**Aggression Questions**

**Explain, using appropriate psychological theories, the possible causes of aggressive behaviour during sporting contests and suggest strategies a coach could use to develop the assertive behaviour of a performer. *(14 marks)***

I**n order to achieve optimal performance, sports performers need to control certain psychological factors such as aggression.**

**Discuss the ‘social learning theory’ of aggression. *(4 marks)***

**What can a referee do to control aggression during a major sporting competition?**

***(3 marks)***

**Aggression Answers**

**Explain, using appropriate psychological theories, the possible causes of aggressive behaviour during sporting contests and suggest strategies a coach could use to develop the assertive behaviour of a performer. *(14 marks)***

**Theories of Aggression**

A. Instinct (Theory)/Trait (Theory)

B. Aggression is innate/born with aggressive traits

C. Aggression builds up and has to be released

D. Displacement theory/individuals wait for acceptable time to be aggressive, eg sport

E. Cathartic effect/catharsis

F. Frustration-Aggression (Hypothesis/theory)

G. Blocked goal causes frustration

H. Frustration causes aggression

I. Release of aggression has cathartic effect/catharsis

J. Aggressive Cue (Hypothesis)/Cue Arousal (Theory)

K. Frustration builds but aggression only released when socially desirable cue present, eg referee can’t see you/coach encourages you to be aggressive

L. Social Learning (Theory)

M. Aggression in learnt by observing and copying others/Vicarious experience

N. Reinforcement causes behaviour to be repeated/or appropriate applied example

**Strategies to develop assertive behaviour**

O. Punish aggressive acts/fine player/drop for next match or equiv

P. Develop player’s code of conduct/promote fair play

Q. Remove from situation/change position/substitution/change tactics

R. Encourage peer support/group pressure

S. Give role of responsibility/set performance goals/process goals

T. Highlight non-aggressive/positive role models

U. Reduce importance of event/avoid ‘win at all cost’ attitude

V. Stress management techniques/accept named examples

W. Rewards/positive reinforcement for assertive play

X. Develop fitness levels

**In order to achieve optimal performance, sports performers need to control certain psychological factors such as aggression.**

**Discuss the ‘social learning theory’ of aggression. *(4 marks)***

1. Aggressive behaviours are learned

2. Non-aggressive behaviours can also be learned

3. Through observation/copying/modelling

4. Observation of realistic events more likely to affect learning

5. Observation of more ‘high status’/roles models/performers significant others

6. Imitation more likely if learner thinks behaviour will be reinforced

7. Or thinks it will not be punished; e.g. – approved by team mates/coach/audience/

behaviour goes unpunished

**What can a referee do to control aggression during a major sporting competition? *(3 marks)***

1. Talking to/pre-warning players

2. Apply rules properly/correctly/fairly

3. Punish aggressive behaviour/examples

4. Immediate sanctions

5. Be consistent in judgements/sanctions