

CBSE Test Paper 04
CH- 11 Psychology and Sports

1. What do you understand by self-esteem?
2. Explain Intrinsic motivation.
3. Define aggression.
4. What do you mean by instrumental aggression?
5. What is aggression?
6. What is extrinsic motivation?
7. What do you mean by mesomorphs?
8. What is Motivation?
9. What do you mean by anxiety? How can it be managed.
10. Explain the cognitive aspect of stress. Suggest any three techniques briefly, to overcome stress.

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Answer

1. Self-esteem: It is a term used in psychology to reflect a person's overall evaluation of his/her own worth. It is what we think about ourselves. It is a feeling of personal capacity and worth.
2. Intrinsic Motivation: Intrinsic means something inherent. Intrinsic motivated behaviour is a behaviour which is motivated by person's innate need to feel competent and self determining in dealing with his or her environment. It comes from within, a feeling of pure enjoyment or satisfaction and provide a sense of personal competence.
3. Aggression is a behavior with a goal harming or injuring another being to avoid such treatment.
4. 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.
5. Aggression is a behavior with a goal harming or injuring another being motivated to avoid such treatment
6. Extrinsic Motivation This motivation depends upon environmental factors. It has a great impact on an individual's performance. It is of various types like rewards, punishment, active participation, test evaluation, teaching methods, equipment and surroundings
7. 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.

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8. Motivation in sports can be said to make a difference between a mediocre career and one which is destined for greatest. If you reach the highest level of motivation in sports, you always considered to be in the zone. In order for an athlete to reach this point he/she has to work extra hard. Motivation is thought to be a combination of the drive within us to achieve our aims and the outside factors which affect it. With this in Factors associated with motivation- Smart, Measurable, Agreed, Realistic ,Time related ,Exciting, Recorded.
9. 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.

Anxiety (also called **angst** or **worry**) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread.

Anxiety in sports is a natural reaction to threat in environment & part preparation of fight response. It is a psychological phenomenon.

Management of Anxiety :- Anxiety can be managed through various techniques such as

- (i) Deep breathing
- (ii) Drink water
- (iii) Follow advice
- (iv) Psychological balance
- (v) Warming-up
- (vi) No criticism
- (vii) Focus your target
- (viii) Sufficient practice
- (ix) Self confidence
- (x) Encouragement

10. Cognitive aspect of stress: Stress is usually a mental pressure exerted due to fatigue or excessive work. Constant stress will effect the mind and body. It can lead to physical and mental problems. Whenever you are stressed beyond a certain point, it can start damaging your well-being. We call it as cognitive aspect of stress.

1. Inability to concentrate
2. Poor judgment
3. Seeing only negative
4. Anxiety or racing thoughts or constant worrying.
 - i. Inability to concentrate: When the mind is having some stress it leads to mental distraction which reduces the ability to concentrate.
 - ii. Seeing only negative: It is rightly said that the way we think we become the same. When our brain focusses on negative things the cognitive development will be full of criticism.

Three techniques to overcomes stress are:

- i. Avoid people who stress you: Limit the amount of time you spend with' that person or slowly end the relationship entirely.
- ii. Manage your time better: Plan the things well in advance and do not overload yourself. Do not occupy yourself with work as per schedule.
- iii. Focus on positive: Negative thinking always creates stress and tension. 'Letting go' attitude is much better and focus on things that can bring positivity. Positive thinking brings the stress level down.
- iv. Get enough sleep: Adequate amount of rest and sleep fuels your mind as well as your body. Feeling tired will increase your risk of stress.
- v. Keep your goal within your reach: Sometimes we set so higher aim which is very difficult to achieve. We must know about our capabilities and then set realistic goal otherwise it may lead to chronic stress.
- vi. Learn to forgive: We all human beings make mistakes so one must learn to forgive to free yourself from negative energy and move on ahead in life.
- vii. Go for recreation: It is the best way to engage yourself in sports and remove any kind of tension and stress in your life. It recharges your batteries.