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## INVESTIGATION OF THE LEVELS OF THE AGGRESSIVE RESPONSE "VERBAL AGGRESSION" OF STUDENTS ENGAGED IN SPORTS: JUDO, BASKETBALL, FITNESS AND TENNIS

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### ABSTRACT

This article reveals the results of the crisis in society and man, caused by a lack of trust and virtues. The mental emptiness and meaninglessness, fears and frustrations created by the replacement of values and the inability to clearly see the boundaries between good and evil; right and wrong, which provoke various manifestations of aggression. The purpose of the study is to establish what is the impact of sports activities on students' mental resilience, stability (emotional intelligence) and this article specifically investigates the levels of aggressive "verbal aggression" response. The results show that students from sports fitness, basketball and tennis are much more likely to exhibit verbal aggression, unlike students who play judo, where the "high" and "very high" level of verbal aggression does not exist. Women to a much greater extent exhibit verbal aggression, unlike men, probably to compensate for their physical ine power. In general, the reasons that give rise to verbal aggression can be reduced to: psychopathology – cumulation of many unresolved problems; neglect – verbal attack of thoughts associated with hate speech; social imitation; argumentative skills deficit.

**Key words:** sport, students, verbal aggression

### INTRODUCTION

The topic of aggression has long been the number one problem of modern society. The crisis in society and man, caused by a lack of trust, a lack of virtues is a clear indicator of the causes of the problem. Aggression is the result of mental emptiness and meaninglessness, fears and helplessness caused by the replacement of values and the inability to clearly see the boundaries between good and evil; right and wrong, erased from the transition with ease but vital to man.

The crisis of spirit, in which the political system pushed man, unlocked all vices, placing him on the lowest stage of evolution (according to E. Maslow's pyramid), like an animal forced to survive in the great jungle of life. Aggression, quite naturally and naturally,

took the place freed from virtues. Among its many manifestations - verbal aggression, for the unprofessionally engaged, is "the most harmless", but for anyone familiar with the topic it is clear that it leaves many and even more lasting traces of physical and other types of aggression (indirect, aggressive irritability, negativism, insult, suspicion). On this occasion is the saying "A living wound heals, but a bad word is not forgotten."

It is clear to everyone that verbal aggression is related to speech, i.e. communication between people is disturbed. What is more special is that it is: direct - active and passive. In the manifestation of its active form, a person makes threats, is rude (swears, reproaches, insults, humiliates, mocks, etc.), as a result of which the victim is brought to a state of anxiety, loss of self-confidence, distress (the phase when permanent damage occurs in the body, having previously passed the phases of anxiety, resistance and exhaustion, characteristic of stress). Distress causes more serious disorders in the body's functions and

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causes many diseases such as: permanent increase in blood pressure, irregular heartbeat, spasm of the respiratory tract, asthma, stomach ulcers, skin diseases and more. (1).

Verbal aggression can and should be defined as intentionally harmful behavior, abuse of power - deliberate irritation, ridicule or threat initiated by one or more persons with a relatively higher status or power (by virtue of their number or size) against a victim with slightly lower status or authority, according to the National Association of School Psychologists in the United States (National Association of School Psychologists – NASP, 2004).

## METHODS

In this regard, a study was conducted within the framework of a project at Sofia University (№ 80-10-63 / 2019 and № 80-10-45 / 2020), the aim of which is to take into account the levels of various types of aggressive reaction and depression found out what is the impact of the sports of judo, fitness, basketball and tennis, practiced at Sofia University, on the mental stability, emotional stability of students.

The definition of sports is according to some criteria, such as: the type of sport - different distance, collective (team), martial arts and individual:

- Judo - martial arts, close contact, martial arts for victory;
- Fitness - sport with bodybuilding equipment, without an opponent or partner, no contact with an opponent;
- basketball - a sports game with close distance and contact between partners and opponents, in order to win;
- Tennis - a sports game with a large distance between opponents in order to win.

This article takes into account the indicators of **verbal aggression**.

The type and level of the aggressive reaction were studied with the questionnaire of A. Buss and A. Durke, which was published in 1957. This questionnaire is considered one of the most reliable methods for checking the level of aggression, which is intended for the elderly over 14 years (2).

The questions (75) are divided into 8 scales and answered "yes" and "no".

**Key:** +7, +15, +23, +31, -39, +46, +53, +60, -66, +71, +73, -74, -75.

The sign in front of the key number indicates whether the answer should be positive (yes) or negative (no).

## Questions:

- When I don't like the behavior of my friends;
- I tell them; I often have a different opinion than other people;
- When people do not share my opinion, I argue with them;
- I want others to respect me, to respect my rights;
- Even when I'm very angry, I don't use swear words;
- If someone annoys me, I'm ready to tell him what I think about him;
- When someone yells at me, I yell at him;
- When I get very angry, I swear about it;
- I can't scold anyone, even if it's worth it;
- I often make threats that I do not intend to carry out in reality;
- When I argue about something, I tend to speak louder;
- I try not to share with people when I have a bad opinion of someone;
- I'd rather back down than argue about something.

**The key to the questions about the "Lie" scale (social desirability) is:** +9, +11, +17, +26, +35, +36, +39, +49, +65, +66, +69, +70, +74, +75.

They are interpreted as follows:

- When they are in the given scale, the answer "NO" is considered a manifestation of aggression.
- When the answer is "YES", aggression is excluded, but the answer is reported in the scale for lying.
- When the sum of the positive answers on the scale exceeds 50%, it is considered that there is aggression on this scale. With 8 or more answers on the "Lie" scale, the result is invalid.

Verbal aggression is an expression of negative feelings through verbal in form (shout, scream) and content (curses, threats) responses. The aim is to hurt others and to overcome them through words and expressions. It is expressed through arguing, getting used to it, shouting, harsh criticism, sharp language, threats, "telling the truth in the eyes", open provocation

through the words of others, disregard for other people's arguments, insisting on one's own, etc. *The methodology* of the scientific research includes a system of methods and organization of research with the necessary tools, methodological sequence, systematization and analysis of the research data.

*The aim* of the study is to examine the impact of sports activities at Sofia University on the levels of aggressive reaction "verbal aggression".

*The object of study* is the level of verbal aggression of students practicing judo, fitness, tennis and basketball.

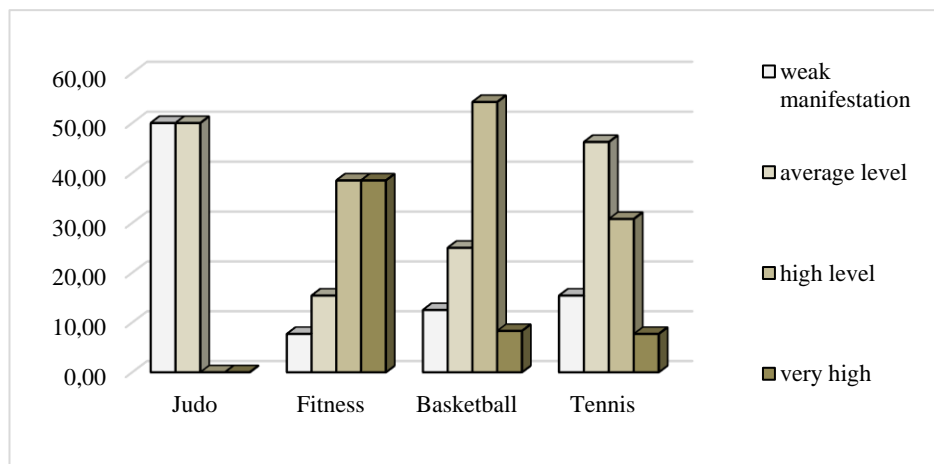
*The subject (contingent) of the study* are students involved in the sports of judo, fitness, tennis and basketball, distributed by gender.

The surveyed students (133) were aged 19 to 23 years. Students who also participate in the representative teams in the given sport at Sofia University are included.

The first phase of the study was conducted from 05.09.2019 - 11.09.2019 - during the summer training and sports practice of students at the University.

## RESULTS

**Figure 1** and **Table 1** show the levels of verbal aggression distributed by sport. It is noteworthy that a "very high" level of verbal aggression is shown by students engaged in fitness – 38,50%, students engaged in basketball – 8,30% and tennis – 7,70%.



**Figure 1.** Levels of verbal aggression in percentage

**Table 1.** Levels of verbal aggression distributed by sport

Results	Type and level	Sport (%)				
		Judo	Fitness	Basket ball	Tennis	Total
Reliable result	Weak manifestation	50	7,7	12,5	15,4	22,5
	Average level	50	15,4	25	46,2	32,6
	High level	0	38,5	54,2	30,8	30,3
	Very high	0	38,5	8,3	7,7	14,6
Unreliable result	Low-level	33,3	7,1	0	12,5	9,3
	Weak manifestation	66,7	21,4	33,3	25,0	32,6
	Average level	0	42,9	53,3	50,0	41,9
	High level	0	28,6	13,3	12,5	16,3

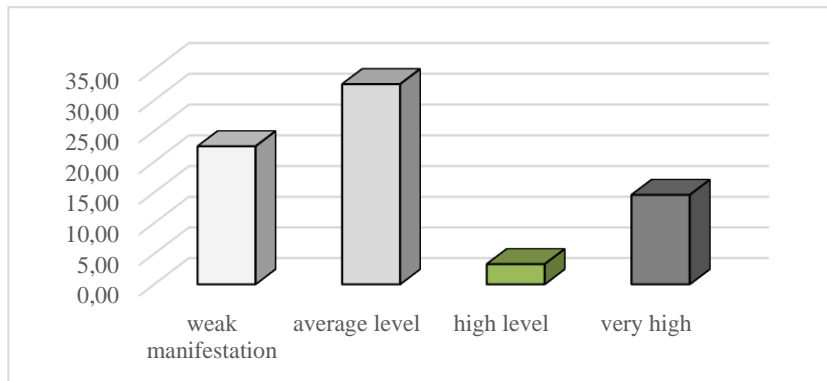
Students involved in these sports try to cover up their verbal aggression and this is evident from the unreliable results, where the levels are "high", namely: 28.60% of fitness students hide a "high" level of verbal aggression, 13,30% of basketball students and 12.50% of tennis students.

Verbal aggression among judo students is within the "weak" events and the "average" level - 50%.

As in studies of other types of aggression in this study, the results are similar, they are similar. Students in the sports of fitness, basketball and tennis are much more

aggressive in all its forms, incl. and verbal. Obviously, the goal is to dominate others, regardless of the means and means. The ultimate goal is "victory" over the opponent, the opponent, the person, the other - the dissenter, the dissenter, the dissenter.

In **Figure 2** presents the arithmetic mean values of the levels of verbal aggression. It is evident that 14.60% of students show a "very high" level; 30.30% - "high"; 32.60 - "average"; 22.50% - "weak", with no evidence of "low" level of verbal aggression.



**Figure 2.** Levels of verbal aggression, distributed - arithmetic mean

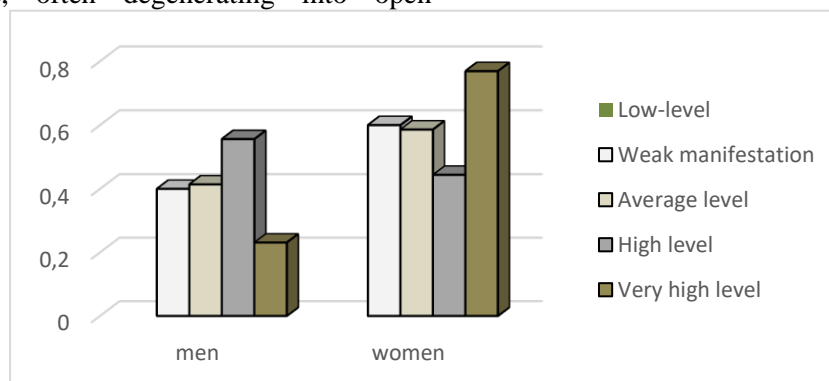
The results provide information about the mental state and the tendency of students to show aggression. It is well known that when the soul suffers, so does the body. Manifesting verbal aggression is provoked by negative feelings, which are able to generate painful bodily tension, affecting the overall physical condition and even metabolism.

hostility or simply of mental insensitivity or moral insensitivity.

In **Table 2** and **Figure 3** shows the levels of verbal aggression, distributed by gender.

It is possible that the manifestation of verbal aggression is an unconscious act, namely, the result of excessive arrogance, pride, ambition, selfishness, often degenerating into open

In general, women are more prone to verbal attacks (verbal aggression), presumably to compensate for their physical weakness. We assume that in this way, they manage to gain supremacy over the opposite sex and feel satisfied with their superiority.



**Figure 3.** Level of verbal aggression by gender

**Table 2.** Levels of verbal aggression divided by gender

Results	Gender	Verbal aggression – gender (%)					Total
		Low-level	Weak manifestation	Average level	High level	Very high level	
Reliable result	Men		40,0	41,4	55,6	23,1	42,7
	Women		60,0	58,6	44,4	76,9	57,3
Unreliable result	Men	75	71,4	55,6	28,6		58,1
	Women	25	28,6	44,4	71,4		41,9

A study by Obminski and team (3) confirms the fact that women playing basketball, volleyball and judo show lower levels of physical aggression compared to men and higher levels of verbal aggression, which can lead to more high emotional costs in terms of competition and failure. This fact must be taken into account by the coaches of women's sports teams.

### CONCLUSIONS

In general, the causes of verbal aggression can be reduced to:

- Psychopathology - accumulation of many unsolved problems;
- Neglect - verbal attack of thoughts related to the manifestation of hatred;
- Social imitation;

- Argumentative skills deficit.

### ACKNOWLEDGMENTS

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