

## Comparative Study on Self-Efficacy and Aggression between Group Dancers and Team Players of Punjab



**Parwinder Kaur**

Research Scholar, Department of Physical Education  
Panjab University Chandigarh

**Dr. Amarjit Kaur**

Professor, Govind National College Narangwal  
Panjab University, Chandigarh

### Abstract

The purpose of the study is to find the difference of self-efficacy and aggression between group folk dancers and team game players. For this study total 180 subjects were selected. To evaluate the difference between two groups 90 subject for group dance category and 90 for team players category were selected. Random sampling technique used for the selection of subjects. 19 to 25 years old male subjects were selected from different colleges affiliated to Panjab University Chandigarh and Guru Nanak Dev University Amritsar. **Aggression Scale by Dr Romapal and Tasneem Naqvi (1980)** was applied to measure aggression level of group dancers and team players. To measure the level of self-efficacy, **self-efficacy Scale by G.P. Mathur and Raj Kumari Bhatnagar(2012)** was used. After the systematic process of data collection t-test was applied to compare the mean score of two groups. The level of significant was set at 0.01 level of confidence. It is found that there is significant difference between group dance and team players in relation to self-efficacy and aggression.

**Key words-** Aggression, self-efficacy, group Dance

### Introduction

Currently coaches and physical educationalists have become more mindful and concerned about the psychological features of sports and physical activities rather than merely physical fitness, physiological fitness and skill in various activities. Psychological factors contribute more towards their success. In contemporary competitive sports and other physical actions, psychological factors of an individual or a team have turn out to be as much significant as learning skills and strategies. The involvement of psychology in sports has mainly ascended from traditional concern in areas such as temperament, emotional state, enthusiasm, self-efficacy, apprehension, aggression etc.

According to recent perceptions in this discourse, dance can be characterized as an expressive drive executed in the provision of communication (leach, 2014). Folk dances can have a significant impact on various psychological factors also. Learning dancing moves can enhance the confidence level, self-esteem, mood enhancement etc. Artistic physical activities improve the level of emotional expressions, mindfulness, stress and aggression management rather than only encouraging the body images. It is found each person will react in a different way to the psychological effects of folk dances and that practices with them might vary greatly. Folk dances may be massively remedial for some

individuals, but they may not have the similar effect on others. The extent to which dances have an impact on psychological traits might also vary depending on the cultural and social situation in which they are executed. There are several social, psychological, and physical advantages to group dancing. They foster interpersonal relationships, increase mental and physical health, and support cultural preservation. Moving with others may be enlightening and gratifying, whether you're taking a modern dance lesson, taking part in a social dance event, or engaging in a traditional folk dance.

Self-efficacy refers to an individual's belief in their own capability to successfully accomplish tasks, achieve goals, and overcome challenges. It is a psychological concept familiarized by Albert Bandura, indicating level of self-assurance one has in their abilities, knowledge and capabilities to effectively tackle challenges and overcome hurdles. Individual differences can influence how physical activity affects psychological variables. The results might be influenced by a variety of fundamentals, including the activity's kind, regularity, and length, as well as by the participants' preferences and underlying psychological issues. To maximize the psychosomatic advantages, it is crucial to discover the ideal ratio and kind of physical exercise that meets a person's needs and preferences. Participating in folk dancing has a

favorable and multifaceted association with one's sense of self-efficacy. Folk dance participation helps people enhance their self-efficacy views while also preserving cultural customs. Dancers' sense of self-efficacy is likely to be changed favorably when they develop their talents, learn how to interact with others, gain performance confidence, connect with their roots, and practice resilience. The particular processes through which folk dancing can successfully boost self-efficacy across a range of demographics and cultural situations require more study.

Aggression refers to behavior that is intended to harm or cause distress to others. It can manifest physically, verbally, or indirectly. It may stem from various motivations such as frustration, anger and the desire to assert dominance. It plays vital role in psychological and sociological life of individuals. Aggression and physical activity have different relationships based on individual variations, the level of intensity and length of the activity, and the overall situation. The reduction of aggressiveness can benefit from physical activity, but this is not a permanent fix. When treating difficulties with aggressiveness, additional aspects including social support, cognitive-behavioral approaches, and anger control techniques should also be taken into account. A mental health professional's assistance is advised if someone is having trouble controlling their violent inclinations.

Shkullaku, (2013) revealed in his study that gender differences in self-efficacy among Albanian students from two major universities in Tirana, Albania. The data was collected from 180 students (102 females and 78 males) selected from first, second and third level studies. From both universities participants were selected randomly. Standardized questionnaire was used to obtain score. T-test was used to compare the mean score of male and female participants on self-efficacy. It was found that there is significant difference between male and females in self-efficacy.

Singer (1968) explored difference of aggression between team sports and individual sports by using Personality Preference Scale (PPS). It was found that tennis players scored significantly higher than both the basketball and normative groups on the achievement variable. Tennis players achieved higher scores than normative group. Martin (1976) also studied that wrestler athlete's shows significantly higher level of

aggression as compare to basketball players. The study was conducted on 32 male basketball and wrestler athletes.

Brown (1982) found that both male and female who participated regularly in sports were more eager to use aggression than who infrequently participated in touching base sports. Stajkovic and Luthans (1998) reviewed 114 studies that used a task performance view of self-efficacy. Total 21616 subjects using a meta-analysis method, and shown that boosted self-efficacy expects effective performance of tasks. Self-efficacy has been found to recount to improved work performance.

### Objectives of the study

- To evaluate the difference of self-efficacy between college level male group dancers and male team players.
- To evaluate the difference of aggression between college level male group dancers and male team players.

### Hypotheses of the study

- It is hypothesized that there is significant difference between group dancers and team players on variable of self-efficacy.
- It is hypothesized that there is significant difference between group dancers and team players on the variable of aggression.

### Significance of the study

The significance of the study will contribute toward psychological variables in different fields of research. It will add more knowledge and value to personal factors of different kind of performers in the field of physical activities. This study may help the educators to explore the psychological benefits of dance and sports activities. The study may be aid the instructors and coaches of other dance performers and sports participants. It will also help in further exploration and investigation concerning other factors which are directly related to these participants.

### Methods and Procedure

#### Sampling procedure

In this study total 180 subjects (age group 19 to 25years) were randomly selected form different colleges Punjab affiliated to Panjab University Chandigarh and Guru Nanak Dev University Amritsar. 90 subjects from group folk dance category and 90 subjects from team game players were selected. All subjects have participated in

intercollege level competitions. Only male participants were selected for this study.

**Tests and Tool applied for data analysis**

Researcher applied standardized tools for measuring self-efficacy and aggression level of subjects. **Aggression Scale by Dr Romapal and Tasneem Naqvi (1980)** was applied to measure aggression level of group dancers and

team players. To measure the level of self-efficacy, **self-efficacy Scale by G.P. Mathur and Raj Kumari Bhatnagar(2012)** was used. After the systematic process of data collection t-test was applied to compare the mean score of two groups.

**Discussion and Results**

**Table-1**

**Showing t-ratio for mean scores of Self-Efficacy between male group dancers and team players**

Group	Mean	SD	N	t-ratio
Team players	87.23	3.07	90	24.98*
Group dancers	69.74	5.89	90	

Table 1 shows that t-ratio for the difference of mean scores on self-efficacy of group dancers and team players is 24.98 which are significant at 0.01 level of confidence. It is found that group dancers and team players did not have equal mean scores on self-efficacy. Mean score of team

\*Significant at 0.01 level of confidence players shows higher efficacy level as compare to group dancers. Team players mean score is 87.23 and mean score of group dancers is 69.74 which shown the significant difference for the variable of self-efficacy.

**Table-2**

**Showing t-ratio for mean scores of Aggression between male group dancers and team players**

Group	Mean	SD	N	t-ratio
Team players	70.82	8.26	90	17.61*
Group dancers	53.28	4.59	90	

Table 2 shows that t-ratio for the difference of mean scores on aggression of group dancers and team players is 17.61 which are significant at 0.01 level of confidence. It is found that group dancers and team players did not have equal mean scores on self-efficacy. Mean score of team players and

\*Significant at 0.01 level of confidence group dancers is 70.82 and 53.28 respectively. Mean score of team players shows higher aggression level as compare to group dancers. It reveals that both groups are significantly different in relation to variable of aggression.

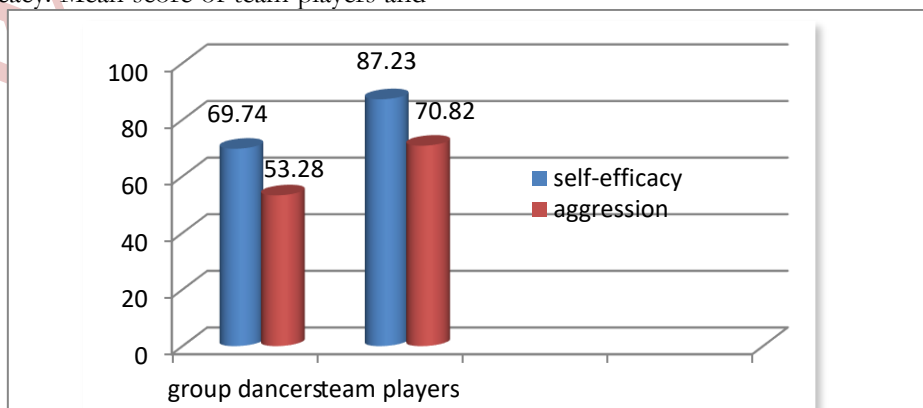


Fig-1 Shows the mean scores of group dancers and team players on self-efficacy and aggression

## Results

It is found that team players mean score is 87.23 and mean score of group dancers is 69.74 which shown the significant difference for the variable of self-efficacy. The team players show high level of efficacy than group dancers. It was hypothesized that there will be a significant difference between group dancers and team players in relation to self-efficacy is accepted.

Mean score of team players and group dancers is 70.82 and 53.28 respectively. It reveals that both groups are significantly different in relation to variable of aggression. The team players show high level of aggression than group dancers. It was hypothesized that there will be a significant difference between group dancers and team players in relation to aggression is accepted.

## Conclusion

The main concern of this study was to find the difference of selected psychological variables between group dancers and team players. It is clearly shown in tables that mean scores of self-efficacy and aggression found significantly different. Team players show high level of efficacy and aggression as compare to group dancers. The findings of this study strongly indicated that sports participants have more efficacy level and shows more aggression. The results of this study would add something new to the literature regarding aggression and self-efficacy level of sports performers and dance performers. It will help to enhance the importance of psychological variables. It will help teachers, coaches and directors to focus on personal factors of performers. Research can be conduct from other states, on other psychological variables and on other performers.

## References

1. Adom, D., Ramli, A., & Shahar, S. (2016). Effectiveness of a combined dance and relaxation intervention on reducing anxiety and depression and improving quality of life among cognitive impaired elderly, *Sultan Qaboos University Medical Journal*, 16, 47-53.
2. Anderson, K. L. & Martinez, G.L.(2018). The impact of anxiety on performance in competitive sports: A comprehensive review. *Psychology of Sport and Exercise*, 20, 103-112.
3. Brown, S. R. & White, L.C. (2017) Motivation and its relationship to athletic success: A qualitative analysis of college athletes. *Journal of Sport Behavior*, 40(1), 45-61.
4. Brown, J.M. (1982). Attitude towards violence and self-reports to participation in contact sports. Unpublished Manuscript, Lafayette College, Lafayette, Indiana.
5. Chauhan, M., (2019) Expressions of Identity in Punjabi Folk Dance: A Comparative Analysis. *Journal of Ethnographic Research*, 36(4), 401-418.
6. Garcia, M. T. & Jackson, S. E. (2016). Psychological resilience and performance in sports: A systematic review. *Sport, Exercise, and Performance Psychology*, 5(4), 329-343.
7. Goyal, R., & Mehta, S. (2018). Folk Dancers as Cultural Ambassadors: The Globalization of Bhangra. *International Journal of Dance Studies*, 14(2), 123-140.
8. Green, E.M., & Hall, R.S.(2011). The impact of team cohesion on athlete satisfaction and performance: A meta-analysis. *Group Dynamics: Theory, Research, and Practice*, 15(2), 119-138.
9. Martin, L. (1976). Effects of competition upon the aggressive response of college level basketball players and wrestlers. *Research Quarterly*, 47:388-393.
10. Parry, J. P., & Driscoll, D. M. (2015). Sports-related aggression in youth athletes: The influence of coach leadership, anger, and athletic identity. *Journal of Applied Sport Psychology*, 27(3), 302-318.
11. Roberts, D. C., & Smith, P. A. (2015). The influence of coach-athlete relationships on athletes' psychological well-being and performance: A meta-analytic review. *Journal of Sport and Exercise Psychology*, 38(5), 441-455.
12. Shukulaku, R. (2013). The relationship between Self-efficacy and academic performance, In context of gender among Albanian students. *European Academic research*, 1(4), 467-478.
13. Smith, J. A., & Johnson, M. B. (2020). The role of self-confidence in athlete performance: A meta-analysis. *Journal of Sport Psychology*, 45(3), 345-362.
14. Stajkovic, A. Luthans F. (1998). Self-efficacy and Work Related Performance:

- A Meta –analysis. Research- Gate. *Psychology Bulletin* 124(2): 240-261.
15. Taylor, E. R., & Clark, L. B. (2014).The effects of imagery and self-talk on athlete performance: A systematic literature review. *Journal of Sport Psychology*, 41(2), 87-102.
16. Thompson, H. R., & Johnson, D. S. (2012). Self-regulation and athlete performance: A review of the literature. *Journal of Sport and Exercise Psychology*, 35(3), 294-310.
17. Verma, R. (2016). Tradition and Modernity in Punjabi Folk Dance: A Case Study of Sammi. *Journal of Folklore Research*, 29(1), 67-82.
18. Williams, R. L., & Davis, P. W. (2019) Goal setting and achievement in sports: A longitudinal study of elite athletes. *Journal of Applied Sport Psychology*, 35(2), 123-139.
19. Wilson, A. P., & Turner, M. J. (2013)The role of stress in sports injury prevention and rehabilitation: A review of the literature. *Journal of Sport Rehabilitation*, 22(3), 232-242.