

Violence in Sport

Violence – Physical acts committed in sport that go beyond the accepted rules of play or expected levels of contact within a contact sport.



Violence in sport is most likely to occur when a performer:

- Feels physically threatened
- Feels additional aggression will benefit performance
- Is frustrated with their/their teams' performance
- Feels angry about an official's decision
- Feels they have been wronged by another performer
- Is concerned they will look weak to step away first
- Anabolic steroids & stimulants have been shown to increase aggression amongst users

VIOLENCE IN SPORT

Causes of violence

Instinct

- We have a natural urge to lash out in defence of ourselves or our territory

Examples

- A football player may respond aggressively to having their shirt pulled
- A rugby player may react aggressively to a dangerous tackle



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VIOLENCE IN SPORT

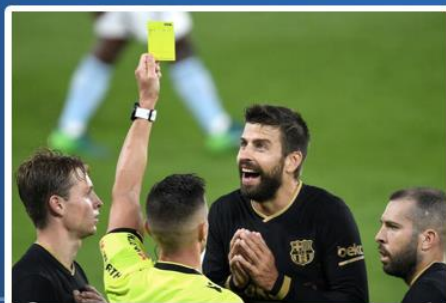
Causes of violence

Frustration

- Builds up throughout a game if things don't go your way, or poor decisions are made by an official
- Players may display violence as a means of venting their frustration

Examples

- A footballer may become frustrated by missing numerous attempts at goal or repeatedly being called offside



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VIOLENCE IN SPORT

Causes of violence

Imitation

- Copying the behaviours of a role model, or peer group
 - If an influential figure displays violence, you may see it as a more acceptable way to behave

Anger

- May result from frustration, physical contact or feeling as if decisions have gone against you unfairly
 - Anger causes adrenaline levels to rise, making performers agitated and reactive

PED use

- Anabolic steroids & stimulants (e.g. cocaine) have been shown to increase aggression amongst users