

UNIT- 9

PSYCHOLOGY & SPORTS

Topic Covered

- 9.1 Personality; its definition & types (Jung Classification & Big Five Theory)
- 9.2. Motivation, its type & techniques.
- 9.3. Exercise Adherence: Reasons, Benefits & Strategies for enhancing it
- 9.4. Meaning, Concept & Types of Aggressions in Sports
- 9.5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting

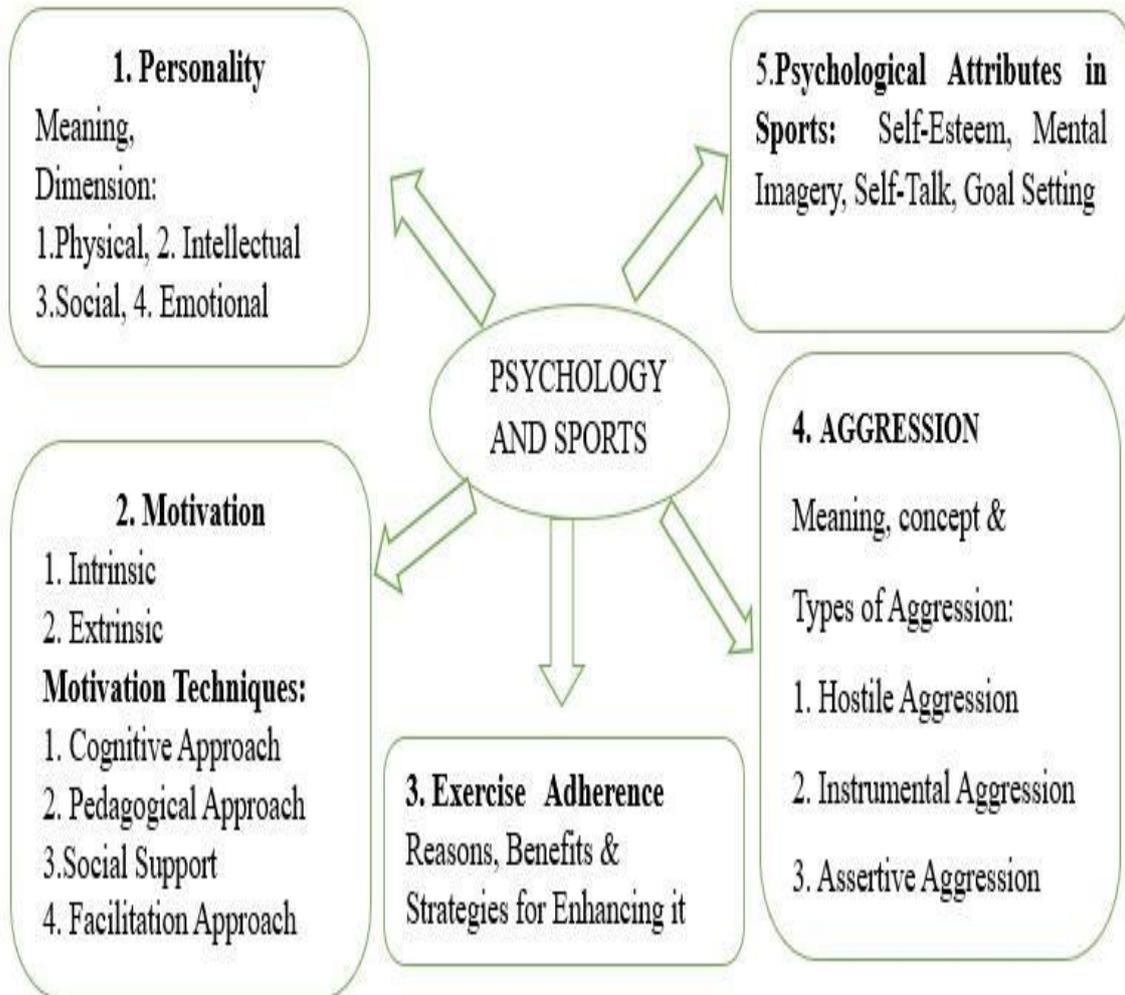
LEARNING OBJECTIVES

1. Various psychological aspects related to sports personality, motivation, exercise adherence, aggression, and psychological attributes.
2. It aims to define personality, explore its types, understand motivation
3. its techniques, discuss exercise adherence, explain aggression in sports, outline psychological attributes that influence performance in sports

LEARNING OUTCOME

- Classify different types of personality and its relationship with sport performance.
- Recognize concept of motivation and identify various types of motivation.
- Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence.
- Differentiate between different types of aggression in sports.
- Explain various psychological attribute in sports.

MIND MAP



PSYCHOLOGY: Study of Human Behaviour

SPORTS PSYCHOLOGY: A Branch of Psychology which applies psychological facts & Principles to human behaviour in the field of sports

9.1 Personality; its definition & types (Jung Classification & Big Five Theory)

PERSONALITY

- 'Personality' is derived from Latin word 'PARSONA' which means 'MASK'.
- Personality is the integration of all habits which determine the role and status of a person in society (by **Burgess**)
- Personality Is Described as Sum Total of All Traits and Distinguishing Qualities of An Individual.
- According to **Eysenck** - "Personality Is the Sum Total of The Actual or Potential Behaviour Patterns of The Organism."
- Personality is the overall impression that a person creates on others
- It is an integrated image of all dimensions, i.e., physical, mental, intellect, social, emotional, vocational, spiritual, etc
- If an individual lacks of any dimensions it will definitely affect his other dimensions of personality.
- These dimensions put together make the personality of an individual

DIMENSIONS OF PERSONALITY:

Personality is a complete unit in itself but the nature of personality is made up of various dimensions or aspects. The dimension has its own area of operation. These aspects or dimensions together make the personality of an individual

1. Physical 2. Intellectual 3. Social 4. Emotional

1. PHYSICAL DIMENSION

- Physique as The Primary Aspect of Personality.
- Based on fact that 'first impression is the last impression'
- Physical Dimension is related to good physique, good appearance, good health etc.
- Individuals Are Attracted Towards the Person Who Has Good Physique, good Health, good posture, sturdy (strong) body, bright face etc.
- On the other hand, unconfident, stooping (bent), weak person does not give good impression at least in the beginning.
- Physique is the foundation of personality which has the beginning effect on viewers. It is also said that sound mind exists in sound body.
- Physical structure of an individual is related to heredity, environment, and balanced diet.
- Balanced Diet, Physical Exercise and Other Environmental Factors Improve Physical Dimension of An Individual.

INTELLECTUAL (MENTAL DIMENSION)

- Mental Dimension is related to mental and intellectual strength and abilities
- Nobody can contribute to the society until and unless one is mentally sound and has acquired ample knowledge.
- Many great personalities of the world are not good looking but they possessed mental and intellectual qualities.
- Development of Thinking, Reasoning, Intuition and Judgement
- How We React and Respond Quickly to Any Situation or Event
- It Helps in Learning New Skills, Adjust in New Circumstances

SOCIAL DIMENSION

- Human is a social animal. He lives in a society in which his socialisation
- A good personality is one which is sociable and socialising.
- The social qualities take place. like Character, Morality, Etiquettes, Manners, Work Ethics, Friendliness, Good Attitude, Helpful Nature, Cooperation, Sympathy and Kindness, for good personality. etc. are the qualities or traits essential
- These traits are developed in the surroundings in which the individual is living.
- Individuals Take Part in Sports to Satisfy or Gain Social Value Like Status Power, Affection, Inherent Attitude, Tendency, Interest and Capabilities.
- One Has to Modify His/her Behaviour to Follow the Rules, Customs and Tradition of Society.

EMOTIONAL DIMENSION

- Emotional dimension is related to emotional stability.
- It means that one must have proper control over various emotions such as Distress, Amusement or Happiness etc. in different situations. Fear, Anger, Disgust,
- Many sportspersons feel elated (excited) when they win but start crying, abusing the umpires or referees when they lose. Such situation shows one's emotional status.
- Such outburst (explosion) of emotions is not a good sign of personality.
- It is a sign of immaturity. In fact, one should be emotionally stable. It is an ingredient of balanced personality

JUNG'S CLASSIFICATION

Carl Jung defines personality types based on mental characteristics. following are the 3 types of personalities given by Carl Jung:

INTROVERT

Introverts are overly selfconscious, preoccupied with their own thoughts and ideas, selfcentered,shy,reserved and seek solitude.

They do not easily make friends and prefer to remain in the background at social gatherings. Philosophers, poets, artists and scientists fall into this category.

EXTROVERT

Extroverts have more self assurance, show more interest in others and are more outgoing, lively and realistic.

They are very social and easily make friends.

This category includes actors, social and team leaders and others.

AMBIVERT

Ambiverts are a balanced mix of both introverts and extroverts. Ambiverts are neither outgoing or reserved. They are adaptable. People who don't belong to any of the above two categories, belong to this category

JUNG'S HUMAN PERSONALITY CAN BE CLASSIFIED INTO THREE CATEGORIES

Introvert: If an individual is motivated or energized by the internal world of thoughts, feelings and reflections are known as an Introvert. They are having poor self-confidence, moody, unsocial, quiet and pessimist

Extrovert: This kind of individual is associated with the external world of objects and other people. They believe in action, social settings, and interacting. They are friendly, confident, responsive and lively leader.

Ambiverts: These kinds of people have a mix trait of Introvert and Extrovert: They have few friends.

BIG FIVE PERSONALITY THEORY

OPENNESS

People who enjoy learning new things, new concepts and new experiences tend to be the most open. It includes characteristics such as being imaginative, insightful & having a wide range of interest. Being curious, Intellectual, Creative & open to new ideas

CONSCIENTIOUSNESS

Being organised, Systematic, Punctual, achievement oriented and dependable.
Its key characteristics include:
Thoughtfulness, Impulse control, Goal-directed, behavior Organization, Attention to detail Dependability

EXTROVERSION

Being Outgoing, Talkative, sociable and enjoying social situations.
Excitability, sociability,, talkativeness,, assertiveness and a high level emotional, expressiveness characterize it.
Extroverts have high extraversion, while introverts have low extraversion.

AGREEABLENESS

Being Affable, tolerant, sensitive, trusting, kind and warm.
It includes characteristics such as trust, kindness, affection and other social behaviors. People who score high on agreeableness are more cooperative, while those who score low on this trait are more competitive and manipulative

NEUROTICISM

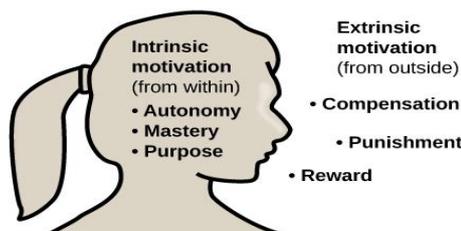
Being Anxious, irritable, temperamental and moody
This trait is concerned with one's emotional stability and the extent to which negative emotions are expressed.
Individuals with high neuroticism are prone to emotional instability & negative emotions. These people remain moody and tense.

9.2 MOTIVATION

The term Motivation is derived from the Latin word 'Movere', meaning 'to move'. It is a combination of thought, feeling, or condition that causes one to act. Motivation is the driving force behind our actions and behaviours. It is what propels us to pursue our goals and aspirations, even in the face of obstacles and setbacks. Motivation can come from a variety of sources, such as personal values, external rewards, or a desire for personal growth and development.

“Any condition that might energise and direct our actions”- Crooks & Stein

9.2.1 INTRINSIC AND EXTRINSIC MOTIVATION



TYPES OF MOTIVATION

(I) Intrinsic Motivation: - In this type of motivation an individual is forced by his internal forces to achieve the goal. In intrinsic motivational state, “an individual is motivated by their own desire not by any external factor” i.e. for enjoyment, for satisfaction, to show mastery over skills, to display superiority or to get social approval, fame etc.

(II) Extrinsic Motivation: - In this kind of motivation, an individual is forced by external forces to achieve a goal such as a prize, praise, scholarship, grade, job, money etc. In the extrinsic motivational state, an individual is motivated by some external factors.

9.2.2 TECHNIQUES OF MOTIVATION

1. COGNITIVE APPROACH

• The active processing and interpretation of information influences the persistent and purposive drive for action by an individual. It is based on the notion that desired motivation can be achieved by an individual through active processing and interpretation of information. Expectancy theory and Goal Setting theory is widely used as a cognitive approach for motivation. Expectancy theory explains that people are motivated for the task where the probability of success is higher in comparison to failure.

(A) Time Bound: The task should be time bound

(B) Set Complexity level of task: Task should be neither too difficult nor too easy

(C) Make task Specific: Task instructions should be precise about what is to be done

(D) Define Purpose of task: Outcome of the task should be clear and defined.

2. SOCIAL SUPPORT STRATEGY

Participation in sports and taking up exercise is greatly influenced by an understanding of the social networking and perception of people around them. A conducive exercise environment, creating drive among people to initiate and maintain sporting behaviour is deeply affected by the societal pressure or support provided to the individual. Positive social support from peer groups, family members, and friends helps in developing healthy habits and enough drive to maintain the act of exercising. Initiating group activities and engagement of family and peers in sports participation helps in increased participation in sports and exercise.

3. Pedagogical Approach : Teaching coaching pedagogies used in sports training for planned outcome is largely responsible in guiding and maintaining the desired behaviour of athletes. Adequate communication and maintenance of positive relationship during training is an essential component influencing the motivation of athletes towards a consistent action or behaviour. Making training

enjoyable, engaging athletes in decision making and providing valuable feedback to athletes are essential components to motivation. Let us discuss few techniques of motivation using a pedagogical approach.

A. Guided Discovery Method: Athletes are highly motivated if by themselves allowed to find solutions to the problems rather than if they are just made to do things as per instruction. Lack of independence in decision making for athletes are major reasons affecting motivation.

B. Valuable Feedback System: To persuade (convince) athletes to push harder for a longer period of time, they must be provided with a strong support system. Assisting athletes with feedback which can provide them with specific direction to move in is an effective means towards effective motivation.

C. Fun-based Training: Training should be challenging and task-oriented for optimal performance. Training methods should involve fun and enjoyment for athletes. Adding creativity and innovation to training and the teaching-learning system helps in adding motivation for athletes to persist with continuous demands of training load.

D. Individualized Training Program (ITP/IEP): All athletes are unique and respond differently to the vast variety of training demands. Each athlete is a unique individual and should have a training programme designed for their abilities and capabilities and which is within attainable limits of the athletes. Individualized training programmes or individualized education programmes are very essential in sports to help athletes to set their own targets, challenges and difficulty levels which will not only help them to avoid burnout, but also keep them motivated.

4. Facilitation Approach

A. Incentives and Rewards: Drive towards an action to maintain it for a long term may sometimes need external support. Awards and rewards work effectively as a motivation force for athletes to pursue sports with consistency and continuity.

B. Valance of Reward (valuing the award): Many time prizes and awards are used extrinsic sources of motivation to maintain a desired action or behaviour. But, at times, even these may prove to be ineffective. It is essential to understand that external factors like prize money or medals do motivate athletes, but the most important aspect is to understand the need and expectation of the individual athlete, this is known as 'valance' of the reward or valuing the award. To be motivated, athletes must be awarded by considering what is desired or expected by an individual so that he or she can value that reward. An athlete may like to be rewarded by being made the captain of the team and may value it more than being rewarded with a pay hike.

C. Performance appraisals: Motivation or the driving force for any desired behaviour to last over a long period of time may need support of being recognised and praised for the current and past endeavours. It creates the drive for future action and pursuit of excellence with confidence among athletes. It encourages them to plan their directions and actions. Regular appraisal of performance should be provided to athletes and appropriate rewards given.

D. Quality Support: Motivation for an action is influenced by the amount of facilitation made available for athletes, but the impact is larger only if the quality of support is of a high standard. Factors influencing the desired behaviour of athletes need to be studied, diagnosed and appropriate support needs to be provided to ensure the maintenance of behaviour of the highest standards.

9.2.3 MOTIVATION AND SPORTS :

Motivation as a guiding force to initiate (begin), guide and maintain a behaviour desired for sports participation and performance is well understood but still motivation remains as a challenging task in sports.

Researchers around the world have discussed the methods to maintain or increase the motivation of athletes, but little has been done to understand the reasons about why we participate in an exercise or indulge in sports activities. Summarizing the conclusions of different research,

four motives towards sports and exercise behaviour can be identified.

1. Physical wellbeing;
2. Psychological wellbeing;
3. Performance achievement;
4. Status and Power;

9.3 EXERCISE ADHERENCE

Exercise adherence is the degree to which an individual follows his/her exercise program.

Exercise Adherence Refers to maintaining a systematic approach to exercise for a prolonged period following the initial adoption phase.

Exercise Adherence refers to the continued participation of an individual in the exercise training programme.

Adherence to exercise is critical to achieving health benefits. Research shows that adherence to exercise can be improved by setting realistic goals, providing social support, and offering positive feedback.

Exercise adherence is the extent to which a patient act in accordance with the advised interval, exercise dose, and exercise dosing regimen.



9.3.1 REASON TO EXERCISE

- **Overcoming Social Physique Anxiety:** People in the society are influenced by how other perceive them in term of their looks, fitness or body shape, weight and size. This leads to adoption of various means and methods to make them lean and fitter.
- **Reduced risk of disease:** To overcome the sedentary lifestyle, adoption of exercise and fitness are considered to be essential and important.
- **Recreation:** With change in lifestyle engagement in serious academics, focus on professional pathways, individuals are facing with the challenge of finding time and activity for recreation, fun and enjoyment. Recreation sports, fitness and exercise provide fun, enjoyment, recreation along with the physical benefits,
- **Mental Relaxation:** Exercise is one of the most effective ways to cope with stress and depression more economically and with tremendous benefits to the society.
- **Socialization:** Often people look for opportunities to engage with community and socialize with friends, peer groups, colleagues etc from their busy life. the most effective way to connect socially is through participation in team sports, group exercises program and various other fitness programs

Need or Reasons to Exercise/Benefits of Exercise

Physiological Needs or Benefits of Exercise

- To improve the working efficiency of various system of such as
 - * Cardio vascular system
 - * Digestive system
 - * Respiratory system
 - * Nervous system
 - * Muscular system
 - * Skeletal system
 - * Excretory system
 - * Endocrine system

Psychological Needs or Benefits of exercise

- To reduce stress and Anxiety level
- To improve intelligence
- To improve personality
- To sharpen memory
- To improve self esteem
- To improve body image
- To improve attention and concentration
- To improve group behaviour
- To control aggression level
- For positive attitude
- To make good Habits
- To improve mood
- To recreate
- To better control over emotions
- To improve motor learning

Health & Fitness Related Needs or Benefits of Exercise

- To prevent major and minor diseases
- To improve physical fitness
- To improve health related fitness
- To slowing down aging process
- To become more energetic
- To prevent obesity
- For better growth and development
- To maintain lean body mass

9.3.2 BENEFITS OF EXERCISE

- **Health Benefits:** –
 - Reduces risk of Cardiovascular Disease
 - Weight Management
 - Strengthens Bones and Muscles
 - Reduces risk of Falls (increase balance)
 - Reduces risk of some Cancers
- **Provides Stress Relief**
- **Increases Happiness**
- **Promotes Self-Efficacy (person's belief in themselves)**
- **Promotes Social Cohesion (unity)**
- **Cognitive Benefits: (relating to intellectual activity)**
 - Attention Control
 - Improves Memory
- **Mental Health Benefits:**
 - Exercise as therapy for emotional disorder
 - Fitness as moderator of life stress
- **Personality Enhancement**
- **Develops Leadership Qualities**
- **Special Population:**
 - Elderly Population

BENEFITS OF EXERCISE

1. Weight Management	5. Provides Stress Relief
2. Promotes Self-efficacy	6. Improves Value Orientation
3. Strong Immune System	7. Develops Leadership Qualities
4. Strengthens bones & Muscles	8. Personality enhancement

9.4 Strategies for Enhancing Adherence to Exercise

STRATEGIES FOR ENHANCING EXERCISE ADHERENCE

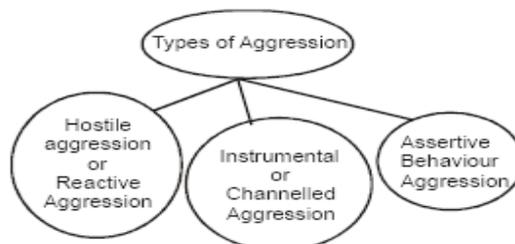
SIMPLE EXERCISE AT THE BEGINNING	SETTING APPROPRIATE GOAL
SELECT INTERESTING EXERCISE	SUPPORT OF OTHERS
SELECT A VARIETY OF EXERCISE	THANKS, YOURSELF
EXERCISE IN THE MORNING	MAKE A SCHEDULE & BE PUNCTUAL
CONCENTRATE ON YOURSELF	TRACKING YOUR PROGRESS

9.5 Aggression

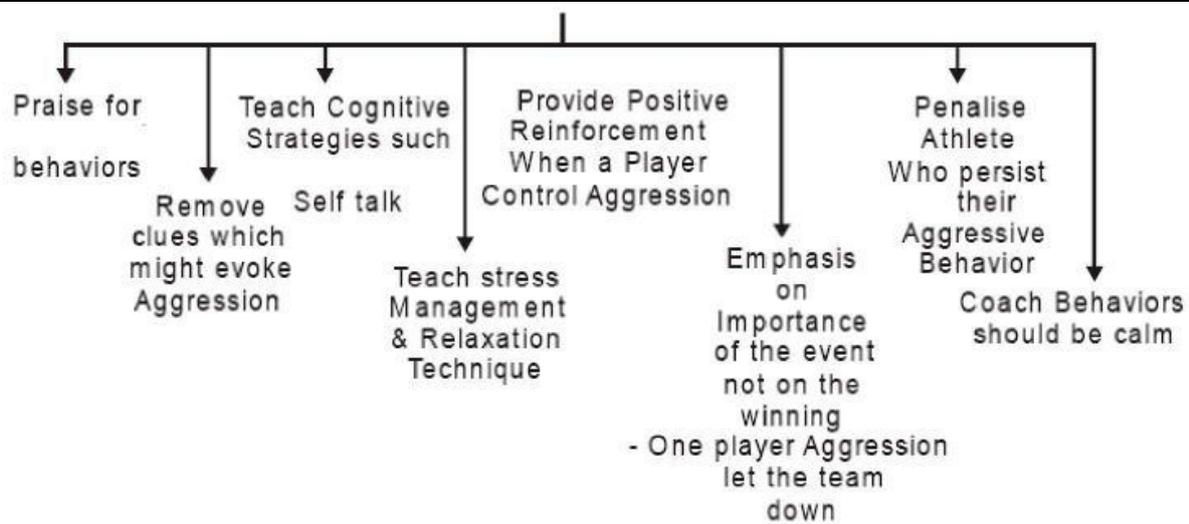
It is a physical or verbal behavior that is directed towards the goal of harming other living beings either physically or psychologically.

9.5.1 TYPES OF AGGRESSION

Hostile Aggression	Instrumental Aggression	Assertive Aggression
Any physical behavior which is aimed to physically injured the living being intentionally is known a Hostile Aggression	Any physical behavior which is aimed at achieving high performance but unintentionally physically harm to a living being is known as instrumental Aggression.	Any verbal behavior under the Rules & Regulation of the sport which is used to harm psychological to living being. In this only legitimate force are used. Example: Sledging in Cricket



WAYS OF CONTROLLING AGGRESSION

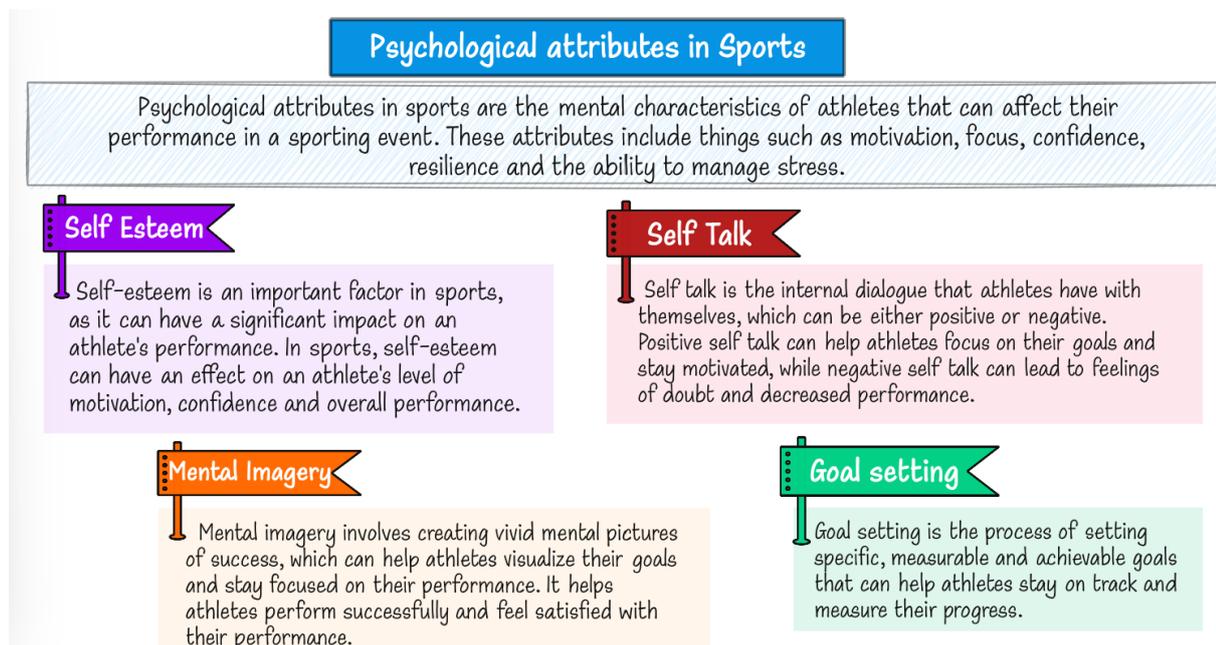


9.5 Psychological Attributes in Sports

Sports scientist from around the world have researched about unique attributes of successful athletes and elite sportsmen to understand factors enabling athletes to perform successfully and reach optimal level of performance in their athletic career.

• Attributes are perceived to be essential for performance effectiveness and athlete development, where athletes abilities to perform, understand and manage training and competition

• **SELF ESTEEM**, • **MENTAL IMAGERY**, • **SELF TALK**, • **GOAL SETTING**



9.5.1 SELF-ESTEEM

- Self-esteem is how you value and respect yourself as a person. It is the real opinion that you have of yourself. It means confidence in your own abilities or capabilities.
- In fact, self-esteem is the positive or negative evaluations of the self as in how we feel about it.
- The concept of self-esteem generally refers to a person's evaluation of, or attitude toward, him- or herself. Self-esteem is centred around a belief in the self, respect for the self, and confidence in the self

9.5.2 MENTAL IMAGERY

- Mental imagery involves the athlete imagining himself in an environment performing specific activity using his senses (sight, hear, feel & smell).
- It can be defined as pictures in the mind or a visual representation in the absence of environmental input. In fact, it is a multi- sensory process that draws on the senses to create a vivid mental image of a particular process. It is essentially the process of creating and recreating an experience in the mind's eye, which means it can be practiced anytime and anywhere.

9.5.3 SELF TALK

- Self-talk is the process of which an individual may communicate or guide oneself to achieve a set goal. The self-talk refers to our inner dialogue, consisting of statements we say to ourselves, either in our mind or out loud.
- Most of us use self-talk in our lives in different situations like before giving a speech in the school event, etc. This practice helps us appraise and regulate our thoughts and emotions and can help reduce stress and anxiety in certain situations. Athletes also engage in self-talk during training and in competition to motivate themselves.

TYPES OF SELF TALK

- **Task-specific statements relating to technique** category of self-talk refers to words or statements that reinforce technique for example, in the tennis volley, the word “turn” might be used in association with preparation for stepping into the volley.
- **Encouragement and effort** category of self-talk refers to words or statements that provide encouragement to persevere or to try harder self. For example, the phrase “You can do it” might be used in preparation for an anticipated play at home plate in softball.
- **Mood words:** category of self-talk refers to words that precipitate an increase in mood or arousal. For example, the mood words “hard” or “blast” might be used in conjunction with a play in football

BENEFITS OF SELF -TALK

- Focusing attention or concentration
- Skill acquisition (voluntary control over movements)
- Building and developing self-efficacy (person's belief in themselves)
- Creating and changing mood
- Controlling effort

9.5.4 GOAL SETTING

Highly successful athletes, therefore set realistic and achievable goals. Research studies suggest that goals (Smart goals) should be specific, measurable, difficult but attainable, time-based, written down and a combination of short- and long-term goals. As a matter of fact, if you do not set a goal, you cannot achieve apex positions in your life. They should set the goals according to their capabilities and capacities. To keep them on the track with their long-term goals, sports persons should also set the appropriate medium term as well as short term goals.

- Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality

Principles of Goal Setting

- Make goals specific, measurable, and observable.
- Clearly identify time constraints.
- Use moderately difficult goals; they are superior to either easy or very difficult goals.
- Write goals down and regularly monitor progress.
- Use a mix of process, performance, and outcome goals.
- Use short-range goals to achieve long-range goals.
- Set team as well as individual performance goals.
- Set practice as well as competition goals.
- Make sure goals are internalized by the athlete.
- Consider personality and individual differences in goal setting.

Characteristic of effective goal

- **Specific goal** is one that focuses exactly on the goal to be achieved
- **Measurable goal** is one that you can quantify, in the sense that you know exactly how close you are to achieving the goal.
- **Action-oriented goals** have action steps and action plans with detailing of what, when and how to do.
- **Realistic goals** focus on setting the target which are attainable and within the capability and capacity of the athlete
- **Timely** A well-stated goal should be timely in the sense that it specifies time constraints associated with the goal, but also timely in the sense that it reflects an appropriate amount of time to accomplish the goal

Benefits of Goal Setting

- Improved focus attention
- Develop persistence
- Mobilization of efforts
- Developing new learning techniques
- Increased motivation

MULTIPLE CHOICE QUESTION – 1 MARK

1. Which of the following is NOT a dimension of personality?

- A. Openness
- B. Conscientiousness
- C. Motivation
- D. Neuroticism

Answer: C. Motivation

2. Which type of personality is more prone to stress and anxiety?

- A. Type A
- B. Type B
- C. Extrovert
- D. Introvert

Answer: A. Type A

3. What does 'sports psychology' primarily focus on?

- A. Fitness programs
- B. Rules of sports
- C. Psychological aspects affecting performance
- D. Sports injuries

Answer: C. Psychological aspects affecting performance

4. Intrinsic motivation is driven by:

- A. External rewards
- B. Fear of punishment
- C. Internal satisfaction
- D. Public pressure

Answer: C. Internal satisfaction

5. Which of these is a technique to reduce anxiety?

- A. Positive reinforcement
- B. Meditation
- C. Overtraining
- D. Competing under pressure

Answer: B. Meditation

6. A person who is outgoing and enjoys interacting with others is most likely an:

- A. Introvert
- B. Ambivert
- C. Extrovert
- D. Narcissist

Answer: C. Extrovert

7. Which of the following is NOT a type of motivation?

- A. Extrinsic
- B. Intrinsic
- C. Positive
- D. Aggressive

Answer: D. Aggressive

8. Which personality trait is associated with calm and relaxed behaviour?

- A. Type A
- B. Type B
- C. Extrovert
- D. Neuroticism

Answer: B. Type B

3. What is the term for the process of visualizing successful outcomes or performance in sports?

A) Self-talk	B) Mental imagery
C) Goal setting	D) Positive reinforcement

4. Which of the following is an example of self-talk?

A) "I'm going to win this game."	B) "I'm feeling nervous."
C) "I'm going to try my best."	D) "I have practiced this before."

5. What is the term for the process of setting specific, measurable, achievable, relevant, and time-bound goals?

A) Self-talk	B) Goal setting
C) Mental imagery	D) Positive reinforcement

VERY SHORT ANSWERS – 2 MARKS

Q.1 – What do you mean by personality?

Ans – Personality usually means that an individual is much more than his outer appearance. It is a dynamic and organized set of characteristics passed by a person that influences his/her cognitions, emotions, motivations and behaviours in different types of situations.

Q.2 – Explain about emotional dimension of personality in detail.

Ans – Emotional dimension is also an important dimension of personality. Emotional dimension is related to emotional stability. To have emotional stability is essential aspect of one's personality. It means that one must have proper control over various emotions such as fear, anger, disgust, distress, amusement or happiness etc. in different situations. As a matter of fact, many sportspersons feel elated when they win but start crying, abusing the umpires or referee when they lose. Such situations show one's emotional status spontaneous outburst of such emotions is not accepted as a sign of good personality.

Q.3 – Explain spectators as source of motivation.

Ans – If there is a huge number of spectators, it will have a positive effect on the players. But its effectiveness depends upon the experience and maturity of athletes. If an inexperienced athlete participates in competition, which is full of spectators, then he will not be able to perform better in comparison to an experienced athlete. An inexperienced athlete is usually overpowered by fear.

Q.4 – Discuss intrinsic and extrinsic motivation.

Ans – 1. **Intrinsic motivation:** Intrinsic motivation is internal. It occurs when people are compelled to do something out of pleasure, importance or desire. Motivation is always intrinsic when the force comes from within oneself.

2. **Extrinsic Motivation:** Extrinsic motivation is external. It occurs when external factors compel the person to do something. Motivation is always extrinsic, when external forces, positive or negative produce a behavioural change, reward, punishment, praise, blame or cash prize etc.

Q.5 – What do understand by Motivation?

Ans: Definition: Motivation is a psychological factor that inspires individuals to perform better.

- Types: Intrinsic motivation (internal) and Extrinsic motivation (external).
- Techniques: Goal setting, rewards, praise, feedback, and healthy competition.

Q-6 What do understand by Aggression?

Ans - Definition: Aggression refers to behaviour that causes physical or psychological harm to others. -
Types: Impulsive aggression, Instrumental aggression, and Assertive behaviour aggression.

Q-7 What do understand by Psychological Attributes?

Ans. - Self-Esteem: A person's overall sense of personal worth or value.

- Mental Imagery: A technique to visualize and rehearse performance, enhancing confidence and focus.
- Self-Talk: Positive or negative inner dialogue that affects performance and motivation.
- Goal Setting: A process to achieve specific, measurable, and attainable goals.

Q-7 What do understand by Exercise Adherence?

Ans - Reasons: Regular exercise promotes healthy aging, boosts self-confidence, and reduces stress.

- Benefits: Improves mood, enhances mental alertness, and increases overall well-being.
- Strategies: Set achievable goals, track progress, and seek social support.

Q- 8. What is aggression in sports, and how can it be managed?

Ans - Aggression in sports refers to behavior that causes physical or psychological harm to others. It can be managed through techniques such as:

- Channeling aggression into positive performance
- Practicing relaxation and stress management techniques
- Developing empathy and respect for others

Q- 9. Discuss the importance of goal setting in sports.

Ans. Goal setting is essential in sports as it helps athletes:

- Focus on specific targets
- Develop motivation and direction
- Enhance self-confidence and self-efficacy
- Evaluate progress and adjust strategies

Q- 10. What is self-esteem, and how does it affect sports performance?

Ans - Self-esteem refers to an individual's overall sense of self-worth. High self-esteem can enhance sports performance by boosting confidence, motivation, and resilience, while low self-esteem can lead to self-doubt and decreased performance.

UNSOLVED QUESTIONS

1. What is the role of psychology in sports?
2. Define motivation and explain its importance in sports.
3. What is self-esteem, and how does it impact sports performance?
4. Explain the concept of mental imagery and its benefits in sports.
5. Discuss the types of aggression in sports and how they can be managed.

SHORT ANSWERS – 3 MARKS

Q- 1. What is the importance of sports psychology?

Answer: The importance of sports psychology can be understood from the following points

- It analyses the behaviour of sportsmen.
- It identifies talent for specific sports.
- It creates a better learning situation.
- It stabilises the performance of a sportsperson for a longer period.
- It is important from the research point of view.
- It encourages the players to make a comeback in professional sports.

Q- 2. Explain any two techniques to manage stress.

Answer: Two techniques to manage stress are –

- Aim to Exercise Regularly Exercise dissipates the adrenaline that builds up in stressful situations and leaves us with a feeling of achievement and control.
- Eat Healthy Ensure that you are getting adequate vitamins and minerals in your diet. One recommendation that very few of us manage to follow is to eat 5 servings of fruit and vegetables every day.

Q- 3. Explain the type of aggression in sports.

Answer: There are two types of aggression in sports

- Instrumental Aggression It is a type of aggression in which behaviour is directed at the target as a means to an end. For example, injuring a player to gain a competitive advantage or stopping an opponent from scoring.
- Hostile Aggression It is a type of aggression in which behaviour is aimed toward another person who has angered or provoked the individual and is an end in itself. For example, hitting an opponent who has just been aggressive against the player. It is generally preceded by anger.

Q-4 Explain goal setting as a technique of motivation in brief.

Answer: Goal setting technique is one of the most important techniques of motivation. If you do not set a goal, you cannot achieve an apex position in life. A person should set goals according to one's capabilities on a regular basis. Coaches should not be too rigid while setting goals for a sportsperson. There should be some flexibility in their approach.

Q-5 Explain any three causes of anxiety.

Answer. The various causes of anxiety are (any three):

1. Uncertainty about Result Competitions provide challenge and stimulation. It is in the field of unpredictability. The outcome is not known. One is under pressure for one's achievements.
2. Level of Competition The more important the contest, the greater is the stress or level of anxiety for that particular competition.
3. Expectations of Spectators The spectators have a huge role or impact on how athletes feel. The expectations are more when it is a home venue.

Q-6 Explain any two techniques to manage stress.

Answer. Two techniques to manage stress are:

1. **Participation in Physical Activities** Physical exercises of moderate to high intensity, like aerobic exercises, are one of the "best methods to relieve stress. Physically fit persons are more resistant to the effects of stress than others.
2. **Achieve a High Level of Physical Fitness** Achieving fitness is important to manage stress advantageously, while not eliminating it totally. Too little or too severe stress both lower performance in sports.

UNSOLVED QUESTIONS

1. **What is ethics in sports?**
2. **Differentiate between cognitive and somatic anxiety.**
3. **What are the components of personality? Briefly explain any three.**
4. **Explain the relationship between sports and personality development.**

LONG ANSWERS – 4 MARKS

Q- 1 Explain any three techniques of motivation for higher achievement in sports.

Ans – 1. **Presence of opposite sex:** Opposite sex plays a vital role in motivation. Usually girls are motivated by the presence of boys, whereas boys are motivated by the presence of girls. This is an innate tendency of human beings. Even girls as well as boys try to be smart and active in the presence of opposite sex.

2. **Spectators:** If there is a huge number of spectators, it will have a positive effect on the players. But its effectiveness depends upon the experiences and maturity of athletes. If an inexperienced athlete participates in competition, which is full of spectators, then he will not be able to perform better in comparison to an experienced others.

3. **Hypnotism:** The motivation through hypnotism can be effective but, generally, it is discarded by the public. It has its scientific base. Several studies show its positive effects. Simple and direct strength may be improved through hypnotism if it is properly employed by a trained person.

Q.2– Discuss the points to improve the body image and self-esteem in detail.

Ans–1. **To have a positive and optimistic attitude:** A positive and optimistic attitude can help individuals to improve body image and self-esteem. So one should try muscles or change in body shape and size can be a healthy choice.

2. **To change your life style:** Changes in your life style such as adopting a specific diet and with planned exercise programme in order to lose weight, gain muscles or change in body shape and size can be a healthy choice.

3. **To identify all the aspects of your appearance realistically:** For improving body image and self-esteem, identify all the aspects of your appearance which you can change realistically and which you can't change. It is well known fact that human beings are imperfect.

4. **To stop your intrinsic negative comments:** When you hear negative comments coming from the core of your heart, stop them immediately if you want to improve your body image and self-esteem.

UNSOLVED QUESTIONS

1. How can a coach strategize in motivating an athlete to keep performing?
2. How does motivating a sports person affect games and sports and how do games and sports influence a player's motivation?

LONG ANSWERS – 5 MARKS

Q-1 Explain the concept of aggression in sports and its types.

Aggression in sports refers to behaviour that causes physical or psychological harm to others. Types of aggression:

- Impulsive aggression: spontaneous and emotional
- Instrumental aggression: planned and intentional

Managing aggression: Athletes and coaches can manage aggression through techniques like relaxation, stress management, and empathy

Q-2 Discuss the benefits of exercise and physical activity on mental health and well-being.

Regular exercise and physical activity have numerous benefits for mental health and well-being, including:

- Reducing stress and anxiety
- Improving mood and self-esteem
- Enhancing cognitive function
- Promoting better sleep
- Increasing overall well-being

Conclusion: Exercise and physical activity are essential for maintaining good mental health and well-being, and athletes and individuals can benefit from regular physical activity

Q-3 Explain the importance of sports psychology for coaches and athletes.

Answer: Sports Psychology helps understand how psychological factors affect physical performance and how participation in sports influences psychological well-being.

Importance for Coaches and Athletes:

1. Improves Performance:

- Helps athletes deal with pressure, anxiety, and fear of failure.
- Increases focus and concentration.

2. Builds Confidence:

- Positive thinking and visualization improve self-belief.
- Coaches use reinforcement to boost athlete morale.

3. Enhances Motivation:

- Helps athletes set realistic goals and stay committed.
- Maintains interest during rigorous training phases.

4. Manages Stress & Anxiety:

- Techniques like deep breathing and meditation help calm the mind.
- Reduces performance anxiety before competitions.

5. Team Cohesion:

- Builds better communication and cooperation among team members.
- Coaches can understand and manage individual personalities.

UNSOLVED QUESTIONS

1. Explain the relationship between personality types and performance in individual and team sports.
2. Define anxiety and stress. Differentiate between them with examples