



## INTERCORRELATION ANALYSIS OF PSYCHOLOGICAL FACTORS AFFECTING AGGRESSIVE BEHAVIOR IN MARTIAL ARTS

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**Abstract:** In this article, the intercorrelation analysis of the psychological factor affecting aggressive behavior is analyzed in detail. Through correlational analysis of the problem of aggressive behavior in sports activities, the positive and negative relationship between the scales of the methods used for the problem is revealed in detail.

**Key words:** Physical aggression, verbal aggression, indirect aggression, negativism, jealousy, suspicion, hurt, guilt, feeling, frustration, constructive aggression, destructive aggression.

The problem of aggression is interpreted by different researchers as an unacceptable form of behavior that requires the correction of human behavior. There are different forms of aggression: from direct use of force, verbal insults and threats to the opponent, to covert control of another person, and indirect reprimands that hint at future unpleasantness. Forms



of aggression that do not obey socialization are also observed at the level of pain. There are also such behaviors that are recognized as aggression by some of the participants of group conflicts, and analyzed by other participants as determination, activity, and consistency in achieving the goal. B. Klein, while not denying the negative aspects of aggressiveness, emphasizes that there are "some healthy aspects" of aggression that can be used to lead an active life. It is determined by determination, initiative, intensity, success, and overcoming obstacles.

The theory of correlational studies based on the concept of correlation measurements was developed by K. Pearson, which is described in detail in textbooks on mathematical statistics. Only the methodological aspects of correlational psychological research will be considered here. The strategy for conducting a correlational study is similar to a quasi-experiment. The only difference from a quasi-experiment is that there is no controlled effect on the subject. The design of a correlation study is simple.

Emotional lability (emotional lability, changeability) high scores indicate the incorrectness of the emotional state, which is manifested in insufficient self-awareness, irritability, high excitability, frequent mood swings. Lower scores indicate not only high stability of emotional state, but also self-awareness. Emotional volatility-stability is expressed in features such as emotional stability or instability, mood swings, cheerfulness, enthusiasm, sadness or confidence in the future, joy. A positive correlation was found between emotional lability and scales of physical aggression, verbal aggression, negativism ( $r=0.427$ ;  $p<0.01$ .  $r=0.289$ ;  $p<0.01$ .  $r=0.279$ ;  $p<0.01$ ). Therefore, individuals with physical aggression, verbal aggression and negativism are considered emotionally unstable individuals in any activity. A negative correlation was found between emotional lability and guilt scales ( $r=-0.138$ ;  $p<0.05$ ). The feeling of guilt is also called autoaggression - the feeling of guilt observed in the relationship between oneself and the environment, behavior directed against oneself, i.e. self-blame, thinking that I am the one, I am the one means to eat the flesh. We can say that the feeling of guilt is very rare in emotionally unstable



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persons. A positive correlation was found between the scale of masculinism-feminism and the scale of physical aggression, verbal aggression and negativism ( $r=0.338$ ;  $p<0.01$ .  $r=0.288$ ;  $p<0.01$ .  $r=0.206$ ;  $p<0.01$ ). (masculinism-feminism) - high scores testify to mental activity, in particular, masculine, while lower scores indicate feminine. Courage-femininity-activity, knowledge of all, understanding is ingenuity. We can see that masculinism-feminism is high in people who are prone to physical aggression, verbal aggression and negativism, that is, it is impossible to try to bring out the characteristic of men, as mentioned above.

**Table 1**

Correlation between the aggression scales of A. Bass and E. Dark and the scales of V. Boyko's method of "Determining the state of frustration" (according to Spearman's criterion,  $n=240$ )

	Physical Aggression	Verbal Aggression	Indirect Aggression	Negativism	Angry	suspicion	complain t	Guilt
Frustration	0,392(**)	0,316(**)	0,132(* )	0,236(**)	-0.005	-0.097	0.067	-0.115

Note: \*- $p<0.05$ ; \*\*- $p<0.01$ .

A positive correlation was found between the level of frustration and the scales of physical aggression, verbal aggression, indirect aggression and negativism ( $r=0.392$ ;  $p<0.01$ .  $r=0.316$ ;  $p<0.01$ .  $r=0.132$ ;  $p<0.01$ .  $r=0.236$ ;  $p<0.01$ ). How to behave in a situation of frustration depends on the personality of the athlete. Athletes with a weak nervous system show more anxiety and depression, and athletes with a strong nervous system show aggression.



Frustration can affect an athlete's performance in different ways. In some cases, it directs the athlete to achieve the goal, increases motivation. However, it is observed that the behavior is impulsive and irrational. In some cases, frustration stops an athlete from moving. Frequent occurrence of frustration forms aggressiveness, guilt, self-doubt as a personal characteristic. In general, we can see that physical aggression, verbal aggression, indirect aggression and negativism are always present in athletes with a high level of frustration.

**Table 2**

Aggression scales of A.Bass and E.Dark and Ye.P. Ilin, P.A. Correlation between the scales of the Kovalev method of aggressive behavior (according to Sperman's criterion, n=240)

	Physical Aggression	Verbal Aggression	Indirect Aggression	Negativism	Angry	Suspicion	complaint	Guilt
Direct verbal aggression	0,329(**)	0,295(**)	0.114	0,225(**)	0.063	-0,138(*)	0.092	-0.074
Indirect verbal aggression	0,351(**)	0,291(**)	0.081	0,204(**)	0.023	-0.087	0.037	-0.081
Indirect physical aggression	0,349(**)	0,287(**)	0.059	0,183(**)	0.025	-0,147(*)	0,134(*)	-0.089
Direct physical aggression	0,346(**)	0,293(**)	0.116	0,229(**)	0.068	-0.1	0.08	-0.056



Note: \*- $p<0.05$ ; \*\*- $p<0.01$ .

When the results were carefully studied, a number of positive and negative correlations emerged. A positive correlation was found between direct verbal aggression and physical aggression scales ( $r=0.329$ ;  $p<0.01$ ). In people with direct verbal aggression, physical aggression is also absent together, because people who commit any physical aggression do not automatically observe, even without thinking about it. Verbal expression of negative emotions (quarrels, scolding, cursing, threatening, cursing, cursing, etc.) was determined with a very high level of reliability. At the same time, a positive correlation was found with direct verbal aggression and verbal aggression, negativism scales ( $r=0.295$ ;  $p<0.01$ .  $r= 0.225$ ;  $p<0.01$ ) . We can observe a negative correlation between the suspicion scale and the direct verbal aggression scale ( $r=-0.138$ ;  $p<0.05$ ). Direct verbal aggression is rarely encountered in people prone to mistrust.

Among the general correlations, if we analyze the relationship of our last scale with the main selected methodological scales, it can be clearly said that direct physical aggression has a positive correlation between the scales of physical aggression, verbal aggression, and negativism (  $r=0.346$ ;  $p<0.01$ .  $r=0.293$ ;  $p<0.01$ .  $r=0.229$ ;  $p<0.01$ .). In particular, it was found that our athletes, who are in a state of physical aggression, verbal aggression, and negativism, make direct physical aggression invisible not only in sports activities, but also in interpersonal relationships.

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