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Anger Management in Sport:Undrstndng/Controlling Violence Athlte: Understanding and Controlling Violence in Athletes

Mitch Abrams

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Anger management is becoming an increasingly significant area of study in sport. This issue affects all people involved in the sporting environment, yet few sport professionals, coaches, or administrators fully understand anger in sport and how to work with athletes to overcome the problem. *Anger Management in Sport: Understanding and Controlling Violence in Athletes* addresses this important topic and provides strategies and interventions for overcoming excessive anger and aggression in athletes. The provocative book challenges long-held assumptions and points the way to further research and discussion.

With its accessible format and proactive approach, *Anger Management in Sport* is an ideal resource for practitioners at all levels of sport who work with athletes and anger, both on and off the field. The author draws on his unique background and clinical experiences creating and implementing anger management skills for a variety of populations—from high school athletes to prison inmates. His unique insight will stimulate discussion on a range of issues associated with anger in sport, including mental illness, drugs, and differences and similarities in amateur and professional athletes. Readers will understand not only how to approach an anger problem but also how to help an athlete work to manage emotions.

Rather than eliminate old explanations, the book paves the way to a new understanding of issues vital to the health of sport. Chapters 1 and 2 help readers better understand anger and violence and how to assess anger in sport. Anger, aggression, violence, and hostility are defined so that readers will understand the conceptual differences between each. Chapter 3 discusses the athletic culture and how anger is uniquely considered in sports. Readers will recognize some instances of anger in sport through the discussion of such high-profile events as the Baylor University basketball scandal, the O.J. Simpson trial, and the infamous 2004 Pacers-Pistons NBA melee in Detroit involving crowd aggression. Chapters 5 and 6 examine mental illness and drugs in sport. Chapters 7 through 9 tackle anger management programs, systematic interventions for athletes, and prevention of sexual violence.

Real-world situations presented in the text will engage readers and help them picture how to use anger management skills in their own lives and careers. By considering the various stakeholders involved and the preventive measures that can be taken, researchers and professionals will step closer to discovering best practices and strategies for anger management in today’s sport society.

Although helping athletes deal with anger is an important part of sport, there is little research to address the key issues regarding this difficult subject. *Anger Management in Sport* will help readers understand the causes for anger in sport and how to help athletes who demonstrate aggressive behavior. It will shed light on an uncharted issue and provide direction for future research in the area.

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