



ASSESSING IMPACT OF AGGRESSION AND ANXIETY ON SPORTS PERFORMANCE

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ABSTRACT

The purpose of this research was to compare the levels of motivation among female Kabaddi and Kho-Kho players. Compared to their counterparts at Kho-Kho University, female Kabaddi players exhibit much higher levels of accomplishment motivation. There were also notable differences between the Kabaddi and Kho-Kho women students in terms of the chosen psychological characteristic, neuroticism. Female players from Kabaddi University have been demonstrated to be more neurotic than their counterparts from Kho-Kho University. Statistical investigation revealed a substantial difference between Kabaddi and Kho-Kho University Women Players on the personality attribute of extroversion. The women's Kho-Kho team at the university is more outgoing than the women's Kabaddi team at the same university.

Keywords: -Kho-Kho, Kabaddi, Players, Female, Anxiety,

I. INTRODUCTION

When compared to God's other creations, man stands out as the most brilliant and admirable. An individual's behavior and character undergo dramatic transformation as a result of his voracious need for knowledge. "Education is the manifestation of perfection which is already in man," Swami Vivekananda once observed. Currently, India is the world's largest socialist and democratic nation. Our nation's future safety rests in the hands of our young people. Therefore, it is imperative that our youth be healthy, smart, and moral. Sports, games, and other activities employed in physical education are only a few examples of the many facets of life in which today's youth must build a well-rounded personality. The level of competition in modern sports is over the roof. When there is a competition, the previous records are always broken. Individual success is the result of years of dedicated practice beginning in infancy, together with a healthy dose of self-determination and other psychological elements. All people, regardless of their

gender, have access to the joy, challenge, and adventure that come with participating in individual and team sports.

II. SPORTS

Sports are a kind of organized competition characterized by intense physical effort or the application of rather complicated strategies for the purpose of achieving a common goal.

Millions of people take part in sporting events, millions more watch and read about them, and billions of dollars are spent each year on sports-related products and services.

One area that has received a lot of attention and is becoming more important is the study of the psychological factors that restrict an athlete's performance at the highest levels of a particular sport. Psychologists acknowledge that games and sports provide a healthy outlet for the drive of physical activity and creativity while also satisfying such basic needs as a sense of belonging, self-respect, and the satisfaction that comes from accomplishing something. These mental characteristics are highly prized because of their role in shaping a person's socially acceptable identity.

III. PSYCHOLOGICAL PREPARATION

There has been a recent uptick in focus on the study of sports psychology, namely in the area of "cognitive sports." Mental influences on physical outcomes are of particular interest to psychologists. Researchers in the field of sports psychology have shown that an athlete's mental state has a significant effect on his or her performance.

Athletes' collective reactions are a synergy between individual motor response and cognitive response. The right motor ability required for performance is formed by assembling this bundle of responses. In weightlifting, for instance, it's important to train one's mind to beat the barbell. However, this sort of practice is organized and executed in order to help the players maintain their peak mental state throughout the competition.

1. The Psychological character of sport
2. The competitive conditions and
3. The personality character of the sportsmen.

Therefore, it must be organized in a way that aids in establishing a solid state of mind prior to the competition.

The Necessity and Value of Sports Psychology

Sports psychologists are experts in analyzing human behavior across a wide range of performances because to the psychological evaluation methods they employ.

Scientific data from many examinations has shown that a sportsperson's psychological make-up is just as important as his physical and psychological factors, strategies, tactics, and so on for achieving peak performance. Improved track and field performances sometimes depend on a variety of psychic skills. Athletes' mental prowess are crucial to their success on the world stage. Extraordinary results may be achieved by careful attention to the "individuals'" psychological health and training.

Psychological factors determine the Sports Performance

Sporting victories are sometimes decided by the slimmest of margins, such as a single goal scored over an opponent's or a split second's advantage at the finish line. Athletes nowadays are more determined than ever to get whatever edge they can over their competition. Training, conditioning, diet, and mental preparation are all areas where experts might be consulted for this purpose. The study of sport psychology is becoming more important in the world of athletics.

IV. AGGRESSION

Aggression literally means "to move against" or "to move with intender," to injure or "harm," and derives from the Latin roots agreed (to attack) and gradi (to travel toward). Finding a universally accepted definition of hostility is the primary challenge when investigating aggression in sports. Most psychologists use behavioral concepts to define hostility.

Aggression is any behavior or set of acts that is intended to cause emotional or bodily pain to another person or to his or her belongings or loved ones. There are directional aspects to aggression. Some forms of aggression are inwardly focused, and their most extreme manifestations often lead to self-destructive patterns of behavior or even suicide.

- **Aggression in sports**

There are several potential origins of aggressive behavior in sports. Rules of the game (degree of physical contact), frustration, instinct, presence, arousal, contextual signals, self-control, and the conduct of others are the most readily apparent causes. Personality, media exposure, coaching, role models, and cultural norms are other contributors to aggressive behavior. With the use of social learning theory and environmental cues theory, we may better understand the phrase "aggression in sport."

- **Importance of Aggression**

It's hardly unexpected that aggressive behavior is seen as a means to an end in competitive settings. Aggression is the intentional infliction of damage on another person.

If an aggressor's actions physically or mentally impair the opposition's resources (i.e. input), the aggressor's actions might have a favorable effect on the outcome of their performance. A team's performance result may also benefit from an aggressive approach if the team's process is enhanced.

V. ANXIETY

Anxiety is a key factor in the development of motor skills and in the success of athletes. Anxiety may either fuel success or hold it back. Whether it has a good or bad impact on a particular athlete is entirely dependent on that person's perspective.

When anxiety reaches this level, the sufferer completely loses command of both himself and their environment.

Anxiety is a normal response to dangerous situations, and it helps ready the body for the 'fight or flight' reaction. This is the body's instinctive and primal reaction to danger, getting ready to "fight" or "flee." That our species continues to thrive is a result of this 'hardwired' reaction. There is a physiological and psychological reaction to competition in sports because of the danger to the ego. Anxiety is a natural response when the demands of training or competition exceed one's confidence in their ability to meet those expectations.

When a person starts to mistrust their own ability to handle the circumstance, anxiety sets in. It's not always your innate ability that determines how well you do. It's all about how you respond to the game's inevitable ups and downs.

Anxiety management skills are essential for every athlete. Those who are able to control their nerves outperform even the most formidable opponents.

- **Importance of Anxiety**

When it comes to motor performance, anxiety is a major factor, and this is especially true in the realm of sports and games. Anxiety, and the mood it causes, may have a major impact on an individual's ability to move. Athletes might focus on improving themselves from the inside or the outside. It may be necessary to use caution while modifying these innate tendencies.

Anxiety has a significant impact on both motor skill development and sports performance. The way an athlete reacts to anxiety determines whether or not it will have a beneficial influence on performance. Motor abilities were more often chosen by individuals with lower A-trait values. The

A-state and A-trait levels of athletes also correlate positively with one another. It seems that a reasonable amount of worry is optimal for learning and using motor abilities. Both high and modest levels of worry might hinder academic achievement. Women have emerged as a formidable competitive force in sports throughout the globe, posing a major challenge to the traditionally male-dominated upper echelons of the sporting industry. Media coverage of extraordinary women has elevated the ideal of female excellence and energy.

- **Role of Anxiety in Sports Performance**

Different scientists use different terms, and there is little consensus on how anxiety should be defined or what effect a "effective" state should have on athletic performance, all of which contribute to research findings that are often inconsistent with one another. Anxiety in the moderate range is said to be enjoyable and boost performance, whereas greater levels of anxiety are said to be counterproductive.

VI. CONCLUSION

Mental training is a vital component of peak athletic performance at any level. Top athletes make extensive, often unconscious, use of psychological strategies before, during, and after competition. The mental demands placed on the performer(s) increase proportionally with the intensity of the competition. Many experts in the field of sport psychology even contend that mental preparation is more crucial to success on the field than any other factor. An in-depth familiarity with the theories and models supporting psychological tactics is necessary for efficient prescription of methods to enhance the performer's psychological mentality. Many factors, some of which are unique to each athlete, influence how well they mentally ready themselves to compete. As a result, methods may be tailored to a variety of contexts provided one has a firm grasp of the underlying psychological concepts and models.

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