

Instrumental aggressivity in the athletes of the Guantánamo 1st category baseball team
La agresividad instrumental en los atletas del equipo de béisbol 1era categoría de Guantánamo

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ABSTRACT

This work framed within sports psychology generally exhibits a scientific perspective of the behavior of athletes in the face of competitive challenges. Addresses the issue of instrumental aggressiveness in high-performance baseball in the Guantánamo province. To achieve the proposed objectives, a system of actions was developed to improve instrumental aggressiveness in the athletes of the Guantánamo 1st category baseball team, using theoretical and empirical research methods. This system of actions constitutes an indispensable tool for the psychological preparation of the athlete and thus achieve an optimal mental state close to competitions, to increase their sporting performance in their main event.

Keywords

Instrumental aggressiveness; Baseball; High performance; 1st category.

RESUMEN

Este trabajo enmarcado dentro de la psicología del deporte exhibe de forma general una perspectiva científica del comportamiento de los deportistas ante el reto competitivo. Aborda, el tema de la agresividad instrumental en el béisbol de alto rendimiento de la provincia Guantánamo. Para concretar los objetivos propuestos se elaboró un sistema de acciones para mejorar la agresividad instrumental en los atletas del equipo de béisbol 1ra categoría de Guantánamo, utilizando métodos teóricos y empíricos de investigación. Este sistema de acciones constituye una herramienta indispensable para la preparación psicológica del atleta y con ello lograr un estado mental óptimo próximo a las competencias, para elevar su rendimiento deportivo en su evento principal.

Palabras clave

Agresividad instrumental; Béisbol; Alto rendimiento; 1^{era} categoría.

INTRODUCTION

In the search for maximum sporting performance in any of the athletic categories, psychological aspects are of great importance, which constitutes evidence that has been fundamentally due to the development of psychological science in general, to research on the behavior of athletes under very peculiar psychological tensions, and to the demands of pedagogical practice in contemporary sport.

Sports Psychology is a very young branch, where there is a considerable amount of studies and practices carried out, which have been outlining its object of study, the tasks to be accomplished and the modes of action, the latter specified in models and strategies. of intervention. It is fair to highlight that this is due, above all, to the relevant sporting achievements that have been achieved, and of course, to the needs to overcome them, seeking in this way, in particular, a psychological culture on the part of sports. –tases and coaches who create executive possibilities for them to achieve true competitiveness in the fulfillment of their functions.

The study of the different elements of the interrelation of man with sporting activity and its psychological meaning is at the base of the work and research carried out by sports psychologists. A special place in this direction is occupied by the expressions of the active and dynamic behavior of the athlete for the understanding of the regulative mechanisms of his personality.

The problem of aggression has been the subject of psychology in general and in particular of one of its special branches. Authors such as Russell (1993) highlight that actions of interpersonal aggression in sports, unlike what happens in other areas of social life, are not only tolerated, but even applauded by a considerable segment of society. Reference is made here to a type of aggression called instrumental, with which certain factors such as rivalry, combativeness and willingness to surrender, among others, are associated. We speak, therefore, of instrumental aggression, to specify positive and desired behaviors during sports competitions, unlike bad aggression, called emotive, reactive or hostile, which does seek to harm and injure.

The usefulness of certain aggressive behaviors as instruments to achieve good results is then evident. Instrumental aggressiveness can stimulate high-performance athletes to achieve success.

But... Why address this topic specifically in the context of high sports performance?

In no social field as in sports, and especially in high performance, physical confrontation between people becomes so important. Athletes, seeking success, push, push and attack each other, sometimes brutally. There are many factors that contribute to this.

High performance perfectly typifies the athlete who must fight with all rigor and intensity to the limit of his potential, otherwise his chances of success are reduced.

This work arises from a study carried out on the results of the Guantánamo team that participates in the National Baseball Series of the country where the team systematically occupies lagging places (13 - 16), despite having players with vast experience in the sport and In these classics, their athletes do not achieve adequate performance for these types of events.

This need led us to identify that in terms of psychological preparation, the 1st category Guantánamo team does not prepare in this aspect efficiently, since the instruments that are applied in most cases do not take into account instrumental aggressiveness. to motivate the athlete to achieve his goal. It was also detected that:

- The lack of willingness to fulfill offensive tactical tasks in crucial moments of the game, especially with runners in scoring position.
- Insecurity in pitchers to pitch in the inside zone in certain game situations and dominate opposing batters in the count of two strikes without balls.
- Insecurity when fielding loose connections with opposing players on the bases.
- In the Comprehensive Baseball athlete preparation program, an instrument that allows influencing the instrumental aggressiveness of athletes is not reflected.

The research methods used in the work were:

From the theoretical level: Historical – logical; analysis – synthesis; hypothetical – deductive and systemic – structural – functional.

From the empirical level: Observation and the interview.

From the Mathematical level: Percentage calculation technique and tabulation.

RESULTS

To improve instrumental aggressiveness in the athletes of the Guantánamo 1st category Baseball team, it was necessary to develop 4 stages of work.

Stage I: Formal start

Creation of a multidisciplinary group that will develop its actions taking into account the following:

1. Establish a multidisciplinary group – therapeutic group link.
2. Foster therapeutic alliance

Main actions:

1. They receive the group of athletes (establish the RAPORT).
 - Promote cohesion and adequate communication.
 - Instill a sense of belonging in the group.

2. They clarify the references, the way in which the athletes of this team were subject to analysis.
 - Offer them arguments about the importance of periodic interventions to improve their behavior.
 - At this point the results of the techniques that were applied are presented. In a general way and in a particular way.
 - You gain familiarity with the problem and the causes that would result if they were not intervened.
3. The conversation, the perceptual factors, the problematic situation raised, the current diagnosis made and the results obtained are taken into consideration to raise awareness of the problem, since to the extent that the athletes are aware of their problem, they will individually look for possible alternative solutions.
4. Framing and the therapeutic contract, the conditions under which the work will be worked are established, the meetings will be held in a location selected by the multidisciplinary group, a periodicity of one meeting per week, partial evaluations will be carried out at the beginning of the implementation of the plan and at the completion of each stage. Aspects related to attendance and punctuality, aspects related to confidentiality and any others that are considered important to regulate the functioning of the group are established. Finally, to conclude the action, it is submitted to the group for consideration and the therapeutic contract is thus established.

Stage II: Establishment of objectives and selection of relevant therapeutic strategies and resources.

The objective of this stage will be based on the results of the previous step.

Main actions:

- 1- Preparation of a list of problems and symptoms of athletes, ordered according to priorities.
- 2- Establishment of objectives and goals to the extent that the particular ones are increasingly closely linked to those of the team in general.
- 3- Selection of therapeutic resources and strategies in correspondence with the proposed therapeutic objectives and goals, in correspondence with the diagnostic group.
- 4- Use the principle of diagnostic group - multidisciplinary group collaboration.

Stage III: Execution and development of strategies.

The objective pursued in this stage is to develop the change process and work to achieve the proposed objectives and goals.

The actions to be developed by the multidisciplinary group are:

The preparation of a therapeutic action plan for each session. This will be initially prepared only by the multidisciplinary group, but as the sessions progress, it will be reworked taking into account the

emergencies and relevance that appear. These actions will be directed, in a general way, to the particularities that are evident in each of the athletes on this team. They will be framed according to the characteristics of this sports group.

Instrumental aggression

1. Hold educational talks where they talk about how to use aggressiveness in order to activate the behavior, at least twice a week.
2. Carry out training games and tasks where aggressiveness is used, three times a week.
3. Organize rugby football games, once a week.
4. Coordination of preparatory games with baseball teams from other provinces that present a high degree of instrumental aggressiveness and high motivation, in order to improve this behavior and increase performance.

Hostile aggression

Taking into account the results that indicate the degree of hostile aggressiveness, the following actions are guided.

1. Holding meetings prior to training with athletes who present a high and medium degree of hostile aggressiveness where topics on passive games are carried out, in order to reduce said aggressiveness, once a week.
2. Schedule passive games with hostile aggressive athletes, once a week.
3. Play domino games once a week.

Temper

According to the characteristics of the type of temperament that predominates (melancholic and phlegmatic) within this team, specific actions are oriented with a view to improving the dynamics of the game, so that these positively influence instrumental aggressiveness, these are:

1. Play active games due to the relationship between temperament and instrumental aggressiveness.

Motivation

Based on the results of the motivation of this team, specific actions are carried out to increase it, these actions are the following:

1. Carrying out recreational activities for athletes such as visits to museums and cinemas, excursions, walks, dances, among others.
2. Collective meetings where participation is granted to athletes.

Development of therapeutic sessions.

All sessions will respect and adjust to the stages provided in the plan. It should be noted that they will not be planned in a temporal reasoning, but rather will be implemented as many as necessary to achieve the proposed objectives.

- Verification of the development of the assigned therapeutic tasks. The tasks oriented in previous sessions will be evaluated at the beginning of each session.
- Ventilation of the pending aspects of the previous session that were left unfinished, as well as new aspects that may arise, linking them to the new ones of the session.
- Specifications for the application of therapeutic strategies that correspond as planned.
- Summary and evaluation of the session. These will end with the application of a closure technique.
- Prescription of new therapeutic tasks.

Stage IV: Evaluation of therapeutic progress and results achieved.

The application of the actions for each of the stages had the following results:

Analysis of the results of the sports aggression inventory (BAAGI)

According to the results, more instrumental aggressive athletes stand out than hostile ones.

In the National Series 49 it was found that the athletes of this team express non-aggressive instrumental behaviors such as: they rarely slide on the bases, they go out unsure to field hits or loose connections, the batters are passive in the batter's box hitting possibilities for their opponents to make easier plays on the field of play and in general sense the dynamics of the game are with a tendency towards passivity.

Analysis of the results of the EYSENCK temperament test.

A considerable number of these athletes present relative weakness in the arousal processes as they fail to function well in situations of high competitive stress.

Analysis of the results of Butt's sporting motives test.

An important group of the team's players report significant degrees of conflict, which is manifested in 20% of those who have high degrees of motivation, 44.4% of those who report medium degrees and in 85.7% of those who feel few motivated.

Analysis of the results of the interview applied to athletes.

- Athletes do not know procedures and techniques to improve instrumental aggressiveness.
- The psychological preparation for the competitions is insufficient.

In summary, it can be stated that the comprehensive diagnosis of the athlete is a tool of great value for psychologists and coaches. The deeper the knowledge you have about an athlete, the greater the possibilities when making decisions based on achieving high sporting performance.

CONCLUSIONS

1. The importance of instrumental aggressiveness within the sports performance process was precisely determined.
2. The theoretical references used about sports psychology allowed us to base the process of instrumental aggressiveness in the research.
3. The diagnosis carried out showed a low index of instrumental aggressiveness closely related to the behaviors expressed on the field of play, as well as the lack of knowledge on the part of the athletes of the techniques that contribute to raising the degree of instrumental aggressiveness.
4. The system of actions presented contributes to raising the degree of instrumental aggressiveness in the athletes of the Guantánamo 1st category Baseball team, it is a tool of great importance for the psychological preparation of athletes prior to competitions and is designed so that the athlete can achieve an optimal psychological state with a view to increasing his or her sporting performance.

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