

## AGGRESSION

**Using practical examples** describe four methods that might be used to eliminate aggressive tendencies in sport.

(4)

1.	(lower arousal – cognitive)	Lower arousal/calm down/mentally relax/ reduce importance eg you calm down when you feel angry (in tennis)
2.	(somatic/physical)	Physically relax/progressive muscular relaxation/taking deep breaths or slowing down the breathing rate / biofeedback eg A player takes deep breaths when he feels angry (in cricket)
3.	(cognitive)	Imagery/mental rehearsal or mental practice/meditate/visualisation eg A (football) player will think through their defensive position
4.	(attentional control)	Selective attention/concentration/block out distractions. eg A rugby forward ignores verbal abuse from another player
5.	(punish)	Use of punishment/negative feedback eg A player receiving a fine for hitting an opponent in (netball)
6.	(educate)	Educate about outcomes/teach assertive techniques/make clear the consequences of aggression / channelled aggression. eg Show a player the consequences of hitting an opponent in (rugby)
7.	(removal)	Remove from situation/cues or remove cues or change position eg To substitute an aggressive player (in hockey)
8.	(reinforce non-aggression)	Positively reinforce non-aggression/assertion or praise/reward when they channel aggression/control themselves/use of negative reinforcement eg Praise given for walking away from trouble (in a rugby match)
9.	(role models)	Use positive role models to show assertion eg The captain in your football team never shows aggression
10.	(goals)	Use (SMART) goal/target setting to control aggression / give responsibility eg Give a player the target of not getting a yellow card in the next match or give the captaincy to an aggressive player
11.	(self-talk)	Use positive self-talk or raise self esteem eg tell yourself to stay calm (in golf)

Evaluate critically theories of aggression that seek to explain why negative responses often occur in sporting situations. Use practical examples for the theories.

(20)

Theories of aggression that seek to explain why negative responses often occur in sporting situations.		
(Instinct theory)		
1	Instinct/natural/innate tendencies / stable/enduring <ul style="list-style-type: none"> <li>• personality characteristics/personality defects/ mental illness</li> </ul>	
2	A response to protect/survive	
3	Anger/high arousal <ul style="list-style-type: none"> <li>• stress as triggers</li> </ul>	
4	Can be caused by others' aggression <ul style="list-style-type: none"> <li>• retaliation</li> </ul>	
5	*But not all people are aggressive	
6	*But aggression shown by people at different times <ul style="list-style-type: none"> <li>• depends on the situation/environment.</li> </ul>	
(Frustration-aggression hypothesis)		
7	Frustrating circumstances blocks your goal <ul style="list-style-type: none"> <li>• Frustration causes aggression</li> </ul>	
8	Aggressive to achieve catharsis <ul style="list-style-type: none"> <li>• to feel better/to release frustration</li> </ul>	
9	Often aggression if punished leads to more aggression <ul style="list-style-type: none"> <li>• lack of catharsis</li> </ul>	
10	Often caused by perceived/actual unfairness <ul style="list-style-type: none"> <li>• eg refs'/officials' poor decisions</li> </ul>	
11	Frustration caused by poor personal performance <ul style="list-style-type: none"> <li>• eg having a poor game</li> </ul>	
12	*But not all behave like this in frustrating circumstances	
13	*Does not take into consideration differing circumstances/environment	
14	*Aggression is never satisfying to most and creates regret <ul style="list-style-type: none"> <li>• leads to low self-esteem</li> </ul>	
(Aggressive Cue hypothesis)		
15	Signals/cues/stimuli from the environment <ul style="list-style-type: none"> <li>• situation trigger aggression (innately)</li> </ul>	
16	Because cue is identified with expected/desired behaviour/we have learned this response from previous experiences	
17	Conditioned response/S-R bond that has been learned <ul style="list-style-type: none"> <li>• operant conditioning</li> </ul>	
18	You get praise/reinforcement if you are aggressive	
19	*The same cue can elicit different responses at different times for the same person	
20	*The same cue can elicit different responses for different people	
21	*We have the perceptual ability/control to be able to recognise inappropriate aggression and avoid it	
(Social learning theory)		
22	Watching/observing others who are aggressive likely to be copied <ul style="list-style-type: none"> <li>• vicarious processes</li> </ul>	
23	Learn aggressive behaviour from significant others <ul style="list-style-type: none"> <li>• role models with possible examples</li> </ul>	
24	Reinforcement of aggressive behaviour will increase chance of copying	
25	Copying more likely if same sex model	
26	Males more likely to be physically aggressive than females	

27	Live/realistic models more likely to be copied	
28	*At times we do not copy those that model behaviour (role models) – which opposes social learning view.	
29	*Counter-cultural behaviour/wanting to be different/strong sense of independence can lead to role models/required behaviour being countered/ignored.	
30	*Sometimes can't help ourselves be aggressive/innate feelings counteract what we ought to be doing/how we are behaving.	
(Others possible approaches) (external factors)		
31	Displaced aggression/other influences outside of sport <ul style="list-style-type: none"> <li>• it's not what happens in sport but other external factors</li> </ul>	
32	*Difficult to prove	
33	*One person who experiences the same external factors as another can behave very differently	
(Culture)		
34	Socialisation/cultural norms and values determine your behaviour/it is expected <ul style="list-style-type: none"> <li>• cultural determinants</li> </ul>	
35	*Can't help our innate feelings	
(Expectations of the game/sport)		
36	Game determinants/expected/norms in the game / to intimidate/dominate opponent <ul style="list-style-type: none"> <li>• examples of such activities eg ice hockey</li> </ul>	
37	*Different people playing the same sport react differently	
38	People behave in spite of the game's norms because of other influences <ul style="list-style-type: none"> <li>• people bring expected norms to a sport and sport is not a determinant for behaviour/too many other stronger influences other than the sport that dictates behaviour.</li> </ul>	