

Reaction essay examples

[Sociology](#), [Violence](#)



Aggression refers to any form of action directed to intentionally injure or harm another person. Aggression must fit the following conditions 1) must be a physical or verbal behaviour, 2) involve physical or psychological harm, 3) directed towards a living thing and finally it must be intentional. There are two types of aggression. Hostile aggression, involves creating injury or psychological harm on another person. On the other hand, Instrumental aggression involves causing physical or psychological harm with non aggressive goal.

There are four theories explaining the causes of aggression in human beings:

1) the instinct theory that humans ever since from birth have aggressive instincts that build up until such a point it must be expressed. It can be either expressed through an attack or through socially accepted ways such as sports. 2) Social learning theory that explains aggression as behaviour can be learned by observing other persons who demonstrate particular behaviours and then receiving reinforcement on similar behaviour. 3) Frustration-Aggression theory that asserts simply aggression is the result of frustration due to failure of achieving a goal. 4) The revised frustration-aggression model explains frustration increases the likelihood of aggression by increasing arousal, anger and other thoughts and emotions. Moreover, increased arousal and emotions result in aggression only when socially learnt behaviours signal the appropriateness of aggression in a particular scenario. Spectators' readiness to aggressiveness increases with watching violent contact sports such as hockey and tend to increase with the influence of alcohol or game related factors. Aggression accounts for 59% of all injuries witnessed in hockey games nonetheless some coaches believe

aggressiveness enhances athletic performance for example in basketball.

There are sports-specific aggression determinants that only explain the reasons behind most athletes' aggressiveness they include, egocentrism and low level moral development, group pressure, the belief that it is part of their role, to display how tough they are revenge to aggression against the opponent.

As much as we cannot control situations that cause aggression, there are other measures that can be applied for example, monitoring participants closely and removing them from situations at the first signs of aggression.

Moreover, we can teach athletes skills to control their emotions and reactions to frustration. Other strategies include, establishing team norms, involving practising assertive behaviour and not aggressive. Furthermore, teaching appropriate behaviour to team members including leadership, communication and conflict management skills. Developing strict rules and penalizing spectators are perhaps sure methods of preventing their aggression.

Consequently, aggression does portray the wicked and the darker side of human beings; it is inhuman to intentionally harm another person just because both are competing for the same goal or objective. Personally, I do not support the citation that aggression facilitates performance outcome.

This is because aggression elevates an individual arousal level thus shifting attention to non performance behaviours such as hurting and verbally abusing an opponent. On the other hand, I support the argument that certain situations can provoke aggression, for example unfair match officiating, embarrassment, losing by a big margin, being totally outplayed and

physically in pain.

Unfortunately, it is extremely discouraging to know that many athletes view some inappropriate, aggressive acts as appropriate in the sport environment. Acts of aggression have been condemned by the society and cannot be accommodated in the sporting environment.