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“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
— BISHAN SINGH BEDI

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A Textbook of Physical Education Class 11

Chapter 9

PSYCHOLOGY AND SPORTS



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DEFINITION AND IMPORTANCE OF PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS

Meaning and Definition of Psychology

“Psychology deals with the activities of the individual in relation to his environment.” – *Woodworth*

“Psychology is the positive science of behaviour.” – *Watson*

“Psychology is the interpretation and explanation of behaviour in mental or physical terms.” – *Ross*

Meaning and Definition of Sports Psychology

“Sports psychology explores one’s behaviour in athletics.” – *Singer*

“Sports psychology is an area which attempts to apply psychological facts and principles to learning performance and associated human behaviour in the whole field of sports.” – *John Lauther*

“Sports psychology is the study of application of psychological principles to sports and physical activity, at all levels of skill improvement.” – *Brown and Mahoney*

Importance of Sports Psychology

Sports psychology is important for the following reasons:

- Development of Physiological Capacities:
- Aiding the Learning of Motor Skills:
- Development of Strategies and Plans:
- Understanding the Behaviour of Players:
- Strengthening the Mind:
- Development of Team Spirit and Goal Setting:



Figure 9.2 Team spirit is essential for better bonding among players to achieve a common goal.

DEFINE AND DIFFERENTIATE BETWEEN GROWTH AND DEVELOPMENT

Definition of Growth and Development

Growth is a process of change in terms of physiological characteristics such as height, weight, shape of the body, etc. Development, on the other hand, is a larger, deeper event that occurs over a lifespan and is seen as qualitative change.

“Development is not limited to growing larger; instead it consists of a progressive series of changes of an orderly, coherent type towards the goal of maturity.”
– *Hurlock*

“Development is more than a concept. It can be observed, appraised and to some extent even measured in three major manifestations, i.e. anatomic, physiologic, and behavioural.”
– *Gesell*

The differences between growth and development are given in Table 9.1. (page 139)

DEVELOPMENTAL CHARACTERISTICS AT DIFFERENT STAGES OF DEVELOPMENT

Characteristics of Growth and Development

Researches in the subject of growth and development have led to the inclusion of the following characteristics of growth and development:

- Continuity:
- Orderly Sequence:
- General to Specific:
- Individual Differences in the Rate of Development:
- Heredity and Environment:

Stages of Growth and Development

Infancy (1–5 years)

- Physical characteristics include soft, small, flexible and underdeveloped muscles and bones; uncoordinated movements; disproportionate body parts. Female and male children exhibit a similar pace in growth.
- Muscles and muscle control develop fast and motor skills are gradually obtained.
- With the development of the nervous system, the child also learns coordinated patterns of movement. The child learns to sit, crawl, stand, walk, run and jump in an orderly sequence.
- Growth slows down in the last three years, though the body begins to have a proportionate appearance. Bones and muscles gain strength; etc.

Stages of Growth and Development

Childhood (6 –12 years)

- The speed of physical growth is fast in the first three years and it slows down subsequently.
- Pulse rate is higher compared to adults, while blood pressure is lower. Baby teeth are replaced.
- Energy level is high but diminishes quickly as endurance is still poor.
- Mental and emotional intelligence grows at a fast pace. Memory, logic and decision-making abilities are attained; etc.

Adolescence (12–18 years)

- The period of transition from childhood to adulthood. Though 12–18 years is a tentative classification, it is believed that adolescence starts from the age of 13 and lasts till 19.
- Physical growth is extremely fast in this stage. Bones and muscles grow in size and strength, height shoots up.
- The onset of puberty brings along with development of sexual organs and sexuality.
- Adolescence is a stage full of emotional complications.
- Friendship is highly valued during adolescence, and loyalty is expected from one's friends. Often, groups are created with their own specific codes of conduct and principles.
- Feelings towards other individuals also begin in this stage.

Some physical activities for each stage of growth and development are summarised in Table 9, (Page 142).

ADOLESCENT PROBLEMS AND THEIR MANAGEMENT

“Adolescence is that period in which a child tries to become capable of doing everything by himself.” – *Sadler*

“Adolescence is the period through which a growing person makes a transition from childhood to maturity.” – *Jersild*

Problems Faced by Adolescents

Physiological Changes: increase in weight and height, change of voice and growth of facial hair in boys, menstruation and development of breast in girls; etc.

Emotional Changes: Lust, envy, anger and dissatisfaction with oneself, triggering impulsive actions, aggressive reactions, obsessive habits, etc.

Sexual Development: Do not understand their own urges and are ashamed of them to an extent,

Clash between Expectation and Reality: It is a ‘rebellious phase.

Peer Pressure: Try to impress their peers, etc.

Academic Pressure: Workload of school and expectations, etc.

Hero Worship: They become attached to a role model.

Struggle with Self-esteem: Psychological sickness, dissatisfaction, etc.

Management of Problems Faced by Adolescents

Involvement in Physical Activities: To divert their energy towards their performance, boosting both their physical and mental health.

Sex Education: Sex education should be given high priority to deal with many changes.

Encouraging Hobbies: Enabling them to employ their mind in emotionally fulfilling pursuits.

Vocational Guidance: Vocational guidance is to be given keeping in view the adolescent student's interests, intelligence, aptitude and capabilities.

Instruction in Morals and Ethics: Value education like justice, fairness, equality, respect, courage, etc. make them responsible and ethical adults.

Creation of a Suitable Environment of Learning: The environment at school and at home should enable adolescents to learn as much as possible.

Educating Parents and Teachers: Even teachers and parents should be instructed on how to engage with adolescents so that both sides may be able to handle differences and conflicts constructively.

SUMMARY

- 1.** The literal meaning of psychology is the science of the soul.
- 2.** A strong body must be accompanied by a strong mind to succeed in sports.
- 3.** Growth is a process of change in terms of physiological characteristics such as height, weight, shape of the body, etc.
- 4.** An infant's brain is quite sharp and has great retention of memory, although attention switches easily from one thing to another in an effort to respond to various stimuli.
- 5.** Physical growth is extremely fast during adolescence stage. Bones and muscles grow in size and strength, height shoots up. The heart increases in size; the skeleton is well calcified.

SUMMARY

- 6.** The World Health Organization describes an adolescent as someone between the ages of 10 and 19.
- 7.** Hormonal changes can bring about emotional turmoil in adolescents.
- 8.** Teenagers who learn early about values like justice, fairness, equality, respect, courage, etc. mature into responsible and ethical adults.