

PHYSICAL EDUCATION



PSYCHOLOGY & SPORTS

PSYCHOLOGY & SPORTS

Psychology and sports deals with positive behaviour of sportsperson during training and competition period to increase performance.

It guides coaches and players to give individual attention regarding various method and various motivational techniques.

Personality

Personality is an organised set of characteristics possessed by a person that influence his/her cognitions, emotions, motivation, and behaviour in various situations.

It is the enduring personal characteristics of individuals. It is much more than outer appearance.

Personality includes the combination of emotional, attitude and behaviour response pattern of an individual.

People who have good Personality, are very likeable, interesting, and pleasant to be with.

Personality has four dimensions:

- **Physical Dimension:** It is with appearance, shape, size, structure, weight, height, and skin colour
- **Mental Dimensions:** It is related with thought, ideas, knowledge, etc
- **Social Dimensions:** It is related with the social Qualities like adjustment, cooperation, togetherness, discipline, leadership, etc.
- **Emotional Dimensions:** It is related with anger, happiness, joyfulness, curiosity, etc.

Types of Personality

Type A: Individuals with this type of Personality are very competitive, self-critical, and high working involvement.

They easily get excited, quickly become impatient with delays. Such types of individuals can easily be aroused to anger, hostility, and aggression.

Type B: Individuals with this type of Personality are not competitive in nature. They are easy going and patient. They usually do not get angry, able to express their emotions and cope with stress effectively.

Type C: These people have pleasing nature. They are unable to express their emotions. They are lethargic, passive, hopeless and pessimistic.

Type D: These individuals usually suffer from high degrees of de-stress. They have a fear of rejection or disapproval.

Traits and Types



Sheldon's Classification of Personality

- Endomorph
- Mesomorph
- Ectomorph

Sheldon's Personality

In knock out tournament only winning teams continue to play further and teams once get defeated, automatically get eliminated.

Endomorph:

This kind of person is generally stocky with the large round body, short neck, short arms and wide hips. They have plenty of fat on their body.

Their physical fitness level is very low, related to speed and endurance whereas they have massive strength. They are Comfort loving, peaceful, sociable, relaxed, and tolerant Personal.

Mesomorph:

These persons are muscular with broad chest, strong legs, and arms with medium height. These people have good strength, speed, flexibility, and attractive Personality.

They are good for almost all the activities. Their personal characters say that they are active, assertive, and Competent persons.

Ectomorph:

These people are thin with slim faces, narrow shoulders, chest, and Hip. They have low fat on their body. Ectomorphs have less strength, whereas they dominate in endurance activities.

Personality wise they are quiet, sensitive, fragile, restrained, and non-assertive. they are very self-conscious, socially anxious, artistic, and thoughtful.

Jung Classification of Personality

- Introvert
- Extrovert
- Ambivert

Jung Personality

Introvert personality:

Introverts are described as people who share characteristics such as shyness, social withdrawal, tendency to talk less.

They have their own world of ideas, thoughts, behaviour, interest and attitude. Introvert people are self-centred, unable to adjust easily in social situations.

Extrovert personality:

These people have the tendency to be outgoing, friendly, talkative, and social in nature. Their behaviour and action are concerned to interact with others.

They prefer contacts, generous, supportive and courageous.

Ambivert personality:

There are only a few people who are pure introvert or pure extrovert. The remaining majority

of people possessed both the quality or traits of introverts and extroverts.

Big Five Theory Personality

According to this theory personality depends upon five dimensions or traits.

- Openness
- Conscientiousness
- Extroversion
- agreeableness
- Neuroticism
- **Openness to experience:** These people like to learn new things, new concepts and enjoy new experiences. Openness reflects curiosity and creativity.
- **Conscientiousness:** They are self-discipline, reliable and prompt. Such people are organised, systematic and complete in all respects.
- **Extroversion:** They have high energy, positive emotions, sociability and tendency to seek stimulation in the company of others and talkative.
- **Agreeableness:** They possess the quality to be compassionate, cooperative towards others, helpful nature and trust others.
- **Neuroticism:** They experience unpleasant emotions easily such as anger, anxiety and depression. Such individuals remain Moody and tense.

Motivation

Motivation is one of the most important psychological factors, which inspires us to do something good.

Motivation has immense effect on learning, in the absence of motivation the learning rate is lower. It is a kind of inner force which gives energy to a person to make constant effort. It increases the desire to perform better.

Types of Motivation

Internal Motivation:

This motivation occurs within an individual and guides him to perform better. It is based upon bodily needs, instinct, nature, emotional needs, social needs, etc.

Intrinsic motivation depends upon goal setting, self-appraisal, auto suggestions and positive attitude.

External Motivation:

This motivation depends upon external factors. This external factor compelled a person to perform better.

External Motivation has a great impact on an individual's performance.

Motivation can be given in various way like rewards, punishment, praise, blame, cash prize, feedback, etc.

Techniques of Motivation

- **Goal setting:** It is the most important technique of motivation. People should be encouraged to set achievable long-term goals based on their capacities.
- **Healthy environment:** Healthy, clean, and Hygienic environment motivates a player to participate.
- **Good quality Equipment and playfield:** Both improves the performance of sportsman
- **Reward and punishment:** If players are informed in advance about what he gets and what he loses, then performance is better.
- **Coaching and guidance:** Good coaching and guidance improves the performance.
- **Spectators:** Good and positive responses from spectators encourage the player to perform well.
- **Knowledge of results:** Proper knowledge of results motivates learners to learn rapidly.
- **Cash prizes, certificates and trophies:** These are good incentives to motivate a sportsman.
- **Competition:** Healthy and good sports competition is a motivating factor for improving performance.

Aggression

Aggression refers to a range of behaviour that can result in both physical and psychological harm to oneself, others or objects in an environment.

This type of social interaction harms another person, either physically or mentally.

According to Richardson: Any form of behaviour directed towards the goal of harming or injuring others live.

Causes

- **In Children:** Poor relationship skills, underlying health conditions, stress or frustration.
- **In Teens:** Unhealthy relationship with family or others

- **In Adults:** Job or Business stress, relationship with family or friends, ego, to prove dominance, socio economic problems, poor health, etc

Types of Aggression:

- Impulsive Aggression.
- Instrumental Aggression.
- Assertive Behaviour Aggression.

Impulsive Aggression:

It is characterized by strong emotions of anger. It is often instant and not planned. This aggression takes place in the heat of the moment.

Instrumental Aggression:

It is also known as predatory aggression. It is marked by intended behaviour to achieve a large goal. This is often done with carefully planning.

Assertive Behaviour Aggression:

It is the behaviour that involves the legitimate Physical or verbal force to achieve one's purpose. Such as sledging in cricket to cause psychological discomfort.