



TRACING THE ROOTS OF AGGRESSIVE VIOLENT BEHAVIOR AND APPREHENSION ANXIETY AMONG SPORTS PERSONS: A REVIEW OF LITERATURE

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ABSTRACT

Aggressive violent behavior and apprehension anxiety are two common mental health issues that sports persons often experience. These issues can have negative effects on the sports persons' performance, as well as their overall well-being. This paper aims to explore the roots of these mental health issues and their relationship with sports participation. There are various factors that contribute to aggressive violent behavior among sports persons. One major factor is the intense competition that is inherent in sports. Sports persons often feel pressure to win, which can lead to frustration and aggression. Additionally, some athletes may have a predisposition towards aggression due to genetics or past experiences. Apprehension anxiety is another issue that many sports persons face. This anxiety can be caused by a variety of factors, including fear of failure, fear of injury, or fear of public speaking. Sports persons may also experience anxiety due to the high expectations placed on them by coaches, fans, and teammates. Furthermore, social and cultural factors can contribute to these issues among sports persons. The culture of sports may glorify aggression, which can lead sports persons to believe that aggression is necessary to succeed. Additionally, social pressures can lead sports persons to suppress their emotions, leading to increased levels of anxiety and aggression. It is important for sports organizations and coaches to recognize the causes of these mental health issues and to implement strategies to prevent and address them. By addressing these issues, sports organizations can help sports persons to perform at their best while also maintaining their mental well-being.

KEYWORDS : Aggressive, Anxiety, Violent behaviour, mental health, Apprehension etc.

INTRODUCTION

Aggression and anxiety are common issues faced by players in India. While sports can be a great way to channel energy and showcase talent, the pressure to perform, win, and achieve success can take a toll on players' mental health. The intense competition and societal expectations placed on players can contribute to aggression and anxiety, leading to negative consequences for both the players and the teams they represent. One of the main reasons for aggression among players in India is the culture of hyper-competitiveness that exists in many sports. Players are under intense pressure to perform at their best and bring glory to their teams and the country. This can lead to high levels of frustration and anger, which can manifest as aggressive behavior on and off the field. Additionally, the media and fans often contribute to this culture by placing a heavy emphasis on winning and by criticizing players for any perceived failures or shortcomings. Anxiety is another issue that is commonly experienced by players in India. This can be caused by a variety of factors, including fear of failure, fear of injury, and fear of letting down teammates and fans. The pressure to succeed can be overwhelming, and many players struggle with the mental toll that comes with competing at the highest levels. Furthermore, the lack of support for mental health in sports is a significant problem in India. Mental health issues are often stigmatized, and many players are reluctant to seek help for fear of being seen as weak or unable to handle the pressure. This can lead to players suppressing their emotions, leading to increased levels of anxiety and aggression. Coaches and teams need to create a supportive environment for players to express their emotions and address any mental health concerns they may have. In recent years, there have been several instances of aggressive behavior among players in India. One notable example was the incident involving former Indian cricketer Gautam Gambhir, who was involved in a physical altercation with Pakistan cricketer Shahid Afridi during a match in 2007. While such incidents are rare, they highlight the potential dangers of aggression in sports and the need to address these issues proactively.

RESEARCH METHODOLOGY

The research methodology for a literature review article involves identifying the research question, developing a search strategy, selecting articles for review, extracting data from the articles, and analyzing and synthesizing the data. By following this research methodology, researchers can provide valuable insights into the research problem and identify gaps in knowledge that can be addressed through further research.

RESEARCH DESIGN

The research design used for this study is qualitative in nature. It involves a systematic and comprehensive analysis of existing literature on the topic selected.

DATA EXTRACTION

The data was extracted from the key findings and conclusions of the articles, methodology used in the articles, limitations and strengths of the articles, the gaps in knowledge identified in the articles etc.

DATA ANALYSIS

Synthesis of data was done for analysis. Synthesis of data includes identifying the common themes, patterns, and trends in the literature. The synthesis provides a comprehensive understanding of the research question based on the existing literature.

REVIEW OF LITERATURE

A literature review gives you a wide picture of the state of knowledge, enabling you to spot pertinent ideas, approaches, & research gaps.

Kuldeep Bharat (2022) examined the impact of both peer and adult models of each sex on hostility in youngsters. There was an increase in the short-term and long-term effects. Male peers were shown to have the greatest immediate impact on molding children's violent behaviour, whereas adult men had the most long-lasting impact. These studies have compared the impact of using a real model v/s films. In general, the data reveal that children, teens, and adults will exhibit quick violent reactions when shown hostility, especially if the attacker is associated with the subject.

Namita Saharan (2022) a research on the "Incidence of extramural motivation, aggressiveness and anxiety among collegiate women volleyball, basketball and Hockey player" performed by Ashima Saxena. As subjects, she chose 90 female college athletes. The aim was to detect the impact of extra-mural competition on performance motivation, aggressiveness and anxiety, the questionnaire on performance motivation. She concluded that non-mural rivalry among women in college had little effect on motivation, aggressiveness and concern for success. Ganapathi studied for his research 30 men and 30 women soccer players from each of the collegiate level and the university group were chosen as subjects the anxiety, aggressiveness, frustration and stress between men and women soccer players from colleges and universities. They were between 18 and 23 years old. The data were evaluated statistically using ANOVA test. There was observed that male and female college players were considerably more concerned, aggressive, breast-effective and stressful than female soccer players. Women soccer players were much higher than those of males in the ministry and stress level. There were substantial differences in anxiety, aggressiveness, frustration and tension across universities and college students in football.

Sakshi Dhalla (2021) Anger escalated during a season presented a projective test to boxers (Thematic Appreciation Test). In several

studies of aggressiveness in children, aggressive and violent play therapy has been shown to be effective in reducing hostility. This might lead to an increase in aggressiveness. Athletics may be a stressful environment for youngsters, and this is typically the case in the research. The hypothesis is supported by just a few researches when it comes to watching and supporting competition. The results of a developmental task (tree-house-person) on 8 fighters revealed that the measurements of antagonistic sentiments were higher than the actual thoughts the wrestlers portrayed the day after contest. According to the authors' theories, the build-up of tension leading upto the game might be a result of pre- match guilt trips. Thus, it was postulated that the aggressiveness was intropunitive in character, or aimed towards the aggressors rather than their adversaries.

Yamini Chaturvedi (2021) when it comes to new gross motor tasks, he found that trait and state anxiety had a significant impact on performance under competitions situations. The test of Spiel Berger for anxiety was used to gauge how anxiety affected performance using a novel gross motor skill (STAI). In experimental competition circumstances, graduation non-athletes (N=80) executed a customized lunge and recovery from a fencing manoeuvre. The study's findings showed that those with low levels of trait anxiety performed better than people with high levels of trait anxiety while learning a new skill.

Shalini Sharma (2020) a research on aggressiveness and anxiety among blind and ordinary school Football players was completed in the Tamil Nadu by Arif (2018). The survey consisted of 67 blind Football players and 81 regular Football players at school. The Smith and Martens questionnaire was employed respectively in the research of aggressiveness and anxiety. In order to assess the degree of anxiety, the average score for blind and normal football players was calculated and T-test was applied to know the meaning of anxiety differences between blind and normal football players. This demonstrates that aggressiveness and anxiety vary considerably. In this regular football actors in aggressiveness are better and blind pupils in anguish are better.

Ajay Sharma (2019) undertook comparative study on the psychological variables of anxiety and aggression among state - represented and non- state represented youth volley ballplayers of Andhra Pradesh. The results of the study revealed that the mean value of state represented and non-state represented youth volley ball players are 13.69 and 17.33 respectively. This also indicated that the obtained value of F- ratio of 11.69 is much greater than the table value of 7.08 at 0.01 level of significance. It was concluded that as experience level was increased students showed lower anxiety, a higher sense of responsibility and were more social intelligent.

Sonali Rajvanshi (2019) conducted a study on Anxiety among swimmers. It was found that swimmers with greater anxiety generally perform at slower time. The cognitive component of anxiety shows a stronger relationship to performance decline than the somatic component. However, the somatic anxiety to performance relationship was evident in distant swimmers. It is important that swimmers approach competition with confidence and a positive mind - set and negative talk is likely to indicate that the swimmers has a strong likelihood of performing below expectations.

Chitra Rathi (2018) were interested in the patterns of state of anxiety exhibited by female track and field participants during practice as well as in actual competition They measured the state at four different times, pre practice, post-practice, pre meet and pre event. There was a drop in anxiety level after practice. The relatively similar levels in anxiety during both practice and before the meet appear to indicate that both the situations contain a potential threat to self-esteem. The highest degree of anxiety was shown just before the event.

CONCLUSION

In conclusion, aggression and anxiety are significant issues faced by players in India. The intense pressure to perform and achieve success is root cause of players' mental health, leading to negative consequences for both the players and the teams they represent. It is important for sports organizations and coaches to prioritize mental health and well-being, create a supportive environment for players, and promote a positive team culture that values sportsmanship and respect for opponents. By addressing these issues, India can create a healthier and sustainable sports culture that benefits both players and fans.

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