

INTRODUCTION

Sports

Sports psychology is the scientific study of people and their behavior in sport. The main job of a sports psychologist is to recognize how participation in sport exercise and physical activity enhances a person's development. Sport is commonly defined as an organized, competitive and skillful physical activity requiring commitment and fair play. The psychological aspect of sports is gaining much attention among sports administrators.

Aggression

Aggression can be physical, mental, or verbal. Behavior that accidentally causes harm or pain is not aggression. Aggression is not the same thing as assertiveness. The first is hostile aggression. The second major kind of aggression is instrumental aggression.

Effects of Aggression on Performance

Conventional wisdom argues that acts of aggression on the part of an individual from sports field will constitute a distraction and result in a decrement in performance. Factors associated with the occurrence of aggression in sport-specific situation are

- ❖ Environmental temperature
- ❖ Perception of victim's intent
- ❖ Fear of retaliation
- ❖ Rivalry, familiarity, and frequency of play

Aggression in Sports

Some sports require that a great deal of physical force be directed against one's opponent, whereas other sports require forceful actions against the environment instead of direct aggression. Most aggression in sport results from frustration. Sport may be arranged in a scale according to the intensity and type of aggression inherent in respective sport type. Some sports require that a great deal of physical force be directed against one's opponent, whereas, other sports

require forceful actions against the environment instead of direct aggression towards other players. Aggression is a form of behavior characterized by physical or verbal attack. In the present study, aggression was measured on scales and the factors included were Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression and Guilt.

Gender is an important factor that plays a role in human aggression. Aggression in sport can be caused by a number of factors. The following is an insight into the term aggression in sport, using the social learning theory and environmental cues theory. Frustration is known to play a key role in aggression. Psychologists have distinguished two types of aggression in sport, hostile and instrumental. The Social Learning Theory says that watching and practising learns aggression. Aggression Cue Hypothesis causes aggression by anger, by seeing a fellow player getting into a fight, the readiness for aggression would encourage the player to join in the fight. The coaches and players can encourage this by promoting ethical and sporting behaviour.

Research Methodology

Questionnaire method was employed to collect the relevant data regarding the attitude/opinions of two different categories of Lecturer's i.e. those working in rural area and those working in urban area.

The sample of this study was drawn from Lecturer's working in Nagpur University. The sample consisted of total 100 subjects belonging to rural and urban areas working in different colleges. Further the subjects were equally divided into two groups i.e. 50 Lecturers (50 rural area and 50 from urban area) working in various colleges as Physical Education Lecturers.

Objectives of the Study

1. To study the aggression of physical education lecturers of R.T.M. Nagpur University, Nagpur.
2. To compare the aggression levels of physical education lecturers working in rural and urban areas of Nagpur.

3. To analyze the success of different colleges in different sports events at University level.
4. To collect data of the University level tournaments to study the success rate of students in relation to the aggressive behaviour of the physical education lecturers.

Whether the Objective Was Achieved

As the attitude/behaviour of the physical education lecturers plays an important role in the success or loss of the teams contesting on the sports field. The students or athletes of the colleges are very vulnerable to commit mistakes due to negative attitude of the sports teacher or physical education lecturer, hence it was necessary to assess the state of art of the aggression of these lecturers and its impact on the success in sports competitions organized at various levels. This was done with the sample study and hence the objective of the study was achieved.

Achievement of the Project

As can be seen from the collection of data from the sample variables Healthy and competitive individuals are the pillars of our country. To be able to withstand the rigors of the current competitive world, a fierce fighter, a winner is desired. To achieve this objective, the sports competitions held at different Universities play an important role. These competitions provide a level playing field to the athletes as well as their coaches (physical education lecturers) an opportunity to display their skills. The study helped in understanding the mental framework of the physical education lecturer's at the crucial juncture which decides the matches and this is the time the aggression levels are at the peak. Many a times it helps them students to gain take away the match point in their favour but it cannot be ruled out that sports is not just anger and aggression it is also a game which has to be fully planned and prepared which decides the winner at the end.

Summary of Findings

Conclusions were drawn on the basis of results obtained from the statistical analysis of the data, which are as follows-

❖ **Aggression**

The physical education lecturers, whose team secured 1st position in various games, had relatively higher aggression levels with respect to total aggression.

❖ **Assault and Indirect aggression**

The physical education lecturers, whose team secured 1st position in various games, had relatively higher aggression levels with respect to assault type aggression.

❖ **Irritability**

The physical education lecturers, whose team secured 1st position in various games, had relatively higher aggression levels with respect to irritability type aggression.

❖ **Negativism**

The physical education lecturers, whose team secured 3rd position in various games, had relatively higher aggression levels with respect to negativism type aggression.

❖ **Resentment**

The physical education lecturers, whose team secured 3rd position in various games, had relatively higher aggression levels with respect to resentment type aggression.

❖ **Suspicion**

The physical education lecturers, whose team secured 3rd position in various games, had relatively higher aggression levels with respect to suspicion type aggression.

❖ **Verbal Aggression**

The physical education lecturers, whose team secured 1st position in various games, had relatively higher aggression levels with respect to verbal aggression.

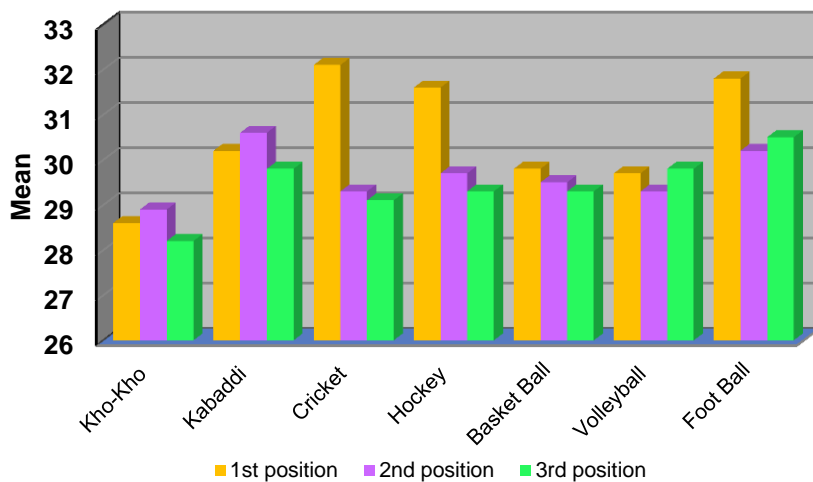
❖ **Guilt**

The physical education lecturers, whose team secured 3rd position in various games, had relatively higher aggression levels with respect to guilt type aggression

Contribution to the Society

The study was conducted with a certain objective already stated above and because there are students involved in such large numbers who are in such a stage where they are still vulnerable and susceptible to views of others for doing any action . they cannot judge whether their action will be right or wrong and thus sometimes their coaches may expect a lot from them which they may not be able to fulfill. In such a case it becomes all the more important that persons who have been given the role of mentors understand their significance and always guide the young blood in the right direction in an amicable atmosphere.

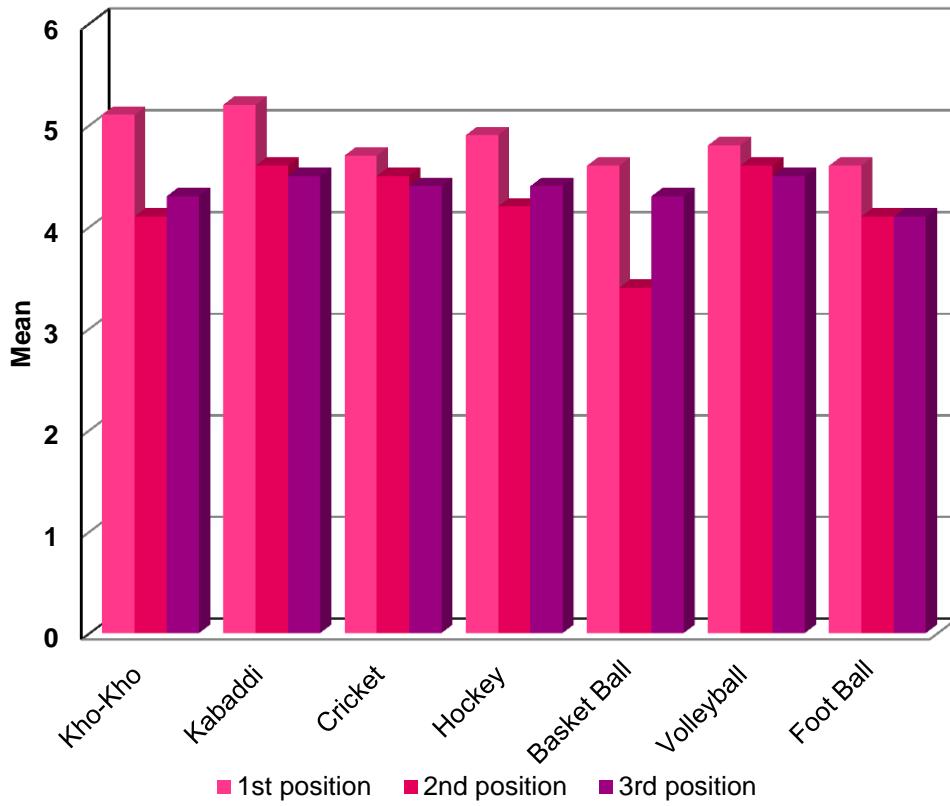
Comparative assessment of the total aggression of Lecturers



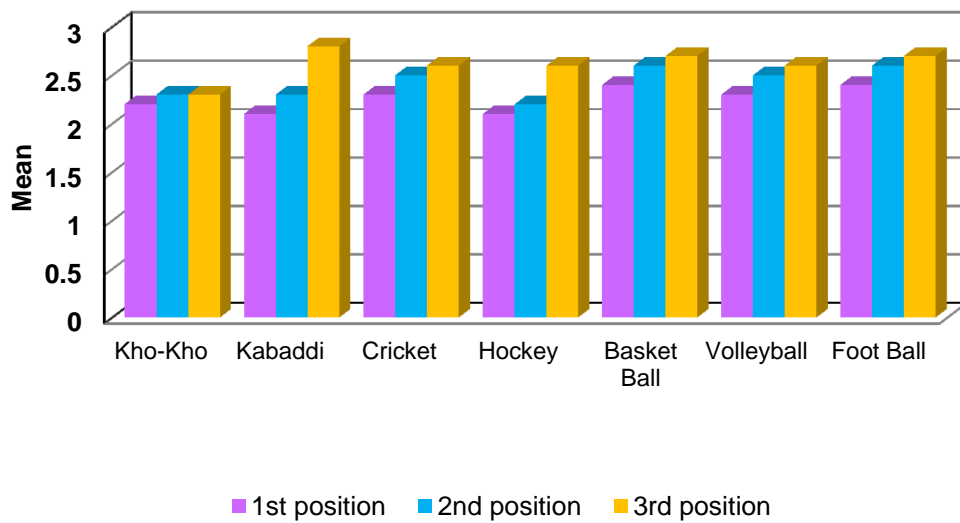
Comparative assessment of the irritability Aggression of Lecturers



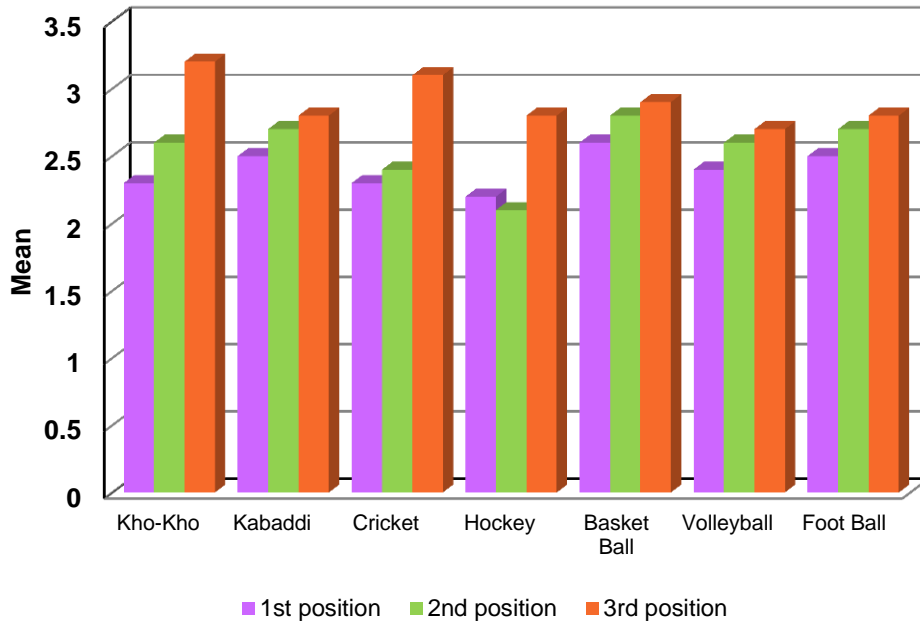
Comparative assessment of the Assault Aggression of Lecturers



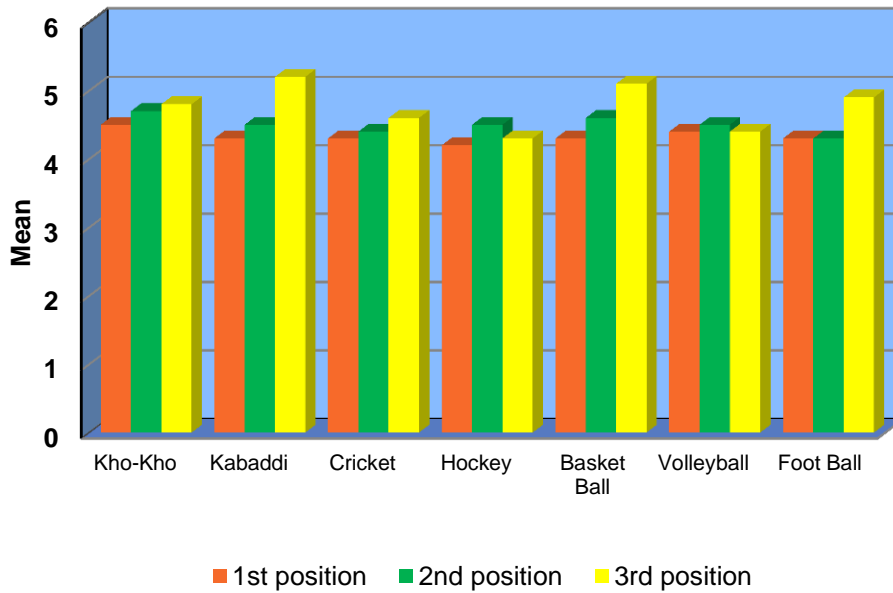
Comparative assessment of the negativism of Lecturers



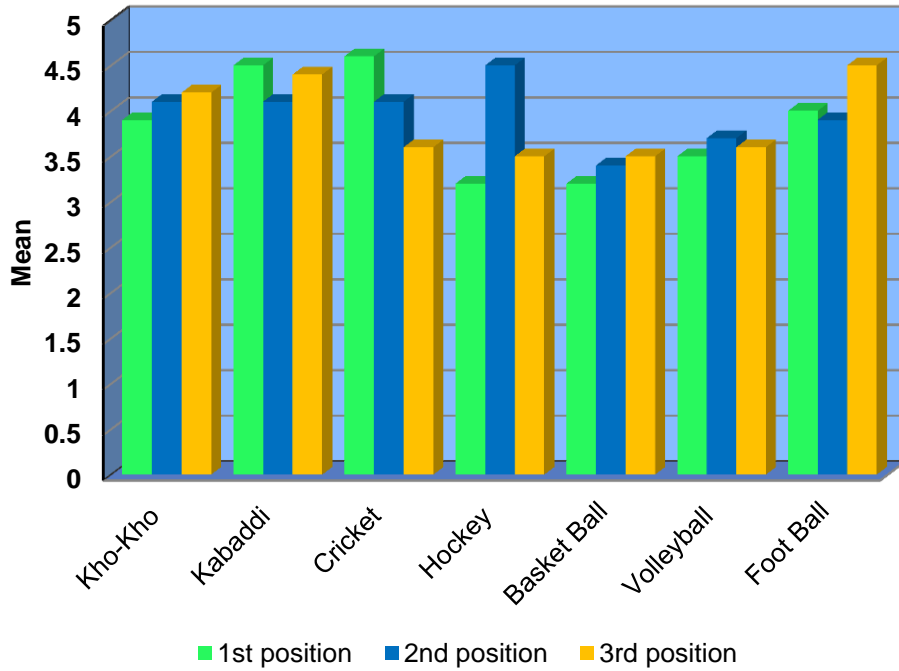
Comparative assessment of the resentment of Lecturers



Comparative assessment of the suspicion of Lecturers



Comparative assessment of the verbal aggression of Lecturers



Comparative assessment of the guilt of Lecturers

