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BOOKS



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



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BOOKS

A TEXTBOOK OF PHYSICAL EDUCATION CLASS 12

Chapter 9

PSYCHOLOGY AND SPORTS



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PERSONALITY – ITS DEFINITION AND TYPES – TRAIT AND TYPE (SHELDON AND JUNG CLASSIFICATION) AND BIG FIVE THEORY

Personality – Its Definitions and Types

“Personality refers to those characteristics of the person that account for consistent patterns of feelings, thinking, and behaving.”

– L A Pervin, D Cervone and O P John

“Personality is the entire organisation of a human being at any stage of his development.”

– Warren

Greek historian, **Hippocrates of Kos**, with his categorisation of personality traits based on the four fluids or humours – *blood, yellow bile, black bile and phlegm*.

Sigmund Freud categorized personality into *id, ego and superego*.

Dimensions of Personality

The dimensions of personality can be divided into four categories:

- 1. Physical Dimension:** This includes body size, shape, structure, colour, weight, voice, etc.
- 2. Mental Dimension:** This dimension is related to mental and intellectual strength and abilities. This includes memory, imagination, reasoning, learning, thinking, etc.
- 3. Social Dimension:** This includes social ideas, social behaviour, social acceptance, etc.
- 4. Emotional Dimension:** This is related to emotional stability. It includes happiness, fear, anger, distress, disgust, amusement, etc.

Types of Personality

Meyer Friedman and Ray Rosenman conducted a study in 1950 and divided the personality of a person into four types: A, B, C and D. They are as follows:

Type A: Type A personalities are outgoing and extroverted.

Type B: Type B personalities are generally patient, relaxed and live with lower stress level.

Type C: Type C personalities, like their Type B counterparts, tend to be quieter; however, this is mostly due to emotional suppression than a relaxed attitude.

Type D: Type D personalities suppress their emotions to such an extent that they end up suffering from depression.

Traits and Types of Traits

Gordon Allport classified traits in the following manner:

1. Cardinal Traits: Cardinal traits are dominant traits. They are the most visible traits of an individual, shaping her/his personality and driving her/his actions.

2. Central Traits: Central traits are found in every person to some degree and unlike cardinal traits do not have a lasting or overwhelming influence on an individual's personality. Intelligence, honesty and nervousness are examples of central traits.

3. Secondary Traits: Associated with preferences and attitudes, these traits will manifest only in specific circumstances. A

Classification of Personality by William Herbert Sheldon

- 1. Ectomorphy:** Ectomorphs have narrow shoulders, thin arms and legs, a narrow face and a flat chest.
- 2. Mesomorphy:** Mesomorphs are likely to have an athletic physique. Their shoulders are broad, chest narrow, arms and legs strong.
- 3. Endomorphy :** Endomorphs have a round body characterized by wide hips, narrow shoulders and skinny ankles and wrists.

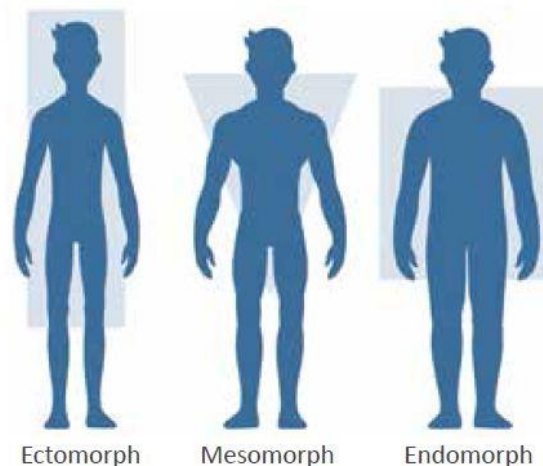


Figure 9.2 Somatotypes
– their physical and
psychological traits.

Classification of Personality by Carl Jung

- 1. Introvert:** An introvert is associated with introversion. They are motivated or energized by the internal world of thoughts, feelings and reflections.
- 2. Extrovert:** An extrovert is associated with extraversion by the external world of objects and other people. They are just opposite to introverts.
- 3. Ambivert:** No one is completely introverted or extroverted, and it would be dangerous to become so.

The four essential psychological functions of thinking, feeling, sensation and intuition, as proposed by Jung. He devised eight personality types after combining the attitudes with these functions (Refer Table 9.1 , page 173).

Big Five Theory

The five components of Big Five Theory are as follows:

- 1. Openness:**
- 2. Conscientiousness:**
- 3. Extraversion:**
- 4. Agreeableness:**
- 5. Neuroticism:**

MOTIVATION – ITS TYPE AND TECHNIQUES

What is Motivation?

“Motivation is any condition that might energize and direct our actions.” – *Crooks and Stein*

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

Types of Motivation

1. Intrinsic Motivation:
2. Extrinsic Motivation:

Techniques of Motivation

Some of the techniques of motivation are as follows:

Setting a Daily Activity Schedule

Goal Setting

Self-endorsement

Test Your Cant’s

Visualize Success

External Sources of Motivation

Constant Feedback and Evaluation

Rewards and Awards

Motivational Music and Talks

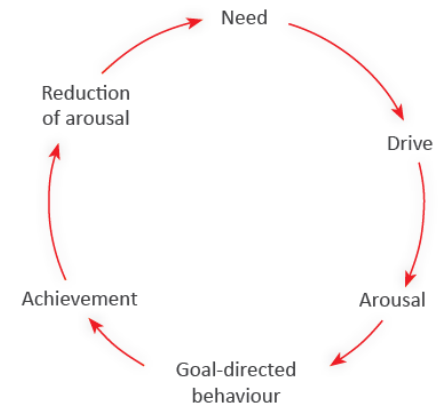


Figure 9.3 The motivational cycle



MEANING, CONCEPT AND TYPES OF AGGRESSIONS IN SPORTS

What is Aggression?

“Any form of behaviour towards the goal of harming or injuring another living being who is motivated to avoid such treatment.”

– *Baron and Richardson (1994)*

What Causes Aggression?

1. Instinct Theory:
2. Social Learning Theory:
3. Frustration–Aggression Theory:
4. Revised Frustration – Aggression Theory:

Types of Aggression

The types of aggression are given below:

Hostile Aggression

Instrumental Aggression

Assertive Behaviour



Figure 9.11 Aggression is a feeling of anger that results in hostile and violent behaviour.

SUMMARY

- 1.** Personality is a psychological system that shape the mind and influence the behavioural expression. There are four types of personalities: A, B, C and D.
- 2.** Traits are human qualities that define the personality of a person.
- 3.** W H Sheldon classified human personality as cerebrotonia (for ectomorphs), viscerotonia (for endomorphs) and somatotonia (for mesomorphs).
- 4.** Carl Jung suggested eight distinct personality types after combining the two attitudes – introversion and extraversion, with the functions of thinking, feeling, sensation and intuition.

SUMMARY...

- 5.** The Big Five Theory states that there are five components of human personality: openness, conscientiousness, extraversion, agreeableness and neuroticism.
- 6.** Motivation is the cause of our actions, desires and needs, and it drives our goal-oriented behaviour. It can be intrinsic, which seeks internal rewards and rises from within the individual or extrinsic, which seeks a desired outcome and arises from external influences.
- 7.** Aggression is a behaviour the intention of which is to harm or injure another living being who is motivated to avoid such treatment. There are three types of aggression in sports.
- 8.** Assertive behaviour is the behaviour that involves the use of legitimate physical or verbal force to achieve one's purpose.