

CBSE Test Paper 04
CH- 11 Psychology and Sports

1. Reward and punishment should be on the sport. Comment.
2. Elaborate Arrangement of Competition.
3. What are the symptoms of anxiety?
4. How extrinsic motivation sometime may kill intrinsic motivation?
5. Define personality.
6. Explain the importance of sports psychology in the field of physical education and sports.
7. Define Sports Psychology.
8. Define Stress and elucidate its management techniques.
9. Discuss various types of aggression?
10. Participation in sports results in all-round development of personality. Justify.

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Answer

1. Reward and punishment is a technique of motivation which is most effective when is given on the spot. Delay in reward or punishment decreases its relevance.
2. Sports persons perform better in competitions if there are elaborate arrangements of competition. However, an inexperienced sportsperson may not be able to put up a good show.
3. Sweating, Stomach upset of dizziness
4. Extrinsic motivation may kill intrinsic motivation sometime because the physical appearance of the thing have more influence on the mind of an athlete.
5. According to Ogburn and Nimkoff, "The totality of sentiments, attitude, idea, habits. skills and behaviour' of an individual is personality."
6. Human being has some physical limitations to exhibit his performance. To overcome these limitations, psychological, approach may help the individual to perform even beyond his limitation. Physical educationists, coaches and trainers have realized the importance of psychological preparation of athletes, before, during and after the competition. Hence, psychology is emerging as a new branch termed as sports psychology to achieve better performance in sports like:
 1. Analyze the behaviour of sportman and his psychic state.
 2. Identify talent for specific sports.
 3. Create better learning situation.
 4. Stabilizing the performance for longer period.
 5. Assessing and then correcting psychological disorders.
 6. Encourage the players to make a comeback in professional sports.
 7. Important from research point of view.
7. It is the science which deals with sportsman behavior to improve performance. It is the branch of applied psychology which deals with sports performance and behavior

of a player during training and competition. It explores one behavior in athletics. The American Psychological Association defines sport psychology as "the study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise & physical activity.

8. A state of affair involving demand on physical or mental energy. The body's physiological response to demands place on it. In simple words stress is a condition or circumstance which can disturb the normal physical and mental health of a person.

Techniques to manage Stress:-

- a) Participation in Physical activities,
- b) Achieve a high level of physical fitness,
- c) Building self confidence,
- d) Relaxation techniques
- e) Developing Hobbies
- f) Staying cool and confident under pressure
- g) Avoid the company of stressed persons
- h) Don't think about stressful thoughts.

9. The various types of aggression are:

Hostile aggression: Hostile aggression is inflicting or causing harm whether it is physical or psychological on someone else. It is sometimes referred as reactive aggression and can be accompanied by anger. In hostile aggression the main aim is to cause injury to other person. The intention is on causing pain and suffering.

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.

Assertive behavior: Assertive behavior is different type of aggression/aggressive behavior. This is defined as behavior that involves the use of legitimate physical or verbal force to achieve one's purpose. In Assertive behavior, the intention is to establish dominance rather than to harm the opponent.

10. 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 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, communism, 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 providing them with a sufficient outlet through them. A sports person 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 all-round development of personality.