

A TEXTBOOK OF PHYSICAL EDUCATION CLASS 12

Chapter 9

PSYCHOLOGY AND SPORTS

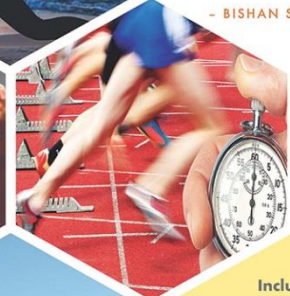
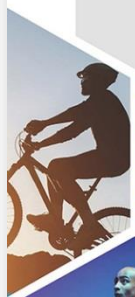


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On Board!
BOOKS



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



Includes
COMPETENCY-BASED QUESTIONS (CBQs)
Assertion-Reason
Type Questions
Data-Based/Picture-Based/
Case-Based Questions
MCQs



Revised and Updated

A Textbook of

Physical Education

Based on the latest CBSE syllabus

XII

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PERSONALITY – ITS DEFINITION AND TYPES (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.

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.

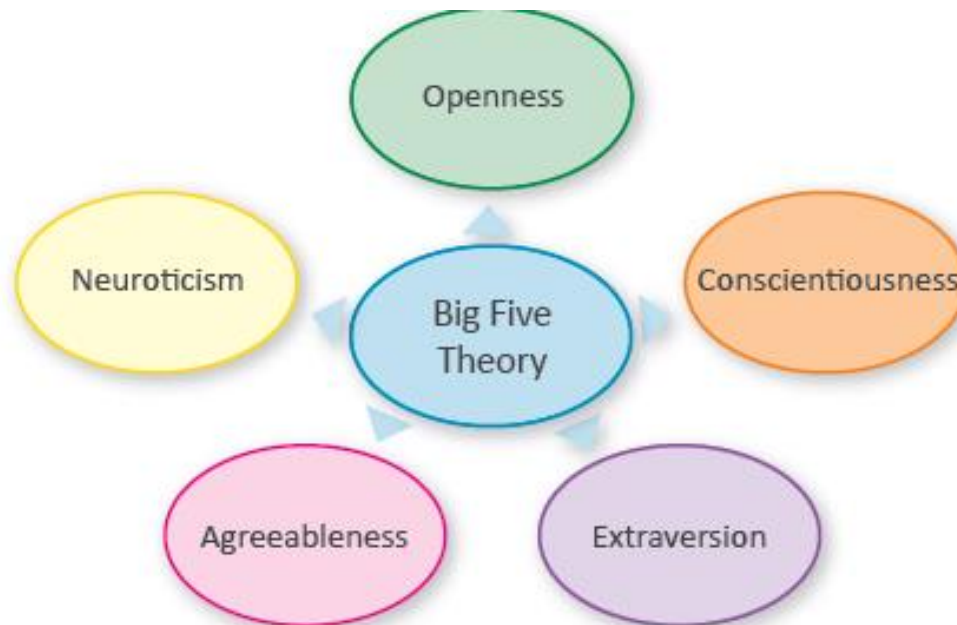
3. Ambivert: No one is completely introverted or extroverted, and it would be dangerous to become so.

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 165**).

Big Five Theory

The five components of Big Five Theory are as follows:

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



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

PSYCHOLOGICAL ATTRIBUTES IN SPORTS – SELF-ESTEEM, MENTAL IMAGERY, SELF-TALK, GOAL SETTING

Meaning of Psychological Attributes

Sports psychology explores and tries to understand these attributes so as to influence athlete talent, performance and psychological well-being.

Self-Esteem

Self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. It is defined by many factors including self-confidence; feeling of security; identity; sense of belonging and feeling of competence.

Mental Imagery

Mental imagery or visualisation means imagination in the mind. Visualisation or mental rehearsal are other terms for imagery.

Self-Talk

Self-talk is the communication which we do with ourselves.

Goal Setting

It is one of the psychological factors that has been found to be the most effective performance enhancement technique in sport psychology.

Types of Goals

- 1.** Outcome goals are usually focused on the competitive outcome of an event, such as winning a race, receiving a medal, or outscoring an opponent. As a result, achieving these objectives is contingent not only on your own efforts but also on your opponent's ability and play. You might play the finest tennis match of your life and yet lose, failing to accomplish your desired outcome of winning the match.
- 2.** Performance goals are focused on meeting standards or reaching performance targets independently of other rivals, generally by comparing one's own prior performances. As a result, performance targets are more adaptable and within your control.
- 3.** Process goals are concerned with the steps that an individual must take in order to execute or perform effectively during a performance. A swimmer, for example, would establish a goal for herself to maintain a long, stretched-out arm pull in her freestyle stroke.

Principles of Goal Setting

1. Goals must be specific, measurable and observable.
2. Time constraints must be identified.
3. Moderately difficult goals must be chosen as they are better than either easy or very difficult goals.
4. Goals must be written down and progress monitored.
5. A mix of outcome, performance and process goals must be set.
6. To attain long-term goals, short-term goals must be set.
7. Team and individual performance goals must be set.
8. Practice as well as competition goals must be set.
9. Goals must be internalised by the athletes.
10. Personality and individual traits must be considered in goal setting.

SUMMARY

1. Personality is a psychological system that shapes the mind and influences the behavioural expression. There are four types of personalities: A, B, C and D.
2. Carl Jung suggested eight distinct personality types after combining the two attitudes – introversion and extraversion – with the functions of thinking, feeling, sensation and intuition.
3. The Big Five Theory states that there are five components of human personality: openness, conscientiousness, extraversion, agreeableness and neuroticism.
4. 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 – hostile, instrumental and assertive.
5. Assertive behaviour is the behaviour that involves the use of legitimate physical or verbal force to achieve one's purpose.

SUMMARY

- 6.** An attribute is a quality, character, or characteristic that someone or something has. In other terms, it is a quality or characteristic of an individual that we see in her/his social interactions.
- 7.** Self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. It is defined by many factors including self-confidence; feeling of security; identity; sense of belonging and feeling of competence.
- 8.** Mental imagery or visualisation means imagination in the mind. Visualisation or mental rehearsal are other terms for imagery.
- 9.** Self-talk is the communication which we do with ourselves. It is related to motivation. It also helps to deal with distractions.
- 10.** Goal setting is one of the most effective performance enhancement technique in sport psychology. Goal setting not only enhances the performance of the sportspersons, but also improves the psychological state of an athlete.