

9

Psychology and Sports

Fastrack Revision

- ▶ **Personality:** Personality refers to the patterns of thoughts, feelings and behaviours persistently exhibited overtime that strongly influences one's expectations, self-perceptions, attitudes and values.
- ▶ **Types of Personality:** There are four different types of personality:
 - ▶ **Type 'A' Personality:** Individuals with this type of personality are highly competitive and multitasking. They become impatient or irritated when delayed. Such individuals can be easily aroused to anger, hostility and aggression and are highly focused.
 - ▶ **Type 'B' Personality:** These individuals are self-confident, calm open to social relationships and are not hostile. They are easy going and are able to cope with stress effectively. They are not over-ambitious but are successful in lives.
 - ▶ **Type 'C' Personality:** In this type of personality, individuals are accurate, precise, detail-oriented, conscientious and even-tempered, and incapable of expressing their own feelings.
 - ▶ **Type 'D' Personality:** Individuals with this type of personality have tendency to experience increased negative emotions and tend not to share these emotions with others because of fear of rejection.
- ▶ **Jung's Classification:** Under this, the individuals are classified as:
 - ▶ **Introvert:** These kind of individuals are shy, socially withdrawn and talk less due to which they seem to be self-centered, unable to adjust easily in society. They are sensible and future-oriented.
 - ▶ **Extroverts:** These individuals have a tendency to be friendly, outgoing, talkative and social in nature. They show interest in present rather than future. They are generous, supportive and courageous.
 - ▶ **Amblverts:** Only few people are pure introverts and extroverts. Amblverts are the mixture of both extremes in a balanced manner. They are neither too reserved nor too outgoing in nature.
- ▶ **Big Five Personality Theory:** This theory describes the underlying traits that make-up an individual's overall personality. The distinct factors of personality are:
 - ▶ **Agreeableness:** This includes attributes like affection and kindness. People with high agreeableness are more cooperative and people with less agreeableness are selfish, rude and manipulative.
 - ▶ **Neuroticism:** Their attributes include jealousy, moodiness, sadness and emotional instability. People high in this trait experience mood swings, anxiety, worry and sadness. People low in this trait are more stable and feel confident.
 - ▶ **Conscientiousness:** Their characteristics include self-discipline, high-level of thoughtfulness and goal-directed behaviour. People high on this trait are reliable and pursue their goals with determination and forethought.
 - ▶ **Openness:** This includes attributes like imagination and insight. People high on this trait are creative, adventurous and have a broad range of interests.
 - ▶ **Extraversion:** Their attributes include sociableness, talkativeness, being energetic, assertiveness and friendliness.
- ▶ **Motivation:** An individual is said to be motivated when he/she is driven by an inner urge or force to achieve their respective goal.
 - ▶ **Types of Motivation**
 - **Intrinsic (Internal) Motivation:** Motivation that guides an individual to perform better so as to satisfy his own personal feelings. Intrinsic motivation depends on needs like biological needs, psychological needs, personal needs and social needs.
 - **Extrinsic (External) Motivation:** Motivation that depends on environmental factors is known as extrinsic motivation. Extrinsic motivation can be of different types such as reward, punishment, praise, fame, scholarship, cash prize, etc.
 - ▶ **Techniques of Motivation**
 - **Goal Setting:** Athletes should be encouraged to set a few ambitious but 'realistic' long-term goals. They should set goals according to their capabilities and capacities. Goals should be monitored on a regular basis. To keep athletes on track with their long-term goals, they should also set appropriate medium-term, as well as short-term goals.
 - **Using Extrinsic Rewards:** The key aspect in using extrinsic rewards (cash prizes and trophies) effectively is that they reinforce an athlete's sense of competence and self-worth. The reward should be presented to an athlete in front of all potential recipients with some emphasis placed on the prestige associated with it. It motivates the athletes.
 - **Verbal Comments and Appreciation:** The experienced and senior player should pass positive verbal comments on every activity or effort of the beginners or juniors. They should appreciate new players to motivate them and get the most of their

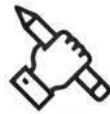


abilities on field, but too much appreciation can also destroy the future of the athlete.

- **Motivational Music Play:** A particularly good way to motivate athletes in training and prior to competition is through the use of music they perceive to be inspirational. Research indicates that this approach increases work output, reduces perceived exertion and improves in-take effect—the pleasure experienced during the activity.
- **Chant by Spectators:** If there are a large number of spectators watching and cheering up for an athlete, he/she will feel motivated and would try to give the best performance at that moment.
- **Exercise Adherence:** It refers to the extent to which a person acts in accordance with the advised exercise regime for a prolonged period of time after its adoption.
- **Reasons to Exercise**
 - Helps to maintain a healthy weight.
 - Maintains physical fitness.
 - Increases immunity of body and combat diseases.
 - Improves mood and boost energy.
 - Helps to keep bones strong.
- **Benefits of Exercise**
 - Improves our memory and brain function.
 - Aid in weight management.
 - Reduce feelings of anxiety and depression.
 - Improves our quality of sleep.
 - Help in maintaining strong muscles and bones.
 - Protects against many diseases and improves heart health.
- ▶ **Strategies for Enhancing Adherence**
 - **Realistic Plan:** Planning and goal setting should be realistic according to the capability of an individual, so that it works well with the individual's schedule.
 - **Make Exercise Interesting and Enjoyable:** People should make their exercise plan interesting, challenging and enjoyable same exercise plan should not be repeated daily.
 - **Exercise with Others:** Exercise should be scheduled with a partner to improve adherence to exercise and isolated exercise habit should be avoided.
- ▶ **Meaning of Aggression:** According to psychology, aggression refers to the intention to cause mental or physical harm to a person which can be done by doing some physical harm, showing unkind behaviour, or abusing, etc.
- ▶ **Concept of Aggression In Sports**
 - In sports, aggression is often seen in the field where players play aggressively. There is a desire to excel which leads the players to play with high intensity. So, aggression is positive when players play within the rules of the game with high intensity and without harming other players.
 - However, aggression becomes negative when players have an intention to harm other players, use abusive language or doing other such things which are not within the laws of the game.
- ▶ **Types of Aggression In Sports:** Aggression is categorised into two types:
 - **Instrumental Aggression:** In this type of aggression, the main aim is to achieve a goal by using aggression in a positive way.
 - **Hostile Aggression:** In hostile aggression, the main aim is to cause harm to the opponent in order to achieve the goal.

▶ Psychological Attributes in Sports

- **Self-esteem:** Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves. Self-esteem is also defined by the degree of worth and competence that we attribute to ourselves. Our self-esteem can affect whether we:
 - like and value our self as a person
 - are able to make decisions
 - recognise our strengths and positives
 - feel able to try new or difficult things
 - show kindness towards our selfThrough sport, we may enhance our self-esteem by having a positive image of our bodies and the physical skills and abilities that we develop. We feel positive self-worth through the recognition that we receive from family and friends and the social relationships that develop as a result of our involvement in sports and physical activity.
- **Mental Imagery:** Mental imagery involves the athlete imagining themselves in an environment performing a specific activity using their senses (sight, hear, feel and smell). The images could have the athlete performing successfully and feeling satisfied with their performance. Mental imagery can be helpful in:
 - developing self-confidence
 - motivating the athlete
 - reducing negative thoughts
 - developing pre-competition and competition strategies
 - refocusing or concentrating on a particular skill
 - removing stress-related reactions
 - promoting rest, recovery and recuperation
- **Self-talk:** Self-talk refers to the thoughts and words athletes and performers say to themselves, usually in their minds. Self-talk phrases (or cues) are used to direct attention towards a particular thing in order to improve focus or are used alongside other techniques to facilitate their effectiveness. These uses are typically fit into two categories of self-talk: instructional and motivational. Instructional self-talk refers to cues that an athlete might use to focus and remind oneself of proper technique. For example, a golfer may say "smooth stroke" before putting to stay relaxed. Motivational self-talk signifies cues that might build confidence, maximise effort, or reaffirm one's abilities. For example, Mohammed Ali, the world-famous boxer used to repeat "I am the greatest".
- **Goal Setting:** Goal setting is the process of systematically planning ways to achieve specific accomplishments within a certain amount of time. Research suggests that goals should be specific, measurable, difficult but attainable, time-based, written down, and a combination of short-term and long-term goals. Each long-term goal should also have a series of short-term goals that progress in difficulty. So, the sports person should be encouraged to set few ambitious but achievable long-term goals.



Practice Exercise



Multiple Choice Questions

Q 1. Type.....personality individuals are easy going, patient and do not become angry and hostile.

- a. A b. B c. C d. D

Q 2. Type D personality individuals are susceptible to:

- a. depression b. hypertension
c. cancer d. Both a. and b

Q 3. Match the following.

List-I	List-II
A. Personality Type A	(i) Pessimistic and hopeless
B. Personality Type B	(ii) Competitive and Aggressive
C. Personality Type C	(iii) Quiet and not over ambitious
D. Personality Type D	(iv) Fear of rejection

- | | | | | | | | |
|---------|-------|-------|------|----------|-------|------|------|
| A | B | C | D | A | B | C | D |
| a. (iv) | (iii) | (ii) | (i) | b. (ii) | (iii) | (i) | (iv) |
| c. (i) | (ii) | (iii) | (iv) | d. (iii) | (iv) | (ii) | (i) |

Q 4. Who categorised the personality traits as introverts and extroverts?

- a. CG Jung b. GW Allport
c. WH Sheldon d. MC Dougall

Q 5. A person having both traits of introvert and extrovert is known as: (CBSE SQP 2020)

- a. mesomorph b. extraversion
c. ambivert d. endomorph

Q 6. A person who is bold and outgoing is an:

- a. introvert b. extrovert
c. ambivert d. None of these

Q 7. In the 'Big Five Theory', five personality traits are described. These traits are the attributes that describe a person. The traits given in Big Five Theory are collectively called as OCEAN.

What does A stands in OCEAN?

- a. Amiable b. Adorable
c. Agreeableness d. Aggression

Q 8. Emotionally unstable, anxiety, sadness are attributes of which personality dimension? (CBSE 2020)

- a. Extraversion b. Neuroticism
c. Agreeableness d. Openness

Q 9. Match List-I with List-II and select the correct answer from the codes given below: (CBSE SQP 2023-24)

List-I	List-II
A. Extraversion	(i) Enthusiasm
B. Conscientiousness	(ii) Responsible
C. Agreeableness	(iii) Compassionate behavior
D. Neuroticism	(iv) Emotional Stability

- | | | | | | | | |
|----------|------|-------|------|---------|-------|------|-----|
| A | B | C | D | A | B | C | D |
| a. (i) | (ii) | (iii) | (iv) | b. (iv) | (iii) | (ii) | (i) |
| c. (iii) | (iv) | (ii) | (i) | d. (ii) | (iii) | (iv) | (i) |

Q 10. Traits like sadness, mood swings and emotional instability are related with (CBSE 2023)

- a. Extraversion
b. Agreeableness
c. Conscientiousness
d. Neuroticism

Q 11. A person who likes to learn new things, new concepts and new experiences are categorised as (CBSE SQP 2022-23)

- a. Agreeableness b. Extraversion
c. Conscientiousness d. Openness

Q 12. Which of the following is a personality trait not included in the 'Big Five Theory'?

- a. Neuroticism
b. Aggressiveness
c. Openness
d. Extraversion

Q 13. Aggressive behaviour of a sportsperson is influenced by: (CBSE 2020)

- a. emotional identification with the team
b. tactical ability
c. goal orientation
d. All of the above

Q 14. In hostile aggression, the main aim is to using aggression.

- a. cause harm to the opponent
b. express your feeling of jealousy
c. achieve a positive goal
d. show your hostility to an opponent

Q 15. Reactive Aggression is also called (CBSE SQP 2023-24)

- a. Instrumental Aggression
b. Hostile Aggression
c. Assertive Aggression
d. Both a. and b.

Q 16. Which of the following is an example of assertive behaviour?

- a. Sledging in cricket
b. Bowler throwing a bouncer deliberately
c. Rugby player tackling his opponent
d. All of the above

Q 17. Aggression is displayed in sports through:

- a. assertion of views
b. use of abusive words
c. walking away from the opponent
d. strictly following the rules



Assertion & Reason Type Questions

Directions (Q. Nos. 18-22): There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- Assertion (A) is true, but Reason (R) is false.
- Assertion (A) is false, but Reason (R) is true.

Q 18. Assertion (A): Type 'C' personality individuals are introverts.

Reason (R): They are passive, hopeless and pessimistic.

Q 19. Assertion (A): Extroverts may be called happy, go, lucky persons.

Reason (R): Extroverts are friendly, talkative and social in nature.

Q 20. Assertion (A): The big five personality theory is developed by William Herbert Sheldon in the 1940's. **Reason (R):** The big five traits of personality are Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

Q 21. Assertion (A): Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

Reason (R): Aggression is inevitable and inseparable in proper activities. (CBSE 2023)

Q 22. Assertion (A): Motivational self-talk signifies cues that might build confidence, maximise effort or reaffirm one's abilities.

Reason (R): Motivational self-talk signifies cues that an athlete use to focus and remind oneself of proper technique.

Answers

- (b) B
- (d) Both a. and b
- (b) A-(ii), B-(iii), C-(i), D-(iv)
- (a) CG Jung
- (c) ambivert
- (b) extrovert
- (c) Agreeableness
- (b) Neuroticism
- (a) A-(i), B-(ii), C-(iii), D-(iv)
- (d) Neuroticism
- (d) Openness
- (b) Aggressiveness
- (d) All of the above
- (a) cause harm to the opponent
- (b) Hostile Aggression
- (a) Sledging in cricket
- (b) use of abusive words
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

19. (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).

20. (d) Assertion (A) is false, but Reason (R) is true.

21. (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

22. (c) Assertion (A) is true, but Reason (R) is false.



Case Study Based Questions

Case Study 1

Read the following passage and answer the following questions.

Carl Gustav Jung, a Swiss psychiatrist and a disciple of Sigmund Freud, published a book Psychology Typen (Psychology Types) in 1921 and presented his own theory of personality by classifying personality based on two important aspects....personality attitude (introvert and extrovert) and personality functions (Sensing, Intuitive, Thinking, Feeling).

Q 1. The bases of Jung's classification of personality is:

- body build
- personality functions
- personality attitude
- mind

Q 2. Extroverts are:

- broad-minded
- optimistic
- highly socialised
- All of these

Q 3. An is a person whose behaviour changes according to the situation she/he is in.

- ambivert
- extrovert
- Introvert
- None of these

Answers

- (c)
- (d)
- (a)

Case Study 2

Read the following passage and answer the following questions.

Narayan is a football player of XYZ School. He is famous for his aggressive play in the field. Because of his aggression he scored many goals. At the same time, he was punished for his aggressive behaviour with the opponents. (CBSE Question Bank)

Q 1. What type of aggression is shown by Narayan?

- Assertive
- Hostile
- Instrumental
- Reactive

Q 2. Hostile aggression is also known as aggression.

- reactive
- channelled
- assertive
- Instrumental

Q 3. What level of aggression is needed in sports?

- Partial
- Full
- No need
- None of these

Answers

- (c)
- (a)
- (a)

Very Short Answer Type Questions ↘

Q 1. What do you mean by personality?

Ans. Personality refers to the patterns of thoughts, feelings and behaviours persistently exhibited overtime that strongly influences one's expectations, self-perceptions, attitudes and values.

Q 2. What do you mean by introvert?

Ans. Introverts are people who opt to live in their own inner world of feelings and tend to shy away from in public interactions and social connects.

Q 3. Define the term intuition.

Ans. Intuition refers to a preference for perceiving the world through concepts, theories and abstractions. People use their intuition to understand the situation and people around them.

Q 4. Name the big five traits of personality.

Ans. Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism are the big five traits of personality.

Q 5. Define conscientiousness.

Ans. Conscientiousness refers to well-organised, careful, responsible, hardworking and dependable individuals. Individuals high on conscientiousness have been found to perform better in academics as well as in sports.

Q 6. What do you mean by the term 'aggression' in sports?

Ans. Aggression is any interpersonal behaviour intended to cause mental or physical harm to a person which can be done by abusing or showing unkind behaviour, etc.

Q 7. What do you mean by self-esteem?

Ans. Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves. It is also defined by the degree of worth and competence that we attribute to ourselves.

Short Answer Type-I Questions ↘

Q 1. What are some traits of type A personality?

Ans. Some traits of type A personality are as follows:

- (i) Very competitive
- (ii) Overly ambitious
- (iii) Dislike wasting time
- (iv) Feel impatient or irritated when delayed.
- (v) Associated with hypertension.

Q 2. What do you mean by extroverts and introverts?

Ans. Extroverts are the persons who have a tendency to be friendly, talkative and social in nature. They are generous, supportive and courageous.

On the other hand, introverts are shy, socially withdrawn and talk less. They are sensible and future-oriented.

Q 3. What do you mean by extraversion and conscientiousness?

Ans. Extraversion includes the traits of having enthusiasm, high energy, positive emotions, talkativeness and assertiveness. Conscientiousness refers to well-

organised, careful, responsible, hardworking and self-disciplined individuals.

Q 4. Explain briefly the two types of aggression in sports.

Ans. Types of Aggression in Sports: There are two types of aggression in sports:

(i) **Hostile or Reactive Aggression:** In hostile aggression, the main aim is to cause harm or injury to the opponent. It is usually an unplanned, impulsive reaction towards a player who may have become a threat in achieving the goal.

(ii) **Instrumental or Channelled Aggression:** In instrumental aggression, the main aim is displaying aggressive behaviour in order to achieve a goal.

Q 5. Why is mental imagery important?

Ans. Mental imagery helps athletes to stay confident, focused and motivated. It also helps athletes to regulate the anxiety they experience during competitions. It also helps in promoting rest, recovery and recuperation.

Short Answer Type-II Questions ↘

Q 1. Discuss Jung's classification of personality in brief.

Ans. Jung has classified personality as:

(i) **Introverts:** People who have characteristics like shyness, social withdrawal and tendency to talk less.

They are sensible and future oriented.

(ii) **Extroverts:** People who have a tendency to be friendly, outgoing, talkative and social in nature.

They are generous, supportive and courageous.

(iii) **Ambiverts:** People who possess both the qualities of introverts and extroverts in a balanced manner.

They are neither too reserved nor too outgoing in nature.

Q 2. Differentiate between introverts and extroverts.

(CBSE SQP 2023-24)

Ans. Difference between introverts and extroverts are as follows:

S. No.	Introverts	Extroverts
(i)	Interested in their own self	Highly socialised
(ii)	Reserved	Broad-minded
(iii)	Self-aware and introspective	Expressive and enjoy centre of attention
(iv)	Take pleasure in reading, writing	Meet unknown people easily
(v)	Tend to shy away from public	Bold, outgoing and optimistic person
(vi)	Think before acting	Action oriented

Q 3. What is meant by 'motivation'? Explain the different techniques of motivation to achieve high goals in sports.

(CBSE 2017, 20)

Ans. Motivation is an internal force that initiates and maintains goal directed behaviour.

Techniques of motivation for higher achievement in sports are:

- (i) **Goal Setting:** It is one of the most important techniques of motivation. Sportspersons should be encouraged to set a few ambitious but realistic goals according to their capabilities and capacities.
- (ii) **Cash Prizes, Certificates and Trophies:** Rewards in the form of cash prizes, certificates or trophies generate interest and enthusiasm among sportspersons, and proves to be a good source of motivation. Every government offer rewards to the sportspersons, who win the laurels for their countries.

COMMON ERROR

Some students get confused between the types of motivation and techniques of motivation.

Q 4. Define aggression. Discuss any two types of aggression. (CBSE 2022 Term-2)

Ans. Aggression is a deliberate behaviour to harm or injure and can be either physical or psychological, i.e., hitting, pushing or abusing someone purposely, with an intent to hurt.

Types of Aggression: There are two types of aggression:

- (i) **Hostile Aggression:** Hostile aggression is a type of aggression that is committed in response to a perceived threat or insult. It is unplanned, reactionary, impulsive, and fueled by intense emotion as opposed to desire to achieve a goal. Aggressors typically have a sense of a loss of control during outbursts, and characteristically experience physiological hyperarousal.
- (ii) **Instrumental Aggression:** Instrumental aggression refers to aggressive behaviour meant or used to attain some non-aggressive goals like winning, getting money, prestige or gaining any other advantage. An instrumental aggression does consist of an aggressive intent to harm an opponent physically or psychologically without necessarily being angry.

Q 5. Distinguish between hostile aggression, instrumental aggression and assertive behaviour.

Ans. Difference between hostile aggression, instrumental aggression and assertive behaviour are as follows:

S. No.	Basis of Difference	Hostile Aggression	Instrumental Aggression	Assertive Behaviour
(i)	Intent	Harm or suffering	Harm or suffering	No harm
(ii)	Primary Goal	Harm or injure	Win or advantage	Win or advantage
(iii)	Process	Non-legitimate	Non-legitimate	Legitimate
(iv)	Emotion	Anger	No anger	Unusual effort and energy expenditure

Q 6. Write short note on Goal setting. (CBSE SQP 2023-24)

Ans. Goal setting is the process of systematically planning ways to achieve specific accomplishments within a certain amount of time. Research suggests that goals should be specific, measurable, difficult but attainable, time-based, and written down. Each long-term goal should also have a series of short-term goals that progress in difficulty. So, the sportsperson should be encouraged to set few ambitious but achievable long-term goals.



Long Answer Type Questions

Q 1. Define personality. Elucidate its types in detail.

Ans. Personality is an individual's unique and relatively stable pattern of behaviour, thoughts and feelings. It is the integration of those systems and habits that represent an individual's characteristic adjustment to his environment.

Types of Personality: There are four different types of personality:

- (i) **Type 'A' Personality:** Individuals with this type of personality are highly competitive and multi-tasking. They become impatient or irritated when delayed. Such individuals can be easily aroused to anger, hostility and aggression and are highly focused.
- (ii) **Type 'B' Personality:** These individuals are self-confident, calm open to social relationships and are not hostile. They are easy going and are able to cope with stress effectively. They are not over-ambitious but are successful in lives.
- (iii) **Type 'C' Personality:** In this type of personality, individuals are accurate, precise, detail-oriented, conscientious and even-tempered, and incapable of expressing their own feelings.
- (iv) **Type 'D' Personality:** Individuals with this type of personality have tendency to experience increased negative emotions and tend not to share these emotions with others because of fear of rejection.

Q 2. What are the personality traits according to the Big Five theory. (CBSE 2022, Term-2, CBSE SQP 2022-23)

Ans. This theory describes the underlying traits that make-up an individual's overall personality. The distinct factors of personality are:

(i) **Openness**

- (a) This trait features characteristics such as imagination and insight.
- (b) People who are high in this trait tend to be more adventurous and creative.

(ii) **Conscientiousness**

- (a) Standard features of this dimension include high levels of thoughtfulness and goal-directed behaviours.
- (b) Highly conscientious people tend to be reliable and pursue their goals with determination.

(iii) Extraversion

- (a) This is characterised by sociability, talkativeness and assertiveness.
- (b) People who are high in this trait are friendly and tend to gain energy in social situations.

(iv) Agreeableness

- (a) This personality dimension includes attributes such as trust, kindness, affection, etc.
- (b) People who are high in agreeableness tend to be more cooperative.
- (c) People who are low in this trait tend to be selfish, rude and manipulative.

(v) Neuroticism

- (a) This trait is characterised by jealousy, moodiness, and emotional instability.
- (b) People who are high in this trait experience mood swings, anxiety, sadness and worry.



TIP

The Big Five Personality Theory can be easily remembered through the acronym OCEAN.

Q 3. Differentiate between intrinsic and extrinsic motivation. Explain in detail goal setting and Reinforcement as techniques of motivation.

(CBSE 2016)

Ans. Difference between intrinsic and extrinsic motivation are as follows:

(i) Intrinsic Motivation

- (a) It is internal.
- (b) It depends upon emotional needs, biological need personal needs and social needs.

(ii) Extrinsic Motivation

- (a) It is external.
- (b) It depends upon rewards, prizes and social recognition.

Goal Setting: If you do not set goals you cannot achieve apex position in your life, so, the sports persons should be encouraged to set few ambitions but they should be achievable long-term goals. They should set goals according to their capabilities and capacities. To keep them on track with their long-term goals as well as short-term goals, they should be monitored on a regular basis.

Reinforcement: As a technique of motivation focuses on internal feeling of an individual when he takes some actions. The reinforcement can be positive as well as negative positive reinforcement refers to a positive response to the positive behaviours of an individual. For example: Reward. Negative reinforcement refers to rewarding an employee by removing negative consequences. Both the positive and negative reinforcement can be used for increasing desirable behaviour.

Q 4. Write a detailed note on psychological attributes in sports.

Ans. Some of the psychological attributes in sports are as follows:

(i) **Self-esteem:** Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves. It is also defined by the degree of worth and competence that we attribute to ourselves. Our self-esteem can affect whether we:

- (a) like and value oneself as a person
- (b) are able to make decisions
- (c) recognise our strengths and positives
- (d) feel able to try new or difficult things

Through sport we may enhance our self-esteem by having a positive image of our bodies and the physical skills and abilities that we develop. We feel positive self-worth through the recognition that we receive from family and friends and the social relationships that develop as a result of our involvement in sport and physical activity.

(ii) **Mental Imagery:** Mental imagery involves the athlete imagining themselves in an environment performing a specific activity using their senses (sight, hear, feel and smell). The images could have the athlete performing successfully and feeling satisfied with their performance. Mental imagery can be helpful in:

- (a) developing self-confidence and motivating the athlete
- (b) reducing negative thoughts and removing stress-related reactions
- (c) developing pre-competition and competition strategies
- (d) refocussing or concentrating on a particular skill
- (e) promoting rest, recovery and recuperation

(iii) **Self-talk:** Self-talk refers to the thoughts and words athletes and performers say to themselves, usually in their minds. Self-talk phrases (or cues) are used to direct attention towards a particular thing in order to improve focus or are used alongside other techniques to facilitate their effectiveness. These uses are typically fit into two categories of self-talk: instructional and motivational. Instructional self-talk refers to cues that an athlete might use to focus and remind oneself of proper technique. Motivational self-talk signifies cues that might build confidence, maximise effort, or reaffirm one's abilities.

(iv) **Goal Setting:** Goal setting is the process of systematically planning ways to achieve specific accomplishments within a certain amount of time. Research suggests that goals should be specific, measurable, difficult but attainable, time-based, and written down. Each long-term goal should also have a series of short-term goals that progress in difficulty. So, the sports person should be encouraged to set few ambitious but achievable long-term goals.



Chapter Test

Multiple Choice Questions

- Q 1. In instrumental aggression, the main aim is to:
- cause harm to the opponent
 - achieve a positive goal
 - express your feeling of jealousy
 - show your hostility to the opponent
- Q 2. Friendly, cooperative, kind, generous are attributes of which personality dimension?
- Extraversion
 - Conscientiousness
 - Agreeableness
 - Neuroticism
- Q 3. The word personality is derived from the Latin word:
- persona
 - pereo
 - peior
 - perca
- Q 4. A boxer punching the opponent below the belt is an example of:
- assertive behaviour
 - hostile aggression
 - Instrumental aggression
 - None of the above

Q 5. Match the following:

	List-I	List-II
A.	Introvert	1. Highly socialised
B.	Ambivert	2. Shy away from public interactions
C.	Extrovert	3. Behaviour changes according to situation

- A B C
- 2, 1, 3
 - 3, 2, 1
 - 3, 1, 2
 - 2, 3, 1

Assertion and Reason Type Questions

Directions (Q. Nos. 6-7): There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- Assertion (A) is true, but Reason (R) is false.
- Assertion (A) is false, but Reason (R) is true.

- Q 6. Assertion (A): Individuals scoring high on openness are imaginative, humorous, creative and curious. Reason (R): The Big Five Factor personality model was offered by Paul Costa and Robert Mc Crae.
- Q 7. Assertion (A): A basketball player playing a foul against an opponent with the purpose of scoring a basket is an example of instrumental aggression. Reason (R): Most of the athletes don't apologise for their behaviour or act of instrumental aggression.

Case Study Based Question

- Q 8. Read the following passage and answer the following questions.
- Prateek and Rishabh both are good kabaddi players. Rishabh is aggressive during the game to achieve his goal but not to hurt any player. On the other hand, Prateek is also aggressive during the game with the aim to harm the other players (through non-legitimate or illegal methods) physically or mentally.
- What type of aggression is shown by Prateek?
 - What type of aggression is shown by Rishabh?
 - Is aggression necessary for good performance in sports competition?

Very Short Answer Type Questions

- Q 9. What do you mean by goal setting?
- Q 10. What is assertive behaviour?

Short Answer Type-I Questions

- Q 11. Give an example of athlete showing hostile and instrumental aggression each.
- Q 12. Write a short on self-talk.
- Q 13. How can we enhance our self-esteem through sports?

Short Answer Type-II Questions

- Q 14. Elaborate the types of personality.
- Q 15. Elaborate the traits and types of personality classified by Jung.
- Q 16. What do you mean by mental imagery? How is it useful for athletes?

Long Answer Type Questions

- Q 17. Elucidate the big five personality theory.
- Q 18. What do you mean by aggression? Explain in detail the types of aggression in sports.