

CBSE Test Paper 03
CH- 11 Psychology and Sports

1. Define the term Emotions.
2. What are coping strategies?
3. What are intrinsic motivations?
4. What do you understand by aggression in sports?
5. Differentiate between state the trait anxiety.
6. What do you mean by ectomorphs?
7. Explain the type of aggression in sports.
8. Enlist the importance of sports psychology in the field of sports.
9. Elucidate the big five personality theory.
10. Define sports psychology and elucidate its importance in the field of sports.

CBSE Test Paper 03
CH- 11 Psychology and Sports

Answer

1. Emotion is a strong feeling deriving from one's circumstances, mood or relationships with others. It is a complex experience of consciousness, bodily sensation, and behaviour that reflects the personal significance of a thing, an event or a state of affairs.
2. Coping strategies are a conscious effort to solve personal and interpersonal problems. They are of two types of problem-focused coping and emotion-focused coping. Study the techniques that people use to handle stress, these techniques or behaviors are called coping strategies.
3. This motivation is within an individual and guides him to perform better. It is based upon needs, interest, nature, emotions, social needs etc.
4. In sports, aggression means the desire to harm another player which is not within the laws of the game. For example, pushing another player over a game in football or using abusive language for other players or teams. Aggression in sports is a characteristic that can have many negative as well as positive effect on performances.
5. Trait anxiety is an integral part of an individual's personality. It refers to the individual's tendency to classify environmental events as either threatening or non-threatening. Whereas state anxiety is an emotional response to a specific situation. It result in feeling of fear, tension or apprehension.
6. 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.
7. There are two types of aggression in sports

-
1. Hostile aggression: Hostile aggression is inflicting or causing harm whether it is physical or psychological on someone else. It is sometimes referred to as reactive aggression and can be accompanied by anger. In hostile aggression, the main aim is to cause injury to another person. The intention is on causing pain and suffering.
 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 the intent to hurt in order to achieve money, praise or victory.
 3. Assertive behavior: Assertive behavior is a 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.
8. Importance of Sports psychology is due to:
- (i) Learning of Motor Skills
 - (ii) Identifying Talent for Specific Sports
 - (iii) Stabilizing the Performance for Longer Period
 - (iv) Important from Research Point of View
 - (v) Encouraging the Players to Make a Comeback in Professional Sports
9. The big five traits of personality are described below:
- a. Openness: persons who like to hear new things, new concepts and enjoy new experiences usually remain on the top in openness. It includes traits like being imaginative, insightful and having a variety of interests.
 - b. Conscientiousness: Persons who have a high degree of conscientiousness are reliable and prompt. Such persons remain organized, systematic, laborious and complete in all respects.
 - c. Extroversion: Extroverts gets their energy from interacting with other individuals where as introverts get their energy from within themselves. Extroversion includes the traits of being energetic, talkative and assertive.
 - d. Agreeableness: Such individuals are friendly, cooperative, compatible, kind and gentle. Persons with too agreeableness may be more distant or aloof. They are usually kind, generous, affectionate and sympathetic.

e. Neuroticism: Neuroticism is also called emotional stability. This domain or dimension relates to one's emotional stability and the degree of negative emotions. Persons who have high neuroticism usually experiences emotional instability and negative emotions. Such individuals remain moody and tense.

10. Sports psychology is the branch of applied psychology which deals with sports performance and the Behavior of a player during training or competitions.

Importance of Sports psychology is due to

(i) 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.

Analyzing the Behavior of Sportsmen Performance of a player depends upon the behaviors which are influenced by various factors such as sex differences, family conditions, personal background, heredity, growth, physical and mental maturity levels etc.

(iii) Identifying Talent for Specific Sports Every sports has specific psychological demands. e. g boxing requires more aggressiveness, whereas archery and shooting require more concentration.

(iv) Stabilizing the Performance for Longer Period It helps in stabilizing the performance of a player for a longer period. Then the performance of the player largely depends upon his psychological make up and anxiety level.

(V) Important from Research Point of View Sports psychologists works in very close proximity to coaches to uplift the performance of players. Research findings help in promotion of sports and games.

(vi) Encouraging the Players to Make a Comeback in Professional Sports Sports psychology encourages the players, who, due to injury or some accident, are forced to take a long break from their professional career, to return to their sport.