
THEORETICAL STUDY OF AGGRESSIVE BEHAVIOR, ADJUSTMENT & ACADEMIC ACHIEVEMENT IN INDIVIDUAL AND TEAM PLAYERS IN RELATION TO THEIR PERFORMANCE

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ABSTRACT

In the present days, every individual feels the importance of educational values in his life. In the process of education many people follow the concept of education. They think that literacy and theoretical knowledge is the only channel of education, where as, education includes the mental, physical, spiritual, intellectual and economical etc, dimensions to the process of learning the education professional in the field of physical education & sports today realise that better result in this field cannot be achieved only providing good physical facilities, good coaching, training or teaching of anatomy physiology and kinesiology. They feel that knowledge of socio psychological traits of sportsmen is also essential for their proper nature. Throughout the recorded history physical educationist have started taking interest in the psycho of sports persons. Greek philosopher linked their sports performance closely to their god, and suggested that athletic excellence implied to them a kind of spiritual purity.

Key words : Education, sports

INTRODUCTION

Despite the fact that individual differences in Neuromotor make up influence performance in basic way, the kind of environment in which the athlete practices, the dynamics of interaction between teammates, and the personal attributes of the performer himself all influence and quality and quantity of effort he will put forth. The athlete stable personal characteristics as well as the influence of relatively transtory factors will significantly affect his performance. It has been observed in the games of the XXVIth Olympiad Centennial Olympic games held in Atlanta (USA). These games presented to the world a fascinating pageant of youth from different parts of the world who aftered their best in terms of achievements in endurance, ability and excellence in their superlatives, achievements bornout of meticulous planning and painstaking efforts, dogged will, motivation dedication and

perseverance of sports persons. Presently coaches and Physical educators have become more conscious and concerned about the psychological and sociological aspects of sports rather than merely physiological factors and skill in the various activity. They realized that psychological fitness and sociological characteristics of the participants contribute more towards their success than of the participants contribute more towards their success than mere physical fitness.

The present researcher has made an attempt to explore non- conventional unexplored dimensions of psychology which have direct bearing on sports performance. The dimensions refer to the role of aggression and adjustment in their own games & sports.

AGGRESSIVE BEHAVIOUR

Aggression is as old the human race beginning with Cain's Murder of Abel and extending throughout history, people have fought each other in tribunal ars, ethnic and religious wars and in the world wide conflicts. Today, man continues to eatermind, large segments of humanity or prepares to do so. It appears that the technical and cultural advance of man has led to more violent, aggressive and destructive behaviour which has lead to a remarkable increase in research devoted to this phenomenon in the last 20 years.

What is aggression and what is so commonly manifested by a supposedly higher form of intelligence such as man. The major problem when studying aggression, specially in sports and physical activities or any other environment is in finding an acceptable universal definition. Most psychalogist disrable aggression interms of behaviour. Johnson (2016) Aggressive behaviour has been associated with destructive acts, sexual attack, prejudice, speech; genital activity, drug and alcohol addiction, sports and exercise, crying comprehension, waging war and so forth.

Miler (2018). There is than No simple behaviour that may be describe under the Rubric Aggression. Obviously, the term aggression carries numerous connotations whether we are studying sports or non sports behaviour term such as acceptable aggression, acceptable violence, controlled violence and aggressiveness are inaccurate uses of the term aggression when applied in sports context.

All trainers or coaches are aware of sports persons who displays anger towards himself, self aggression that often limits effective performance. Other athletes seem equally hampered by the tendency to agress against others in way that are not condoned by the rules.

In sports; more aggressive may be expressed as players feel themselves immersed and thus relatively anonymous in a team context. An athlete's feeling about individual responsibility may be coupled with other conditions, including aggressive models, to produce aggressive behaviour. Valkamer (2014) for example, obtained

data that suggested aggression in the form of fouls committed; was more prevalent when players were subject to hostile fans that when sports persons were playing it home (known as home ground).

ACADEMIC ACHIEVEMENT

The academic achievement is greatly known as the academic performance attained during the previous year in terms of the total marks obtained. The academic achievement is very important aspect and dimension, which require special attention to the student of various classes. The attachment of academic achievement is also lesson as the academic evaluation or assessment of the academic proficiency. The term of “Academic Achievement” is also defined by following some educationist, educational professionals, experts and researchers of various educational areas.

- According to Chaplin, defined on the dictionary of psychology as “Educational or academic achievement as specified of attainment or proficiency in academic work as evaluated by teacher by standardized tests or by combination of both”
- In broader sense, it may be explained as, “All changes is the academic level of students is the academic achievement”. In the present investigation academic achievement has operationally defined as the marks obtained by the students in their previous class.
- The knowledge attained or skills developed in school subject. usually designed by the test scores, or by marks assigned by teachers or by both.

ADJUSTMENT

Psychologists views adjustment as a process by which individuals are continually growing and meeting life challenges. Other psychologists view adjustment as a fixed state or goal that involves. Certain desirable characteristics such as satisfaction in social relationship, in marriage, in a career or grade achievement that must be achieved.

The systematic study of the whole man is undertaken in two inseparable fields identified as the psychology of adjustment and the psychology of personality. Adjustment and personality are unifying concept because they includes various subordinate process of motivation, emotion and cognition. For example, adjustment is accomplished through the exercise of cognitive activites such as perception and thought processes by which the Person has transaction with the world about him.

The concept of adjustment in originally biological as propounded in Darwins (1859) Theory of Natural selection and adaptation. The concept of adaptation was borrowed by psychology and named as adjustment.

According to Webster's ninth New Collegiate dictionary (1987) Adjustment is to adapt or conform one self (as to climate food or new working hour) or to achieve mental and behavioural balance between one's own needs and demands of others. In

other dictionaries adjustment is a Means to “fit” to make “correspondent” to adapt or to accommodates.

Boering et al (2015) defined adjustment as a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction level of these needs.

Bunn and Llyoed (2016) Adjustment is a continuous process of maintaining harmony among the attributes of the individual and the environmental conditions which surround him. It is clear that adjustment is a continuous process rather than a static goal by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs.

REVIEW OF LITERATURE

Cooper (1989) after contrasting athletes and non athletes describes athletes profile as move out standing and socially confident, more out going and socially aggressive dominant and leading better socially adjusted. Higher in prestige social status, self confidence and competitiveness less impulsive, less compulsive, tolerance of physical pain, having move masculine interests and less feminine ones.

The general trend in finding on personality differentials i.e. emotional stability, socially adjusted, aggressiveness, self confidence etc. between non sports men and sports men was supported by Kane (2009). On the basis of review of the available literature. They concluded that although there was not a definite hierarchy, certain personality traits like emotional stability, aggressiveness, tough mindedness and self confidence went well with superior sports performance. In addition to personality trait Kane also stressed lack of anxiety and drive where as Ogilive asserted that conscientiousness, self control, self discipline, trust worthiness and low tension level should also be emphasized. Cooper's (2017) analysis of literature also revealed that athletes tended to be outgoing, socially adjusted, higher in prestige and social status, stronger competitors, less compulsive, less impulsive having greater tale rave for pain lower famine, interest and higher muscular one.

Mushir and Rusch (2016) found adult female athletes to be more reserve (factor A) and addition to these factors of athletes Mushier's study were characterized as more intelligent (factor B+) aggressive factor B+ and happy go Lucky (factor F) than the non athletes.

Aggarwal & Sharma (2017) conducted study on the adjustment and aggression an any Wrestlers and Boxers of the 14-16 years age group. Through adjustment inventory of A.K.P. Shina and R.P. Singh (A.I.C.S.) and aggression questionnaire of G.C. Patti the result revealed that there were. Significant differences between aggressive behaviour. Total adjustment where as there was no significant differences

where as adjustment of Boxers and Wrestlers. While comparing the results, the boxers were found more aggressive and less adjective whereas wrestlers were found less aggressive and more adjective in total adjustment home, social, emotional and educational adjustment but both boxers and wrestlers were found equally adjustable in health adjustment.

Investigator while selecting the problem, consulted a few studies relative to the problem and mentioned in above cited Paragraphs. The other literature shall be collected only when the topic of the investigator is approved. Few related literature on adjustment and aggressive behaviour will also be collected.

CONCLUSION

It is possible for a student to enjoy the benefits of physical activity and at the same time maintain academic grades equal to the non- participants students. This may be attributed to the fact that fitness of the students may not probably hamper his psychic reason. Hence not effecting their level of aspiration. Every child has right to think with superior consciousness..

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