

CBSE Test Paper 01
CH- 11 Psychology and Sports

1. What principles should be followed for goal setting?
2. What are the types of motivation?
3. What is intrinsic motivation?
4. What is the intrinsic motivation?
5. Define anxiety in one sentence.
6. What is ethics in sports?
7. Differentiate between endomorphs and mesomorphs.
8. How can you manage anxiety in sports?
9. Define stress. How stress can be tackled by the players?
10. What are the types of personality and explain in detail the role of sports in personality development?

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Answer

1. Principles to be followed for goal setting are:
 - 1.Set realistic goal based on one's own abilities. Goal should be difficult one but should be attainable.
 - 2.Setting up too high or too low goals will adversely affect the level of motivation.
2. (i) Internal or natural (intrinsic) motivation
(ii) External or artificial (extrinsic) motivation
3. Intrinsic Motivation is within an individual and guides him/her to perform better. It is based upon needs, interest, nature, emotions, social need etc. It also depends upon knowledge of result, personal factor, competition zeal etc. He/she participates in sports for his/her own sake
4. This motivation is within an individual and guides him to perform better. It is based on needs, interest, nature, emotions. sacral needs etc. Intrinsic motivation refers to behaviour that is driven by internal rewards
5. Anxiety is a chronic fear that limits our ability to carry out normal functions.
6. Ethics is a branch or Su discipline of philosophy called axiology, the study of values. Ethics in sports means to have an ideal conduct and knowledge of good and evil and what should be done and not to be done by a person. Ethical behavior in sports includes
 - (i) sportsmanship
 - (ii) good character
 - (iii) fair play
 - (iv) cooperative and self-disciplined behavior
7. 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.

8. Anxiety can be managed by
 - i) Keeping cool
 - ii) Yogic meditation
 - iii) Biofeedback
 - iv) Following a behavior modification strategy
 - v) Progressive relaxation breathing technique
 - vi) Somatic adjustment (control of cognitive processes)
 - vii) Guidance from a technically trained sports psychologist
9. 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. Stress is nothing but response of body to an event or situation which are produced by physiological and psychological changes in the body stress is a body's method to react a challenge. It is fight or flight reaction. Coping up is a technique which tells us how to handle anxiety or stress. Techniques to manage Stress:-
 1. Exercise Regularly Regular exercise can control the stressful situation.
 2. Eat Healthy Balanced diet enriched with vitamins and minerals should be taken.
 3. Get Enough Sleep Get enough sleep for proper rest and sleeping hours may vary person to person.
 4. Accept Mistake and Set Realistic Goals Learn from mistakes and set realistic achievable goals.
 5. Knowing your Own Strength and Weakness Accept your own drawbacks and strength and plan the action according to it
 6. Better Time Management Better time management saves time and helps to pre-plan the programme which ultimately can reduce stress.Following these steps, a player can easily tackle stress in his life.
7. Building self-confidence,
8. Relaxation techniques
9. Developing Hobbies

10. Staying cool and confident under pressure

10. Personality is the dynamic organization within the individual of those psycho physical systems which determine his unique adjustment to his environment. Personality is not static but a dynamic concept. It is continuously changing and growing. Children may have identical environment. They may have similar experiences but they react to the same environment in different way.

Types of Personality Introverts:- Introverts are shy, self conscious quiet retiring interested in the own thoughts and feelings, inclined to worry and easily upset.

Extroverts:- Extroverts are social, open frank, outgoing, eager to do things adaptable, not easily worried or embarrassed and willing to work with others.

Ambiverts:- In ambiverts both the characteristics of introverts and extroverts are found. In every person mostly both the characteristics are found though one of them may be predominant. Sports play a very important role in personality development. They improve the following qualities.

(a) Self concept

(b) Mental toughness

(c) Emotional stability

(d) Quick Decision

(e) Planning (Points to be explained)

Sports and games play an important role in the development of human personality. They are no less important than food and fresh water. Games and sports help to combat anxiety, depression and stress. Sports train sportsmen to accept defeat gracefully and to move on.