

## THE EFFECTS OF SPORT AND AGGRESSION ON SOCIETY

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Society continues to be plagued by conflicts, wars and a lack of respect for the fundamental principles around the respect for life. Sport does impact on the psyche and behaviour of people and should be used to enhance the livelihood of human survival. Sport can create a higher level of consciousness which encourages for peace, kindness, respect and co-operation as opposed to competition. Aggression reinforces negative emotions and social tendencies which limit human progress and can lead to violence and conflicts.

Boxing, football and rugby are all sports which have become the norm, their degree of insinuating aggressive tendencies have not been questioned and they have become acceptable methods of sport for society. Is this what society terms as morally acceptable? The repercussions of sport that releases aggressive emotions on societies will be examined. Does sport which releases aggressive feelings lead to violent societies? The paper will touch on passive sport as a means of creating peaceful societies for all. Violence and a lack of respect for another being, promotes for dysfunctional societies. Often sport allows for clear winners and loser allowing for confrontation at an event. Violence and aggression can be used interchangeably. Spectator violence and forceful contact sport has allowed for society to become immune to violence and this is a grave challenges.

The paper will conclude that there is a direct link between peaceful societies who practice passive forms of sport as opposed to violent states who promote for sports which releases aggressive emotions.