

AGGRESSION in 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

Barron's 3 types of AGGRESSION

1. HOSTILE aggression

This is the type of aggression that needs to be eliminated from sport. The 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)

This describes 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?

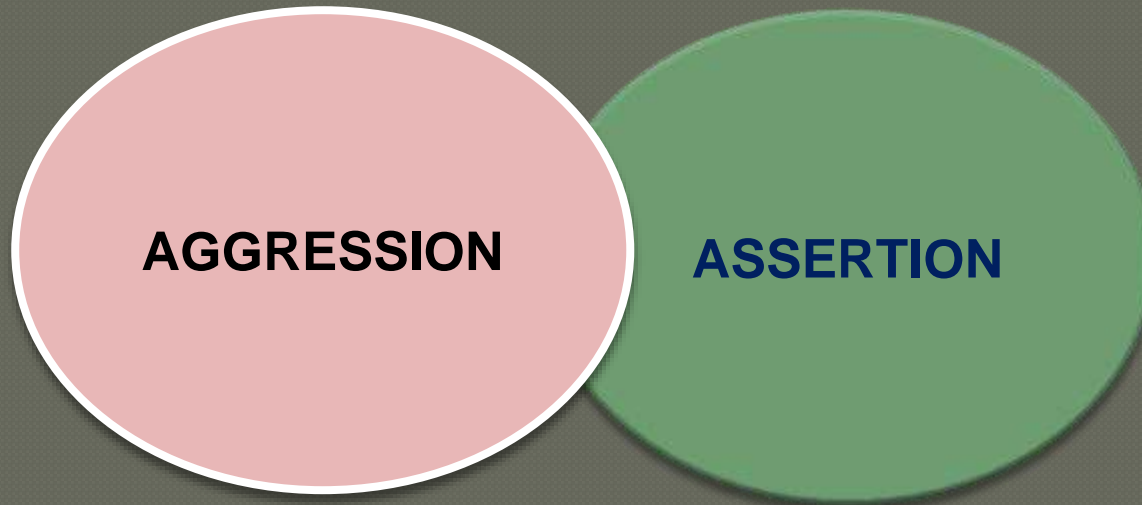


A rugby league player will tackle hard to prevent a try being scored, however the secondary intention is to inflict a painful experience so the runner will not try it again!

3. ASSERTION

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

Increasing Frustration



Increasing Control

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

Not released
(Punishment,
Failure, Injury)

AGGRESSION

Released
(Success, not
punished)



FRUSTRATION AGGRESSION HYPOTHESIS

> Suggest two 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 learnt

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”

If we see a team mate fouling an opponent and this stops them from playing well it is reinforced and copied

Aggressive cues hypothesis

“Berkowitz”

> For aggression to occur then certain stimuli (cues) must be present.

These stimuli are cues for the performer which are subconsciously linked to Aggression (e.g baseball bats, ice hockey sticks etc). Frustration causes anger and **arousal** and this creates a **readiness** for aggression

> example : a player sees a colleague fouled then decides to join in

Aggressive Cues Hypothesis

Goals Blocked

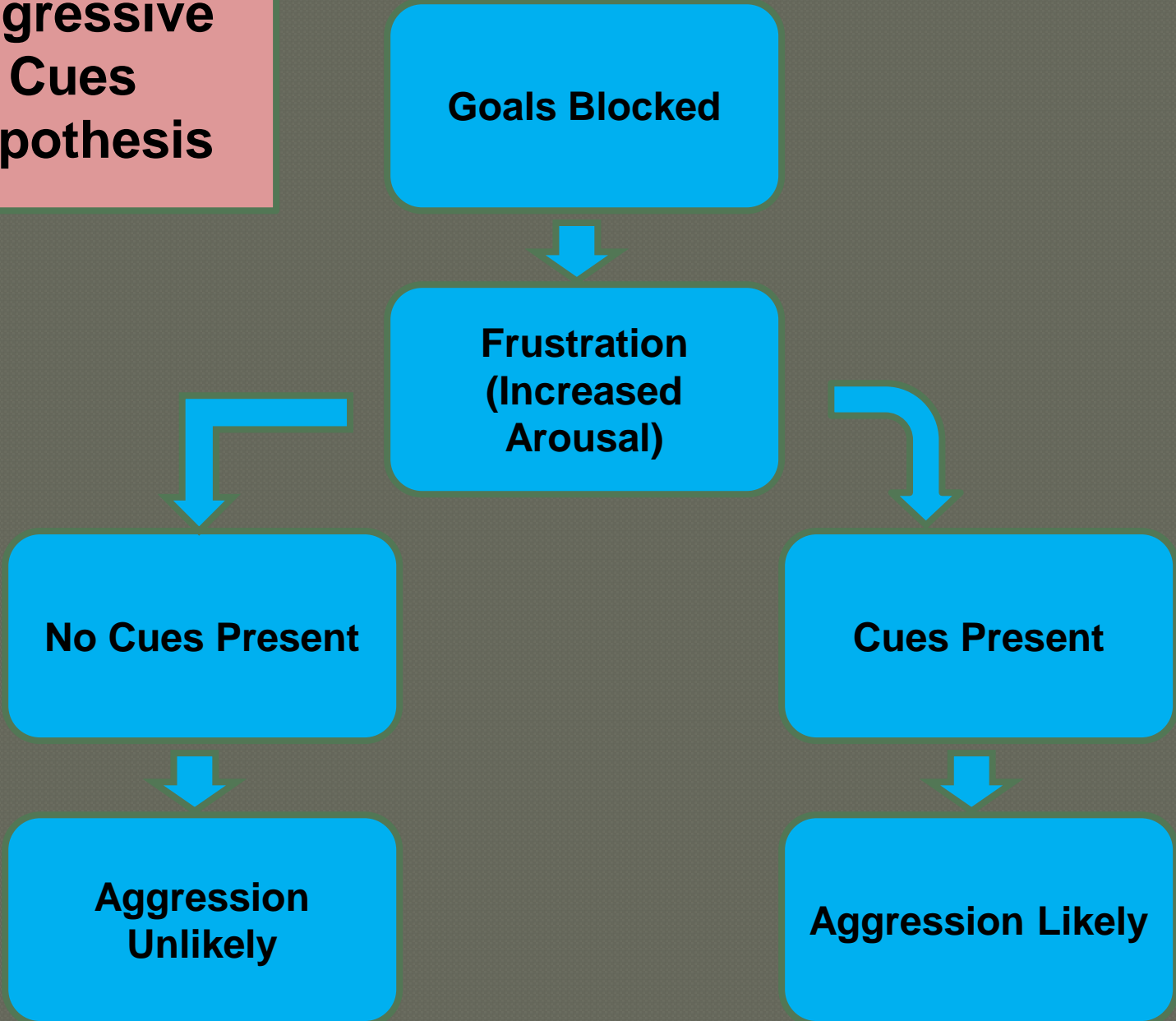
Frustration
(Increased Arousal)

No Cues Present

Aggression
Unlikely

Cues Present

Aggression Likely



Aggression

Can be:- **Innate**

“Instinct Theory”

Can be:- **Learned**

“Aggressive cue hypothesis or Social learning theory”

Aggression therefore has

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