



AGGRESSIVE VIOLENT BEHAVIOR AND APPREHENSION ANXIETY IN KABADDI AND KHO-KHO: AN IN DEPTH LOOK

Physical Education

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ABSTRACT

Aggression and anxiety are seen throughout sports. Sometimes in a crowd's reaction to on-field activity, and sometimes simply as part of a sport. However, many of the sporting behaviours we often believe to be aggression are actually not classified as such and are miss-classified by commentators and forecasters. There are many reported causes of anxiety and aggression in sport settings. Dollard, Doob, Miller, Mouser, and Sears (1939) hypothesized that aggression results from frustration. However, it has since been shown that frustration (whether due to losing, not playing well, being hurt, perceiving unfairness in the competition) does not always produce aggressive behavior. Rather, being frustrated heightens one's predisposition toward violent actions (Berkowitz, 1969). Contextual factors come into play and how an individual interprets the situational cues at hand best predicts whether this sports person will exhibit aggression. This article will explore factors or causes which result in aggression and anxiety.

KEYWORDS

Anxiety, Aggression, Kabaddi, Kho-Kho etc.

INTRODUCTION

Aggression and anxiety have become common in modern day kabaddi and kho-kho games, especially those that have high emotional content. Whatever the degree of aggression, it can be minimized by adopting a systematic approach at the psychological and sociological levels. Tolerance and empathy on the part of the organizers and the coach, followed by proper training to the athlete may be the solution.

Aggression in sports

Terry and Jackson (1985) defined aggression in sport as: 'harm-inducing behavior bearing no direct relationship to the competitive goals of sport, and relates, therefore, to incidents of uncontrolled aggression outside the rules of sport, rather than highly competitive behavior within the rule boundaries. Aggressive and violent actions which might be illegal outside sport, or in supposedly non-contact sports like Basketball, Football, Cricket, etc. are legal and allowed in the context of combat sports like Judo, Karate and Wrestling, or team contact sports like Rugby, American football and Ice hockey. All these sports are characterised by high levels of aggression and often violent physical contact which may be within the rules of the game and not intended to injure. The same sort of behaviour outside the sports context may however be defined as criminal. Participants in these sports have also accepted the inevitability of rough contact and possible injury in these sports. A high degree of aggression that is not in line with competitive spirit is illegitimate and sometimes even illegal. In some sports, however, there appears to be a gray zone where aggression is accepted by 'victims' as a legitimate part of the game. W. Gordon Russell (2008) provided a good understanding of the real meaning of aggression in sports. He had discussed the role of various external social influences on human aggression or the effect of provocations such as hurtful remarks, chants and songs were discussed. The most likely targets for aggression are officials, women, young entrants, and players who are victims of racial bias. Katherine Simpson (2001) has found evidence about the role of testosterone and its impact on aggression.

Anxiety in sports

Anxiety is both a psychological and physiological phenomenon. Anxiety is related to emotions such as fear, and negative thoughts such as not being able to cope. The physiological aspects of anxiety include sweating, not sleeping, feeling tense, headaches, raised blood pressure and problems with eating/digestive functions. The common characteristics of anxiety such as, physical tension, a high degree of bodily arousal and persistent feelings of worry are not accidental symptoms, but they are the result of our 'fight or flight' mechanism. These symptoms are crucial indicators to help us to prepare for either 'fight' or 'flight'. Despite the lack of 'threat to survival' in sport, the mechanism is the same although the threat is more likely to be towards your 'self-concept'. Anxiety is therefore a useful motivator but can be both adaptive and maladaptive. Where a little anxiety can be positive and encourage you, high levels of anxiety can actually discourage your

engagement due to fear, therefore becoming maladaptive. The difference between fear/worry and anxiety is uncertain. However, fear is generally considered to be due to an identifiable source of danger which is usually obvious, as it is a specific person/situation/object. With anxiety it is more difficult to specify exactly what the danger is, as it is more of a general level of worry and/or apprehension.

Causes of Anxiety in Kabaddi and Kho-Kho game Fear of Failure

Anxiety is based on fear, that's why you grow consumed with worry. Have you ever wondered what it is you're so concerned about in the first place? With performance anxiety, it's failing. The fear of failure directly results in you becoming an anxious person. Your mind has already drifted into the future, allowing fear of what may occur to fill your head. Now, you must do something to feel as if you have control over not failing. As irrational as it may be, your mind's natural response is anxiety. This is due to the fight or flight response ingrained in us.

Perfectionism

When the need to be perfect enters your mind, sadly, such perfection will never be attained. This is the tragic fate of a perfectionist. Always seeking an ideal vision of perfection, yet, always falling short within your own mind. Why on earth would any of us adopt this form of thinking, knowing that perfection is not actually possible? Well, because in our own heads, the twisted thoughts of perfectionism mixed with our individual arrogance make us think we are different. I've struggled with perfectionism throughout my whole life. It can make beginning a new project difficult because you feel that everything needs to be aligned perfectly in order for you to get started. Not to mention the toll it takes on your athletic performance. Perfectionism, while it may seem to fuel motivation and drive a strong work ethic, proves to be much more harmful than beneficial in the long run.

Negative Self-Talk

Here we discover both the cause and effect of many mental game challenges. The way you speak to yourself has a direct influence on the way that you feel. A negative voice in your mind will drive anxiety and allow it to thrive within your life. Let's examine the two causes of performance anxiety we have previously outlined, Fear of failure and perfectionism, and see how negative self-talk is related. Fear of failure is based on the growing fear you have of making a mistake. This fear drives thoughts of what may happen if you were to fail. Enter negative self-talk, constantly reminding you of just how awful it will be if you fall short of the success you desire.

Low Confidence

High confidence equals trust, trust in yourself and in your abilities. I want you to think about this, if you were incredibly high in the belief that you possess the necessary skill and capabilities to succeed, would you grow anxious over the results of your performance? Probably not, because high levels of confidence equate to low levels of anxiety.

Knowing this to be true, the inverse must also hold true. When faced with low self-confidence, doubt is a natural state for your mind to adopt. Now, what happens when you doubt your abilities? You become worried, concerned over whether or not your skills will be adequate enough to succeed that day. As your confidence drops further, the worry you experience becomes stronger. Prolonged, the self-doubt regarding your skills transforms into performance anxiety leading up to a game.

Lack of Preparation

The previous four factors have involved mental game challenges and negative ways of thinking that lead to performance anxiety. For our last reason, I want to switch gears a bit to an aspect that is a bit more directly within your control. First, I want to preface this section by saying performance anxiety, by no means signifies a lack of talent. I have witnessed players with ample amounts of skill and talent suffer greatly from anxiety. It's not a lack of talent that is to blame for the performance anxiety you are facing, but there should be a question in your mind of whether or not it has to do with a lack of preparation. Now, what do I mean by this? There are two facets to preparation that you must pay attention to regarding performance anxiety. The first one is obvious, being the physical preparation you do leading up to a competition.

Causes of Aggression in Kabaddi and Kho-Kho games

Several theories on aggression have been proposed but they fall into four main categories:

1. Instinct theory suggests that aggression is the result of an inherent drive like hunger, thirst etc.
2. Social learning theory suggests that aggression is a function of learning, not merely a biological drive.
3. Moral reasoning theory where the aggressor justifies his or her action as proper.
4. Frustration-aggression hypothesis states that aggression is a result of frustration.
4. Fan Violence some of the dirtiest instances of sports aggression and violence happen among the spectators. There are individuals who instigate violence. These individuals are attracted to violence tend to score high on the personality scale for anger and physical aggression.
5. Temperature: Higher temperatures can lead aggressive players to become more aggressive.
6. Retaliation due to perception of victim's intent: Some players imagine that an opponent's intent is to inflict harm, so they respond with aggression against the opponent.
7. Fear of retaliation by victim: To an extent, the fear of retaliation by the victim of aggression can discourage the aggressive player from initiating that aggression.
8. Game situation: Several studies have shown that more aggressiveness occurs as there is a big difference between scores. When the scores are close, aggression is at a minimum.
9. Rivalry due to familiarity: Familiarity breeds contempt. As players become more familiar with one another due to frequency of play, rivalries also may increase, and aggression in turn becomes more frequent.
10. Reduced goal orientation: As the ego state of the athlete increases, there is general lack of respect for the game or the official. A high task goal orientation results in a higher level of sportsmanship.

CONCLUSION

The present research aimed to examine the factors affecting aggression and anxiety in sports. One of the effective factors in the occurrence of violence and aggression is the behavior of kabaddi and kho-kho player. According to the theory of instinctive aggression, internal aggression is a genetic component and exercise is an acceptable and effective means to get rid of factors related to anxiety and aggression. Those with a strong competitive nature are more likely to explore opportunities and have a greater motivation to reach them. It should be noted, however, that having a competitive personality trait cannot predict an individual's responses; thus, those with a winning personality behave more aggressively than other people. Therefore, it is believed that the more the kabaddi and kho-kho are able to understand, accurately express, regulate and identify emotions, the more he will have thinking habits that will make him more efficient and improve his performance

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