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**Style of self-control of situational
aggression of the sportsman**

Idō - Ruch dla Kultury : rocznik naukowy : [filozofia, nauka, tradycje wschodu,
kultura, zdrowie, edukacja] 6, 123-130

2006

Artykuł został zdigitalizowany i opracowany do udostępnienia w internecie przez Muzeum Historii Polski w ramach prac podejmowanych na rzecz zapewnienia otwartego, powszechnego i trwałego dostępu do polskiego dorobku naukowego i kulturalnego. Artykuł jest umieszczony w kolekcji cyfrowej bazhum.muzhp.pl, gromadzącej zawartość polskich czasopism humanistycznych i społecznych.

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dozwolonego użytku.

Style of self-control of situational aggression of the sportsman / Styl samokontroli sportowca w sytuacji agresji

Key words: aggression, aggressive behaviors of sportsman, individually – self determinants of aggression, selfregulation, individual selfregulation style

The article presents experimental research results of situational aggression self – control of a sportsman in conditions of trainings and competitions. It with the help of psychodiagnostic methods is established, that influence of some situational factors of competitive activity assists the occurrence of aggression among nonaggressive persons. It is revealed, that behaviour is characteristic the low level of forming self-control for the sportsmen predisposed to aggressive forms of reaction.

On the basis of generalization of psychodiagnostics results, it is developed of self-control correction of aggression psychological training in activity of the sportsman, the efficiency of which the forming experiment certified. The analysis of the most informative parameters has found out statistical reliability of positive dynamics investigated replaceable in experimental groups after carrying out of training.

Theoretical background

The importance of a problem of human aggression is obvious in many spheres of a social life. Realities of the present are marked by significant changes in a political, economic and spiritual life of Ukrainian people. These changes generate ambiguous tendencies both of positive, and negative character. Special alarm evoke the facts which testify about increase of displays of aggression among in general legislative teenagers and youth [Shebanova 2001], about steep criminalization of persons [Morozowa 2001] and between own dialogue of youth on equal concentrated negative and conflictive will cause subcultures [Drozdov, Skok 2000]. V.P.Moskalets [Mascaletz 1999] has noticed, that economic crash, elements, anarchy in political sphere, and other numerical disagreements strongly oppressed the euphoria caused by national dismissal and rise of national consciousness, advantage and pride. The most appreciable impact on mentality of Ukrainian people has put, loss of hope for fast, democratic changes, and dynamic social progress. The validity appeared far from these expectations. The violence, cynicism have increased by plant louses of economic and political chaos. The majority of the nation has realized own powerlessness before elements, social impossibility. It stimulated total disappointment in high ideals, in people, in itself, and then moral nihilism and mercantile egoism. All this – the psychological maintenance of a complex of social inferiority in post-totalitarian society. Hyperindemnification of a complex – aggressive consumer activity which finds various display: from accumulation of material benefits to sexual debauch [Mascaletz 1999].

Aggression is a quality of the person which is expressed in readiness for aggressive actions in different situation. Aggression is considered by science officers, as the form of the behaviour, directed on an image or causing of harm to other alive essence [Baran, Richardson 2000; Drozdov, Skok 2000].

Researchers of aggression pay much attention to sports, including its convenient model for studying given to a phenomenon. Legality of aggressive actions by subjects of a sports show allows considering basic questions which concern a determinant of aggressive behaviour in situations in which the usual problems connected to stimulating beginnings of respondents and questions of social approval, do not concern expression of aggression [Baran, Richardson 2000, p. 279].

However, this interest has practical value as a number of trainers and sportsmen consider aggression to be the important quality for achievement of success in sports, and the majority of theorists consider aggression to be more often with negative aspects of its display. Such contradiction demands from science officers more weighed consideration of this phenomenon.

Concerning self-control, it is ability to supervise over own actions on the basis of own mental processes, perception and comprehension of acts of behaviour. Style features of self-control are

typical for the person and the most essential specific features of self-organizing and management of external and internal purposeful activity which is shown in its different kinds [Konopkin 1995; Morosanova, Konož 2000]. Style of self-control is shown in how the person plans and programs achievements of the purpose, takes into account conditions, estimates a situation and carries out correction of own activity for achievement of positive results [Morosanova, Konož 2000, p. 118].

Despite of a significant amount of the carried out researches on problems of aggressive behaviour today, it is not received yet the objective data on displays of aggression in sports activity and its opportunity autoregulative corrections. From the review on it, we consider to be actual researches of style of self-control of situational aggression of the sportsman.

The purpose of research has consisted in definition of style of self-control of situational aggression of the sportsman.

The methodological basis of our research is O.A.Konopkin's doctrines about functional structure of system of the realized self-control of activity of the person [Konopkin 1995], the concept of individual style of self-control of V.I.Morosanova's [Morozowa 2001], L.F.Burlachuk's and N.T. Mihajlova's activity situational approach [Burlachuk, Mychajlova 2002].

Researches have for an object empirical check of the following hypotheses:

1. For sportsmen who are inclined to aggressive forms of reaction characteristic connection of mental properties: specific features of consciousness and personal – psychological preconditions of functioning of the person;

2. For persons with over normal an index of aggression a low level of a parameter of self-control is characteristic;

3. Increases of aggression in conditions of competitions caused by influence of situational stresses – factors;

4. Introductions in practical activities of a complex of means psychocorrectional character essentially influence self-control of situational aggression of the sportsman.

Going from the purpose of research and hypotheses, we have the following tasks:

1. To determine an index of aggression and a parameter of self-control of sportsmen;

2. To find out influence of situational factors on development of aggression of the sportsman;

3. To develop a complex of means of correction of style of self-control of situational aggression of the sportsman;

The organization and research receptions

Psychodiagnostical research was carried out on the basis of sports establishments of Ivano-Frankovsk among sportsmen such specializations: track and field athletics, swimming, sports gymnastics, boxing, judo, taekwondo, wrestling, football, basketball. We took into account features of the organization of diagnosing with the elected continent of persons [Krylova 2003; Tszen, Pahomov 1988]. 235 sportsmen (male) have taken part in experience by aged 14-20 years.

According to tasks in view there were used following methods: theoretical – the analysis of the scientific – methodical literature; practical – questionnaire of Bass – Darki [Gajdukevich et al.]; Freiburg's personal questionnaire (modified form B) [Krylova 2003]; questionnaire "Style of self-control of behaviour – 98" [Morosanova, Konož 2000], "Hand test".Quantity indicators are analysed with the help of mathematic-statistical methods.

For check of data reliability received behind named methods, sportsmen parents and interrogations, trainers – teachers by means of author's methods are lead. Thus we aspired to capture as much as possible correlation and causal communications in the structure of the investigated phenomenon.

Results of research and their analysis. By way of psychodiagnosics in 19,57% of the interrogated sportsmen it is revealed over normal an index of aggression. It is interesting, that the index of animosities in 80% of respondents exceeds norm. It can serve as the precondition of occurrence and realization of destructive actions.

It is found out, that boxers (26,67%) are the most aggressive, sportsmen, why go in for taekwondo (23,33%), swimmers (9,1%) are the least aggressive. His characteristic for such experimental the tendency of aggressive reaction in perceptive – training conditions and competitive activity. It is also observed aspirations to dominate.

The high degree of reaction with the use of physical and verbal aggression is characteristic for sportsmen who are engaged in free struggle and boxing, the tendency to indirect aggressive acts it is brightly seen of track and field athletics representatives, navigation, sports gymnastics and taekwondo. High parameters due to three scales which define an the aggressions index which are available to football players, the basketball player. In aspect of understanding of a phenomenon of sportsman aggression it is important to note, that the index of animosities at a greater part of respondents exceeds the norm.

In a special foreshortening it is necessary to consider results of research according to 3 and 4 scales questionnaire. So, only 40,0% and 56,7% of the interrogated athletes group are defined by a high parameter of the named type of reaction. In 88,0% of sportsmen who are engaged in judo there is developed readiness for display of negatively painted emotions of feelings at the least excitation.

For 76,7% of basketball players oppositional form of behaviour from passive resistance to active struggle against the established customs and norms is characteristic. The least quantity of respondents with high estimations by criterion "negativism" is available in swimmers groups 40,9%.

Having used projective method "Hand Test", conclusions, which were drew during the conduction of Bass – Darki questionnaire have been confirmed. The key psychological maintenance of research became a search attitudants concerning sportsman aggressive behaviour. Such structure is based on the principle, that the probability of this display increases when prep tent attitudinises prevail adjustments which define social cooperation.

With the help questionnaire "Style of self-control of behaviour – 98" [Morosanova, Konoz 2000] it is found out, that the majority of aggressive sportsmen have got not generated needs for the realized planning and programming of the behaviour, they depend on from a situation and have the points of view of associates. Progress of mastering by new kinds of activity in greater degree depends on correlation of style features of regulation and requirements to a mastered kind of activity. For researched with a high parameter autoregulation of characteristic flexibility and adequacy of reaction to changes of conditions of an environment, stability of successes in competitive activity.

During carrying out the research it has been found out, that exists positive connection of an index of aggression according to questionnaire of Bass – Darki with a parameter of spontaneous aggression ($r = 0,83$) and with a parameter of jet aggression by technique FPI ($r = 0,79$). High estimations are received with the help II and VII scales FPI testify about the aggressive attitude of sportsmen to the social environment, the expressed aspiration to dominate. These sportsmen have weak processes of modeling of the own behaviors which is the reason of an inadequate estimation of the important conditions of ability to live and absence of the analysis of own mistakes. Thus the criterion of aspiration to success is not proof, that will cause sharp deterioration of result and irrational increase in volume of training work.

In 43,83% interrogated high level of irritability was revealed. Science officers approve [Krylova 2003, p. 315], that this parameter specifies a unstable emotional condition with disposition to affective reaction. We shall note close (42,98%) parameters of emotional lability and state of depression (41,70%). These sportsmen are not self-assured, changeable in mood. Their basic feature is insufficient self-control which is shown in unwillingness of the subject to project sequence of the actions. Such sportsmen are impulsive, not capable to generate independently the program of own behaviour, and the received results are not in accordions with a level of sports readiness. It is interesting, that the parameter of sociability at a significant part (35,32%) respondents is low and it allows to speak about weak sociable properties.

Using Freiburg's personal questionnaire (modified form B) allows to diagnose the important qualities of the person (tab. 1).

Table 1. A level of development of mental qualities of the person, % / Poziom rozwoju cech osobowościowych, %

#	A scale questionnaire	Level of personal estimation		
		High	Medium	Low
I	Neurotic state	7.66	51.49	40.85
II	It is spontaneous aggression	10.21	20.00	69.79
III	Depression	41.70	42.98	15.32
IV	Irritability	43.83	41.28	14.89
V	Sociability	31.06	33.62	35.32
VI	State of balance	13.20	42.55	14.25
VII	Reactive aggression	19.57	69.36	11.07
VIII	Modesty	27.24	38.72	34.04
IX	Frankness	23.41	46.38	30.21
X	Extraversion-introversion	40.42	25.96	33.62
XI	Emotional lability	42.98	42.13	14.89
XII	Masculinity-feminism	43.83	38.72	17.45

We have found out positive correlative connection between the factor of aggression which have been defined with the "Hand test" help and spontaneous aggression ($r = 0,80$, at $p \leq 0,01$). The factor of aggression correlates also with such mental qualities of the person as depression ($r = 0,73$, at $p \leq 0,01$), irritability ($r = 0,78$, at $p \leq 0,01$), steadiness ($r = 0,81$, at $p \leq 0,01$), emotional lability ($r = 0,75$, at $p \leq 0,01$).

In general the received results give the basis to assert, that the greatest amount of aggressive sportsmen have a high level of spontaneous and jet aggression. At the most part of sportsmen with over normal index of aggression the low parameter of a level autoregulation of behaviour is observed.

The results of research have shown that it is observed domination of aspiration to avoid failure in 84,8% interrogated with the expressed factor of aggression, and aspirations to success is noted in 15,2% of sportsmen. In turn, the sportsmen whose behaviour is not aggressively directed, the parameter of aspiration to success noticeably prevails a parameter of aspiration to avoid failure: 70,9% against 29,1%.

The motive to avoid the failure in aggressive sportsmen correlates with destructive adjustment of persons. The individual directs own activity on existing obstacles overcoming, by means antisocial character. Such motivational tendency assists formation of aggressive person type. There is a correlation dependence of aggression and a parameter of aspiration to avoid failure ($r = 0,79$, at $p \leq 0,01$).

The following investigation phase has been directed on check of a hypothesis, according to which, increases of aggression in conditions of competitions mainly caused by influence situational stress – factors which act as determinants in the development of aggressions of the sportsman. Surveyed the author's questionnaire on revealing of a way of reaction in 14 types competitive situations which provoke aggression, technique FPI [Krylova 2003], questionnaire "Style of self-control of behaviour – 98" [Morosanova, Konož 2000], questionnaire of diagnosing of a self-estimation and a level of confidence of in critical situations [Lozhkin, Paviakel 2002] was offered.

Researched sample shared on two groups: group A with 46 persons, B with 189 persons. The group A consisted of sportsmen with a high index of aggression, the group B was formed of persons with a low index of aggression suggested situations. In group a this property is inherent for 95,65% interrogated (fig. 1). It is established, that 70,37% of sportsmen of group B aggressively react on the.

The analysis of results of research has given the basis to define some types of competitive situations which greatly provoke sportsmen aggressive behaviour. So, 82,6% of interrogated group A have specified, that fans negative reaction will cause them aggressive displays; biased refereeing will cause identical behaviour in 78,26% of respondents; in 76,0% of sportsmen aggressive displays will be induced with significant advantage of the contender.

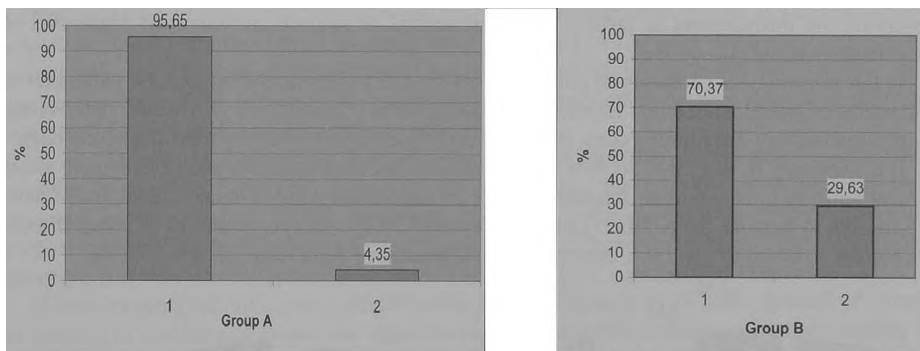


Fig. 1. A parameter of situational aggression of sportsmen: 1 – a high level; 2 – a low level

The least provoke aggression had appeared: a situation of failure on start of competitions – 47,82%, a situation in which complaints of comrades on a command – 32,60% take place.

Interrogation of sportsmen group B showed, that 83,6% of sportsmen have got state of which is by aggression stimulated a situation of significant advantage of the contender; 79,36% of interrogated, aggressive reaction is caused by the presense of an unfamiliar contender. These situations during competitions will cause aggression of subjects which were characterized by a low or average index of aggression.

Negative the opinion of 78,30% investigated reaction of fans causes occurrence of aggression of fans. Following situations close to this parameter: biased refereeing (76,19%), the conflict in family (74,07%), complaints of comrades on a command (73,54%). The least, that provoke aggression have appeared in situations: censures of the trainer – 48,15%, a low organizational level of competitions – 46,56%; the previous failure in competitions – 30,16%.

The comparative analysis of results of psychodiagnostic researches of situational aggression of different kinds of sports representatives of, has allowed to draw conclusions which essentially differ from the point of view of science officers of Ukraine and abroad, concerning features of aggressive reaction of subjects of a sports show.

It is revealed, that representatives of game kinds of sports have got a high level of situational aggression. In particular, 84,85% of the interrogated football players and 83,33% of basketball players are capable to react aggressively under influence of situational factors of competitive activity. It is found out, that exists positive correlation communication between aggression and competitive a situation in which negative reaction of fans ($r = 0,74$, at $p \leq 0,01$) takes place.

Owing to use of specially developed questionnaire it has been defined, that for 86,67% of athletes group, it is characteristic the increase of aggression in complicated conditions, situation dynamic changes of preceptive-training and competitive processes. Thus it is traced the significant correlation communication between aggression and a situation of failure on start ($r = 0,81$, at $p \leq 0,01$). It was been diagnosed that 83,33% of sportsmen who are go in for taekwondo, are characterized as such who are inclined to aggression display in conditions of a significant advantage situation of the contender.

Result of research became revealings correlation dependence between a parameter of aggression and a trainer censure in conditions of preceptive-training process of gymnasts ($r = 0,77$, at $p \leq 0,01$). In particular, 80,0% of respondents who are engaged in sports gymnastics show aggression in given situation conditions. The low organizational level of competitions assists development of aggression in 77,27% of swimmers.

The determining factor of aggression occurrence of boxers is a biased refereeing. It is found out, that 86,67% of respondents are inclined to use the verbal and physical form of aggression in such situation. The most important factor in developments of situational aggression of fighters is acoustic or videos.

It is revealed that 84,0% of sportsmen who are engaged in free struggle show aggression under influence of musical sounds in preceptive-training and competitive processes. We were

observing the infringement in tactic – technical actions of subjects in which the high level of situational aggression is defined.

In this context, it is necessary to emphasize on the fact of increase of aggression parameter in conditions of situational factors influence of trainings and competitions. Obviously, that exactly these situations are determining ones, in the context of victory achievement a over the contender.

It is necessary to note, that 86,96% of sportsmen of group A are those who deeply care about critical remarks in the address, frequently doubt of correctness of own actions. Such individuals are capable to provoke the conflict [Lozhkin, Paviakel 2002]. At representatives of group B there are marked low abilities to a self-estimation. Such sportsmen there were 55,55% (fig. 2).

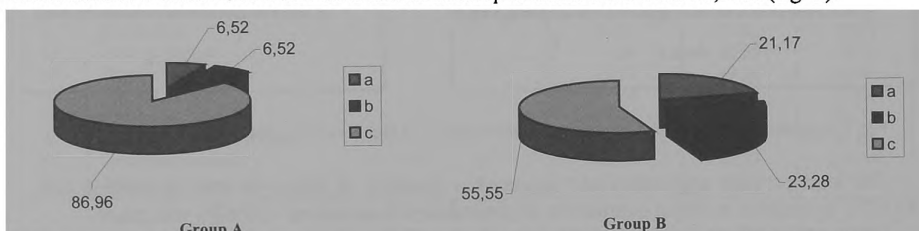


Fig. 2. Distribution of sportsmen by a level of development of a self-estimation and confidence in critical situations: a) b) c) are used for the groups

At a stage of the organization of forming experiment with the purpose of increase of reliability of the received results we have created 4 groups: 2 experimental and 2 control. The first experimental (15) and control (15) have consisted of sportsmen with a high level of aggression who show situational aggression in conditions of competitions. The second experimental (16) and control (16) has been formed from persons, who are capable to aggressive reaction in competitive situations, but according to result of testing had an average or low parameter of a level of aggression.

Having analysed results carried out psychodiagnostical researches, taking in to account principal causes and factors which we assist occurrence of aggressive reactions have developed the program of psychological training of correction of aggressive behaviour of sportsmen.

Psychotraining was under construction on used active (mastering technique autorelaxation [Kogler 2002] and self-control, use of games and special exercises [Tszen, Pahomov 1988]), cognitive (formations of ability to the analysis of a situation, the experiences) and behavioural (role playing of situations, training of constructive forms of behaviour) ways of correction.

One of the most effective ways of aggression overcoming is close interaction and cooperation of the trainer and the sportsman's family. In this connection we tried to get parents to take part in educational places, in carrying out sports clubs, sports schools, meetings.

Psychocorrective training consisted of sixteen lessons. The lessons in experimental groups mostly began and came to the end with the help of autotraining warm-up which is basically maintained on relaxing exercises and exercises on focusing attention. Relaxing exercises are put on methodological auto-training organization bases.

It was discussed certain situations which rule displays of sportsman aggression. Participants fixed in their ideas, experiences, remarks concerning their training. The certain home – task were offered to them.

The program of training included psyhotechnic games, etudes, solving problems which determine occurrence of aggression in preceptive-training and competitive activity that has allowed not only to expand own experience repertoire, and to become acquainted with different models of behaviour, to assimilate experience of others, to modify training and competitive activity.

Owing to the use of psyhotechnic exercises, it is carried out the experience exchange between subjects who have got in a new fashion looked at a number of problems. Special opportunities of psychological training reveal wind the command method. N.V.Tszen and J.V. Pahomov consider, that it is a uniform method owing to which it is possible to reach real results while training sportsmen [Tszen, Pahomov 1988].

The training took place two times a week for each of experimental groups in The region sport school of Ivano-Frankivsk. Such trainings were organized in the gym with, audio equipment, established using special relaxing music. It was also taking into account the scientific data concerning the colour influence on respondents state and mind. It was stipulated the light exposure of a gym premise where training were spent.

In gait of carrying out training there were a number of difficulties. Realization a relaksating complex of problems was hard given. At the initial stage the majority of respondents were uncertain and are strained. In the open form addressed to the head for an explanation of the purpose, plans of work. First sportsmen gave advantage to discussion of minor and insignificant questions and with unwillingness spoke about own difficulties, a problem of behaviour.

However, specified difficulty gradually disappeared. Contrary to all lacks, general efficiency of training of updating ehaviour has appeared high. What testifies about appropriate validity of carried out research.

After carrying out psychotraining we have received progressive changes of self-control of behaviour of sportsmen. It is interesting, that in both experimental groups the high parameter autoregulation (E1 = 73,33% is observed; E2 = 76,04%). Subjects have need for the realized planning activity, ability to allocate the important conditions of achievement of the purpose was generated. After the organization of forming experiment sportsmen have started to program ways of own actions and behaviour. Programs are developed independently, they are flexible to influence confused factors. Researched show plasticity of all regulative processes. At occurrence of unforeseen circumstances they quickly estimate them and easily reconstruct the behaviour. Flexibility regulates allows to react adequately to fast changes of events and successfully to decide a task in view in a situation of risk. The high level of motivation forms such style of self-control which compensates influence personal, characteristic features which realizations of training activity interfere. Increases of a parameter autoregulation facilitates mastering in new tactic-technical parameters of activity. Independence in making-decision specifies development of regular autonomy, that is the sportsman not only qualitatively organizes work with the purpose of achievement of success, and supervises a course of its performance, analyzes and estimates intermediate and end results of activity.

As a result of an experimental research it is possible to draw such conclusions:

- In the majority of the interrogated sportsmen with an overnormal index of aggression a low level autoregulative behaviour is observed;
- Situational confused and stress-factors assist the development of the general aggression;
- Uses psychocorrective programs has positively affected personal characteristics of sportsmen, a level of a self-estimation and confidence a parameter of autoregulation of behaviour.

Comparisons of results which have been received in groups before and after carrying out of training testifies to efficiency carried out psychocorrection. The carried out work has certified perspective of the elected direction for the further researches.

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Słowa kluczowe: agresja, agresywne zachowania sportowca, indywidualne uwarunkowania agresji, samoregulacja, indywidualny styl samoregulacji

STRESZCZENIE

Artykuł przedstawia wyniki badań eksperymentalnych samokontroli sportowca w sytuacyjnej agresji w warunkach treningu i zawodów. Jak ustalono z pomocą metod psychodiagnostycznych, wpływowi niektórych sytuacyjnych czynników aktywności zawodniczej towarzyszy występowanie agresji wśród osób nieagresywnych. Przejawia się to w zachowaniach charakterystycznych dla niskiego poziomu ukształtowanej samokontroli sportowców predysponowanych do agresywnych form reakcji.

Na podstawie uogólnienia wyników psychodiagnostycznych, w wyniku psychologicznego treningu sportowiec poprawia samokontrolę emocjonalną, czego efektywność została doświadczalnie potwierdzona. Analiza najbardziej informacyjnych parametrów odkryła statystyczną pewność pozytywnej dynamiki badanych po przeprowadzeniu treningu w zastępowalnych grupach eksperymentalnych.

(tłum. W.J.C.)