

Comparing the dimensions of aggression in adolescent athletes and non-athletes divorced families

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ABSTRACT

The purpose of this study was to compare the dimensions of aggression (physical aggression, verbal aggression, anger and hostility) in adolescent athletes and non-athletes was divorced families. 30 adolescent volunteers who aged 11-13 years were assigned in athletes (n=15) and non-athletes (n=15) groups. Buss and Perry Aggression Questionnaire for data collection were used. Data Analysis was performed using independent t-test statistical method. Significance level of the test was considered $P \leq 0.05$. Research results showed significant differences in overall aggression ($p=0.0001$) and anger ($p=0.0001$), but no significant differences were observed between the two groups in physical aggression ($p=0.203$), verbal ($p=0.504$) and hostility ($p=0.440$). According to these findings it can be concluded that participating in sports can have a significant influence on dimensions of aggression.

Keywords: Aggression, Divorced Families, Sports Activities, Adolescent.

INTRODUCTION

At no time were humans more faced with the risk of family transformation and its adverse effects than the present-day. Human societies have suffered from divorce for a long time. Divorce is a social phenomenon that and its incidence depends heavily on customs, traditions, rules and norms of that society [1-3]. In recent years, family consistency has decreased, resulting in increased divorce rate so much that 40 to 50 percent of marriages in America ends with divorce. Family members interact with each other and patterns of their belief, behavior and relationship evolve while living with each other. In about 90% of divorce cases, the mother is responsible for taking care of the child and this leads to the negative reversion of son's identity with father's role. Children who live in families with calm and consistent environment experience less behavioral disorders and abnormalities than children with stressful families [4,5].

Aggressive behavior is a complex phenomenon and complex theories are laid down to describe its nature and origin. Aggression refers to one's intention to harm someone else physically and emotionally [6,7]. One of the models explaining aggression is Buss and Perry multi-dimensional model. In this model, aggression is divided into instrumental or motor, emotional and cognitive dimensions. Instrumental dimension emerges as verbal and physical aggression, emotional dimension is expressed as anger, and cognitive dimension includes hostility and hatred [8,9,10]. Adolescence aggression, not only does harm the victims of aggressive actions, but also it may harm the growth of aggressive adolescent himself. Aggressive adolescents more likely are rejected by peers, commit crimes, show anti-social behaviors, experience violence at home, tend to narcissism, have lower educational degrees and are involved in drug abuse compared to non-aggressive adolescents [11-16].

Physical activity as a strong and active element plays an important role in today's developing societies. Continuous physical activity is effective in promoting cultural, material and spiritual aspects of human societies and guarantees individuals' physical and mental health. Physical activities have an important status in society and family. One of the important reasons for studying physical activity as a comprehensive social phenomenon is its close relationship with aspects of individuals' social life. Today, sports and their related activities have devoted much of individuals' time and energy to themselves and have an important status in cultures of societies' [17]. Due to increasing social problems, societies' social and cultural developments, role of physical activity in development of adolescents' personality and low attention paid to the roots and causes of adolescent deviances, especially in children of divorce, this study intends to reach the exact information to compare aggression dimensions of athletes and non-athletes adolescents of divorced families.

MATERIALS AND METHODS

This research is a descriptive one. Selection criteria were absence of a chronic physical illness, disability, drug addiction, alcoholism, not one parent to be dead and not living in orphanage. 30 adolescent who aged 11-13 years voluntarily participated in the study and were assigned into athletes (n=15) and non-athletes (n=15) groups. They participated in the study with parental consent and their parents had divorced at least one year ago. Subjects of the athletes group regularly participated in various sports activities two or three sessions a week in the recent year, but non-athletes had no certain sports activities during this period.

Buss and Perry Aggression Questionnaire contains 29 questions and is set based on five-degree Likert scale. The questionnaire subscales including physical and verbal aggressions, anger and hostility. Physical aggression measurements include 9 questions measuring physically harming to others, verbal aggression measurements include 5 questions about verbal aggression toward others, anger includes 7 questions measuring the emotional aspect of aggression, and hostility scale includes 8 questions assessing items related to cognitive aspects of aggression [18]. Higher scores indicate more aggression [8]. This questionnaire has a wonderful power for predicting laboratory and real-world environments [19,20] and has a good internal consistency ($\alpha=0.80$) and test-retest reliability ($r=0.80$) [21].

Statistical analysis was performed using SPSS version 18. Data normality was determined by Kolmogorov-Smirnov test. Then, independent t-test was used for between-groups comparison of measured variables. The significance level of the test was also considered $p \leq 0.05$.

RESULTS

Table 1 shows comparison between the athletes and non-athletes groups measured means. Research results showed significant differences in overall aggression ($p=0.0001$) and anger ($p=0.0001$), but no significant differences were observed between the two groups in physical aggression ($p=0.203$), verbal ($p=0.504$) and hostility ($p=0.440$).

Table 1- Comparison of Mean Outcome Measurements between athletes and non-athletes Groups

Variable	Athletes	Non-athletes	t	P-Value
Overall Aggression	92.23±1.31	97.26±1.66	- 9.176	0.0001
physical Aggression	30.26±2.06	31.38±2.61	- 1.304	0.203
Physical Verbal	14.38±0.85	14.61±1.03	- 0.677	0.504
Anger	22.04±1.36	25.19±1.89	- 5.125	0.0001
Hostility	25.57±0.66	26.36±2.53	- 0.775	0.440

DISCUSSION

The results showed that overall aggression in athletes than to non-athletes were less than significant. Aggressive and those of the people who are injured, you must learn how to deal with injuries and how unfair the lost relationship with solving outrage resume. Aggressive if they have the effect of injury on others to discover and understand the feeling of experiencing regret and apologized to his victims, aggressive behavior significantly reduced [22].

The results showed no statistically significant differences in physical and verbal aggression between athletes than non-athletes. Physical aggression is defined as injuring and harming others which is usually done to achieve a desire. Examples of physical aggression include hitting, pushing, kicking or threatening to beat [23].

It also includes verbal aggression threatens the health and welfare of other people using verbal insults such slanderous words, is insulting and cursing [10]. Physical aggression and verbal aggression represent the means are the same as it can be motivated by revenge. The changes reflect the social benefits of forgiveness in interpersonal motives, such as personal and psychological motivation to avoid contact with the individual wrongdoer is reduced. Motivated by revenge or expect harm to come to someone sinning decreases and increases motivation for benevolence [24].

The results showed that anger in athletes were lower than in non-athletes and this difference was statistically significant. Anger is a natural reaction to pain, frustration, injustice, violence and infidelity. However, it can lead to sorrow as well as attitudes and behaviors that interfere with important interpersonal relationships [25]. Feelings of anger and disgust can lead to interpersonal problems when it is worn by reduced expression of benevolence toward others [26].

The results showed that hostility toward non-athletes in the athlete group showed no significant differences. Forgiveness reduces their thoughts are being hostile [27]. If a person has a positive justification of a negative event, it helps to feel better toward the opposite side. Thus it can be said that people who have better attitudes towards the opposite side, they went further in their relationship [28,29].

CONCLUSION

According to these findings it can be concluded that participation in sports activities could significantly affect overall aggression and size to be effective. However, further studies are needed to clarify the mechanisms of exercise in reducing aggression seems inevitable.

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