

## PHYSICAL EDUCATION AND SPORTS

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### Features of the influence of the locus of personality control on the expression of aggression in football

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#### **Abstract.**

In the article, there are presented the results of the study of the relationship between the locus of personality control and expressions of aggression among football students. Thirty football students of the Ukrainian State University of Science and Technologies named after Academician V. Lazaryan took part in the study. The level of subjective control was diagnosed with the use of the Questionnaire of Subjective Control which was developed by E. Bazhin on the basis of the locus of control scale by D. Rotter. The number of red and yellow cards that players received during the competition was considered as a measure of the aggression. A statistical verification of the data received was carried out with the use of Spearman's coefficient of rank correlation. It was found that the level of subjective control is a factor related to the expression of aggression among football students.

#### **Keywords:**

*the level of subjective control  
aggression  
aggressiveness  
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There is a growing interest among researchers in the study of human aggression. This is related to the danger caused by the spread of this phenomenon all over the world. Also, there is a common perception in psychology about aggression as a complex phenomenon that is determined by a number of factors, which is difficult to predict or control. According to R. Baron, one of the most respected experts in this field, aggression is considered to be behaviour that is aimed at causing harm or damage to another human being who does not want to be treated in this way [1, p.26]. A number of theories have been proposed in psychology that explain the nature of aggression in different ways. We believe that those theories are right that focus on personal qualities (individual determinants of aggression). This term is used to describe the prerequisites for the occurrence and development of aggression in psychology, which are mainly focused on stable personal traits and attitudes. The locus of control is one of these characteristics. This concept was suggested by the American psychologist D. Rotter to denote a person's tendency to attribute responsibility for the results of his or her activities to external forces (external locus of control) or to his or her own abilities and efforts (internal locus of control).

A number of works [2, 3, 4] and others are devoted to the study of the aggressiveness issues. For example, according to E. V. Topolov [2], there are such main types of aggression: physical, active, direct; physical, active, indirect; physical, passive, direct; physical, passive, indirect; verbal, active, direct; verbal, active, indirect; verbal, passive, direct; verbal, passive, indirect. Among the main types of aggression in psychology are "emotional (hostile) aggression" (when the purpose is to cause suffering or other damage to the victim) and "instrumental aggression" (when aggression is used as a mean to achieve money, social status, etc.) [5]. B. Crady [6] proposed his own typology of aggression based on the following criteria: the modality of the reaction (verbal, physical); the quality of the reaction (action, inaction); the immediacy (direct, indirect); the ability to observe (openness, secrecy); the incitement (unprovoked, revengeful); the purposefulness (hostile,

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instrumental); and the type of harm caused (physical, psychological); the duration of the consequences (short-term, long-term); the social units involved (individual, group). Experts in psychology of aggression [5, 7] emphasise on the need to distinguish the concepts of aggression and aggressiveness. The first concept is used when we talk about aggressive behaviour or actions. The second is used when we talk about aggressiveness as a personality trait which reflects a willingness to act aggressively. They emphasise the fact that not all aggressive actions are caused by the aggressiveness of the person, and that aggressiveness of the person does not always lead to aggressive actions. A range of other issues are explored. Simultaneously, the aggressive behaviour of a person in sports activities is a problem that has not been studied enough.

Sport is an area where aggression is common, and it is demonstrated by both athletes and fans. There is no single opinion among experts regarding the question of how sports activities or watching them affect expression of aggression (reduce aggressive tendencies, increase aggression, do not cause any changes). Most of the arguments presented by experts relate to the first or second position. They believe that sports activities may either sublimate aggressive feelings into an acceptable form, or be useless in solving this issue, or cause even more negative aggressive feelings. This research was intended to test the hypothesis that the locus of personality control is a factor that influences the expression of student football players' aggression during the game.

The indicators of the level of development of subjective control of student football players were considered as an independent variable. The dependent variable was the expression of aggression during football matches, during which players received red or yellow cards.

According to the Statistical Null Hypothesis, the correlation between the indicators of the level of subjective control of student football players and the level of their aggressiveness during the game does not differ significantly from zero (is random). An alternative statistical hypothesis was that the correlation between the level of subjective control in football students and their level of aggressiveness

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is significantly different from zero (is not random).

During the experiment, the level of subjective control was examined among 30 football students of the Ukrainian State University of Science and Technologies named after Academician V. Lazaryan. In order to do this, there was used the questionnaire of the level of personal control developed by E. F. Bazhin on the basis of D. Rotter's locus of control scale. Another step was an empirical test of the correlation between the results of the questionnaire and the facts of aggression in the game at various football competitions. We considered the number of red and yellow cards received by players for rough play against an opponent within 20 games they played. The statistical test was conducted with the use of Spearman's rank correlation coefficient.

As a result of the study, it was found that the experimental group of football students was characterised by the indicators presented in Table 1.

*Table 1*

**Statistical data of locus of control and aggression indicators  
among students**

Indicators	Football students n=30			
	$\bar{x}$	Me	Mo	S
Level of subjective control, number of points	27,36	27	34	5,67
Level of aggressiveness, number of cards	5,16	5	5	2,53

The results of the secondary statistical examination of the data obtained with the use of Spearman's rank correlation coefficient are presented in Table 2.

*Table 2*

**The correlation coefficient of indicators of the level of subjective  
control and the level of aggression among students**

Indicators		$r_s$
Level of subjective control, number of points	Level of aggressiveness, number of cards	0,595* n=30

*Notes. The correlation coefficient is statistically significant at  
\*  $p < 0.01$ .*

According to the data presented in Table 2, the correlation between the indicators of the level of subjective

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control and aggressiveness among football students is statistically significant. Therefore, the null hypothesis was rejected and the alternative hypothesis was confirmed.

The research results demonstrate that the level of aggression among students-football players with a low level of subjective control is moderate. Such players rarely receive yellow or red cards. Their aggressiveness slightly increases even if the opponent plays roughly against them. Another tendency is observed among football students with a high level of subjective control. When they feel the aggressiveness of their opponents, they become more aggressive themselves. Among this category of players, there are many of those who, while losing a match, often use rough play.

According to the data obtained in the study, we can conclude that the level of subjective control is a factor related to the expression of aggression among football students.

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