

**CBSE Test Paper 02**  
**CH- 11 Psychology and Sports**

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1. Define stress.
2. What do you mean by instrumental aggression?
3. What are the causes of anxiety?
4. What do you mean by anxiety?
5. Define sports psychology.
6. Write briefly about the techniques of Stress management.
7. What is sports psychology?
8. Elucidate importance of sports psychology in the field of sports.
9. Explain in detail the role of physical activities in the development of personality. Or  
What is the role of sports in personality development?
10. Elucidate Sheldon's classification of personality.

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**Answer**

1. Stress can be defined as ‘the body’s physiological response to demands placed on it’.
2. Instrumental aggression: Instrumental aggression is displaying aggressive behavior in pursuit of a non-aggressive goal. It is also known as channeled aggression is not accompanied by anger. Instrumental aggression is behavior that has intent to hurt in order to achieve money, praise or victory.
3. Causes of anxiety are:
  - (i) Genetics
  - (ii) Brain chemistry
  - (iii) Environmental factors
  - (iv) Stress
4. Anxiety :- Anxiety is a psychological and physiological state of an individual. It is characterized by cognitive, emotional and behavioral components. These components combine to create an unpleasant feeling, which is associated with uneasiness, fear of worry.
5. sports psychology is the branch of applied psychology which deals with sports performance and the behavior of a player during training/competitions.
6.
  - i. Participation in physical activities.
  - ii. Achieve high level of physical fitness.
  - iii. Cognitive strategies to change perception of the stressor.
7. The word ‘psychology’ refers to the study of human behaviour, and sports psychology denotes a sub category of psychology that deals with the behaviour of athletes and teams engaged in competitive sports. Sports psychology is that branch of psychology which is intimately connected with human behaviour on the play field; both under

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practice and competitive situations, with a view to bring about qualitative improvement in performance and maintain the same even during the stresses of competition.

8. 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) Analyzing the Behavior of Sportsmen Performance Stabilizing the Performance for Longer Period

c) Important from Research Point of View

d) Encouraging the Players to Make a Comeback in Professional Sports

9. Physical activities and sports play an important role in the development of personality of an individual. These activities help in shaping up the personality of an individual such as:

1. Physical appearance: One of the primary aspect of one's personality is his physical appearance. Both boys and girls are very much concerned about how they look. Physical activities are conducive to the growth and development of physique. Workouts in gym are becoming a must for all the youngsters of today. So, this develops their outer personality which creates a good impression.
2. Social interactions: Physical activities and sports provide opportunities of interaction between athletes coming from different regions, speaking different languages, different caste and religion. This helps an individual to develop multi-dimensional personality. Moral Values through sports is responsible for development of sound and ideal character, a very essential attribute of personality.
3. Analytic thinking: This mental exercise enhance the intellectual abilities of the participants and broaden their mental horizon. It is well said that physique is of no use if not governed by analytic thinking, analyzing and Disciplined and assertive: In sports one learns to make sincere efforts, which reflect positively in the development of an individual's personality. Code of discipline is fundamental

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learning of any physical activity and effective participation in sports.

4. Disciplined and assertive: In sports one learns to make sincere efforts, which reflect positively in the development of an individual's personality. Code of discipline is fundamental learning of any physical activity and effective participation in sports.
5. Well balanced individual: Physical activities also provide recreation which go a long way in producing perfectly happy, satisfied and balanced individual having pleasing and energetic personality, having zest for life experiences. Physical activities and sports are the basic needs of human beings which help in development of well balanced personality.

10. The classification by W H Sheldon are as follows:

**Endomorph:** Endomorphs have a pear shaped and a rounded physique. They have short arms and legs. The upper parts of arms and legs seem to be thicker than the lower parts. They have underdeveloped muscles. They are more inclined to become obese. Their excessive mass hinders their ability to compete in sports. These are most suitable for activities in which great strength is required.

**Mesomorph:** Mesomorphs have a rectangular shaped body with athletic physiques and a balanced body composition. They are able to increase their muscles size quickly and easily. They have thick bones and muscles. Their chest and shoulders are broader than the waistline. They can excel in sports which require great strength, short bursts of energy and lots of power because they have enough strength, agility and speed.

**Ectomorphs:** Ectomorphs are usually referred to as slim persons because their muscles and limbs are elongated. They have weak constitution of body and face great difficulty in gaining weight. They have flat chest and have less muscle mass. They do not have a lot of strength but they dominate the endurance sports as their body type is naturally suited to perform wonderfully in endurance sports. They are best suited for games and sports like gymnastics and long distance races.