

PHYSICAL EDUCATION

CHAPTER 8: PSYCHOLOGY & SPORTS



PSYCHOLOGY & SPORTS

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Psychology and sports deals with positive behaviour of sportsperson during training and competition period to increase performance.

It guides coaches and players to give individual attention regarding various method and various motivational techniques.

Personality

Personality is an organised set of characteristics possessed by a person that influence his/her cognitions, emotions, motivation, and behaviour in various situations.

It is the enduring personal characteristics of individuals. It is much more than outer appearance.

Personality includes the combination of emotional, attitude and behaviour response pattern of an individual.

People who have good Personality, are very likeable, interesting, and pleasant to be with.

Personality has four dimensions:

- **Physical Dimension:** It is with appearance, shape, size, structure, weight, height, and skin colour
- **Mental Dimensions:** It is related with thought, ideas, knowledge, etc
- **Social Dimensions:** It is related with the social Qualities like adjustment, cooperation, togetherness, discipline, leadership, etc.
- **Emotional Dimensions:** It is related with anger, happiness, joyfulness, curiosity, etc.

Types of Personality

Type A: Individuals with this type of Personality are very competitive, self-critical, and high working involvement.

They easily get excited, quickly become impatient with delays. Such types of individuals can easily be aroused to anger, hostility, and aggression.

Type B: Individuals with this type of Personality are not competitive in nature. They are easy going and patient. They usually do not get angry, able to express their

emotions and cope with stress effectively.

Type C: These people have pleasing nature. They are unable to express their emotions. They are lethargic, passive, hopeless and pessimistic.

Type D: These individuals usually suffer from high degrees of de-stress. They have a fear of rejection or disapproval.

Traits and Types



Sheldon's Classification of Personality

- Endomorph
- Mesomorph
- Ectomorph

Sheldon's Personality

In knock out tournament only winning teams continue to play further and teams once get defeated, automatically get eliminated.

Endomorph:

This kind of person is generally stocky with the large round body, short neck, short arms and wide hips. They have plenty of fat on their body.

Their physical fitness level is very low, related to speed and endurance whereas they have massive strength. They are Comfort loving, peaceful, sociable, relaxed, and tolerant Personal.

Mesomorph:

These persons are muscular with broad chest, strong legs, and arms with medium height. These people have good strength, speed, flexibility, and attractive Personality.

They are good for almost all the activities. Their personal characters say that they are active, assertive, and Competent persons.

Ectomorph:

These people are thin with slim faces, narrow shoulders, chest, and Hip. They have low fat on their body. Ectomorphs have less strength, whereas they dominate in endurance activities.

Personality wise they are quiet, sensitive, fragile, restrained, and non-assertive. they are very self-conscious, socially anxious, artistic, and thoughtful.

Jung Classification of Personality

- Introvert
- Extrovert
- Ambivert

Jung Personality

Introvert personality:

Introverts are described as people who share characteristics such as shyness, social withdrawal, tendency to talk less.

They have their own world of ideas, thoughts, behaviour, interest and attitude. Introvert people are self-centred, unable to adjust easily in social situations.

Extrovert personality:

These people have the tendency to be outgoing, friendly, talkative, and social in nature. Their behaviour and action are concerned to interact with others.

They prefer contacts, generous, supportive and courageous.

Ambivert personality:

There are only a few people who are pure introvert or pure extrovert. The remaining majority of people possessed both the quality or traits of introverts and extroverts.

Big Five Theory Personality

According to this theory personality depends upon five dimensions or traits.

- Openness
- Conscientiousness
- Extroversion
- Agreeableness
- Neuroticism
- **Openness to experience:** These people like to learn new things, new concepts and enjoy new experiences. Openness reflects curiosity and creativity.
- **Conscientiousness:** They are self-discipline, reliable and prompt. Such people are organised, systematic and complete in all respects.
- **Extroversion:** They have high energy, positive emotions, sociability and tendency to seek stimulation in the company of others and talkative.
- **Agreeableness:** They possess the quality to be compassionate, cooperative towards others, helpful nature and trust others.
- **Neuroticism:** They experience unpleasant emotions easily such as anger, anxiety and depression. Such individuals remain Moody and tense.

Motivation

Motivation is one of the most important psychological factors, which inspires us to do something good.

Motivation has immense effect on learning, in the absence of motivation the learning rate is lower. It is a kind of inner force which gives energy to a person to make constant effort. It increases the desire to perform better.

Types of Motivation**Internal Motivation:**

This motivation occurs within an individual and guides him to perform better. It is based upon bodily needs, instinct, nature, emotional needs, social needs, etc.

Intrinsic motivation depends upon goal setting, self-appraisal, auto suggestions and positive attitude.

External Motivation:

This motivation depends upon external factors. This external factor compelled a person to perform better.

External Motivation has a great impact on an individual's performance.

Motivation can be given in various way like rewards, punishment, praise, blame, cash prize, feedback, etc.

Techniques of Motivation

- **Goal setting:** It is the most important technique of motivation. People should be encouraged to set achievable long-term goals based on their capacities.
- **Healthy environment:** Healthy, clean, and Hygienic environment motivates a player to participate.
- **Good quality Equipment and playfield:** Both improves the performance of sportsman
- **Reward and punishment:** If players are informed in advance about what he gets and what he loses, then performance is better.
- **Coaching and guidance:** Good coaching and guidance improves the performance.
- **Spectators:** Good and positive responses from spectators encourage the player to perform well.
- **Knowledge of results:** Proper knowledge of results motivates learners to learn rapidly.
- **Cash prizes, certificates and trophies:** These are good incentives to motivate a sportsman.
- **Competition:** Healthy and good sports competition is a motivating factor for improving performance.

Aggression

Aggression refers to a range of behaviour that can result in both physical and psychological harm to oneself, others or objects in an environment.

This type of social interaction harms another person, either physically or mentally.

According to Richardson: Any form of behaviour directed towards the goal of harming or injuring others live.

Causes

- **In Children:** Poor relationship skills, underlying health conditions, stress or frustration.
- **In Teens:** Unhealthy relationship with family or others
- **In Adults:** Job or Business stress, relationship with family or friends, ego, to prove dominance, socio economic problems, poor health, etc

Types of Aggression:

- Impulsive Aggression.
- Instrumental Aggression.
- Assertive Behaviour Aggression.

Impulsive Aggression:

It is characterized by strong emotions of anger. It is often instant and not planned. This aggression takes place in the heat of the moment.

Instrumental Aggression:

It is also known as predatory aggression. It is marked by intended behaviour to achieve a large goal. This is often done with carefully planning.

Assertive Behaviour Aggression:

It is the behaviour that involves the legitimate Physical or verbal force to achieve one's purpose. Such as sledging in cricket to cause psychological discomfort.

Important Questions

➤ Multiple Choice Questions:

Question 1. 'Super compensation' means

- (a) Fatigue
- (b) Second wind
- (c) Adaptation to load
- (d) Oxygen debt.

Question 2. 'Fertile Training' is used best to develop

- (a) Flexibility

- (b) strength
- (c) Endurance
- (d) stadium area.

Question 3. Aerobic fitness is best achieved through

- (a) Swimming
- (b) Circuit training
- (c) Short sprints
- (d) Long distance running.

Question 4. Basic principle of Fartlek training is

- (a) Variation in space
- (b) Variation in pace
- (c) Variation in duration
- (d) Variation in place.

Question 5. 'Speed play' is also known as

- (a) Weight training
- (b) pressure training
- (c) fartlek training
- (d) interval training.

Question 6. The actual variables in interval method of training are

- (a) Distance, time, repetitions and recovery period
- (b) Preparatory, transition and competition period
- (c) Distance, transition and recovery period
- (d) Force, mass, acceleration.

Question 7. 'Active flexibility' refers to

- (a) Muscular stretch without assistance
- (b) Muscular stretch with assistance
- (c) Stretching at maximum range
- (d) None of the above.

Question 8. Natural motivation is also known as

- (a) Intrinsic
- (b) self assertion
- (c) Self actualization
- (d) extrinsic.

Question 9. 'Micro cycle' involves training of

- (a) one week
- (b) 6-8 weeks
- (c) 8-10 weeks
- (d) 1-2 weeks.

Question 10. Who amongst the following introduced the is-kinetic method of training for the development of strength?

- (a) Plato
- (b) J. J. Parrine
- (c) B. P. Coubertin
- (d) Jacobson.

Question 11. The height of the blackboard of hockey goal is

- (a) 12 inches
- (b) 10 inches
- (c) 18 inches
- (d) 24 inches.

Question 12. What term related to growth and development refers to the passing of traits from parents to their offspring?

- (a) Puberty
- (b) Infancy
- (c) Sexuality
- (d) Heredity

Question 13. Overload in sports training relates to when

- (a) The oxygen is adequate to supply the need of the body
- (b) The-oxygen supplying mechanisms are not able to increase
- (c) The intake of oxygen is insufficient to meet the demand
- (d) The supply of oxygen is more than required.

➤ **Very Short Question:**

Que 1. What is stress ?

Que 2. Write two techniques of motivation.

Que 3. What do you understand by coping ?

Que 4. What do you mean by anxiety ?

Que 5. Define Personality.

Que 6. Define Motivation.

Que 7. What do you mean by self-esteem.

Que 8. What do you understand by body – Image ?

➤ **Short Questions:**

Que 1. Discuss about the effect of stress on an individual in brief.

Que 2. Discuss about the types of motivation.

Que 3. What do you mean by positive and negative body Image ?

Que 4. What are the types of stress ?

Que 5. Write down any 3 techniques of anxiety management.

Que 6. How can one learn to manage stressful situations through games and sports.

➤ Long Questions:

Que 1. What is the importance of motivation in games and sports?

Que 2. What are the dimensions of personality?

Que 3. Participation in sport results in the all-round development of personality. Justify.

Que 4. Define sports psychology and elucidate its importance in the field of sports.

Que 5. What are the coping strategies used in games & sports?

➤ Assertion & Reason Questions:

1. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

Assertion (A) Biomechanics is the study of force and its effects on the living system

Reason (R) In swimming third law of motion is utilized

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true and but R is not a correct explanation of A
- (c) A is true but R is false
- (d) A is false, but R is true.

2. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

Assertion (A) Abduction means moving the body parts away from the midline of the body

Reason (R) Adduction is another name for abduction

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true and but R is not a correct explanation of A
- (c) A is true but R is false
- (d) A is false, but R is true

✓ Answer Key-

➤ Multiple Choice Answers:

1. Answer: (c) Adaptation to load
2. Answer: (c) Endurance

3. Answer: (d) Long distance running.
4. Answer: (b) Variation in pace
5. Answer: (c) fartlek training
6. Answer: (a) Distance, time, repetitions and recovery period
7. Answer: (a) Muscular stretch without assistance
8. Answer: (a) Intrinsic
9. Answer: (a) one week
10. Answer: (c) B. P. Coubertin
11. Answer: (c) 18 inches
12. Answer: (d) Heredity
13. Answer: (c) The intake of oxygen is insufficient to meet the demand

➤ Very Short Answers:

1. It is the physiological and psychological changes in the body caused by an event which create the situation of fight or flight, is called stress. Stress disturbs the normal physical or mental health of a person.
2. Motivation plays an important role in enhancement of sports performance.

There are two techniques of motivation:-

- a). Goal Settings
- b). Positive Self talk
3. Coping is the way to deal with unfavorable situations in a better manner. It is the conscious efforts to overcome the unsolved problem or ability to tolerate unfavorable condition.
4. Anxiety is an unpleasant feeling related with uneasy fear or worry. Anxiety is a chronic fear that limits our ability to carry out normal function.
5. The word personality is derived from Latin word 'persona' meaning 'mask'. According to Guildford – "Personality is of an individual's unique pattern of traits.
6. The word Motivation is derived from a Latin word "movere" meaning "to change, to move". It means it is the inner urge of an individual to achieve the goal.
7. It is a variety of believes of a person about himself/herself about appearance, belief, pride, triumph and behaviour. Self-esteem is now you value or respect yourself as a person.
8. Body Image means how a person feels and think about his/her own body. One's body image is the resultant of ones own personal experiences.

➤ Short Answer:

1. Stress is an individual's perception of an event. The perceptions of a stress differs from individual to individual. Stress can cause headache, allergies, cold, asthma, hypertension, backache, fatigue, diabetes, etc. The intensity of perception of stress may lead to death. It also weakens the immunity power of the body. When we fail to face stressful situation the physical symptoms like, tension in muscle, anxiety, dizziness, fast heart beat, sweating, fear, etc. can occur. The effect of stress are always not negative can be but positive also optimum level of stress may enhance the performace of a sportsman. Sports psychologists suggest that moderate dose of stress is essential for a sports man while performing.

2. There are two types of motivation in sports:

(i) Intrinsic or internal or within motivation

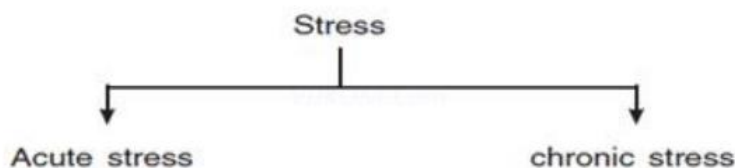
(ii) Extrinsic or outer or external motivation

Intrinsic Motivation:- Intrinsic motivation means, motivation within individuals. It is natural. In this kind of motivation force comes from within onself. This motivation in sports can be seen as to get social approval, to display superiority, for enjoyment, satisfaction, to show mastery over skills etc. are the examples.

Extrinsic Motivation:- It is known as external factor or force which compel the sportsperson to do something. It may be positive or negative nature. Extrinsic motivation plays an important role in games and sports to enhance the performance or in acquisition of new learning. They are as reward, praise, blame, punishment or cash prize in sports.

3. Positive body image means how we feel and look about our body in a positive and healthy image. Physical Traits are not important like thin, tall, robust etc. or how we look from outside. But it is important in positive body image, how we feel about our body and what we can do. We feel confident and comfortable in terms of our body image. Negative body image is nothing but one's unhealthy and unpleasant feeling about himself/herself. It is related with one's desire to change his/ her body image like – shape, weight, size, etc. One doesn't feel confident and comfortable in terms of his/her body image.

4. Stress is body's response to an event or situation which are produced by physiological and psychological changes in the body stress is of two types-



a) **Acute Stress:-** This type of stress can be seen commonly in day to day life. In sports running and doing exercises are considered as an acute stress. Horse riding, riding on

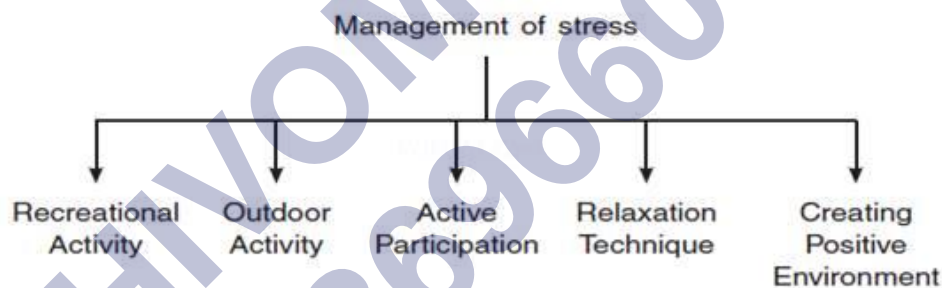
a roller-coaster is an example of acute stress. But these stresses are followed by a pleasant feeling. This kind of stress is very important for games and sports.

- b) **Chronic Stress:-** If a stressful situation continues over a long period of time, it is called chronic stress. It is just opposite from acute stress. It affects the performance of a sportsman, like – memory loss, deteriorated reflexes, psychosomatic disorder, physiological unbalance, etc.

5. Three techniques of anxiety management are-

- a) **Meditation:-** Meditation is the one the most ancient techniques for anxiety management. This technique is mostly used during competition time. We can sit comfortably and relax our body by using relaxing words like – ‘our’.
- b) **Stop Negative Thinking:-** Negative thinking like – ‘I can’t do’, ‘opponent is much more stronger’, ‘everything will go wrong’ can affect the performance of a sports person use should always think positive like – ‘I can do’ or ‘we can do better’ for anxiety management.
- c) **Switch over the situation:-** When we feel anxiety we should change or switch over from the disturbed state. We should talk with our team mates, should read motivational books, should talk with coach or listen music.

6.



- a) **Recreational Activities:-** Through participation in games and sports or recreational activities use can avoid the stress. Aerobic exercises are very helpful for reducing stress. Through participation in games and sports our body releases some syndromes which helps to reduce stress.
- b) **Outdoor Activity:-** Outdoor activities are like camping trekking rock climbing are the best examples for stress management. These activities are helpful to learn new skills to handle stressful situations of life.
- c) **Relaxation Technique:-** Through participation in games and sports we can relax our body and mind. There are other techniques of relaxation in games and sports like – deep breathing, massage, pranayam, etc.

➤ Long Answer:

1. Excellence in sports cannot be achieved overnight. In games and sports an athlete has to face many challenges such as psychological pressure, fatigue, stress – strain, mood disturbances. It is only highly motivated athlete who perform their best at the time of competition. It can be shown in the form of an equation –

Learning + Motivation = Performance

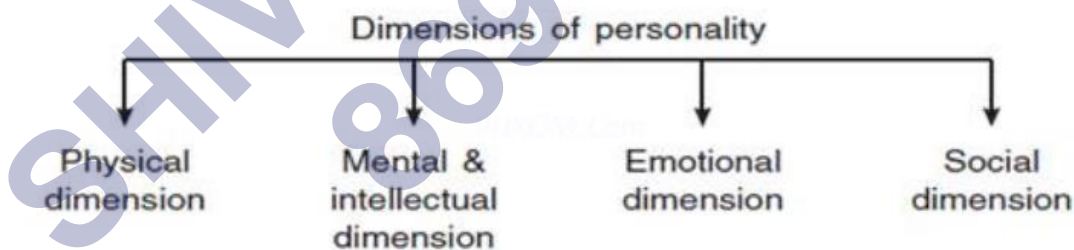
Only learning of tactics, techniques, physical training are not adequate to perform in a competition. Study shows that in games sports motivation is a prominent factor which energises and directs the performance. Motivation helps in setting the goal and helps in channelising their energy to achieve these goals. It can be intrinsic or extrinsic kind of motivation like reward, praise, blame, cash prize, enjoyment, satisfaction or to show mastery of own skill.

It is very important for the coach to know, what will motivate his/her sports person to take part in games and sports in the first step towards effective performance. There are several factors which affect the performance of an athlete but its only motivation which gives shape to the performance.

Optimum level of motivation is essential for effective performance. But such level of motivation differs from person to person.

For eg- If an athlete is well motivated, but he needs a systematic and scientific programme to direct his/her motivation. At last we can say optimum motivation can affect games and sports and through participation in games influence the motivation of an athlete.

2. There are four dimensions of personality in games and sports.



- a) **Physical dimension:-** The word physical itself the meaning of body structure or the physique as the primary aspect of human personality here duty has a very important role for the development of this aspect of personality. But appropriate environment is also required for development of this dimension physical dimension of personality means how we look, height, weight, etc.
- b) **Mental and intellectual dimension:-** A person is known by his mind and body and cannot survive effectively in absence of one part. How we react and respond quickly to any situation or event in games and sports, entirely depends upon our mental and intellectual dimension of personality. It helps in learning new skills, adjust in new

circumstances.

- c) **Social dimension:-** An individual takes part in games and sports to satisfy or gain social value like status power, affection inherent attitude, tendency, interest and capabilities. He has to modify his behaviour to follow the rules, customs and tradition of society.
- d) **Emotional dimension:-** Emotions play a great role in games and sports. Emotions are personal in nature and differ in nature from person to person. Every child responds differently as they have different emotions. The above dimension of personality helps to select different sports according to their nature, built, temperament etc.

3. Games and sports are essential for the all- round development of personality.

It is by participating in games and sports that we can develop and maintain our health, keep our body alert, active, youthful and energetic. Participation increases blood circulation and we get an increased supply of oxygen. This makes a person healthier. Only a healthy person can work long, hard and cheerfully.

An unhealthy person may not take as much interest in work. Games and sports have additional benefits to exercise as they are played in groups and in a healthy competitive spirit.

Among many other things, they help develop cooperation, quality of leadership, team spirit and a willingness to submit to, and further, the rule of law. Games instil in participants the spirit of self-reliance, justice, fair play and sporting spirit. They make people bold, adventurous, social, disciplined and more conscious of their responsibilities towards society and the nation. People participating regularly in games and sports have been found better equipped to fight superstitions, communalism, obscurantism and a narrow approach to issues of national interest.

Games also help in overcoming feelings of violence, arrogance and superiority as these are purged by providing them a sufficient outlet through them. A sportsperson may not lose his or her temper and morale even in the face of defeat because he/she would take it coolly, calmly and then would try to perform better the next time.

Players know that victory and defeat are two aspects of the same coin. There is more joy in playing than in its end result. Thus, participation in sport results in the all-round development of personality.

4. Sports psychology is the branch of applied psychology which deals with sports performance and the behaviour of a player during training or competitions.

Importance of Sports Psychology is due to:

- a) Learning of Motor Skills Sports psychology plays a major role in the learning of motor skills. Motor ; skills learning depends on the individual's level of readiness.

- b) Analysing the Behaviour of Sportsmen Performance of a player depends upon the behaviours which are influenced by various factors such as sex differences, family conditions, personal background, heredity, growth, physical and mental maturity levels etc.
 - c) Identifying Talent for Specific Sports Every sports has specific psychological demands, e.g. boxing requires more aggressiveness, whereas archery and shooting require more concentration.
 - d) Stabilising the Performance for Longer Period It helps in stabilising the performance of a player for a longer period. Then the performance of the player largely depends upon his psychological make up and anxiety level.
 - e) Important from Research Point of View Sports psychologists works in very close proximity to coaches to uplift the performance of players. Research findings help in promotion of sports and games.
 - f) Encouraging the Players to Make a Comeback in Professional Sports Sports psychology encourages the players, who, due to injury or some accident, are forced to take a long break from their professional career, to return to their sport.
5. Through participation in physical education and sports one become capable to come out from various self created problems, Environmental (Surrounding) created problem and various psychological and physiological stain.



There are two type of coping strategies-

- a) **Problem focused strategies:-** While participating in games & sports a sports person faces different types of situation with their team – mates coach surrounding. Problem focusing strategies depends upon the level of adjustment of individual to individual Its aim is to change or eliminate the source of stress.
- b) **Emotion focused coping strategies:-** These strategies are directly related with the sportsman's feeling, or negative thought linked with stress as anxiety, fear,

excitement, frustration, depression. By using these strategies one become capable to tackle the feeling of distress.

Through participation in games and sports we can develop the individual qualities as physical development, mental development physical fitness, cultural development leadership qualities, Healthy & safety habits, Democratic value, construction of leisure time, creativity, economic values, mental relaxation, national integration, citizen qualities, character development, personal adjustment, which helps to cope up with day to day life.

➤ **Assertion and Reason Answers:**

1. (b) Both A and R are true and but R is not a correct explanation of A.
2. (c) A is true but R is false.

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