life variable? Are there significant differences in the level of aggressive behavior attributable to sex variable?

2. Methodology

2.1 Participates:

Descriptive approach design method was used to achieve aims of present study, terms of study sample consisted of 110 players male and female aged 14-16 years were chosen randomly from the population of the study who were practitioners of all the players and the clubs officially registered in the state of Mustaganem specialized in karate du sport, table (1) showed distribution of the sample according to variables.

(Table 1)
Shows distribution of the sample according to variables

	Variable	Number	Percentage
Age	14 years	16	% 14.29
	15 years	85	% 75.88
	16 years	11	% 9.83
Sex	Male	65	% 58
	Female	45	% 43

2.2 Questionnaire:

To achieve the objectives of the study was used form consists of two parts, the first included important and general information regarding participants, the second part included a measure of sport aggression prepared by Mohammad Hassan Allawi to measure athletes aggression which consists of 24 paragraphs in which the player has to answer questionnaire phrases according to questionnaire included five staging (always, often, sometimes, rarely, never) according to the rules of the application of the questionnaire. We've been sure of the stability of the questionnaire through extraction coefficient of internal consistency using the equation Cronbach's alpha where the reliability coefficient (0.74). In addition, researchers made sure validity of questionnaire through discriminatory validity as well as results of the study sample were ordered in ascending order and take 25% a high level set, and 25% low level set, table (2) showed that the test validity discriminatory between different sets, where calculated T value 28.36 which is significant at the level of significance ($\alpha \leq 0.001$).

(Table 2)
Shows discriminatory validity of sport aggression questionnaire

Variables	Number	Mean	SD	T test	Signifiant
High level set	28	2.17	0.20	28.37	0.001
Low level set	28	3.78	0.27		

After made sure validity and reliability of questionnaire, the researchers distributed around 130 questionnaire forms to participates, moreover, we stated the aims of present study and an answer method and the need to return with an emphasis on the secrecy of the information which will be used for research purposes only. However, the number of questionnaires recovered (120) questionnaire excluded 10 questionnaires due to they did not meet the conditions for the answer then raw results subjected to the statistical analysis.

2.3 Statistical analysis:

SPSS was used to analyze the results of present study and we used Anova to know the results between groups and inside groups. In addition, we used mean, standard deviation, and T test.

3. Results and Discussion

To answer first question regarding aggression behavior level for students practitioners karate du sport where we calculated means and standard deviations. Table (3) showed that level of aggression behavior of study subjects was moderate; where mean was (2.95) and SD (0.60). Smith (1988) confirmed that aggression behaviors practiced in sports and activities needed into degree of aggression which is emulated and imitated by the juniors and the desire in achieve the fame and self-assertion as a reason in aggressive behavior, as also the results of present study agreed with results of Anderson (1999) study in which he confirmed the children who participated in karate du have been more aggression than colleagues who had been played

basketball or Baseball. While the results of present study are incompatible with the findings of both Lamarre & Nosanchuk (1999) which showed a significant decrease in the levels of aggression as a result of the exercise of self-defense games (judo and karate).

(Table 3)
Shows mean and SD of aggression behavior of study subject

Variable	Mean	SD
Aggression behavior	2.95	0.60

To answer second question regarding effect of the age in aggression behavior level, we used ANOVA, and the results are shown in table (4).

(Table 4)
Shows results of ANOVA in aggression behavior level according to age

Age	Number	Mean	SD	Difference source	Total squares	Freedom degree	Average squares	F value	Significant
14	16	3.51	0.42	Between groups	8.75	2	4.37	14.1	0.001
15	85	2.94	0.58	Inside groups	33.85	109	0.30		
16	11	2.38	0.43	Total	42.61	111			

Table (4) showed significant differences in level of aggression behavior due to the age, where amount of F value 14.1 at the freedom degrees 2 and 109 which are a significant value at the significant level ($0.001 \geq \alpha$). Table (5) showed significant differences between three groups in aggression behavior level, these differences are all significant in favor of groups which are with at least medium it means for the advanced age groups (15-16 years), where the lower difference between means of ages (16 years) and (15 years) means whenever the player is being older the level of aggressive behavior will be less but this results disagreed with the findings of a study Anderson (1999) which did not show any differences in aggressive behavior among children aged (8-13 years). So researchers see that aging variable helps to styling the behavior due to factors of experience and mental maturity of the person leading to a reduction of the level of aggressive behavior.

(Table 5)
Shows results of LSD test to know difference direction according to aging variable

Groups	Means difference	True significant	Significant
14-15 years	*0.57	0.001	S
14-16 years	*1.14	0.001	S
15-16 years	*0.55	0.002	S

Significant at the level $0.05 \geq \alpha$

To answer third question regarding effect of sex in aggression level, researchers calculated means, SD, and T test to compare means of males with means of females. Table (6) shows the results.

(Table 6)
Shows results of T test of aggression behavior for players according to sex variable

Sex	Number	Mean	SD	T test	Significant
Male	65	3.006	0.58	0.493	0.621
Female	45	2.947	0.64		

Table (6) showed significant differences between males and females in level of aggression behavior, where amount of mean of players 3.006 with SD 0.58 while mean of females 2.947 with SD 0.64 whereas value of calculated T test was 0.493 which is no significant value at the level of significant ($0.05 \geq \alpha$). These results agreed with results of (Lamarre & Nosanchuk., 1999) study which referred to no significant differences in levels of aggression between males and females. These results can be explained on the basis of similarity of circumstances, social, cultural or economic inside the sports clubs which they exercise karate sport.

4. Conclusion

Study concluded that results of present study showed statistically significant differences in the variables of age, gender, where it was the level of aggressive behavior when players younger (14 years) is higher than the aggressive behavior at the level of aggressive behavior when older players (15-16 years). In addition, the results proved that there were no statistically significant differences in the level of aggressive behavior due to the variable sex. However, researchers recommended the need to include individual sports, especially in the curriculum and the lessons of physical education and sports in the educational institutions of various stages of the primary to the university with a focus on studies and research in this area using different questionnaires and multiple.

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