

**A COMPARATIVE STUDY OF AGGRESSIVE BEHAVIOUR  
ON MALE AND FEMALE ATHLETES****NITESH KANATHE, DR. NITIN KUMAR**DESIGNATION- RESEARCH SCHOLAR, THE GLOCAL UNIVERSITY SAHARANPUR  
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PRADESH**ABSTRACT**

When it comes to success in athletics, aggressiveness is a trait that may influence one's results in a variety of ways, both positively and negatively. The term "any sort of behavior geared toward the purpose of damaging or injuring another living being who is motivated to avoid such treatment" is the definition of the term "aggression". The majority of individuals have a negative perception of aggressive behavior as a psychological trait; yet, some sport psychologists believe that aggressive behavior might boost performance. According to Bredemeier (1994), this kind of behavior is referred to as an assertive behavior, and it describes a scenario in which a player competes in accordance with the laws of the sport at a very high intensity, but does not want to cause injury to an opponent. The term "aggression" is used in the context of athletics, and it refers to two distinct types: aggressive aggression and instrumental aggression. An act of hostile aggression is one in which the primary objective is to injure or cause damage to the target of the attack. Aggression that is used primarily with the intention of accomplishing a goal is known as instrumental aggression. Take, for instance, a rugby player who aggressively tackles his opponent in order to gain possession of the ball. The goal of the player's aggressive play is not to injure the other player but rather to regain possession of the ball.

**KEYWORDS:** Aggressive Behaviour, Male and Female Athletes, sport psychologists, instrumental aggression.

**INTRODUCTION**

A proper education is essential for all people. A person's sense of self, their identity, and their standing in society all improve in proportion to their level of education. Learning is essential to everyone's development as an individual and as a member of society. The quality of education and its standards improves people's lives. Education is the means through which a

young person learns new things and grows in competence. Inevitably, a person's financial and professional performance will be impacted by their degree of schooling. Educated people have a better chance of rescuing our nation and civilization. Citizens who have received a quality education are more likely to uphold the law and contribute to the betterment of society. A day goes by without ever considering a life without it.

The human race can make modern life simpler and more pleasurable than before via the accumulation of knowledge. A nation's development is strongly correlated with the quality of its educational system. The purpose of any country's educational system is to ensure that their populations have access to high-quality educational opportunities. In conclusion, education is a continuous process that should be a primary motivation throughout one's life. Education improves people and therefore communities, cultures, and civilizations. Education is the means through which an individual's behaviour is altered for the better, to the long-term advantage of their community and country.

In order to foster healthy growth, children need regular access to physical education classes at school. Sports and other forms of physical activity have been crucial in the all-around development of today's youth. Therefore, P.E. classes have developed into a crucial part of the Indian school curriculum. There are many skills and experiences that physical education may teach a person. Discipline and a sense of camaraderie are two of the many qualities developed via participation in sports. Athletes develop virtues of discipline and obedience as a consequence of learning to play by the rules. Sports teach important life lessons, such as how to behave honourably and fairly while competing against others.

There is more to sports than simply becoming in shape. Today's youth would rather spend their free time watching the idiot box or surfing the web than playing video games, according to a new poll. Participation in sports may help kids feel better about themselves and build confidence. Taking part in any kind of sport is crucial if you want to stay physically fit and healthy. Sports provide an endless well of motivation and personal growth opportunities. Sports and regular exercise have been recognised as crucial to human health and wellbeing since prehistoric times.

Many people agree that sports and activities help to satiate their demand for physical exercise. Sports are now generally seen as a beneficial way to interact with others and better oneself. Playing sports may help you become a better person and citizen. The best athletes tend to be natural leaders on the field.



In the twenty-first century, the purpose of physical education has expanded much beyond that of only improving athletes' physical abilities. It's evolved into a wide-ranging field of study. The climate of sports has changed in recent years due to the increased emphasis on intense competition. Athletes have benefited immensely from the study of sports physiology, sports medicine, biomechanics, and sports psychology, among other related fields.

## **Aggression**

Humans are capable of doing a wide range of tasks. They may show sympathy and support one another on the one hand, but on the other side, they may want to harm one another via violent action. The Latin words *aggre*di, *ad* (to or toward), and *gradi*or (to or toward) are the origins of the word aggression (walk). The precise meaning of the word is to "move against" or "move with the purpose to injure or harm" when one walks toward or approaches someone. The main issue in studying aggression in sports or other contexts is coming up with a universally recognised definition. According to Johnson, aggressive behaviour has been connected to negative behaviours, sexual assault, discrimination, language, and genital activity (1972).

Sport psychology is the study of how people behave during athletic practise and competition with the aim of enhancing athletes' performance under pressure. Aggression, which is characterised as irate or hostile behaviour, has an impact on how well athletes perform. According to Kaufman (1970), aggression is the desire to damage and harm the other person coupled with a physical arousal. Athletes may be aggressive in a number of ways, including via physical aggression, abusive behaviour, and even violating the rights of others. The research' results show that a number of factors, including competitive sensitivity, referee performance, crowd provocation, athlete personality traits, and gender, might assist to provoke violent behaviour. Different authors discuss and clarify different definitions and concepts of aggressiveness while taking into consideration a range of points of view. Following is a list of some of them.

According to Kroll (1964), players use a mix of cerebral processes rather than just their body to perform. The relationship between violence and sports has been a sensitive subject for a long time. In sports, violent behaviour is intentional and within the control of the aggressor, but how it is interpreted varies depending on the sport and the player. An aggressive act that

is often frowned upon while watching a sport with a reputation for violence, such as football or soccer, may not be seen as hostile in that context. The same conduct can be seen as aggressive in a violent sport that is less accepted culturally, such as baseball or volleyball. Aggressive behaviour may be legal despite the harm it causes. The social context in which aggression occurs is often what determines whether it is legitimate. Aggressive behaviour may include a football "hit," a baseball player's "at bat" at the plate, or an executive's ascension to the top of their field. In conclusion, various sports have varying definitions of violence. It is still unknown, however, whether an aggressive person engages in sports to vent anger or whether the competitive nature of sports fosters rage that is hard to control after the activity is ended. In fact, violent behaviour enhances the likelihood of more aggressive behaviour, according to Aronson (1995). This implies that violence may affect society in addition to sports. Any interpersonal behaviour intended to hurt or upset another person is referred to as aggression. In sports, aggression is defined as an unprovoked physical or verbal assault, while aggressiveness is the intent behind such an assault. Another definition of aggression is "an overt verbal or physical act that may cause mental or bodily harm to another person or oneself." In today's sports, aggression is a need. When one person causes an unpleasant stimulus to be delivered to another with the intent to do harm and the expectation of doing so, the recipient is motivated to escape or avoid the stimulus.

### **Hostile aggression in sport psychology**

When expressing violent rage, the primary objective is to harm another person. They want to cause people suffering and agony.

The anguish, pain, and harm caused by aggressive aggressors provide as justification for their acts. Aggressive hostility is best shown by a bowler who intentionally delivers a bouncer to break up a batsman's focus. In the past, some cricket players intentionally did this with the goal of hurting themselves. Exploring Instrumental Aggression In sports, winning may sometimes come from aggressive play. Athletes driven by instrumental aggression try to obtain an external goal, whether it be fame, wealth, or performance success. At all levels of sport, it should be avoided since both hostile and instrumental aggressiveness have the intent to harm another athlete or person. Coaches sometimes advise athletes to act aggressively in order to spot forceful conduct.

### **Assertiveness in sport**

All players, parents, and coaches should work to improve their sport. This shouldn't provide as justification for hurting an opponent physically. The capacity of an athlete to assert themselves, whether by physical or verbal methods, is referred to as assertiveness. When the coach demands a 110 percent effort, it is assertive. It involves making challenges that are allowed by the game's rules but that a defence wouldn't often be expected to make. Athletes need self-control since assertiveness does not entail trying to harm others in order to achieve a goal.

## **What causes aggression?**

What causes certain athletes to fully lose control? those unreasonable and aggravated feelings that result in aggressive action.

## **Sports and aggression**

In order to better understand the effects on sports participants, psychologists and physical educators may study aggression in sports and investigate the aggressive behaviour of athletes and sports spectators. Sports provide aggression with a socially acceptable outlet without the associated guilt, according to certain innate theorists. Athletes who play sports often have the opportunity to be aggressive, especially in collision sports like football and hockey and pugilist sports like boxing, which may help them curb their impulse to be violent. Some individuals think that by abiding by the rules, an athlete may be able to escape the guilt feelings that accompany violent outbreaks of wrath.

The field of psychology is quite diverse. It may be used in a variety of human endeavours and fields of knowledge. It also addresses the physical and mental health of people. However, Sports Psychology for Physical Education focuses primarily on physical fitness. It emphasises the need of maintaining physical health via sports and games. Hence Great and sports are present in sports psychology for physical education. Hence The whole growth of a person is greatly influenced by sports psychology for physical education.

Therefore, it is essential that we understand Sports Psychology for Physical Education in its entirety. The discipline of psychology known as sports psychology for physical education, according to Mr. K. M. Burns, "deals with an individual's physical health via his involvement in games and sports." **TERMS USED IN PSYCHOLOGY** Psychology has been defined differently by many psychologists. Here are a few of the most often used psychological definitions:



1. Psychology is the science and study of the mind. William James (WJ)
2. Psychology is the study of human behaviour, including its circumstances and causes.
3. Dougall, I "Psychology is the scientific study of an individual's interactions with their environment" (Woodworth and Marquis)
4. Psychology is the study of how people behave and interact. a crow and a crow

## CONCLUSION

Aggressive behaviour is one of the most frequent problems preventing athletes from progressing in their professions. Athletes are more aggressive than non-athletes, according to an increasing body of studies. Anger may have a crucial role in the emergence of violent behaviour since it has been connected to both approach and avoidance behaviour.

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