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A STUDY OF ANXIETY AND AGGRESSION AMONG MEN PLAYERS

GOVINDAN KUTTY M S

Research Scholar, Ph. D. in Physical Education,
Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P.

ABSTRACT

When people engage in aggressive behavior in the context of sports, they are engaging in overt, frequently damaging social contact with the purpose to cause harm to another person. It's an almost ubiquitous animal habit. It might happen in response to provocation or as a result of provocation. Aggression is a common response to dissatisfaction in humans when their goals keep getting in the way. One possible contrast between aggression and submission is submissiveness. Now more than ever, success requires hard work and dedication at any level of competition. The increased levels of stress and anxiety are a direct result of the burden placed on the players by the high expectations of their coaches, teammates, and fans. The ability to deal with this kind of intense competition has become crucial to the success of any team, especially at the highest levels of play. An athlete's performance is the sum of their technical skill, mental toughness, and physical fitness. According to this concept, if any of the aforementioned factors is ignored, performance in the relevant athletic domain would suffer.