

AGGRESSION Linked To SPORT



AGGRESSION

➤ *Def. In sports psychology this means that there is an intention to harm or injure outside the rules of the game (verbal/physical)*

Known as reactive aggression

(likely to under achieve, get injured or be removed from the game)

So what are the Potential causes? – Watch the following videos and then write 3 factors you believe cause aggression in sport?



Potential causes?

***Being Fouled**

***Poor refereeing
decision**

***Being incited by crowd**

***Pressure of
competition**

***Poor performance
by self**

***Poor performance
by others**

***Learned from role
models**

***Poor tactics**

AGGRESSION

- > **Aggressive behaviour occurs when players lose control**
- > **Coaches should try to promote channelling emotions into assertion**

3 types of AGGRESSION

1. **HOSTILE** aggression

- Type of aggression that needs to be eliminated from sport
- Prime motive of such an act is to harm an opponent
- Actions are outside the rules of the game and involve anger!

Can you think of any sporting examples?



ROY KEANE

Intentionally tried to break Alfe Haalands leg during a game.

2. INSTRUMENTAL

(or Channelled Aggression)

- An action that is within the rules and although the prime motive is the successful execution of the skill, there is still the intention to harm.
- Anger is not evident

Can you think of any examples?



A hockey player will body check hard to prevent a player from scoring. However, the secondary intention is to inflict a painful experience so the player will think next time!

3. ASSERTION

- * An act that is within the rules of the game
 - * Goal directed behaviour
 - * Fair but hard!
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- * Therefore depends on the type of game and the rules of that sport

Types of Aggression

Assertive behaviour

1. No intent to harm
2. Legitimate force
3. Unusual effort and energy expenditure

Hostile aggression

1. Intent to harm
2. Goal to harm
3. Unusual effort and energy expenditure

Instrumental aggression

1. Intent to harm
2. Goal to win
3. No anger

Source: Silva (1980)

INSTINCT THEORY (Trait)

- > Views aggression as being a **natural response**, **innate** and **instinctive!**
- > **Animalistic**
- > Humans developed aggression as **survival instinct!**

Problem:

**It doesn't take into account the learning of actions
i.e. some aggressive people can be drawn into a
fracas by copying teammates**

FRUSTRATION AGGRESSION

HYPOTHESIS - Interactionist

perspective

- * Frustration will always lead to aggression.
- Any blocking of goals that an individual is trying to reach increases an individual's drive, thus increasing aggression and frustration.

Can you give any examples?

- * If success follows then aggression leads to catharsis.

CATHARSIS

** Def. The release of frustration which leads to a feeling of well-being – literally meaning ‘cleansing of the soul’*

Can release built up stress or frustration:

1. In a safe manner
2. Returns performer to a calmer state

Frustration
Aggression
Hypothesis

Drive to a goal

Obstacle

Frustration

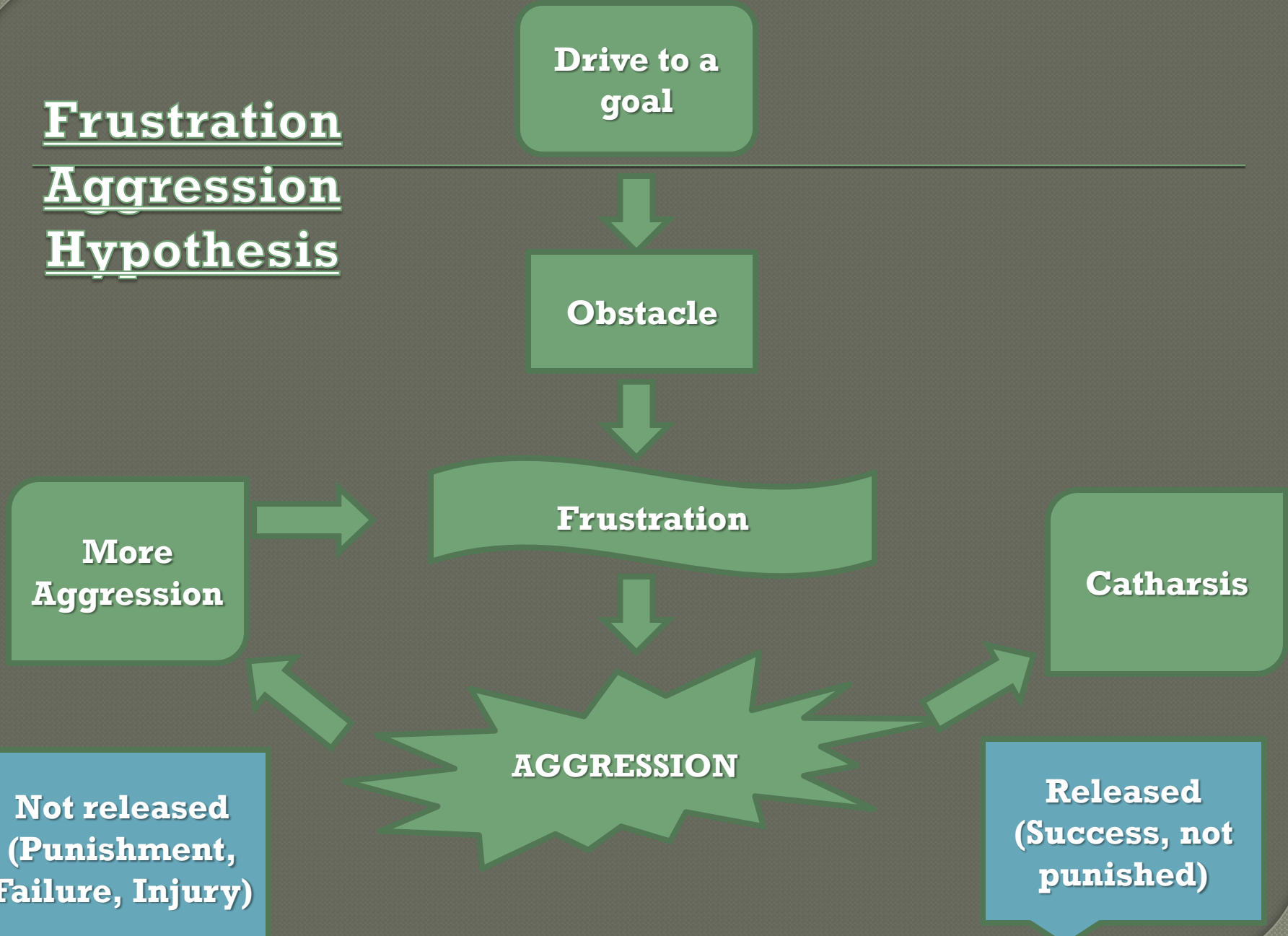
More Aggression

Catharsis

AGGRESSION

**Not released
(Punishment,
Failure, Injury)**

**Released
(Success, not
punished)**



FRUSTRATION AGGRESSION HYPOTHESIS

> **What are the criticisms of the frustration aggression hypothesis?**

1. Premeditated aggression

2. Not all frustration leads to aggression

3. Doesn't allow instinctive reactions

4. Aggression can be learned

Bobo doll experiment

- Bandura et al. (1961): Children watched an adult playing with 'Bobo doll' (5-foot inflated plastic doll).



SOCIAL LEARNING THEORY

* Aggression is **learned** by **observation** of other's **behaviour**, then **imitation** of this aggressive behaviour is then **reinforced** by social acceptance.

(Bandura, 1961)

If we see a teammate fouling an opponent and this stops opponent from playing well it is then reinforced and copied

Aggression

Can be:- **Innate**

“Instinct Theory”

Can be:- **Learned**

“Social learning theory”

Aggression therefore has 2 components:

Nature (born with) and Nurture (learned) elements

CONTROL of AGGRESSION

- > Methods used to reduce the over-arousal of a performer**
- > Strategies to limit aggressive acts**

Can you list 4 strategies to control aggression?

- 1. Goal setting is an effective method***
- 2. Punish aggressive acts***
- 3. Reward non-aggressive acts***
- 4. Responsibilities of players pointed out***
- 5. Relaxation techniques***

CONTROL of AGGRESSION

> **How can officials limit aggression ?**

- 1. Assert control from the start of the game***
- 2. Enforce rules correctly***
- 3. Be consistent***
- 4. Punish aggressive acts immediately***

Controlling Spectator Aggression

**Reducing crowd/spectator aggression
????**

- **Positive role models**
- **Limit alcohol**
- **Restricted seating areas**
- **Reduce levels of rivalry**
- **Good quality refereeing**
- **Coaches not encouraging violent acts**
- **Responsible media coverage**