

Aggression



Definitions

- Aggression is any form of behaviour directed towards the goal of harming or injuring another living being who is motivated to avoid such treatment (Baron 1977)
- Any behaviour that is intended to harm another individual by physical or verbal means.(Bull 1990)
- An act with the intention to harm or injure an individual who is motivated to avoid such harm. (Baron 1994)

Types of Aggression

- Instrumental aggression
 - Displaying aggressive behaviour in pursuit of a non aggressive goal
 - Sometimes referred to as channelled aggression (most aggression in sport is this type)
 - A good example would be a martial arts fighter who is intending to hurt his opponent but only because that is required if he want to achieve the non aggressive goal of winning the fight.
 - They will normally shake hands after which shows that the aggression was just a tool to try and win.

Types of Aggression

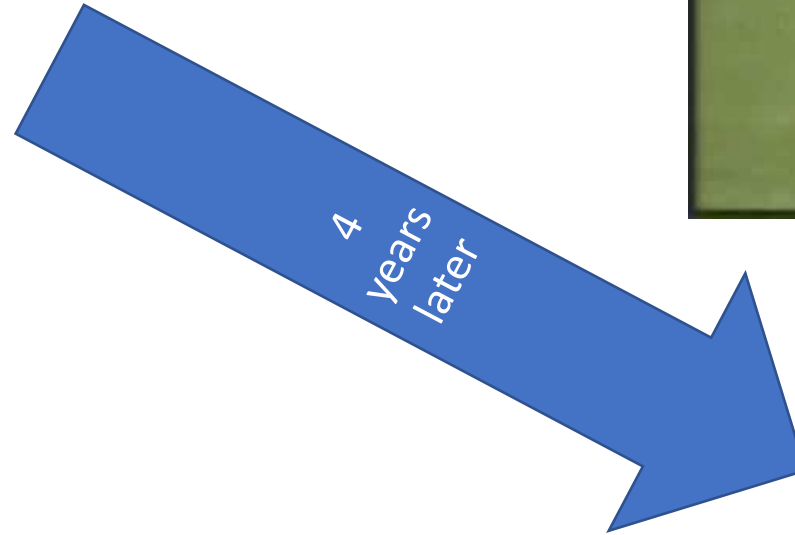
- Hostile aggression
 - Aggressive behaviour with the sole intention of inflicting harm (either physical or psychological) on another person.
 - Not used to achieve a non aggressive goal
 - Never within the rules of play
 - Sometimes referred to as reactive aggression as it can be in reaction to an incident and also accompanied by anger

Types of Aggression

- Assertive behaviour
 - Different from aggressive behaviour as the individual is playing within the rules of the game.
 - 4 criteria
 - Goal directed
 - Is not intended to harm or injure
 - Uses only legitimate force (even if that amount of force could be classed as aggression in non sporting contest)
 - Does not break rules of the game



Example Hostile Aggression



He wrote: "I'd waited long enough. I f*cking hit him hard. The ball was there (I think). Take that you c***. And don't ever stand over me .."



	Types of aggression		
Scenario	Instrumental aggression (aggressive behaviour in pursuit of non aggressive goal	Hostile aggression (Sole intention of causing harm)	Assertive behaviour (not intended to causes harm or injury uses legitimate force is within laws of game)
Manu Tuilagi Punch / Ben Flower Punch			
Hockey player pushing opponent			
Andy Murray smashing racquet			
American football tackles			
Courtney Laws tackle			

Types of Aggression recap

Type of Aggression / Behaviour	Key Points	Real Life example

Where would we go next???

- Now that we understand what classes as aggression and what the different types of aggression are we would move onto looking at the causes of aggression.
- There are 3 different theories that psychologists use to try and explain aggression.
 - Instinct theory
 - Social Learning theory
 - Frustration aggression theory
 - Aggressive cue hypothesis
- You would need to be able to outline all three theories (AO1) Give sporting examples of them being used (AO2) and evaluate the strengths and weaknesses each theory (AO3)

The next slides briefly cover the four theories mentioned above. Next year we would spend a lesson on each and complete tasks aimed at understanding the theories and importantly being able to evaluate their effectiveness when being applied to sport. Take a look over the slides and draw your own conclusions, which theory best explains aggression? Then attempt to answer the exam questions at the end of this document. Please bring these with you in September.

1.17

Aggression: definition and theories

Definition
of aggression

Any behaviour that is intended to harm another individual by physical or verbal means. (Bull 1990)

An act with the intention to harm or injure an individual who is motivated to avoid such harm. (Baron 1994)



This is a trait view of
aggression

Instinct theory

- a trait theory proposed by Freud (1920) (Lorenz 1966)
- states that aggression is inevitable as it is genetically inherited, and is therefore predictable
- the aggressive trait is called the 'death instinct' which is behaving aggressively, even when self destructive (not in the individual's best interests).

Instinct theory of aggression (Lorenz 1966)

- Suggests that we have a built in instinct to be aggressive that builds up until we release it by being aggressive.
- This build up can be released by being aggressive towards other people.
- Or it can be released in socially acceptable ways (such as sport) in a process called catharsis.
- Many people seem to relate to this theory however there is very little research based evidence to back it up so few people use it as a means of explaining aggression.
- If this was true then everyone would be aggressive no matter what their culture or upbringing.

1.17

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Social Learning theory

This is a social learning views of aggression

- proposed by Bandura (1966)
- aggression is learned through imitation of others, particularly of role models
- aggression is more likely to be copied if the role model is reinforced for it
- aggression is more likely if it is the social norm of the group, which may link to the sport being played. Eg: American football

Social Learning theory of aggression (Bandura 1977)

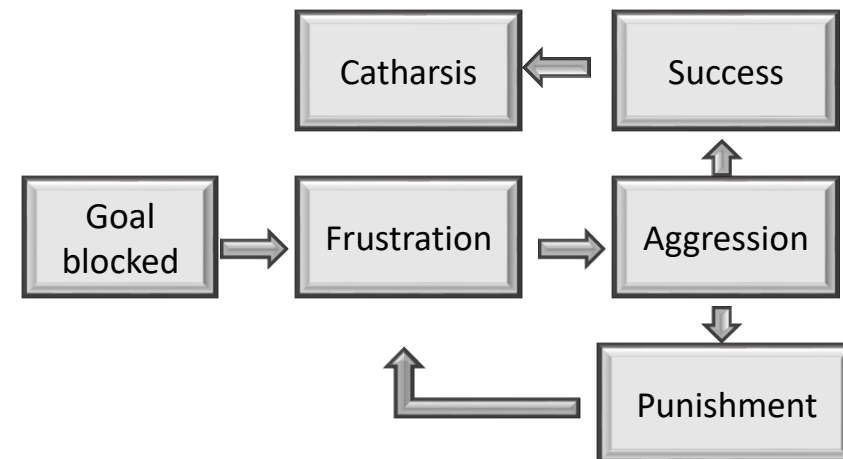
- Says that aggression is behaviour that we learn by watching others be aggressive
- It works in the same way that the social learning theory did when we spoke about in terms of personality
- Someone important is aggressive
- You copy them
- Your actions get reinforced (positively)
- You learn the aggressive behaviour
- No instinct to be aggressive (disputes the instinct theory)
- If we can learn to be aggressive then we can also learn to not be aggressive



Frustration aggression hypothesis

- proposed by Dollard (1939)
- this theory proposed that frustration is caused by the environment blocking the goals of the performer, which inevitably triggers aggression.
- if the aggressive act is successful, frustration will be released through catharsis.
- if the act is unsuccessful or is punished, then there will be a further build up of aggression.

This is an interactionist theories of aggression – they each have a trait and social learning component



Frustration –aggression theory of aggression (Dollard et al 1939)

- This theory says that aggression comes from you having your goals blocked or your progress towards your goals blocked, this is said to cause frustration which then turns into aggression
- Most people can think of a time when they have been frustrated and then got aggressive so people agree with this part of the theory
- However the theory states that frustration will always result in aggression and because this is simply not true the theory cannot be used to accurately explain the cause of aggression

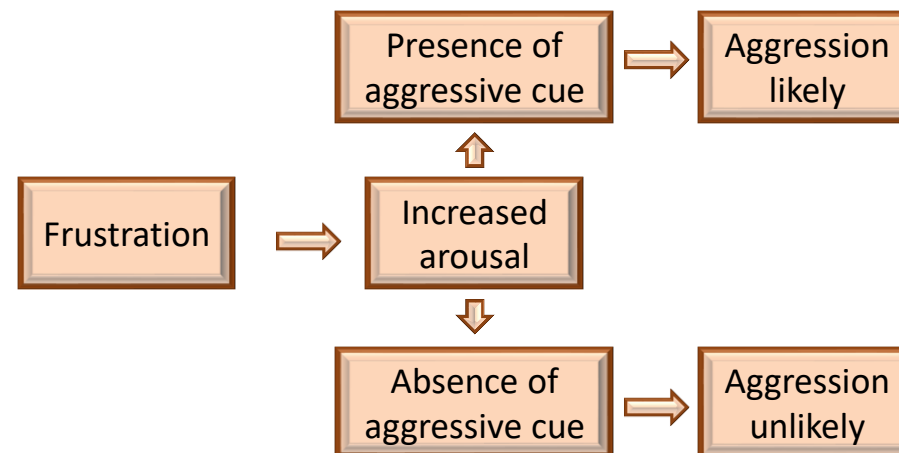
Aggression: Theories (continued)

Aggressive cue hypothesis



- proposed by Berkowitz (1969)
- this theory proposed that frustration leads to increased arousal which creates a readiness for aggression
- aggression will only be triggered if provoked by a cue from the environment. e.g. if a player's arousal is high and the referee makes a decision which is considered unfair, an aggressive act will follow.

This is an interactionist theories of aggression – they each have a trait and social learning component



Aggressive Cue Hypothesis (Berkowitz 1974)

- When we become frustrated there is an increase in their arousal
- This increase creates an predisposition (readiness) for aggression
- If aggression is going to occur according to the theory certain stimuli must be present that act as cue's
- The athlete associates the cues with having to be aggressive (so is aggressive)

1. i. Explain the frustration–aggression hypothesis.

ii. Identify a strength and a weakness of this hypothesis.

Strength

Weakness

2. Aggressive cue hypothesis is one theory that explains aggression.

Give **two** sporting examples of aggressive cues.

[2]

3. Evaluate the instinct theory of aggression.
