

A Textbook of Physical Education Class 11

Chapter 9

PSYCHOLOGY AND SPORTS



As per the guidelines of NEP 2020

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

XI

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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

Though sports psychology is a relatively new discipline, its importance has increased for a simple reason: its scientific approach towards sports development from a psychological perspective.

Some of the mental aspects used in sports psychology are:

- Imagery: Improvement of performance by mental visualisation.
- Focus: Removal of distractions so that full attention may be given to the performance.
- Simulation: The practice of training in an environment that is like the actual conditions the player will face during the competition.
- Flow: Achievement of effortless concentration.
- Motivation: Stimulus for productive and competitive behaviour in the form of extrinsic motivation (rewards and trophies) and intrinsic motivation (the desire to win).

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.

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.

Team Cohesion and Sports

Team cohesion may be defined as the degree to which players are driven to practise, compete as a team, and 'hang out' as part of a sports team.

Experts define team cohesion in the following manner:

“Team cohesion is a dynamic process of the tendency for a group to stick together and remain united to pursue instrumental objectives and satisfaction of member affective needs.”

– *Carron, Brawley and Widmeyer*

“Not all are blessed with great ability, but with teamwork and perseverance, all can accomplish great things.”

– *M D Boyer*

Task Cohesion

It refers to a team's ability to work together to complete a task (for example, teamwork and task completion in sports, such as working together to win a championship).

Social Cohesion

Social cohesiveness is a measure of a team's social cohesion (for example, social support and friendships outside of the sports).

Group Cohesion

Group cohesiveness helps or facilitates the group to achieve more than individuals.

Group Management:

1. Goal Setting

- a. Set team's goals and take pride in their accomplishment.
- b. Each player must be aware of their roles and make them believe it is important.
- c. Take time to learn something personal about an individual.



2. Avoid formation of cliques (inner circles)

- a. Promote regular meetings and interactions.
- b. Positive encouragement on losing and avoiding public punishment.
- c. Avoid personal prejudice or scapegoats usage
- d. Provide equal opportunity to all.
- e. Maintain maximum transparency.
- f. Develop team drills and activities to promote team cooperation.
- g. Highlight areas of success even during failure.

Determinants of Team Cohesion

1. Personal factors include satisfaction and similarity of experience.
2. Team factors include prior success, communication, having team goals and importance of achieving goals.
3. Leadership factor include effort to develop cohesion.
4. Environmental factor include size of the group.

Benefits of Team cohesion

Team cohesion is useful and it can improve performance and motivation of a team. The outcomes of team cohesion are as follows:

- 1. Group outcomes** include team stability and team efficacy. Group cohesion helps in believing the teams in their abilities and thus boost self-confidence among team members.
- 2. Individual outcomes** include improved athletic performance, perceived psychological momentum and enhanced mood, emotion, and satisfaction.

How to Develop Team Cohesion?

Team cohesion or group development usually follows a specific process. The most common model for explaining how individuals perform as a team was developed by B W Tuckman in 1965. They are as follows:

- 1. Forming:** During the forming stage, the team members usually come together for the first time for the season.
- 2. Storming** This phase is inevitable and if channeled correctly can lead to effective team building.
- 3. Norming:** Norming is the period after storming where the team has come to a consensus about what is acceptable and what is not acceptable.
- 4. Performing:** During this stage, there is a close bond among the team members and a general want for one another to succeed.

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.** With the application of sports psychology, the player's strengths and weaknesses can be assessed and her/his sense of positivity can be increased by instilling self-confidence and a healthy awareness of her/ his own potential.
- 4.** Sports psychology motivates players to push themselves further and use their full physical potential.
- 5.** Sports psychology enables the instructor to diagnose the approach of their instruction and detect the flaws, so that measures can be taken to rectify them.
- 6.** Sports psychology trains the players to boost their self-confidence by building a positive mind-set, to focus on the performance and to open up a powerful link between thought and action.

SUMMARY

7. The World Health Organization describes an adolescent as someone between the ages of 10 and 19.
8. Hormonal changes can bring about emotional turmoil in adolescents.
9. The environment at school and at home should enable adolescents to learn as much as possible.
10. Teenagers who learn early about values like justice, fairness, equality, respect, courage, etc. mature into responsible and ethical adults.
11. Team cohesion may be defined as the degree to which players are driven to practise, compete as a team, and 'hang out' as part of a sports team.
12. Team cohesion can improve the performance and motivation of a team.