

Impact of Aggression, Competition Anxiety, Pressure of Achievement and Personality Traits in Sports

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Abstract – Nowadays in sports field the role of abilities and psychosomatic preparations of sportspersons in sport successes and achieving desire performance in competitions and tournaments, even in some circumstance, be considered more important than the technical preparation. Sport with its own characteristics and attractions, taking root in the world and has attracted many interests, as every year many national tournaments, continental tournaments, championships, world cup and some tournaments are conducted. These days with the proliferation of various sorts of athletic abilities and preparing and the shortening of records and the hole between competitors, mental preparation and mental aptitudes have become progressively significant, so numerous mentors and competitors underscore mental aptitudes more to make donning progress. The way that cutting edge sports are more than muscle strength is presently very much perceived. The mental boundaries are chosen as needy factors, to be specific State anxiety Trait anxiety, aggression, Pressure of achievement and Personality traits.

Keywords – Aggression, Competition Anxiety, Pressure, Achievement, Personality Traits, etc.

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INTRODUCTION

Aggression is conduct, or a disposition, in its broadest sense that is strong, undermining or attacking. In retaliation, or without provocation, it could occur. Aggression is an intention to cause hurt or a demonstration expected to set up relative social prevalence in more modest definitions that are utilized in sociologies and conduct sciences. From a perspective, savage or defensive conduct between people from various species may not be considered aggression. Aggression can take on an assortment of structures and can be verbally or non-verbally conveyed or physical. Notwithstanding the way that the terms are often utilized proportionally among laypeople, aggression contrasts based on what is commonly called self-confirmation. Anxiety is a negative emotional state in which the sentiment of anxiety, stress and anxiety is related with body activation or fervor (Weinberg and Gould, 1999). It is a sense of dread, tension, and anxiety, typically summed up and diverted as an overreaction to a situation that is only emotionally undermining. Strong tension, excitement, weakness, and concentration issues are often connected with it. Anxiety can be suitable, however when it is exorbitantly long and

prolonged, the person may encounter the unfriendly impacts of an anxiety issue.

Physical activity and sports have emerged from a long historical background. It is a process that has taken place, and still takes place in various informal and formal ways. It has been a culture from the time of a primitive man to the present. Physical activity has played a vital role either directly or indirectly in the lives of all people. Actual exercises of crude men were primarily committed to food collection and recreation, while in the cutting edge serious world, people are in a competition to dominate others in each game and competition has become a key method of human expression. One of the significant methods for accomplishing international recognition and renown has been serious games.

Aggression

The word aggression is used to characterize the behavior of the individual we say that the people are aggressive when the harmful responses such as anger injuries or rough performance during the game of the goal and desire. Aggression represents the anger and hostile behavior

whenever during the game the referee suggested the penalties to the player that time the aggression were viewed Collective aggressive behavior is prevalent in sport, particularly among crowds of spectators. The appearance of aggression can occur in a number of ways, including verbally, mentally and physically. In different games or games, aggression or forceful conduct assumes a significant job. Contingent upon the idea of the game, it can in some cases give great outcomes and some of the time its impact is hurtful and it straightforwardly influences the exhibition of the competitor. Contingent upon the kind of movement, aggression or forceful conduct assumes a crucial function in different games or games. Once in a while it gives great outcomes and now and again exceptionally risky outcomes. Now and again the assault straightforwardly influences the exhibition of the athlete since they cannot give the ideal presentation in the game and sports. Conventional wisdom argues that act on aggression on the part of an athlete will constitute a distraction and result in a decrement in performance. Not only are aggressive acts on the part of an individual distracting to the individual, but they are likely to be disturbing to the team as a whole.

Indeed, aggression is often important for the game and numerous types of forceful conduct are acknowledged and even advanced. Aggression in games can likewise happen essentially on the grounds that a great deal of people is profoundly actuated in conditions that if disappointment is experienced or seen, are probably going to create antagonistic decisions. Mental factors, for example, aggression can impact a person's and the whole group's exhibition. In every aspect of human action, including sports, the issues of aggression have been considered huge. To accomplish the objective and want, aggression must be managed and appropriately applied in each game. Aggression is more rambunctious in games, it tends to be useful in execution in light of the fact that the players arise for the harder endeavors and keep them persuaded to do and kick the bucket for the group's prosperity. The forceful competitor is more fiery, energized, strong, profoundly energetic and liable to search for any opponent. In other behaviors some time the players violent in the game and more aggressive for the reason that they do not tolerate the aggression level so that they uses the bad language and equipment abuse. Aggression and hostility are frequently subject of mental investigation there exists however, little psychological enquiry into a sport characterized by aggression and violence. Aggression arises from an native drives or occurs as a defense mechanism and is manifested either by constructive or destructive acts directly toward self or others they must fight for their own wellbeing and they expect same from others.

Competition Anxiety

An individual may experience general or specific anxiety when faced the some stressful situation. In

the field of sports, there are many situations which produce anxiety ridden behavior that have many implications for the players. Most of the time many athlete and players below possible pressure or extra anxious about falling to come to the social expectation than, which might happen to them during performance. For example the player may face unexpected defeat from a dreadfully team which lead to failure anxiety fear expressed in such situation is the fair of failure. The failure anxiety is related to the individual's perception of social consequences of the relative success of failure or situation. There is also a feeling of social embarrassment due to failure in sports; especially in a highly competitive sports the player anxiety s more related to subsequent result of game or getting reward than to his felling about getting injured or any other physical harm. Agyajit singh (2004)

Anxiety is a negative condition of aggravation in which there is an inclination of apprehension, dread, tension, stress. Whenever the player with discomfort to some event however anxiety can occur in different condition such as cognitive and somatic in nature. Somatic is a physiological aspect and cognitive is a mental component of anxiety and it's caused by negative on individual and team game player. In which the person Self-talk at a times leads to continues and take a feelings of nervousness, tension fear etc.

Achievement Motivation

Motivation is a process by which an individual is inspired, guided or coaxed to do something. It is one of the important conditions rather than the central core of life. In other words it is that psycho-physical condition of the organism which causes an individual to work as strive to fulfil his needs. In the absence of proper motivation not only learning process but also life itself becomes an uninteresting uphill task. Motivation is then considered as that process by which a child may prepare to respond to situations which are directed towards the achievement of certain predetermined goals or objectives. In this field of physical education and sports, no athlete can or even shows better performance without motivation.

The theory of achievement motivation was developed by McClelland, Atkinson, Clark and Lowell (1953), attempts to determine the direction, intensity, and persistence of behavior in a specific and limited context-that is, behavior or performance in a pure achievement setting. The theory is intended to be applicable only when the person knows that his performance will be evaluated in terms of some criteria or standard of excellence, and that the outcome of his performance will be either favorable (success) or unfavorable (failure). This is a theory concerned with achievement-oriented performance (Atkinson, 1964) and, though it has historical derivations in the works of , most of the formulations have arisen out of research

dealing with the need for achievement, anxiety in test situations, and level of aspiration. This theory is well-substantiated by empirical evidence related to achievement oriented behavior. Achievement motivation is defined as "a habitual desire to achieve goals through one's individual efforts". Individuals vary quite a lot in this motivation. Managers, coaches, and many types of leaders are very keenly interested in how to maximize in this type of motivation as it pays rich dividends in terms of high performance and leads to excellence.

Achievement motivation may be intrinsic in some situations (if you love to play soccer or tennis, you're playing aggressively is probably a result of your enjoyment and your ardent desire to dominate the proceeding and to win), and extrinsic in others (you may not enjoy studying chemistry or geography very much, but you work hard to get good grade in order to get scholarship or admission in a more prestigious course) Achievement motivation can be defined as the athlete's predisposition to approach or avoid a competitive situation. However, in a broader sense, achievement motivation includes the concept of desire, or desire to excel. The athletic literature and history are full of examples of athletes who have excelled because of an internal desire, as opposed to physical attributes such as size and strength.

Personality

It has been defined in many ways by different experts and each definition has something to offer by way of emphasis upon a particular facet of an individual. Hall and Linzey (1980) submit that the description and explanation of personality is always a function of the particular bias or orientation of the theorist. Here the trait factor approach has been followed and therefore, the investigator decided to adopt Cattell trait definition of personality as a working definition for this study.

Personality Traits

In the Big Five model, there are five character dimensions: Extraversion, Agreeability, Conscientiousness, Neuroticism and Openness to experience. Extroversion implies that individuals are pleasing, while introversion infers that they are tranquil and kept up (John et al., 2008). Extraversion depicts straightforwardness, determination and a significant level of energy (John et al., 1991). Persons with a high extraversion score are more open, indefatigable, glib, and social than individuals with a low extraversion score who are unassuming, quiet, and aloof (Larsen and Buss, 2009). Extraversion is related with execution and hedonism gauges (Roccas et al., 2002), yet additionally with objectives for a fiery lifestyle (2002) (Roberts et al., 2004).

Reasonableness implies that individuals are compassionate and supportive and not unforgiving

(John et al., 2008). Liberality and trust characterize this dimension. It will in general be viewed as a combination of association and harmonization (John et al., 1991). In this dimension, people with a high score are warm, insightful and honest, while individuals with a low score are cutthroat, often inconsiderate, and even brutal to a great extent in this dimension (Larsen and Buss, 2009). Reasonableness is connected to harmonious family relationships, extraordinary relationships of association, yet with prosocial values in addition.

Personality & sports performance

Even though there are numerous theories concerning the personalities of athletes, only a limited amount of research has been done to gain information to support the theories. Neuman and Seist (1985) both suggested that participation in high level athletic competition provides an important addition to one's personality. They claim harmonious development came about through sports participation in their research. They found that athletes are more sociable, more aggressive in their approach to problems, more self-confident, more critical of themselves, and more extroverted than non-athletes.

Singer (1987) sums the issue thus; because personality is determined by genetic factors, but modified by environment experiments. A strong personality influences activity preferences as well as being modified by activity experiences. The personality mould is formed easily in life but can be changed by later experience. Any characteristics that are found to differentiate sports persons from non-sportsmen or amongst the different groups of sports person could be due to certain type of persons are attracted to sports. The processes, selectivity and socialization tend to have reciprocal relationship. It indicates that the behavioral and attitudinal differences that are cited in the literature may be attributed to an interaction of socialization process that takes place within sports where specific value associated with sports are emphasized and the selectivity process at the entry into athletic tracks as well as screening out the athletic screen as it become increasingly essential.

CONCLUSION

The aggression of inter-university level players is greater than inter-collegiate players, interuniversity and inter-collegiate level sports players. The aggression level of inter-collegiate players is significantly greater than inter-university and inter-collegiate level sports players. The aggression level of inter-university players is significantly greater than inter-collegiate players. The Pressure of achievement of inter-university level players is significantly lesser than inter-collegiate players, interuniversity players, and inter-collegiate sports players. The Pressure of achievement of inter-

collegiate players is significantly lesser than the Pressure of achievement of inter-collegiate level players however; no significant differences exist between inter-collegiate players and inter-university and level players on Pressure of achievement. The Pressure of achievement of inter-university players is significantly lesser than the Pressure of achievement of inter-collegiate players.

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