

## **A Study on Aggressive behaviour and Performance of Sports Persons**

**Majeed**

Research scholar

Department of Physical Education

Gulbarga University kalaburagi

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### **Abstract**

*The main purpose of this study was to measure the aggression and locus of control witnesses in sport may be categorized in to athletes spectators aggression or hostility. The competitive nature of sports, perhaps is the major reason for the athletes behaving aggressive and locus of control especially in contact sports where the instinctive tendencies of offense and defense behaviour.*

### **Introduction**

Two factors must be present in order for a behavior to be labeled aggression and locus of control. The behaviour must be aimed at another human being with the goal of inflicting physical harm. Locus of control is an important aspect of the behavior. For the practicing school psychologist or teachers, this is apt to bring to mind a variety of ideas. It is structure of the actual process of performing, in other words, it is the physical, physiological, mechanical physic of the motor action or actions done during the competition. Motor action consists of movements, which are controlled and regulated by the central nervous system.

### **Methodology**

Keeping major objectives of the study in view, appropriate design is adopted. The study was conducted on 300 sports persons selected from various colleges of Gulbarga. The criterion of selection was participation in sports at least at inter collegiate level. The sample so selected was administrated the scales, viz aggression and locus of control. This is done to examine the differences between the sample sub groups on psychological factors and subsequently the sample was categorized based on the scores on psychological factors to access impact of independent factors on the sports performance of the respondents.

### **Findings**

**Table – 1 Mean, SD and t-value sports performance in Aggression (N = 300)**

Aggression		100 m	200 m	400 m
Low	Mean	26.875	45.4406	101.253
	SD	16.9753	3.8725	7.4505
	SE	± 1.0265	± 0.3051	± 0.5344
	N	50	50	50
High	Mean	21.7246	48.7658	94.2405
	SD	1.7246	3.4810	6.2016
	SE	± 0.1090	± 0.2201	± 0.3972
	N	50	50	50
t-value		1.742*	1.824*	1.646*

\* Significant at 0.05 level

Thus the higher performance is found to be determined by the aggression that a sportsman possess and express. The aggression is therefore, an essential factor in any sports competition. As a psychological factor the aggression of sportsman helps in the achievement of higher athletic scores. Therefore it can be said the aggression in sports has an instrumental value in enhancing the sports performance.

**Table – 2 :Mean, SD and t-value sports performance in Locus of Control (N = 300)**

Locus of control		100 m	200 m	400 m
Internal	Mean	22.2712	50.1470	96.6830
	SD	15.9313	3.5294	6.1601
	SE	± 1.0075	± 0.2232	± 0.3896
	N	50	50	50
External	Mean	27.0748	56.5646	108.3843
	SD	1.7108	4.6938	7.8741
	SE	± 0.1082	± 0.2968	± 0.4980
	N	50	50	50
t-value		1.724*	1.684*	1.695*

\* Significant at 0.05 level

This clearly shows that that locus of control has something to do in the increment in the performance of the players.

### Conclusion

The study also assessed the influence of the independent variables like aggression, locus of control on the three motor test of 100 meters, 200 meters and 400 meters. It revealed the fact that all these independent variable have significant influence on the sports performance. The study categorically showed that all the factors have strong correlation with the sports performance in all the three events.

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