

## Chapter- 9

# Psychology and Sports

### Personality

The word personality is derived from the Latin word 'Persona', which means 'the mask'. So, we say that personality is a mask that is used by an individual to deal with society or the environment. Personality covers all the physical, mental, social, emotional interest and behavioural qualities of an individual. "It is the integration of an individual's most characteristics structure, mode of behaviour, interest, attitudes, capacities, aptitudes, and abilities. "Personality is the total of all biological innate disposition, impulses, tendencies, aptitudes and instincts of the individual, disposition and tendencies acquired by experience". Personality: Includes the physical, mental, social and emotional qualities, interest and behaviour of an individual".

- According to Munn: - "Personality is the most characteristic integration of an individual's
  - Structure
  - Modes of interest
  - Attitudes
  - Behaviours
  - Capacities
  - Abilities
  - Aptitudes.
- According to Allport: - "personality is the dynamic organization of those psycho-physical systems that determine an individual adjust to his environment."
- According to Eysenck: - "personality is the total of the actual or potential behaviour patterns of the organism."
- According to Cattell: - "personality is that quality which permits a prediction of what a person will do in a given situation."

### Dimensions of Personality

- PHYSICAL DIMENSION
- MENTAL DIMENSION
- EMOTIONAL DIMENSION
- SOCIAL DIMENSION

### Types of Personality

- TYPE 'A' PERSONALITY  
Anger, hostility and aggression
- TYPE 'B' PERSONALITY

Quite satisfied with their lives.

- TYPE 'C' PERSONALITY

Feel alone and loneliness begins at an early age.

- TYPE 'D' PERSONALITY

Susceptible to high BP, inflammation, depression.

**Trait and Types (Sheldon's and Jung's Classification and Big Five Theory)**

**Ectomorph with Cerebrotonia:**

Ectomorph has narrow shoulder, thin arms and legs, a narrow face and a flat chest. They are slim and slender, thoughtful, quiet, self-conscious, pessimistic and are not fond of physical activity.

**Mesomorph with somatopic:**

Mesomorph is likely to have athletic physic. Their shoulders are broad, chest narrow, arms and legs strong. They have more muscles than fat. They are courageous, adventurous, assertive and competitive.

**Endomorph with viscerotropic:**

Endomorphs has a round body characterised by wide hips, narrow shoulders and plump fat they have extra body fat on their body parts such as arms and thigh. They are relaxed, easy-going, fun-loving and sociable.

**Jung's Classification of Human Personality**

**Introvert:**

If an individual is motivated or energised by the internal world of thoughts, feelings and reflections is known as Introvert. They are having poor self-confidence, moody, unsocial, quiet and pessimist.

**Extrovert:**

This kind of individual associated with the external world of object and other people. They believe in action, social settings, interacting. They are a friendly, confident responsive and lively leader.

**Ambivert:**

This kind of people have the mix trait of Introvert and Extrovert: They are having few friends.

**Big Five Personality Theory**

**Openness Traits:**

The assessment of openness traits shows that how the person is

- Imaginative
- Insightful

- having a variety of interest
- with a degree of intellectual curiosity
- creative
- able to enjoy the new experiences
- able to learn new changes & concept

**Conscientiousness:**

The assessment of this trait shows how the person can

- Compete with life challenges
- control self-discipline
- To act dutifully
- To plan & to organize
- Work independently
- To do hard work

**Extraversion:**

The assessment of this trait shows that how the person.

- is energetic
- has positive emotions
- has Assertiveness
- is sociable
- is talkative
- is fun-loving
- has a friendly nature or tends to make new friends
- able to get affection from other

**Agreeableness:**

The assessment of this trait shows that how the person.

- has a sense of cooperation
- is systematic
- is kind
- is friendly
- is gentle

**Neuroticism:**

The assessment of this trait shows. How the person.

- has emotional stability
- can control anger
- can control the level of anxiety
- can protect himself from depression.

O – OPENNESS

C – CONSCIENTIOUSNESS

E – EXTROVERSION

A – AGREEABLENESS

N -NEUROTICISM

## Motivation

Motivation is the word derived from the word 'motive' which means needs, desires, wants or drives within the individuals. It is the process of stimulating people to actions to accomplish their goals. In the work goal context, the psychological factors stimulating the people's behaviour can be - Motivation means to be inspired to do something.

- desire for money
- success
- recognition
- job-satisfaction
- teamwork, etc.

According to CROOKS and STEIN

“Any condition, that might energise and direct our actions” is called motivation.

According to SAGE

“The drive to strive” is called motivation.

According to ALDERMAN

“Motivation is the general level of arousal to action in an individual.”

The word motivation is derived from the Latin word “movere” which means to move so in the condition of motivation an individual is moved by internal & external forces towards the goal. It is widely accepted that “Miracle is possible only when you are motivated” It is nothing but arousing Sustaining and regulating the activity. No learning is successful unless it is motivated enough. In sports, the role of teacher and coaches are not to teach, train the athlete but motivate to learn.

## Types of Motivation

**Intrinsic Motivation:** - In this type of motivation an individual is forced by his internal forces to achieve the goal. In intrinsic motivational state "an individual is motivated by their desire not by any external factor" i.e. for enjoyment, for satisfaction, to show mastery over skills, to display superiority or to get social approval, fame etc.

**Extrinsic Motivation:** - In this kind of motivation, an individual is forced by the external forces to achieve the goal such as prize, praise, scholarship, grade, job, money etc. In the extrinsic motivational state, "an individual is motivated by some external factors.

## Techniques of Motivation

- GOAL SETTING
- SPECTATORS
- VERBAL COMMENTS
- PRAISE OR BLAME
- HEALTHY SPORTS ENVIRONMENT
- HYPNOTISM
- CASH PRIZES, CERTIFICATES, TROPHIES

- MOTIVATIONAL MUSIC, POSITIVE ATTITUDE
- POSITIVE SELF-TALK

### Techniques of Motivation

Following are the motivational techniques used in sports

Evaluation, variety, Role of spectators. Criticism. Modern equipment, Length of practice, level of aspiration/Goal setting Innovative curriculum, Reward punishment, Praise Appreciation, Competition feedback, self-appraisal, social pressure, Grading and reward, Success Achievement, Role of media "Motivation is the general level of arousal to action in an individual". Following mentioned techniques of motivations are applied on sportspersons, which can enable them to achieve the top position in the field of sports and games.

- Evaluation: - Evaluation make and aware the sportsmen from his abilities and motivate him/her for a higher position.
- Variety: - Variety in the training programme make the practice more interesting and always to motivate the sportsman to perform better to best.
- Role of Spectators: - The presence of audience/spectators helps to sportsman to perform in dynamic form too.
- Criticism: - Criticism for the poor performance of an athlete motivate to perform better.
- Cash Prizes, Scholarship etc.: - Good incentive to the sportspersons always motivate and strives hard to achieve better in the competitions.
- Latest Equipment's: - Use of latest equipment's in training make the training more interesting and motivated the athlete to achieve the goal.
- Practice Session: - By reducing the length of practice an athlete is motivated to continue in their training and to achieve the goals.
- Resetting of Goal: - Resetting of goal from easy to complex motivate the athlete to continue in training to achieve the goals.
- Awards: - Awards for good performance of athlete motivate him to do better.
- Praise: - Praise was given by the society for the performance of athlete always motivate athlete to do better.
- Positive Environment: - Environment make more interesting by including music audience etc. and interesting environment help to perform better.
- Role of Mass Media: - When the performance of an athlete is telecasted by media he is motivated to perform well, to get praise from the society.
- Record: - Record always aware an athlete to his current performance and his past performance which help to motivate him to perform better.

- Jobs: - Based on achievement and educational qualifications, outstanding sports persons should offer good jobs. There are various department — Police, Bank, Railways, Air India etc. offer good jobs. This opportunity is also a motivating force.
- Feedback: - With the help of feedback an athlete can remove easily negative factors from his performance and try to perform better.
- Sharing Responsibilities: - Sharing responsibilities always help to develop and motivate an individual to perform well. (Explanation of any four points in details)

### Exercise Adherence:

Refers to maintaining a systematic approach to exercise for a prolonged period following the initial adoption phase. Exercise Adherence reflects the continued participation of an individual in an exercise training programme.

Reason to Exercise: There is a lot of reasons to do exercise daily. It helps to perform the daily task of an Individual smoothly and efficiently. It differs from person to person, ex. my grandparents' reason to exercise is deterrent from me, Reason for male and female may be different, and reason to exercise for children will be deterrent. Reason to exercise for everyone will be dependent on the needs and requirement of the individual. It may be for to stay fit or for the prevention of disease and disorder.

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### Physiological Needs or Benefits of Exercise

To improve the working efficiency of the various system such as

- Cardiovascular system
- Digestive system
- Respiratory system
- Nervous system
- Muscular system
- Skeletal system
- Endocrine system

### Psychological Needs or Benefits of exercise

- To reduce stress and Anxiety level
- To improve intelligence
- To improve personality
- To sharpen memory
- To improve self-esteem
- To improve body image
- To improve attention and concentration
- To improve group behaviour
- To control aggression level
- For a positive attitude
- To make good Habits
- To improve mood
- To recreate
- To better control over emotions
- To improve motor learning

### Health & Fitness Related Needs or Benefits of Exercise

- To prevent major and minor diseases
- To improve physical fitness
- To improve health-related fitness
- To slow down the ageing process
- To become more energetic
- To prevent obesity
- For better growth and development
- To maintain lean body mass

### Benefits of Exercise

- Reduce Risk of Heart Disease
- Help in Keeping Correct Body Posture
- Improves Mood

- Boosts Memory
- Reduce Depression
- Lower Anxiety
- Strengthens Bones and Muscles
- Improves Mental Alertness
- Reduces Stress
- Enhances Self-Esteem
- Improve Self-Confidence and Body Image
- Delays Fatigue
- Provides Health Benefits
- Helps in Early Recovery from Injuries
- Improves Flexibility
- Feeling Great Overall

### Strategies for Enhancing Adherence to Exercise

- Simple Exercise in The Beginning
- Exercise in The Morning
- Concentrate Only on Yourself
- Set Appropriate Goal
- Take Support of Others
- Thank Yourself
- Select Interesting Exercises
- Be Punctual
- Make A Schedule
- Be Aware Of Your Progress
- Varieties in Exercise Program

Discussion: With the discussion on the benefits of exercise, adherence to exercise can be improved.

External motivation: With the help of the positive reinforcement as praise, prize, records the such to exercise can be improved.

Suitable environment: At the time of an exercise training programme suitable environment should be provided. If the environment is with latest facilities it will improve adherence to exercise.

Realistic plan: Planning & Goal setting should be realistic Goal setting should be according to the capability of the athlete such type of planning and goal setting improve the adherence to exercise.

Social support: From family, school and society are helpful to enhance adherence to exercise.

Exercise with other: Company of exercise partner improve the adherence to exercise.



Make exercise interesting, challengeable and enjoyable: Exercise plan should be interesting it should not be repeated daily. It should be challengeable and enjoyable.

Intrinsic motivation: Intrinsic motivation for good health and good fitness is helpful to promote exercise adherence.

Time and money: Sufficient availability of money and availability of time helping to promote exercise adherence.

### Aggression

"aggression is a behaviour to harm or injure another living being who is motivated to avoid such treatment."

According to Webster's dictionary, "Aggression is hostile, injurious or destructive behaviour or outlook especially when caused by frustration." Aggression is behaviour

Aggression is and international behaviour, accidental harm is not aggression

aggression involves harm or injury

aggression involves living beings.

It is a physical or verbal behaviour which is directed towards the goal of harming other living being either physically or psychologically.

The term aggression refers to a range of behaviours that can result in both physical and psychological harm to yourself, others, or objects in the environment. This type of behaviour centres on harming another person either physically or mentally.

Concept. The concept of aggression is important to nursing because further knowledge of aggression can be helped to generate a better theoretical model to drive more effective, and intervention and prevention approach. A psychologist has given different views related to aggression, as per instinct theory, aggression is an inbuilt emotion in human being per social learning theory, it is acquired, frustration theory pointed out that frustration is the cause of aggression.

### Types of Aggression in Sports

- Hostile Aggression: Any physical behaviour which is aimed to physically injured the living being intentionally is known a Hostile Aggression.
- Instrumental Aggression: Any physical behaviour which is aimed to achieve high performance but unintentionally physically harms to the living being is known as instrumental Aggression.
- Assertive Aggression: Any verbal behaviour under the Rules & Regulation of the sport which is used to harm psychological to a living being. In this only legitimate force are used.