



ANXIETY, AGGRESSION, AND SELF CONCEPT AMONG SPORTSPERSON

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Abstract:

Introduction:

Aggression can be defined as behaviors performed with the intent of physically or psychologically hurting one or more other people, internal feelings of anger and hostility may be involved, but extremely observed aggressive behavior must occur in order to qualify as aggression. We need to distinguish aggression from assertiveness, which means taking a stand and letting one's views be clearly known without any intent to inflict harm.

Anger is a more frequently expressed emotion in childhood and also in adolescence. The reason for this is anger provoking stimuli are more numerous and children during childhood discover that anger is an effective way of getting attention and children tend to display more anger. Adolescence is such an age, in which neither the individual is accepted in the group of children, nor in the group of adults. Uncertainty is one of the major causes of anger.

Anxiety :-

Anxiety and aggression are strongly associated. Often due to anxiety individuals develop aggression. Anxiety is an uneasy mental state concerning impending or anticipated till. It is marked by apprehension, uneasiness and fore bonding from which the individual cannot escape. It is accompanied by a feeling of helplessness because the anxious person feels blocked, unable to find a solution for problems. There is a vague feeling of dread, a fear with no specific object; and anxiety is an emotion that everyone experiences at times. Those with anxiety disorders feel threatened and

insecure and are typically uncertain of their ability to function effectively in the real world. They will do whatever is necessary to avoid anxiety arousing situations or will defensively engage in maladaptive behaviours. Such individuals also experience a variety of physical symptoms, ranging from chest-pain and rapid heartbeat to muscle tension, sweating, butterflies in stomach, headache etc. in many cases these symptoms are so severe that the person cannot function effectively. Moreover men with anxiety disorders are at significantly increased risk for fatal heart attacks (Hom, et al 1997).

Unfortunately the causes of generalized anxiety disorder are not fully understood. According to psychoanalytic theory, anxiety reflects internal conflicts at an unconscious level. Powerful sexual and aggressive impulses are threatening to break through to conscious expression, and this threat creates great anxiety (Kendler et al, 1992). However, association of anxiety with aggression and self perception has been established long back (Macfarlance, Allen & Honzik, 1954

Self Perception :-

Self, self perception, perception towards self, self image, ego etc. are the terms used in human development. All these terms carry more or less similar meaning. Different researchers use different terms for self perception. For example, when an individual is asked a question, "Who am I?" the answer given to this question is labeled as, self concept. Which replaying to this question, the individual reports noting but

his/her perception towards various aspects of his/her personality. This self perception or self concept is the core of the personality pattern and obviously it influences the forms different traits will take.

Raising and educating children in today's world is quite a challenge;

Today's life is so busy and demands time for everyone is greater than ever. One parent family, two income families, travel, complex routine are just the few issues challenging parents these days. Children now are involved in so many complex activities that it can complicate learning as well. Some where grand parents do take care of the rest, but as life is moving fast we all moving faster than life and more nuclear families are coming up where parents are in utmost responsibility to shield their children. Working parents can't give proper time to their kids. A child has distributed time for school and home thus he is distributed amongst parents and teachers. We can say that parents and teachers play a very important role in child's future. Education is basically a process that leads to mental and psychological growth of a child. Not just learning but many other things he learn like teamwork ,manners , sharing, unity etc. parents are the first teacher for the child, however teachers are the second parents for children.

Parents on the other hand are responsible for overall development of the child that plays a very important role in the socializing process of the child. The first lesson which he learns is from his parents, those lessons get imprint in his heart forever. After sometime he gets to know other members.

A successful parent on the other hand always takes the note of the suggestions the teacher has given. Such parents try to interpret on their own the suggestion given by the teachers and inculcate it in the upbringing of the children which in turn result in their growth. Over pamper or temper both results in the under development of the child. Over pamper makes the child over confident that results in the underdevelopment of the child while over temper makes the child under

confident which may result in the mental turmoil of the child which also results in the underdevelopment of the child.

Stacia Tauscher remarkably said "We worry about what a child will become tomorrow, yet we forget that he is someone today." A child is hope for tomorrow however one should never forget that his today shapes his tomorrow. The amount of pressure and mental trauma the child faces results in his underdevelopment and spoils his tomorrow. A joint venture of parents and teachers helps shaping the child's future, his development and enhances his intellect.

In recent years, the focus of much research has been directed toward discovering ways to increase student performance. Advances have been made in several areas including special education, test preparation, and assessment strategies, just to mention a few. However, one of the most effective areas of increased student motivation lies not in the schools at all, but in the homes of the students. Parental involvement continues to be the most influential factor in student achievement and motivation. Students whose parents are closely involved in their school lives and who monitor their progress fare best in high school (National Center for Education Statistics [NCES], 1985).

Various methods for Development of child's intellect and control Anxiety, Aggression, and Self Concept

Socialization

Talking about the development of the child's intellectual qualities, let us first take up the socializing factor. For a child to later become a go -getter or a dashing person (as is generally required by most of the top-notch organizations) this component or personality counts a lot. It is necessary that parents watch how the child interacts with the family members, friend's neighbors, classmates etc. And they must encourage him to mix-up with these people or else the child would prefer to be left alone and may develop shyness and a sense of loneliness. Similarly, teachers can also contribute in making a child social.

Self Esteem

"Criticism of personality or character leads to negative feelings about oneself. Qualities that one should possess to strengthen oneself-esteem.

1. A Positive Approach

A positive approach in life ensures success and happiness. A positive person is never daunted by failures or competitions because he is confident about himself and failures bring out the best in him. He is a hard working soul and never gets deterred by irrational thoughts that are responsible for triggering off negative feelings like anger, depression and despair. He believes that "to every dark cloud there is a silver lining" and strikes back with much more self-confidence only to emerge successful.

2. Realistic Attitude

Person with a strong self esteem is confident but not over confident. He does not believe in building castles in the air. He is down to earth and believes in hard work and knows for sure - "what he wants in life, whether the field he has chosen suits his capabilities, his taste, his qualifications- In short, what we call a realistic approach to life.

3. Self-Confidence

An individual with a strong self esteem exudes confidence. He never feels insecure in the face of tough competition and has the heart to appreciate if he comes across a better person. At the same time he never doubts his capabilities. After a failure, they do not probe a futile questions, "I should not have made that statement" nor "will he like me?" Or condemn him for minor mistakes.

4. Learn To Appreciate Others

A person with a weak self esteem likes to criticize and condemn others. Their discouraging nature not only irritates people but also makes them unpopular. Instead of appreciating a positive gesture they always try to find fault with others .On the other hand, a person with a strong self esteem appreciates people, their views and never

makes fun of others. They are warm and do not miss an opportunity to offer a sincere note of thanks for even the smallest of tasks. Try this and you will notice that this small technique makes life easier. You will definitely feel better after making others feel good or cared for.

5. Learn To Smile Genuinely

For all those who have not really smiled for quite sometime- Life is indeed quite tough and frustrating in one way or the other. But remember laugh and the whole world laughs with you, weep and you weep all alone. Let us begin with just a smile.

6. Learn To Communicate That You "Really Care"

Human beings tend to take themselves and their near and dear ones for granted. As parents, as children, as friends, we take each other very lightly, depending on one another but at the same time ignoring their very existence. This creates stillness, a kind of monotony in life child education basically a process that leads to mental and psychological growth of a child. Apart from leaning the academics a child learns various other things like team work, table manners, sharing, unity, teamwork. A school is a form of institute for a child; some say parents are the first teacher for the child however I feel teachers are the second parents for children. Since kindergarten a child is handed over to the teachers and teachers nourish him and bestow him with the love support and good habits.

Conclusion:

Play forms one of the important elements of child's personality development. It is a medium that provides the child an opportunity for fullest self -expression, freedom and pleasure. It is also a creative activity. More over, play is refreshing and rejuvenating. It is helpful in developing habit of sharing cooperation, mixing up with others, being assertive and leadership quality. A child who takes part in the sports and others competitions, may have to go different places with the team. Quite naturally while staying with the fellow players in a camp or in some hostel he/she

learns all these qualities of sharing, co-operation and so on.

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