

CHAPTER

09

Psychology and Sports

The word 'psychology' refers to 'a study of human behaviour' and sports psychology is a sub-category of psychology that deals with the behaviour of the athletes and teams engaged in competitive sports.

Sports psychology plays a vital role in enhancing the performance of players to a great extent. Psychological factors like learning, interest, attitude, motivation, emotion, stress, etc. largely affects the performance of players.

Therefore, the knowledge of psychology helps the physical educators and the coaches to understand the behaviour of players and how desirable changes and modifications can be brought in their behavioural pattern to improve the level of their performance.

Personality

The word 'personality' is derived from Latin word '*persona*' which means a '*mask*'. Actors in ancient Greece used to wear these masks when they acted in plays. Thus, removing the masks meant showing your true self or your identity.

Personality is basically a set of characteristics like attitude, habits, traits, etc. possessed by a person which greatly influence his motivation, emotion and behaviour in different situations. It reveals the psychological make up of an individual through his behaviour.

Personality is a dynamic and continuous process of learning in which an individual acquires different psychological characteristics. The word 'personality' is also used to represent all the factors inherited or acquired,

CHAPTER CHECKLIST

- Personality
 - Aggression
 - Psychological Attributes in Sports
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According to NL Munn, "Personality is the most characteristic integration of an individual's structure, mode of interest, attitude, behaviour, capacities, abilities and aptitudes."

According to Ogburn and Nimkoff, "The totality of sentiments, attitudes, ideas, habits, skills and behaviours of an individual is personality."

According to JP Guildford, "Personality is an individual's unique pattern of traits which distinguishes one individual from the other."

According to RB Cattell, "Personality is that quality which permits a prediction of what a person will do in a given situation."

Dimensions of Personality

Development of personality is an important issue. Personality starts developing since birth, but it assumes great importance during adolescence, when reorganisation of personality takes place.

There are various dimensions of personality. These dimensions are related to physical, emotional, intellectual, social and spiritual aspects of our behaviour.

These dimensions of personality are interrelated which means if any one dimension is affected, the other dimensions will also get affected.

Therefore, it is essential to have the knowledge of these dimensions to understand the concept of personality. These dimensions are as follows

1. **Physical Dimension** Physical dimension is related to good physique, good appearance, good health etc. In fact, it encompasses four aspects that are physical culture, physical qualities, physical capacity and skills, and physical environment.

Physical culture includes cultivation of the right kind of habits and attitudes regarding food, sleep, posture, rest and relaxation.

All these elements are necessary for the development and the balanced growth of all parts of the body.

Physical quality includes stamina, strength, flexibility, balance and endurance of a person. These components can be developed by isotonic exercises, yogic exercises, gymnastics and acrobatics.

under this are speed, agility, flexibility and neuro muscular co-ordination.

Physical environment on the other hand, includes the physical surroundings and their organisation.

For physical well-being, a neat, clean and peaceful environment plays an important role. A well-maintained place helps in better functioning and performance.

2. **Emotional Dimension** Emotions are the feelings of an individual, accompanied by internal or external changes in the body. These changes have an impact over the personality of an individual. Love, jealousy, anger, fear and hatred are examples of emotions.

If any person is emotionally stable, then his/her personality will improve. In sports field, a player has to face different situations, so, emotions also keeps on changing. Their personality defines how they are responding to their emotions.

Emotional responses vary from age to age. In younger children, emotional expression is limited to a few responses. As individual grows, emotions become more refined and specific.

For example, many sportspersons feels elated when they win but start crying, abusing the umpires or referee when they lose.

Sometimes, players of same as well as opposite team develop feeling of jealousy due to different reasons. They forget the spirit of game and see each other as an enemy. All this happens due to lack of emotional dimensions of the personality.

Hence, for being a good sportsperson, emotional dimension of the personality is prerequisite as it adds value in sports.

3. **Social Dimension** For personality development, we all need to acquire a set of social skills. These skill help us to build up relationships with others in society and also enable us to coordinate with others effectively.

Social skills are enhanced by nurturing a few basic human qualities like trust, faith, co-operation, establishing relationships and respecting other's culture.

Society, as an institution, plays very prominent role in holistic or allround development of the personality.

The process of socialisation impact all of us in adolescence. The social qualities like character, morality, etiquettes, manners, work ethics, friendliness, good attitude, helpful nature, cooperation, sympathy, kindness, etc., are developed through the process of socialisation.

These qualities are necessary for the personality of a sportperson. Due to deficit of these qualities in sportperson, lot of evils such as betting, racism, etc. have been witnessed in the sports arena.

4. **Intellectual or Mental Dimension** Intellectual or mental dimension is the most important dimension of the personality. It can be referred as main deriving force of personality of an individual. If any individual is mentally strong and stable, then, he/she will have good personality.

In our society, it is considered or well accepted fact that individuals with high intellectual ability have supreme personality.

Mind receives information from sense organs and then process them by organising, analysing, synthesising and then finally, utilising them in personality development.

Society as well as sportsperson generally assumes that in sports only physical personality plays key role. But, they are wrong, as intellectual dimension is equally required.

In competition, a player or team has to formulate plans before match, changing tactics during match, etc. to defeat opponent. For this, there is a requirement of intellectual dimension of personality.

5. **Spiritual Dimension** Apart from physical, mental, social and intellectual dimension, the spiritual dimension is also an important attribute of personality.

With the spiritual dimension, an individual is able to recognise one self and his/her characteristics. Spiritual dimension provides right direction to one's personality.

It helps us in knowing answers of lot of questions such as 'What we want to do', 'Which act provides us pleasure' etc. Therefore, we can say that, without spiritual dimension, our personality will be incomplete.

The activities to enhance the process of knowing ourselves are introspection, mediation and reflection. Spirituality is the feeling of oneness with the universe. It has no set methods but relies on universal values such as harmony, peace, beauty, truth, perfection, equality and silence.

Spirituality enables us to lead more satisfied, fulfilled and enriched lives. It also leads to the development of a strong sense of self.

For a sportsperson, playing a match, doing training, etc. bring him closer to spirituality.

Sports are not just meant for competition or entertainment, but they also provide sense of satisfaction to people.

Types of Personality

The types of personality on the basis of mental attribute was given by Carl Jung.

These are discussed below

Personality Types According to Jung

Carl Jung distinguished people according to the nature and attitude of the person.

The types are described as follows

1. **Extroverts-Introverts** This represents a person's direction of energy expression. An extrovert is more open as the direction of energy is derived and expressed in the external world, environment and surroundings. Therefore, they are talkative, sociable, action-oriented, friendly, and out-going.

On the other hand, an introvert is mainly confined to internal world *i.e.* his own self and therefore is not so open, less talkative, etc.

Apart from these two, there is another type *i.e.* Ambiverts. An ambivert person has a balance of extrovert and introvert features in their personality.

2. **Sensing-Intuition** This represents the way by which a person perceives information. Sensing means that the person perceives information that he receives through the senses or external world. On the other hand, intuition (natural instinct) means that the person believes mainly information that he receives through the inner-self or imaginary world.

3. **Thinking-Feeling** This represents the way a person processes information. Thinking means a person processes or makes a decision by logical reasoning. On the other hand, feeling means that a person processes information based on emotions.
4. **Judging-Perceiving** This represents the way how a person implements the information that has been processed. Judging means moving in a systematic manner by organising the life's events according to the plans made. On the other hand, perceiving means exploring alternative options or moving spontaneously at times without much planning.

Personality Traits (Big Five Theory)

Personality trait refers to the quality or characteristics that describe a personality. There are five personality traits that are described in 'Big Five Theory.'

These are openness, conscientiousness, extraversion, agreeableness and neuroticism which are also referred as OCEAN.

These traits are discussed below

1. **Openness** Its characteristics are imagination and insight. People high in this trait are creative, adventurous and have a broad range of interests. They are open to change.
2. **Conscientiousness** Its characteristics include high level of thoughtfulness, good impulse control and goal-directed behaviours. People high on this trait are reliable, organised and mindful of details. The trait determines discipline, management as well as risk taking ability.
3. **Extraversion** It is characterised by sociability, assertiveness and high amount of emotional expressiveness. Extraversion shows how social a person is, or how loving, caring and warm. These people love to go out and party. The extraversion includes traits like being energetic, talkative and assertive.
4. **Agreeableness** This includes attributes like trust, kindness, affection and other social behaviours. People high in this trait are cooperative, dependable, trustworthy and caring.
5. **Neuroticism** It's characteristics are sadness,

Modern Day Types of Personality

Nowadays, the personality has four basic types. These are given below

Personality Type A These personalities are described as competitive and high achievers. They have high sense of time and always try to finish their job in time. They are always found busy. They can be easily aroused to anger, hostility and aggression.

Personality Type B These personalities are extrovert in nature. They are very entertaining and not easily stressed. They express their emotions appropriately and cope with stress effectively.

They can be achievers but still they do not want to be competitive. They can delay the work and try to do at the last moment.

Personality Type C These personalities try to spend a lot of time on finding about how the things work. They are very cautious and reserved in nature. They are interested in accuracy, rationality and logic.

They are not assertive and always suppress their own desires and emotions. They are more susceptible to depression as compared to type A and type B.

Personality Type D They have a negative outlook towards life and are pessimistic. They are characterised as those people who resist any form of change and prefer the monotony of routine.

They are not adventurous and always resist responsibility. The repetition allows them to become very skilled.

They withdraw as a result of fear of rejection. The main cause of depression is suppressing the emotions for long periods of time.

Role of Sports in Personality Development

Sports help in the overall development of a person. It develops a person mentally as well as physically. Participation in sports and physical activities enhances the personality of a person.

When a person is physically fit and mentally strong, then automatically it reflects in vibrant personality.

Role of sports can be explained as follows

1. **Development of Physique** A good physique can be developed by regular training and participating in sports. A well-built physique exhibits good personality that is attractive and impressive.
2. **Social Skills** Sports help in developing social skills as

3. **Relieve Stress** Stress can be relieved by playing any type of sport. Sports helps persons to combat anxiety, depression and stress. When the stress is relieved, it improves the personality of the persons.
4. **Discipline** Sports help in making a person disciplined as it is essential to practise and then complete all the tasks on time without fear of failure. This helps in making of a good personality.
5. **Leadership Quality** Sports help in developing leadership quality as it provides opportunities to the players to lead. The personality of an individual is enhanced by improved leadership qualities.
6. **Builds Confidence** Sports help in developing confidence as players need to interact with each other, make their move, take quick decisions etc. This helps in developing mental ability and builds confidence.
7. **Builds Self-esteem** A person in sports acquires various skills and qualities like confidence, leadership, good decision-making, agility etc. This develops high self-esteem which is an important personality trait.
8. **Planning** In sports, players plan their actions and moves. This inculcates good organisation and planning skills which helps in the overall personality development.

Aggression

Aggression or aggressiveness means the intention to cause mental or physical harm to oneself, others or objects in the environment. This is done by doing physical harm, showing unkind or nasty behaviour, abusing or using words.

A person shows aggression due to stress, anger or even due to insecurity. Aggression may come instantly or may build up over time. It can be positive as well as negative. Infact, some psychologists agreed upon the fact that aggression can enhance sports performance while some view it as a negative psychological characteristic.

According to Baron and Richardsons, "Any form of behaviour towards the goal of harming or injuring another living being who is motivated to avoid such treatment is aggression."

Concept of Aggression in Sports

In sports, aggression is often seen in the field, where players play aggressively. There is a desire to excel which leads to development of aggressiveness in player.

So, aggression is positive when players play within the rules of the game with high intensity and without harming other players.

For example, in cricket, if a batsman is not able to hit the ball, then, he can scold one self. This aggression will act as a intrinsic motivation.

However, aggression becomes negative when players have an intention to harm other players, use abusive language or do such things which are not within the laws of the game.

For example, pushing another player in a game of football or using abusive language for other players or teams.



Aggression

Types of Aggression in Sports

In sports, aggression has been categorised into three kinds or types. These are instrumental aggression, hostile aggression and assertive behaviour, which are as follows

1. **Instrumental Aggression** In instrumental aggression, the main aim is to achieve a goal by using aggression. It is a positive form of aggression.

Here, the aim of the player is to excel in the sport that he is playing through high intensity output and competitive spirit.

For example, a football player using aggression to tackle his opponent and win the ball. He is not harming any player but only using his aggressiveness

Experienced players show instrumental aggression on the field as they have greater self-control to manage their aggression.

2. **Hostile Aggression** In hostile aggression, the main aim is to cause harm or injury to your opponent. It is usually an unplanned, impulsive reaction towards a player who may or have become a threat in achieving the goal. However, it may also be planned to cause injury to intended player on the field. This kind of aggression often arises from insult, hurt, bad feelings, jealousy and threat.

For example, a bowler throwing a bouncer to deliberately injure the batsman or to shake up his concentration. In some extreme cases, hitting an opponent or deliberately obstructing his path leads to his fall on the ground.

This kind of aggression is usually seen in new players who want to achieve success quickly.

The difference between the two is that instrumental aggression is positive where the aim is to excel by own efforts while hostile aggression is negative. Here the aim is to excel by causing harm to others.

3. **Assertive Behaviour** It is also referred as assertive aggression. It is generally seen as a positive form of aggression. In ground, it simply means to stand up for your values in an unthreatening manner, and involves the use of legitimate physical or verbal force to achieve one's goals.

For an act to be assertive, it must be goal directed with no specific intention to harm alongwith the use of legitimate force with no rules broken.

Thus, assertive behaviour should include four components *viz.* it should be goal oriented, should not be intended to harm, should use only legitimate force and should not break any rule of the sport.

Psychological Attributes in Sports

Sometimes the mental aspect of sports is just as important as the physical aspect. Studies have shown that athletes who dream about their success, talk to themselves, and imagine success in their brains will perform better on the field.

From inconsistency came consistency and, most importantly, from decent results came outstanding results.”

Psychological attributes such as self-esteem, mental imagery, goal setting, self-talk, and others have been empirically shown to help an athlete succeed.

Self-Esteem

In psychology, the term self-esteem is used to describe a person's overall subjective sense of personal worth. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including self-confidence, feeling of security, identity, sense of belonging and feeling of competence. Self-esteem impacts our decision-making process, relationships, emotional health, and our overall well-being. It also influences motivation, as sportspersons with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges in sports.

Mental Imagery

Mental imagery involves the athlete imagining themselves in an environment performing a specific activity using their senses (sight, hear, feel and smell). The images should have the athlete performing successfully and feeling satisfied with their performance. Mental imagery should not focus on the outcome but on the actions to achieve the desired outcome.

Mental Imagery itself can be useful in several circumstances, including:

- Developing self-confidence.
- Developing pre-competition and competition strategies which teach athletes to cope with new situations before they encounter them.
- Helping the athlete to focus his/her attention or concentrate on a particular skill he/she is trying to learn or develop.
- The competition situation.

Self-Talk

Self-talk is defined as the verbalisation or statements athletes repeat to themselves prior to or during skill

The goal of self-talk is to replace negative thinking with more positive messages.

For instance, a basketball player preparing to shoot free throws should never tell him or herself, "I'm not going to make this shot." If they do, they need to consider how self-talk can help them.

Goal Setting

Goal setting is a mental training technique to increase motivation and enhance confidence. It is used widely across all levels of sport, and goals provide essential direction at both an immediate and long-term level.

These goals can be broken down into three categories

- (i) Outcome goals which deals with specific results in competition.
- (ii) Performance goals which deals with helping an athlete make improvements over a period of time.
- (iii) Process goals which are the aspects a competitor should be concentrating on when carrying out a specific skill.

According to Kelly Bourne, "the main aim of goal setting focuses on increasing individuals' motivational levels to achieve success by directing attention and applying energy levels into achieving the overall goal."

According to David Harrison, "Goal setting is an extremely powerful technique for enhancing performance so it is one of the most important strategies you can implement for success in any environment."

Goal setting helps to focus attention and it is critical to maintain and enhance motivation. Goal setting gives direction both in the short term and the long term and you can see success as you achieve your short term goals."

CHAPTER PRACTICE

OBJECTIVE TYPE QUESTIONS

Multiple Choice Questions (MCQs)

1 Who said that "personality is an individual's unique pattern of traits which distinguishes one individual from the other"?

- (a) NL Munn (b) RB Cattell
(c) JP Guilford (d) Ogburn and Nimkoff

Ans (c) JP Guilford

2 Traits like insight, imagination, receptivity towards new ideas are involved with

- (a) Openness (b) Conscientiousness
(c) Agreeableness (d) Extroversion

Ans (a) Openness

3 The behaviour expressed out with intention of harming other person is known as

- (a) Stress (b) Motivation
(c) Aggression (d) Tension

Ans (c) Aggression

4 Any physical behaviour intentionally aimed to harm other is known as

- (a) Hostile aggression (b) Instrumental aggression
(c) Negative aggression (d) Assertive aggression

Ans (a) Hostile aggression

5 Unintentional physical harm is known as

- (a) Hostile aggression (b) Instrumental aggression
(c) Assertive aggression (d) Negative aggression

Ans (b) Instrumental aggression

6 Which of the following is a psychological attribute in sports?

- (a) Self-esteem (b) mental imagery
(c) goal setting (d) All of these

Ans (d) All of these

7 Assertion (A) Personality trait refers to the quality or characteristics that describe a personality.

Reason (R) In Big Five Theory, five personality traits are described.

In the context of above two statements, which

(b) Both A and R are true, but R is not the correct explanation of A

(c) A is true, but R is false

(d) A is false, but R is true

Ans. (b) Both A and R are true, but R is not the correct explanation of A

Fill in the Blanks

8 The personality is derived from Latin word 'persona' which means a

Ans mask

9 Personality is a dynamic and process of learning.

Ans continuous

10 Physical dimension is related to good physique, good appearance, and good health

Ans good health

State True or False

11 People with openness personality trait are unadventurous.

Ans False. People with openness personality trait are adventurous in nature.

12 People with neuroticism personality tend to be worrisome, pre-occupied and anxious.

Ans True

13 Sports help in making a person disciplined.

Ans True

Match the Following

14

List I (Personality Trait)	List II (Characteristics)
A. Openness	(i) Assertive
B. Extroversion	(ii) Emotional
C. Neuroticism	(iii) Reliable
D. Conscientiousness	(iv) Creative

Codes

A. B. C. D. A. B. C. D.

C VERY SHORT ANSWER TYPE QUESTIONS

15 What is sports psychology?

Ans Sports psychology is that branch of psychology which refers to the study of human behaviour on the playfield, both under-practice and competitive situations, with a view to bring about qualitative improvement in performance and maintain the same even during the stress of competition.

16 Define personality.

Ans According to Ogburn and Nimkoff, "The totality of sentiments, attitude, idea, habits, skills and behaviours of an individual is personality."

17 What do you mean by the term aggression in sports? CBSE 2018

Ans In sports, aggression means the desire to excel either with high intensity play or harming 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.

18 State the impact of self-esteem.

Ans Self-esteem impacts our decision-making process, relationships, emotional health, and our overall well-being. It also influences motivation, as sportspersons with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges in sports.

19 How Kelly Bourne defined aim of goal setting?

Ans According to Kelly Bourne, "the main aim of goal setting focuses on increasing individuals' motivational levels to achieve success by directing attention and applying energy levels into achieving the overall goal."

C SHORT ANSWER TYPE QUESTIONS

20 Write any three personality types that are formulated by Carl Jung.

Ans Carl Jung distinguished people according to the nature and attitude of the person. The types are described as follows

external world, environment and surroundings.

On the other hand, an introvert is mainly confined to internal world *i.e.* his own self and therefore is not so open.

(ii) **Sensing-Intuition** This represents the way by which a person perceives information. Sensing means that the person perceives information that he receives through the senses or external world.

On the other hand, intuition means that the person believes mainly the information that he receives through the inner self or imaginary world.

(iii) **Thinking-Feeling** This represents the way a person processes information. Thinking means a person processes or makes a decision by logical reasoning.

On the other hand, feeling means that a person processes information based on emotions.

21 What are the types of aggression? CBSE 2020

Ans There are three types of aggression in sports

(i) **Instrumental Aggression** The main aim is to achieve a goal by using aggression. For example, a footballer using aggression to tackle his opponent by high intensity play without harming anyone.

(ii) **Hostile Aggression** The main aim is to cause harm or injury to the opponent. It is usually unplanned, impulsive reaction. For example, a bowler throwing a bouncer to deliberately injure the batsman.

(iii) **Assertive Behaviour** It is also referred as assertive aggression. It is generally seen as a positive form of aggression. In ground, it simply means to stand up for your values in an unthreatening manner, and involves the use of legitimate physical or verbal force to achieve one's goals.

22 Why players show hostile aggression on the field?

Ans Players who want to achieve success quickly or are not able to manage their emotions, show hostility aggression towards another player. Sometimes players loose their self-control or are not able to manage humiliation and feel hurt and insulted, then they show hostile aggression

23 What do you understand by self-esteem? Explain in brief.

Ans In psychology, the term self-esteem is used to describe a person's overall subjective sense of personal worth. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including self-confidence, feeling of security, identity, sense of belonging and feeling of competence. Self-esteem impacts our decision-making process, relationships, emotional health, and our overall well-being. It also influences motivation, as sportspersons with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges in sports.

24 What is the role of mental imagery in sports psychology? State in brief.

Ans Mental imagery involves the athlete imagining themselves in an environment performing a specific activity using their senses (sight, hear, feel and smell). The images should have the athlete performing successfully and feeling satisfied with their performance. Mental imagery should not focus on the outcome but on the actions to achieve the desired outcome. Mental Imagery itself can be useful in several circumstances, including

- Developing self-confidence.
- Developing pre-competition and competition strategies which teach athletes to cope with new situations before they encounter them.
- Helping the athlete to focus his/her attention or concentrate on a particular skill he/she is trying to learn or develop.
- The competition situation.

25 Vijay is a football player of Kennedy school. He is famous for his aggressive play in the field. Because of his aggression he scored many goals. At the same time, he was punished for his aggressive behaviour with opponent.

(i) What level of aggression is needed in sports?

(ii) Hostile aggression is also known as _____ aggression.

- (a) reactive
- (b) channelled
- (c) assertive
- (d) instrumental

(iii) Which of the following is the example of Trait Theory of personality?

- (a) Sheldon's classification
- (b) Jung Classification
- (c) Personality
- (d) Intrinsic

Ans. (i) (a) Partially (ii) (a) reactive
(iii) (b) Jung Classification

C LONG ANSWER TYPE QUESTIONS

26 Write down the dimensions of personality. Explain in detail.

Ans There are various dimensions of personality which are discussed below

(i) **Physical Dimension** It encompasses four aspects that are physical culture, physical qualities, physical capacities and skills and physical environment.

Physical culture includes right kind of habits and attitudes regarding food, sleep, posture, rest and relaxation.

While physical quality includes stamina, strength, flexibility, balance and endurance of a person. These can be developed by isotonic exercises, yogic exercises, etc.

Physical capacities and skills on the other hand, encompasses those qualities in the body by which the body works more effectively and diligently like speed, agility, neuro-muscular coordination, etc.

Physical environment on the other hand, includes the physical surroundings and their organisation.

(ii) **Emotional Dimension** Emotions are the feelings of an individual, accompanied by internal or external changes in the body. These changes have an impact over personality development. Love, jealousy, anger, fear and hatred are examples of emotions.

If any person is emotionally stable, then his/her personality will improve. In sports

Emotional responses vary from age to age. In younger children, emotional expression is limited to a few responses. As individual grows, emotions become more refined and specific.

- (iii) **Social Dimension** For personality development, we all need to acquire a set of social skills. These skills help us to build up relationships with others in society and also enable us to coordinate with others effectively.

Social skills are enhanced by nurturing a few basic human qualities like trust, faith, co-operation, establishing relationships and respecting other's culture.

Social skills can be developed through activities, role plays and games, etc.

- (iv) **Intellectual or Mental Dimension** Intellectual or mental dimension is the most important dimension of the personality. It can be referred as main deriving force of personality of an individual. If any individual is mentally strong and stable, then, he/she will have good personality.

In our society, it is considered or well accepted fact that individuals with high intellectual ability have supreme personality. Mind receives information from sense organs and then process them by organising, analysing, synthesising and then finally, utilising them in personality development.

- 27** Explain the structure of personality. Describe the role of sports in developing the personality. **Delhi 2016**

Ans The word 'personality' is derived from Latin word '*persona*' meaning '*the mask*'. In ancient Greece, the actors used to wear masks to hide their identities while portraying their roles in a theatrical play.

To an ordinary person, the word personality conveys the meaning of one's physical appearance, his habits, his ways of dressing, his reputation, his manners and other similar characteristics.

Sports plays an important role in developing the personality in the following ways

- (i) **Development of Physique** A good physique can be developed by regular

participation in sports. A well-built physique exhibits good personality that is attractive and impressive.

- (ii) **Relieve Stress** Stress can be relieved by playing any type of sport. Sports help one combat anxiety, depression and stress. When the stress is relieved from the person, it improves the personality of that person.
- (iii) **Social Skills** Sports help in developing social skills as players play together, bond with each other, share their problems and worries as well as cooperate with each other.
- (iv) **Discipline** Sports helps in making a person disciplined as it is essential to practise, complete all the tasks on time without fear of failure. This helps in making of a good personality.

- 28** Explain any three personality types of Big five theory. **CBSE SQP 2021 Term II**

Ans Three personality types of Big five theory are

- (i) **Openness** It is a characteristic that includes imagination and insight. It leads to having a broad range of interests and being more adventurous when it comes to decision making. Creativity also plays a big part in the openness trait; this leads to a greater comfort zone when it comes to abstract and lateral thinking.
- (ii) **Conscientiousness** It is a trait that includes high levels of thoughtfulness, good impulse control, and goal-directed behaviours.

This organised and structured approach is often found within people who work in science and even high-retail finance where detail orientation and organisation are required as a skill set. A highly conscientious person will regularly plan ahead and analyse their own behaviour to see how it affects others.

- (iii) **Agreeableness** This trait includes signs of trust, altruism, kindness and affection. Highly agreeable people tend to have high prosocial behaviours which means that they are more inclined to be helping other people. Agreeable people tend to find careers in areas where they can help the most

29 What is goal setting in sports psychology? Also mention its different categories.

Ans Goal setting is a mental training technique to increase motivation and enhance confidence. It is used widely across all levels of sport, and goals provide essential direction at both an immediate and long-term level.

According to Kelly Bourne, "the main aim of goal setting focuses on increasing individuals' motivational levels to achieve success by directing attention and applying energy levels into achieving the overall goal."

According to David Harrison, "Goal setting is an extremely powerful technique for enhancing performance so it is one of the most important strategies you can implement for success in any

environment. Goal setting helps to focus attention and it is critical to maintain and enhance motivation.

Goal setting gives direction both in the short term and the long term and you can see success as you achieve your short term goals." These goals can be broken down into three categories

- (i) **Outcome goals** which deal with specific results in competition.
- (ii) **Performance goals** which deal with helping an athlete make improvements over a period of time.
- (iii) **Process goals** which are the aspects a competitor should be concentrating on when carrying out a specific skill.

SELF ASSESSMENT

OBJECTIVE ANSWER TYPE QUESTIONS

- 1 Which of the following is a personality trait not included in the "Big Five"?
(a) Neuroticism (b) Extroversion (c) Agreeableness (d) Aggressiveness
- 2 Which of the following personalities are extrovert in nature?
(a) Personality Type A (b) Personality Type B (c) Personality Type C (d) Personality Type D
- 3 In instrumental aggression, the main aim is to using aggression.
(a) Cause harm to the opponent (b) Achieve a positive goal
(c) Express your feeling of jealousy (d) Show your hostility to an opponent
- 4 Carl C. Jung classified personalities on the basis of
- 5 Emotions are aroused when one encounters different situations. State true or false.
- 6 Social skills can't be enhanced by nurturing qualities like faith, co-operation, etc. State true or false.

VERY SHORT ANSWER TYPE QUESTIONS

- 7 Briefly explain the concept of sports psychology.
- 8 Explain extroversion personality trait.
- 9 Explain about self-esteem in sports psychology.

SHORT ANSWER TYPE QUESTIONS

- 10 Explain the following
(i) Neuroticism (ii) Conscientiousness (iii) Openness
- 11 Discuss about self-talk in sports psychology.

LONG ANSWER TYPE QUESTIONS

- 12 How aggression in sports can take a positive as well as a negative turn?
- 13 Explain the role of personality development in sports.
- 14 Explain in detail the Big Five theory.