

# Graphic Design Trends 2019

## VIOLENCE AND AGGRESSION: RELATION TO SELF-EFFICACY IN SPORTS

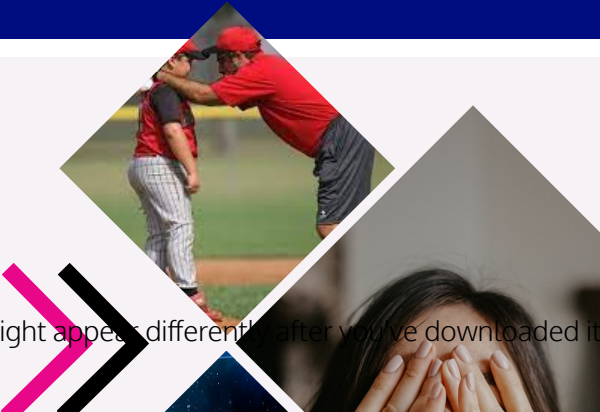
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### Self Efficacy

Self efficacy is an individual's belief in his or her capacity to execute behavior necessary to produce specific performance attainments. Low self efficacy promotes violence and aggression.

### Low self efficacy can be identified as:

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- Questioning ones capacity to be effective.
- Losing trust in ones own capacity.
- Sensitivity and vulnerability towards certain failures.



## LOW SELF EFFICACY LEAD TO VIOLENCE IN SPORTS

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- In the fear of losing while competing, violence and aggression become part of the game.
- The higher the level of the competition, the lower is the level of the self efficacy.
- Self efficacy is negatively related to aggression.

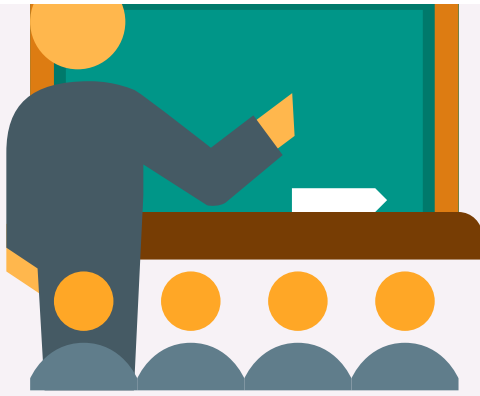
## Building self efficacy

- Learn self control.
- Maintain self appraisal.
- Learn to let go.
- Have a support group.
- Use exercise intervention.



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## More tips to improve self



## efficacy(according to national associations of geoscience teachers 201

- Be interested.
- Make your own good choices.
- Try your best.
- Give and get frequent focused. feedback.
- Encourage accurate attributions.



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## Aggressive behavior

- Can be identified as exerting intentionally inflicts substantial harm to another individual.
- It is a cognitive process in which personal and environmental factors influence each other.



- Reducing Aggressive behavior requires for a strong self efficacy.
- An increase in self efficacy helps athletes to deal with negative emotions effectively and restore the balance.

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physical and psychological states.

## Practicing observational learning

- It influences which practices we decide to mirror of others and our achievement in carrying out those practices.
- Observational learning and social experience help in development of personality.



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