

ABSTRACT

Title: Aggressiveness, aggression and violence in sport and influence of combat sports on aggressiveness of participants

Objectives: The aim of this thesis is, first, to define the terms aggression, aggressiveness, and violence, and to highlight the differences between them. At the same time, through the clarification of these concepts, the goal is to understand the relationships between them. Another objective of the thesis is to explore other factors that may influence aggressiveness and assess their significance in comparison to sports-related factors, which are the main focus of this work. The final goal is to analyze the impact of combat sports on aggressiveness through the articles used in the thesis. Furthermore, the work focuses on whether the influence of combat sports on aggressiveness is positive or negative, and to what extent they truly affect aggressive behavior.

Methods: In my thesis, I used the basic methods of theoretical research: the method of deduction, conceptual analysis, description, compilation, and content analysis.

Results: For the purposes of discussing aggression in sport, I have distinguished and explained the terms: aggression, aggressiveness, and violence. I have also classified combat activities and identified factors that influence aggressiveness, such as heredity, family environment, education, self-esteem, media, and computer games. I also describe rules and examples of violence in boxing and Brazilian Jiu-Jitsu (BJJ). From the articles referenced in this work, combat sports, along with other factors, influence the aggressiveness of athletes. They also affect other traits such as self-regulation, respect, and emotional intelligence. Furthermore, I have examined from the articles whether gender or the type of sport an athlete practices can have a different effect on aggressiveness. I have also compared the levels of aggressiveness in athletes participating in non-contact sports versus those in contact or combat sports.

Keywords: martial arts, combat sports, aggressiveness, aggression, violence