



## **AGGRESSION OF FOOTBALL PLAYERS AND ITS INFLUENCE ON SPORTS PERFORMANCE IN EASTERN PROVINCE, SRI LANKA**

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### **Abstract**

Sport aggression is a common phenomenon evident among athletes on the field of play. Aggression encompasses a variety of behaviours aimed at inflicting pain or injury on the opponent. Therefore, the objective of this research was to see if there is a relationship between aggression and sports performance of male and female football players who had participated in the final football tournament in 2019 in the Eastern Province, Sri Lanka. One hundred and fifteen (80 male and 35 female) football players were randomly selected as the study sample. The subjects were instructed to complete the Buss-Perry Aggression Questionnaire (BPAQ) and Sports Performance Questionnaire. Independent Sample T-Test and regression were used to detect significant differences, and the Coefficients test was used to investigate the relationships. The significance level for this research was set at 0.05. The study's findings revealed that sports performance and anger have a negative significant relationship which is considered as an influential predictor of aggression.

**Keywords:** *Aggression, anger, sports performance, football, behaviour*