

Psychology and Sports

1. Identify the characteristic of introvert personality. (2024)

- (a) Meet unknown people easily
- (b) Self-centered
- (c) Highly socialized
- (d) Expressive nature

Ans. (b) Self-centered

2. Goal setting is a _____ approach, under motivational technique. (2024)

- (a) Cognitive
- (b) Pedagogical
- (c) Social
- (d) Facilitation

Ans. (a) Cognitive

3. What do you understand by projectile trajectory? Explain the factors affecting projectile trajectory in sports. (2024)

Ans. A projectile is a force that acts under the influence of gravity and air resistance. When any object is projected in the air, these force result into a curved or parabolic path, known as projectile trajectory.

Factors that affect projectile trajectory:

1. Angle of projection - When it is 45 degree, maximum horizontal distance is achieved
2. Initial velocity – The horizontal range depends on initial velocity. Greater the initial velocity applied on the projectile during release, greater horizontal distance is achieved.
3. Gravity – It is the force of attraction exerted by the earth. The greater the weight of an object, the greater is the influence of gravity upon it. Gravitational pull stops the upward movement of an object resulting into decreased height of projectile.
4. Air resistance – Surface area, speed, surface of object and mass of object all have an impact on air resistance.
5. Spin - It changes the path of projectile. The amount and direction of spin directly affects the distance that projectile travels because the air pressure acts on the ball.

Previous Years' CBSE Board Questions

9.1 Personality : Its Definition and Types (Jung classification and Big Five Theory)

MCQ

1. Traits like sadness, mood swings and emotional instability are related with _____.
(a) Extroversion
(b) Agreeableness
(c) Conscientiousness
(d) Neuroticism (2023) (U)
2. The body structure of mesomorphic people is like
(a) Fatty
(b) Large muscles and bones
(c) Solid
(d) Obese. (2020)

SA (3 marks)

3. What are the personality traits according to the big Five theory? (Term-II, 2021-22)
4. What are the different dimensions of personality? Write in brief about any two. (Delhi 2017)

LA (5 marks)

5. Explain Sheldon's classification of personality and explain its importance in physical education and sport. (Delhi 2015)
6. Explain the cognitive aspect of stress. Suggest any three techniques briefly to overcome stress. (AI 2015)

9.2 Motivation, Its Type and Techniques

VSA (1/2 mark)

7. "Extrinsic motivation sometimes may kill intrinsic motivation." Justify. (Term-II, 2021-22) (An)
8. Explain Intrinsic motivation. (AI 2015)

SA (3 marks)

9. Discuss in details any three techniques of motivation. (2020) (U)

9.4 Strategies for Enhancing Adherence to Exercise

VSA (1 mark)

10. What is hostile aggression? (Delhi 2019)

9.5 Meaning, Concept and Types of Aggressions in Sports

MCQ

11. Given below are the two statements labelled as Assertion (A) and Reason (R).
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 sport activities.
In the context of the above two statements, which one of the following is correct?
(a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not h correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true. (2023) (Ap)
12. Aggressive behaviour of a sports person is influenced by
(a) Emotional identification with the team
(b) Tactical ability
(c) Goal orientation
(d) All of the above. (2020)

SA (3 marks)

13. Define aggression. Discuss any 2 types of aggression. (2023) (U)

9.6 Psychological Attributes in Sports-Self Esteem, Mental Imagery, Self-Talk, Goal Setting

VSA (2 marks)

14. What do you understand by "Goal Setting"? (2023)
15. How can we enhance the sports performance with the help of self-talk and self-esteem ? Explain. (2023) (Ap)

9.1 Personality : Its Definition and Types (Jung classification and Big Five Theory)

MCQ

- The word 'Meso' in Mesomorph is related to
 - Fat
 - Lean
 - Muscular
 - None of the above. (2020-21) **R**

SA (4 marks)

- Explain any three personality types of Big five theory. (Term-II, 2021-22)

9.2 Motivation, Its Type and Techniques

MCQ

- Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Intrinsic motivation has long term benefits.
Reason (R) : As factors behind it are naturally pursuing actions that provide fun, pleasure, fulfillment or challenge
 In the context of the above two statements, which

one of the following is correct?

- Both (A) and (R) are true and (R) is the correct explanation of (A).
- Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (A) is true, but (R) is false.
- (A) is false, but (R) is true (2022-23)

VSA (2 marks)

- Define personality and motivation. (Term-II, 2021-22)
- List down and briefly explain any four techniques of motivation. (Term-II, 2021-22)

SA (3 marks)

- "Extrinsic motivation sometimes may kill intrinsic motivation". Justify. (2020-21)

9.5 Meaning, Concept and Types of Aggressions in Sports

VSA (2 marks)

- List down any four benefits of self talk by athletes in sports. (2022-23)

SA (3 marks)

- Explain aggression in Sports. Discuss the role of aggression in context to its types. (2020-21) **Ap**

ANSWERS

Previous Years' CBSE Board Questions

- (d) : Neuroticism
- (b) : Large muscles and bones
- Lewis R. Goldberg an American personality psychologist proposed 'The Big -5' personality traits, also known as the five factor model (FFM). It is a model based on terms that describe personality. This theory suggests five broad dimensions commonly used to describe the human personality and psyche :
 The Big Five model, launched thousands of explorations of personality within its framework, with a wide variety of population.
 The Big Five theory is an important theory of personality. A popular acronym for the Big Five is "OCEAN." The five factors are laid out in that order here.

Openness to Experience : Referring to intellect and imagination - Openness to experience concerns an individual's willingness to try out new things, to be vulnerable, and the ability to think outside the box.

- Conscientiousness
- Extroversion
- Agreeableness
- Neuroticism

4. Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. It includes moods, attitudes and opinions of people that is expressed in interactions with people. It includes behavioural characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social group. Carl Jung, presented eight personality dimensions, which can be mentioned as follows.

Carl Jung's Introversion and Extroversion Attitudes, An attitude, according to Jung, is a person's predisposition to behave in a particular way. There are two opposing attitudes: introversion and extroversion. The two attitudes work as opposing, yet complementary forces.

(i) **Extroverted Thinking** : These people understand the world through a mix of concrete and abstract ideas, but the abstract concepts are ones passed down from other people. Extroverted thinkers are often found working in the research sciences and mathematics.

(ii) **Introverted Thinking** : These individuals interpret stimuli in the environment through a subjective and creative way. The interpretations result from internal knowledge and understanding. Philosophers and theoretical scientists are often introverted thinking-oriented people.

5. Sheldon's Body Personality theory - William Sheldon noted three kinds personalities based on their physical make-up.

(a) **Endomorph** : An Endomorphic body type is also known as a viscerotonic. The Endomorph is physically "round". They have wide hips and narrow shoulders that give a pear-shape. They tend to have a lot of extra fat on their body and on their arms and thighs. They have thin ankles and wrists that make the rest of their body look even bigger. The Endomorph is physically quite 'round', and is typified as the 'barrel of fun' person.

Psychologically, the endomorph is: Sociable, fun-loving, they love eating (love for food), they are tolerant. They are even-tempered, good humoured and have a relaxed approach to life. They constantly need affection love, and comfort.

(b) **Ectomorph** : An ectomorph is the complete opposite of the Endomorph. Physically, they have narrow shoulders, thin legs and arms, they have very little fat on the body, a narrow face and a narrow chest. They may eat just as much as the endomorph but never seem to gain any weight. They always stay skinny.

Psychologically they are - Self-conscious, private, introverted and inhibited. They are often socially anxious, intense and are often artistic. They are emotionally restrained and thoughtful.

(c) **Mesomorph** : The mesomorph is in between the endomorph and thin ectomorph. Physically, they tend to have a large head and broad shoulders with a narrow waist. They have a strong muscular body and strong arms and legs and have little fat on the body.

Psychologically, they are adventurous, courageous and generally indifferent to others opinion. They are assertive/bold and have a zest for physical activity. They are very competitive and are risk takers. They have a desire for power and dominance and often reach leadership positions in life.

6. Stress affects many memory functions and cognitive functioning of the brain. The varying effects of stress on performance or stress hormones induce areas in learning, memory and plasticity. Chronic stress can affect the brain structure and cognition.

There are many different ways of classifying coping strategies, one such classification is problem-focused coping and emotion-focused coping.

Related Theory

➤ Stress can be reduced through change in lifestyle, meditation, yogic exercises, physical exercises, listening to soothing music, deep breathing, messages.

7. Extrinsic motivation sometimes may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity as a result of external pull, attraction forces, incentive etc. Sooner or later the athlete loses interest and quits sports when the rewards etc are no longer further coming.

8. Intrinsic motivation refers to the motivation to engage in a behaviour arising from within the individual. (This contrasts with extrinsic motivation, which involves engaging in a behaviour in order to earn external rewards or avoid punishment).

Intrinsic motivation occurs when we act without any obvious external rewards. We simply enjoy an activity or see it as an opportunity to explore, learn, and actualize our potentials.

9. Motivation is the process of stimulating people to act, to work towards accomplishing the desired goals. Motivation is an internal feeling. It is the urge, drive, desire, aspiration, which are internal and influence human behavior. It begins with one or more unsatisfied needs and ends with satisfying it.

Motivation produces goal directed behaviour. Sportspersons can be motivated to achieve a certain level of individual or team performance.

(i) **Goal setting** : Athletes should be encouraged to set a few ambitious but achievable long-term goals; perhaps to represent their country in a major championship in three or four years. Through empowering athletes to set their own goals, they are more likely to accept the challenges that lie ahead and pursue the goals with enthusiasm.

Long term goals have to be ambitious and achievable.

Medium term goals should be set in order to keep the individual or team focused on long term goals.

Short term goals are essential for focus, condition, technique and performance.

Goals need to be monitored and revised on a regular basis. The goal setting process works best when the individual athlete or team take ownership of each goal and when the progress towards the goal is measurable.

(ii) **Motivational rewards** : The important aspect in using extrinsic rewards effectively is that they reinforce an athlete's sense of competence and self-worth. For a reward to be motivating, it is advisable that it has relatively little monetary worth, such as a 'man of the match' or 'athlete of the tour' title. Also, the reward should be presented to the athlete in front of all potential recipients. Emphasis must be placed on the prestige associated with it. Another popular way of using token rewards include etching athletes' names on annual honor boards.

(iii) **Motivational music** : A particularly good way to motivate athletes in training and prior to competition is through the use of music they perceive to be inspirational. Different kinds of music is used during different stages of training. Thus, work and recovery times are regulated by different kinds of music. Research indicates that this approach increases work output, reduces perceived exertion and improves the pleasure experienced during the activity.

It is important to keep in mind that motivational music should :

Follow the practice rhythm

Bring the team to "I can do anything" mindset

Be used in any given chance

(iv) **Positive self-talk** : Positive self-talk is a technique that can be used to enhance motivation across a wide range of sporting activity. It makes use of an athlete's powerful inner voice to reinforce their self-esteem or important aspects of their performance. With appropriate repetition, self-talk can positively alter an athlete's belief system.

Related Theory

- Cash-prizes, certificates and trophies are good incentives to the sportspersons. It motivates the individual. Every government should strive hard to achieve better in international competitions.

10. Inflicting/causing harm whether physical or psychological on someone else. Violent attitude or action that is associated with the desire to dominate is known as hostile aggression.

Related Theory

- Fan Violence - Some of the dirtiest instances of sports aggression and violence happen among the spectators. There can be individuals who instigate violence. Authorities and sports management staff should take suitable precautions.

11. (d) : (A) is false, but (R) is true.

12. (d) : All of the above

13. Aggression can be defined as an interpersonal behaviour intended to cause physical harm or mental distress to one or more individuals.

Types of Aggression:

Direct : Where the athlete can abuse face to face directly or hurt somebody by words or actions.

Indirect : Hurting others by gossips, rumours, internal murmurings etc.

14. **Goal setting** : A goal is something, you are trying to accomplish, it is the object or aim of an action. Goal setting is a mental training technique that can be used to increase an individual's commitment towards achieving a specific standard of proficiency on a task within a specified time. Athletes should be encouraged to set a few ambitious but achievable long-term goals; perhaps to represent their country in a major championship in three or four years. Through empowering athletes to set their own goals, they

are more likely to accept the challenges that lie ahead and pursue the goals with enthusiasm.

15. The ways to improve one's self esteem is to eliminate negative self talk, recognise your strongly and self worth, accept mistakes and even rejection.

To have a positive and optimistic attitude to change fair life style.

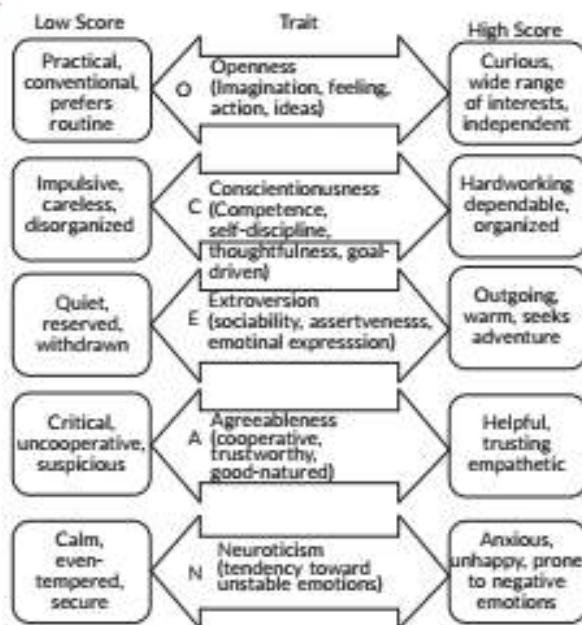
Athletes also engage in self-talk during training and in competition, saying things like, "keep going" and "focus on form", or repeating mantras like, "I'm feeling strong". In sports, self-talk can serve two functions: Boosting an athlete's motivation and encouraging them to put in more effort.

CBSE Sample Questions

1. (c) : Muscular

(1)

2.



(4)

3. (a)

(1)

4. **Personality**

According to Begge and Hunt, "Personality refers to the whole behavioural pattern of an individual to the totality of its characteristics."

According to Sigmund Freud, "Personality is an individual's unique thought, feeling and behavior that persist over time and different situations."

Motivation

According to Morgan and King, "Motivation refers to a state within a person or animal that drives behaviour towards some goal."

According to Johnson, "Motivation is the influence of a general pattern of activities indicating and directing the behavior of the organism."

(2)

5. Motivation "Drive to strive".

- (i) Intrinsic motivation:
 - (a) learning
 - (b) Social contact
 - (c) Curiosity
 - (d) Respect

(ii) Extrinsic motivation:

- (a) Salary
- (b) Awards
- (c) Promotion
- (d) Appreciation

Hostile Agression: (Reactive aggression)

- I. To cause harm
- II. Physical or psychological
- III. Eg: Deliver bouncer in cricket (2)

6. Extrinsic motivation sometimes may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity as a result of external pull, attraction forces, incentive etc. Sooner or later the athlete loses interest and quites sports when the rewards etc are no longer further coming. (3)

7. Benefits of self talk:

- (i) Building and developing self efficacy
- (ii) Skill acquisition
- (iii) Creating and changing mood
- (iv) Controlling efforts
- (v) Focusing attention (2)

8. Aggression is a behaviour with a goal of harming or injuring another being motivated to avoid such treatment.

- (a) **Hostile** : Inflicting physical or psychological harm.
 - (b) **Instrumental** : Displaying aggression in pursuit of non-aggressive goal.
 - (c) **Assertive** : Use of legitimate physical or verbal force to achieve one's purpose (3)
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