International Journal for Multidisciplinary Research (IJFMR)
E-ISSN: 2582-2160 ● Website: www.ijfmr.com ● Email: editor@ijfmr.com

Level of Sports Aggression, Locus of Control and Performance Anxiety Among Individual and Team Athletes

Dr. Jaimala Ashok Sode[1], Prof. Dr. M.A. Bhardwaj[2]

[1]Assistant Professor Department of Psychology & Research Centre Loknete Vyankatrao Hiray Arts, Science & Commerce College, Panchavati, Nashik
[2]Vice-Principal MG Vidyamandir, Professor and Head Arts, Commerce & Science College, Harsul, Nashik

Abstract

Aim: The aim of the present research was to examine the level of sports aggression, locus of control and performance anxiety among individual and team athletes (20-30 yrs).

Material and Methods: The total sample consisted 150 athletes from the age group of 20-30 years out of which 75 individual and 75 team athletes from various college and sports academy located in Nashik city of Maharashtra. For examine the level of sports aggression, locus of control and sports anxiety the researchers used Sports Aggression Inventory by Prof. Anand Kumar Srivastava & P.S. Shukla, Rotter's Locus of Control Scale by Dr. Anand Kumar & Dr. S. N. Srivastava and Sport Anxiety Scale-2 by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming and Joel R. Grossbard used for examining performance anxiety.

Statistical Analysis: Descriptive, inferential comparative and correlational statistical analyses were used for observing the difference and relationship. Pearson product movement correlation was applied to check the relationship between level of sports aggression, locus of control and performance anxiety and t test was used to study the difference between individual and team athletes.

Result & Conclusion: The research finding shows that team athletes experience higher level of sports aggression than individual athletes and individual athletes have a stronger internal locus of control in contrast, team athletes show a higher external locus of control. The results show that individual athletes experience higher level of performance anxiety as compared to team athletes. The study also revealed that the moderate negative relationship between sports aggression and locus of control among individual and team athletes. It indicates that higher level of locus of control lower the performance anxiety among the individual and team athletes.

Keywords: Level of Sports Aggression, Locus of Control, performance Anxiety, Individual and Team Athletes

INTRODUCTION:

The world of competitive sports is not just about physical strength and skill; it is deeply intertwined with psychological factors that can greatly influence an athlete's performance. For athletes competing at the national level, these psychological aspects are even more crucial, as they face intense pressure, high

expectations, and the constant challenge of maintaining peak performance. Among the key psychological factors that shape athletic performance are aggression, locus of control, emotional intelligence (EI), and performance anxiety. Each of these elements plays a significant role in determining how athletes handle competition, cope with stress, and interact with teammates and opponents.

Aggression often seen as a driving force in competitive sports, can either enhance performance by increasing focus and energy or hinder it when it leads to poor decision-making and interpersonal conflicts. The level of aggression an athlete exhibits is often linked to how they manage their emotions and handle frustration. Athletes with high emotional intelligence tend to have better control over their emotions, allowing them to remain calm under pressure, build strong team relationships, and make thoughtful decisions in high-stakes situations. In certain sports, particularly combat or contact sports, controlled aggression is necessary for success, helping athletes maintain focus, physicality, and resolve in the face of adversity. However, unchecked aggression can lead to poor decision-making, unsportsmanlike behavior, and conflicts with teammates or opponents, all of which can negatively affect performance. The balance between harnessing aggression for motivation and managing it to avoid negative outcomes is key to an athlete's success.

Locus of control refers to an athlete's belief in their ability to influence outcomes through their actions, also plays a pivotal role. Athletes with an internal locus of control believe that their efforts and decisions directly impact their success, which can fuel motivation and resilience. On the other hand, those with an external locus of control might attribute their performance to external factors like luck or the actions of others, which can lead to feelings of helplessness and reduced motivation.

Performance anxiety is another crucial factor that impacts athletes at all levels. While a certain level of anxiety can enhance focus and alertness, excessive anxiety can lead to debilitating stress, negatively affecting performance. Athletes who struggle with anxiety often find it challenging to perform under pressure, leading to poor outcomes despite having the necessary physical skills.

Review of literature

Choudhary, P., & Mehta, R. (2020) explored the type of sport influences various psychological factors, including aggression and locus of control. The findings indicate that psychological differences between athletes in individual and team sports, with team sport players exhibiting lower aggression and a higher sense of control over their performance outcomes. **Chauhan (2011)** compared emotional intelligence and locus of control between sports persons and non-sports persons. The findings indicated that no significant difference in emotional intelligence between the two groups and shows that significant difference in locus of control, with sports persons exhibiting a more internal locus of control compared to non-sports persons. The finding also suggested that individuals with higher emotional intelligence tend to have a more internal locus of control. **Aleena and Vigraanth (2021)** explored the relationship between emotional intelligence and locus of control among students across India. The results showed a moderate level of both emotional intelligence and locus of control among the participants.

Kumar, A., & Singh, R. (2019) investigated the level of aggression and locus of control among Indian athletes and suggested that individual sport athletes exhibit higher level of aggression levels compared to team sport athletes, who display a more internal locus of control.

According to **Anderson and Bushman (2002)** aggression can enhance performance in competitive

settings by increasing focus and energy. On other side **Regehr et al., (2004)** suggested that uncontrolled aggression can lead to poor decision-making, fouls, and interpersonal conflicts, particularly in team sports. **Larkin (2010)** highlighted that individual athletes use aggression as a tool for performance enhancement, focusing on the drive to outperform their opponents**. Hollander & Dungy (2011)** found that team athletes like football or basketball players face challenges in balancing aggression and teamwork, where excessive aggression can undermine group cohesion. **Schneider (2007)** suggested that when aggression not properly managed it can lead to detrimental effects on team dynamics and performance.

Laborde et al. (2016) demonstrated that EI significantly influences performance, particularly in team sports, where effective communication and conflict resolution are essential. According to **Mayer et al. (2008)** high EI helps athletes regulate their emotions and allowing them to perform under stress. **Carron et al (2002)** highlighted that EI is valuable for team athletes for enhance cooperation and help to resolve conflicts within the group. **Goleman (2006)** suggested that individual athletes, who face performance pressures alone, benefit from EI by improving their self-regulation and focus under competitive conditions. **MacIntyre & Moran (2010)** explored that in team sports like football or basketball, high EI can improve communication and teamwork, leading to better coordination and overall team performance. **Davis & Goleman (2005)** suggested that EI training to be an effective tool for athletes looking to improve their emotional management and achieve peak performance.

Objective

1. To examine the level of sports aggression among individual and team athletes.
2. To assess the locus of control among individual and team athletes.
3. To examine the level of performance anxiety among individual and team athletes.
4. To investigate the difference in terms of level of sports aggression among individual and team athletes.
5. To explore the difference in terms of locus of control among individual and team athletes.
6. To analyze the difference in terms of performance anxiety among individual and team athletes.
7. To study the relationship between locus of control and level of sports aggression among individual and team athletes.
8. To study the relationship between locus of control and performance anxiety among individual and team athletes.
9. To develop psychological intervention strategies for managing level of sports aggression and sport anxiety and enhancing locus of control of individual and team athletes.

Hypotheses

H1: There would be high level of sports aggression among team athletes as compared to individual athletes.

H2: Individual athletes would be indicate higher level of internal locus of control as compared to team athletes.

H3: There would be high level of performance anxiety among individual athletes as compared to team athletes

H4: There would be negative relationship between locus of control and level of sports aggression among individual and team athletes.

H5: There would be negative relationship between locus of control and performance anxiety among individual and team athletes.

Variables

Research Variables

1. Level of Aggression
2. Locus of control
3. Performance Anxiety
4. Individual Athletes
5. Team Athletes

Controlled Variables

1. Age – 20 to 30 yrs
2. Types of Individual Sports – Running, Cycling, table tennis, swimming, shooting,
3. Types of Team Sports – Cricket, Football, Kabaddi,
4. Region – Nashik, Mumbai, Pune, Sambhajinagar (Aurangabad), Ahilyanagar (Ahmednagar)
5. State and National level athletes

Sample:

A purposive sampling method will used to select a representative sample of 150 athletes located in Nashik, Mumbai, Pune, Sambhajinagar (Aurangabad), Ahilyanagar (Ahmednagar). The total sample of 150 athletes from age group 20 to 35 years out of which 75 individual and 75 team athletes. The data will collected with the help of google form.

Design:

The present study used the descriptive, comparative and correlational design.

Tools:

1. Sports Aggression Inventory by Prof. Anand Kumar Srivastava & P.S. Shukla (1990)

This inventory consists of 25 items that address different aspects of aggression in sports contexts. The scores are between 0 to 25. A higher score indicates a greater tendency towards sports aggression behavior in sports, while a lower score suggests less sports aggression.

Reliability: Split-half and test-retest reliability was .80

Validity: It has concurrent validity as .84 which is quite satisfied.

2. Rotter's Locus of Control Scale by Dr. Anand Kumar & Dr. S. N. Srivastava (1966)

The scale consists of 29 items designed to assess an individual's locus of control orientation. This scale measures the extent to which individuals believe they can control events that affect them, distinguishing between an internal locus of control (belief in personal influence) and an external locus of control (belief in external factors influencing outcomes). Higher scores indicate greater levels of external locus of control and lower score indicate internal locus of control.

Reliability: split half is .88 and test- retest is .73

Validity: It has good discriminant validity

3. Sport Anxiety Scale-2 by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming, and Joel R. Grossbard (2006)

The Sport Anxiety Scale-2 (Smith et al., 2006) is a questionnaire that assesses the competitive trait anxiety experienced by athletes before or during competition. The athlete answers the 21 questions, with no time limit for completion. The scale uses a four-point Likert scale for the responses, ranging from one (not at all) to four (very much). The scale measures responses for three factors: somatic anxiety, worry and concentration disruption.

Result and Discussion:

To analyze the data t-test was used for finding the gender difference and Pearson r-correlation was computed to check the relationship. The obtained data is systematically presented in the following tables.

Table 1: Shows the Mean Values of Level of Sports Aggression, Locus of Control and Performance Anxiety of team and individual athletes.

Variables	Team Athletes (N =75)		Individual Athletes (N=75)	
	Mean	SD	Mean	SD
Level of Sports Aggression	19.28	2.81	13.32	4.22
Locus of Control	16.14	3.64	10.21	2.74
Performance Anxiety	46.97	7.89	59.08	9.51

Table 1 shows the mean values of Sports Aggression, Locus of Control and Performance Anxiety of team and individual athletes. The mean values of team athletes of Sports Aggression is M = 19.28 Locus of Control is M = 16.14 and Performance Anxiety is M = 46.97. The mean values of individual athletes of Sports Aggression is M = 13.32 Locus of Control is M = 10.21. and Performance Anxiety is M = 59.08.

Table 2: Shows the Difference in terms Sports Aggression among Team Athletes and Individual Athletes

Variable	Gender	N	Mean	t-value	Level of Sig
Sports Aggression	Team Athletes	75	19.28		
	Individual Athletes	75	13.31	**5.87**	**Sig**

Table 2 shows the difference in terms of **sports aggression among team athletes and individual athletes** for this analysis t value is calculated. For the obtained values in Table 2 shows the means of team and individual athletes, team athletes M = 19.28 and individual athletes M = 13.31 and the t value = 5.87 significant at the 0.01 level). This indicates that there is difference in level of sports aggression among team and individual athletes. The result suggest that team athletes shows higher level of sports aggression than individual athletes due to some social influence, competitive dynamics, and emotional contagion within teams. Team sports often encourage aggressive strategies, while individual athletes rely more on self-discipline and controlled aggression.

Table 3: Shows the Difference in terms Locus of Control among Team Athletes and Individual Athletes

Variable	Gender	N	Mean	t-value	Level of Sig
Locus of Control	Team Athletes	75	16.14	**2.93**	**Sig**
	Individual Athletes	75	10.21		

Table 3 shows the difference in terms of **locus of control among team athletes and individual athletes** for this analysis t value is calculated. For the obtained values in Table 3 shows the means of team and individual athletes, team athletes M = 16.14 and individual athletes M = 10.21 and the t value = 2.93 and it is significant. This indicates that there is difference in locus of control among team and individual athletes. The results suggest that individual athletes have a stronger internal locus of control, meaning they believe their success depends on their own efforts. In contrast, team athletes show a higher external locus of control, because outcomes of team sports depend on teammates, coaches, and game situations, making them more influenced by external factors.

Table 4: Shows the Difference in terms Performance Anxiety among Team Athletes and Individual Athletes

Variable	Gender	N	Mean	t-value	Level of Sig
Performance Anxiety	Team Athletes	75	46.97	**2.48**	**Sig**
	Individual Athletes	75	59.08		

Table 4 shows the difference in terms of **performance anxiety among team athletes and individual athletes** for this analysis t value is calculated. For the obtained values in Table 4 shows the means of team and individual athletes, team athletes M = 46.97 and individual athletes M = 59.08 and the t value = 2.48 and it is significant. This indicates that there is difference in performance anxiety among team and individual athletes. This results show that individual athletes experience higher level of performance anxiety as compared to team athletes. Individual athletes take full responsibility for their performance, with no teammates to share the pressure. In contrast, team athletes can rely on their teammates for support, which helps ease their anxiety during competition.

Table 5: Shows the Relationship between sports aggression and Self-confidence among team athletes and individual athletes

Variable	N	Mean	SD	r-value
Sports Aggression	150	16.3	4.65	**-0.42**
Locus of Control		13.18	4.38	

Table 5 shows the correlation between sports aggression and locus of control among individual and team athletes. For this analysis Pearson product moment correlation coefficient is r = -0.42. This indicate the moderate negative relationship between sports aggression and locus of control among individual and team athletes. This means that as aggression in sports increases, an athlete's sense of control over their actions and outcomes tends to decrease. This could be because heightened aggression might lead to impulsive actions rather than thoughtful decision-making, affecting their overall sense of personal control.

Table 6: Shows the Relationship between Locus of Control and Performance Anxiety among Team and Individual Athletes

Variable	N	Mean	SD	r-value
Locus of Control	150	13.18	4.38	-0.38
Performance Anxiety		53.02	10.62	

Table 6 shows the moderate negative relationship between locus of control and performance anxiety among individual and team athletes. For this analysis Pearson product moment correlation coefficient is r = -0.38. This indicate the negative correlation between locus of control and performance anxiety among individual and team athletes. It indicates that higher level of locus of control lower the performance anxiety among the individual and team athletes.

This means that athletes who have a stronger sense of control over their actions and outcomes tend to experience less anxiety during performance. In other words, when athletes believe they can influence their success through effort and decisions, they feel more confident and less nervous. This sense of control helps them stay calm under pressure, reducing their performance anxiety.

Conclusions:

In the present research following are the conclusions:

1. There is difference in level of sports aggression among team and individual athletes with respect to some social influence, competitive dynamics, and emotional contagion within teams.
2. There is higher level of internal locus of control among individual athletes and in contrast team athletes show a higher external locus of control
3. There is high level of performance anxiety among individual athletes as compared to team athletes
4. There is negative correlation between locus of control and level of sports anxiety among individual and team athletes
5. There is negative relationship between locus of control and performance anxiety among tribal individual and team athletes, higher levels of locus of control would be indicates lower level performance anxiety.

Implications:

The findings of the present study on sports aggression, locus of control, and performance anxiety between individual and team athletes will be helpful for coaches, trainers, and sports psychologists to develop strategies for improve athletes' mental well-being, boost confidence, and enhance their overall performance. This finding will be helpful for individual athletes, reinforcing self-belief and decision-making skills can boost confidence. Applying these insights can create a supportive training environment, strengthening athletes' mental resilience and overall success.

References:

1. Aleena. T & Vigraanth Bapu K G (2021). Emotional Intelligence and Locus of Control Among Students Across India. International Journal of Indian Psychology, 9(2), 663-670. DIP:18.01.070.20210902, DOI:10.25215.0902.070
2. Anderson, C. A., & Bushman, B. J. (2002). Human aggression. Annual Review of Psychology, 53(1), 27–51. https://doi.org/10.1146/annurev.psych.53.100901.135231
3. Carron, A. V., Hausenblas, H. A., & Eys, M. A. (2002). Group dynamics in sport (3rd ed.). Fitness

Information Technology.
4. Chauhan, S. (2011). A comparative study of emotional intelligence and locus of control between sports persons and non-sports persons. Department of Psychology, Suarashtra University Rajkot-360 005 Gujarat (India)
5. Choudhary, P., & Mehta, R. (2020). The impact of sport type on psychological factors: Aggression and locus of control.
6. Davis, M., & Goleman, D. (2005). Emotional intelligence training for athletes: Enhancing performance through self-regulation.
7. Goleman, D. (2006). Emotional intelligence: Why it can matter more than IQ. Bantam.
8. Hollander, E., & Dungy, T. (2011). The role of aggression in team sports: Challenges in balancing competitiveness and teamwork.
9. Kumar, A., & Singh, R. (2019). Aggression and locus of control among Indian athletes: A comparative study of individual and team sports.
10. Laborde, S., Dosseville, F., & Allen, M. S. (2016). Emotional intelligence in sport and performance: A critical review. International Journal of Sport and Exercise Psychology, 14(1), 4–18. https://doi.org/10.1080/1612197X.2014.944697
11. Larkin, P. (2010). The role of aggression in individual sports: A tool for performance enhancement.
12. MacIntyre, T. E., & Moran, A. P. (2010). Emotional intelligence and teamwork in sports: A review of key concepts.
13. Mayer, J. D., Salovey, P., & Caruso, D. R. (2008). Emotional intelligence: New ability or eclectic traits? American Psychologist, 63(6), 503–517. https://doi.org/10.1037/0003-066X.63.6.503
14. Regehr, C., Glancy, D., & Pitts, A. (2004). Interpersonal conflicts and aggression in team sports: Psychological perspectives.
15. Schneider, T. (2007). Managing aggression in sports: The impact on team dynamics and performance.