



# Unit - 9

Physical Education





# Unit – 9



# Psychology & Sports



# Unit Contents

## 9.1 **Personality** : Its Definition & types

- Jung Classification &
- Big Five Theory

## 9.2 **Motivation** : its type & techniques.

## 9.3 **Exercise Adherence**: Reasons, Benefits & Strategies for Enhancing it

# Unit Contents

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- Self Esteem,
- Mental Imagery,
- Self Talk,
- Goal Setting

# 9.1 Personality; its definition & types – Trait & Types

The word personality is derived from the Latin word 'Persona', which means 'the mask'.

So we say that **personality is a mask** that is used by an individual to deal with the society or the environment.

Personality covers all the **physical, mental, social, emotional interest and behavioral qualities** of an individual.



“It is the **integration** of an individual’s characteristics structure, mode of behavior, interest, attitudes, **capacities**, aptitudes, and abilities.



# Type

```
graph TD; Type --> Sheldon["William Herbert Sheldon (Physical Basis)"]; Type --> Jung["Jung's (Mental basis)"]; Sheldon --> S1["1. Endomorphy"]; Sheldon --> S2["2. Mesomorphy"]; Sheldon --> S3["3. Ectomorphy"]; Jung --> J1["1. Introverts"]; Jung --> J2["2. Extrovert"]; Jung --> J3["3. Ambivert"];
```

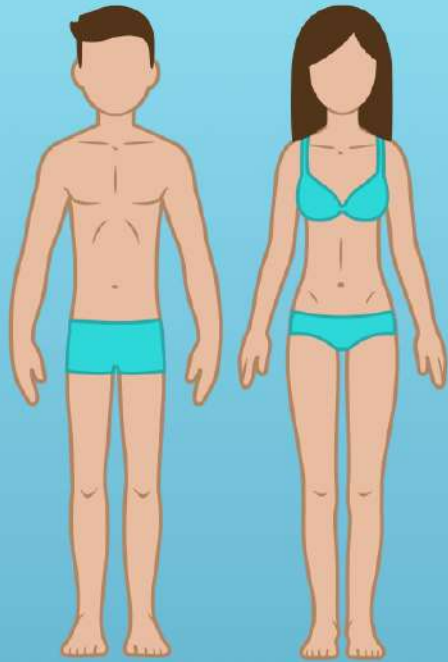
William Herbert Sheldon  
(Physical Basis)

1. Endomorphy
2. Mesomorphy
3. Ectomorphy

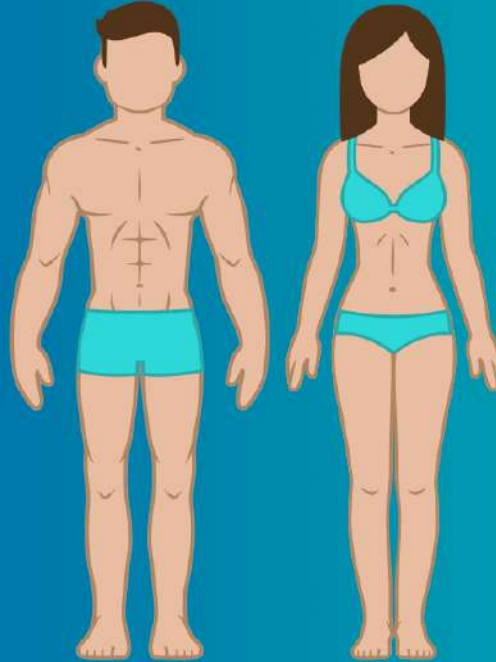
Jung's (Mental basis)

1. Introverts
2. Extrovert
3. Ambivert

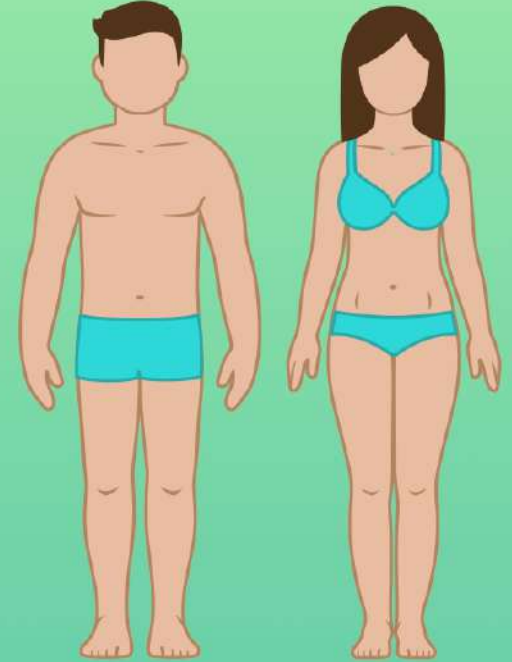
# Ectomorph



# Mesomorph



# Endomorph



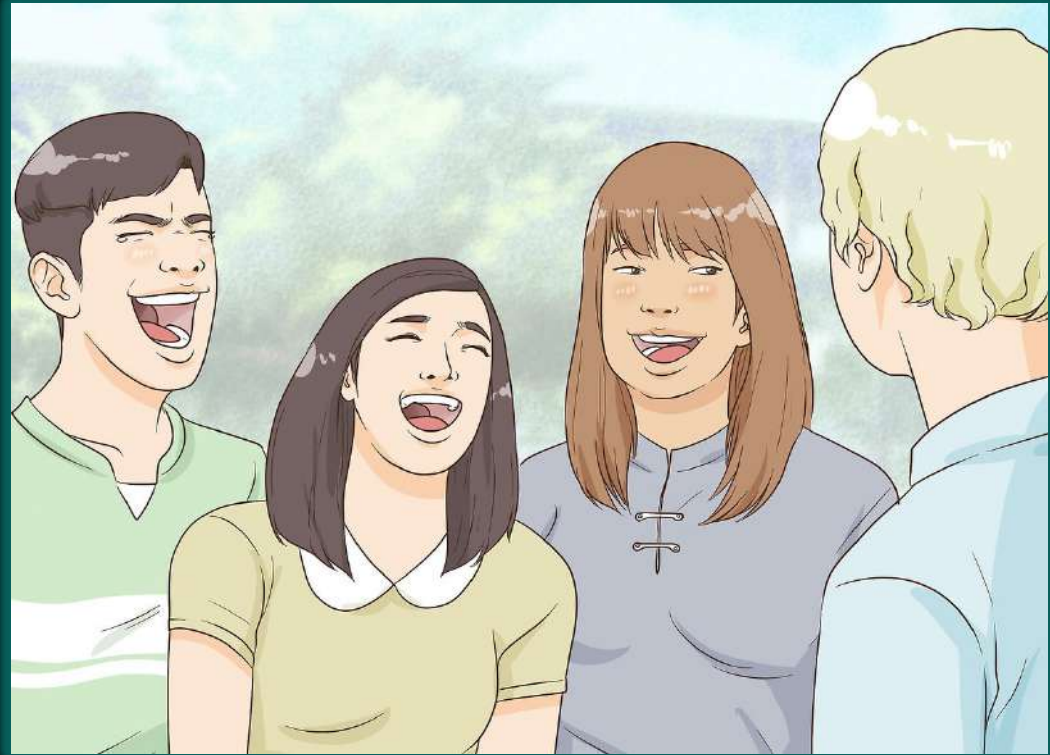
Jung's human personality can be classified into three categories.

**1. Introvert :** If an individual is motivated or energized by the **internal world of thoughts**, feelings and reflections is known as Introvert. They are having **poor self confidence**, moody, unsocial, quiet and pessimist.



## 2. Extrovert :

This kind of individual associated with external world of object and other people. They believe in action, social settings, interacting. They are friendly, confident responsive and lively leader.



### 3. Ambivert :

This kind of people have the **mix trait** of Introvert and Extrovert: They are having few friends.



## Big five personality theory

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

### 1. **Openness**      2. **Conscientiousness**      3. **Extraversion**

Social	Self discipline	Energetic
Imaginative	Dedicated	Positiveness
Interest	Hard worker	Accepting nature
Curiosity	Aspirant	Social
Creativity		Talkative
Emotional		Friendly

### 4. **Agreeableness**      5. **Neuroticism**

Cooperative	Angryness
Managed	depression
Soft hearted.	worried

Open

**O**

Conscientious

**C**

Extraverted

**E**






Agreeable

**A**

Nervous

**N**

## The Big five traits: The OCEAN model

The Big Five Personality Traits	High scorers	Low scorers
Openness to experience 	<ul style="list-style-type: none"><li>- Creative and insightful</li><li>- Intelligent</li><li>- Abstract thinkers</li></ul>	<ul style="list-style-type: none"><li>- Likes consistency</li><li>- Cautious and careful</li><li>- Rigid and inflexible</li></ul>
Conscientiousness 	<ul style="list-style-type: none"><li>- Organized</li><li>- Dependable</li><li>- Determined</li></ul>	<ul style="list-style-type: none"><li>- Less self-disciplined</li><li>- Decides in haste</li><li>- Too flexible</li></ul>
Extraversion 	<ul style="list-style-type: none"><li>- Warm and excited</li><li>- Assertive</li><li>- Cheerful</li></ul>	<ul style="list-style-type: none"><li>- Prefers privacy</li><li>- Less interactive socially</li><li>- Low energy levels</li></ul>
Agreeableness 	<ul style="list-style-type: none"><li>- Affectionate and loving</li><li>- Altruistic</li><li>- Amicable</li></ul>	<ul style="list-style-type: none"><li>- Competitive</li><li>- Antagonistic</li><li>- Assertive</li></ul>
Neuroticism 	<ul style="list-style-type: none"><li>- Anxious</li><li>- Aggressive</li><li>- Regular mood swings</li></ul>	<ul style="list-style-type: none"><li>- Relaxed and easygoing</li><li>- Overlooks negativity</li><li>- Stable mood</li></ul>

**1. Openness Traits** : The assessment of openness traits shows that how the person is

- Imaginative
- Insightful
- Having variety of interest
- With degree of intellectual curiosity
- Creative
- Able to enjoy the new experiences
- Able to learn new changes & concept



## 2. Conscientiousness :

The assessment of this trait show that how the person is able to

- Compete with life challenges
- Self disciplined
- Act dutifully
- Plan & Organize
- Work independently
- Do hard work



### 3. Extraversion :

The assessment of this trait shows that how the person.

- Is **energetic**
- Has positive emotions
- Has Assertiveness
- Is sociable
- Is **talkative**
- Is fun loving
- Has friendly nature or has tendency to make new friends
- Able to get affection from other



## 4. Agreeableness :

The assessment of this trait shows that how the person.

- Has sense of **cooperation**
- Is systematic
- Is **kind**
- Is friendly
- Is **gentle**



## 5. Neuroticism :

The assessment of this trait shows. How the person.

- Has **emotional stability**
- Is able to **control anger**
- Is able to **control the level of anxiety**



## 9.2 Motivation

The word motivation is derived from the **latin** word “**movere**” which means **to move**.

So in the condition of motivation an individual is moved by **internal & external forces** towards the goal.

It is widely accepted that “**Miracle is possible only when you are motivated**” It is nothing but arousing Sustaining and regulating the activity.



No learning is successful unless it is **motivated enough**.

In sports, the role of **teacher and coaches** are not to teach & train the athlete but **motivate to learn**.



### 11.3 Motivation

↓ (Meaning)

(That state of mind in which an individual is forced by external & internal forces to achieve the goal)

↓ (Types)

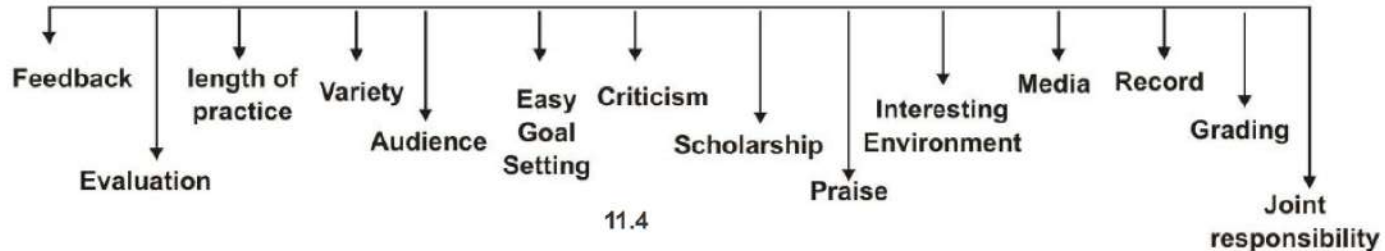
#### Intrinsic Motivation

An individual is forced by internal forces to achieve the goal i.e. display superiority, Social approval, enjoyment, Satisfaction etc.

#### Extrinsic Motivation :-

An individual is forced by external forces to achieve the goal) i.e. reward, punishment cash incentives, praise etc.

↓ (Techniques)



Motivation are two types :

**1. Intrinsic Motivation** :- In this type of motivation an individual is forced by his **internal forces** to achieve the goal. In intrinsic motivational state “an individual is motivated **by their own desire** not by any external factor” i.e. for enjoyment, for satisfaction, to show mastery over skills, to display superiority or to get social approval, fame etc.

**2. Extrinsic Motivation** :- In this kind of motivation, an individual is forced by the **external forces** to achieve the goal such as prize, praise, scholarship, grade, job, money etc. In the extrinsic motivational state “an individual is motivated by some external factors.



## 9.3 Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it

The word **adherence** is described by the Oxford Dictionary as the fact of **behaving according to a particular rule**, etc., or of following a particular set of beliefs, or a fixed way of doing something.

Thus, in the simplest term exercise adherence refers to **the extent to which the individual maintains an active involvement in physical exercise and acts in accordance with the advised interval, exercise dose, and exercise dosing regimen despite opportunities and pressures to withdraw.**



## Reasons on exercise adherence :

1. Overcoming Social Physique Anxiety
2. Reduced risk of disease
3. Recreation
4. Mental Relaxation
5. Socialization

## Benefits of Exercise :

1. Health Benefits
2. Provides Stress Relief
3. Increases Happiness
4. Promotes Self-Efficacy
5. Promotes Social Cohesion
6. Enhances Value Orientation



# Strategies for Enhancing Exercise Adherence :

1. Goal setting
2. Adding variety to exercise
3. Social support enhancement
4. Signing of Contract
5. **Reinforcement Interventions** - Use of incentives and rewards
6. Feedback
7. **Process Orientation** - goals which are more intrinsic in nature
8. Problem Solving
9. **Health Risk Appraisals** - provide them with relevant information about their current health, risk factors and level of fitness
10. Health Education



## 9.4 Aggression :

It is a **physical or verbal behavior** which is directed towards the goal of harming other living being either **physically or psychologically**.



# Types of Aggression

```
graph TD; A([Types of Aggression]) --- B([Hostile aggression or Reactive Aggression]); A --- C([Instrumental or Channelled Aggression]); A --- D([Assertive Behaviour Aggression]);
```

Hostile  
aggression  
or  
Reactive  
Aggression

Instrumental  
or  
Channelled  
Aggression

Assertive  
Behaviour  
Aggression

**Hostile Aggression:**

(Reactive aggression)

1. To cause harm
2. Physical or psychological
3. Eg: Deliberate bouncer in cricket

**Instrumental Aggression**

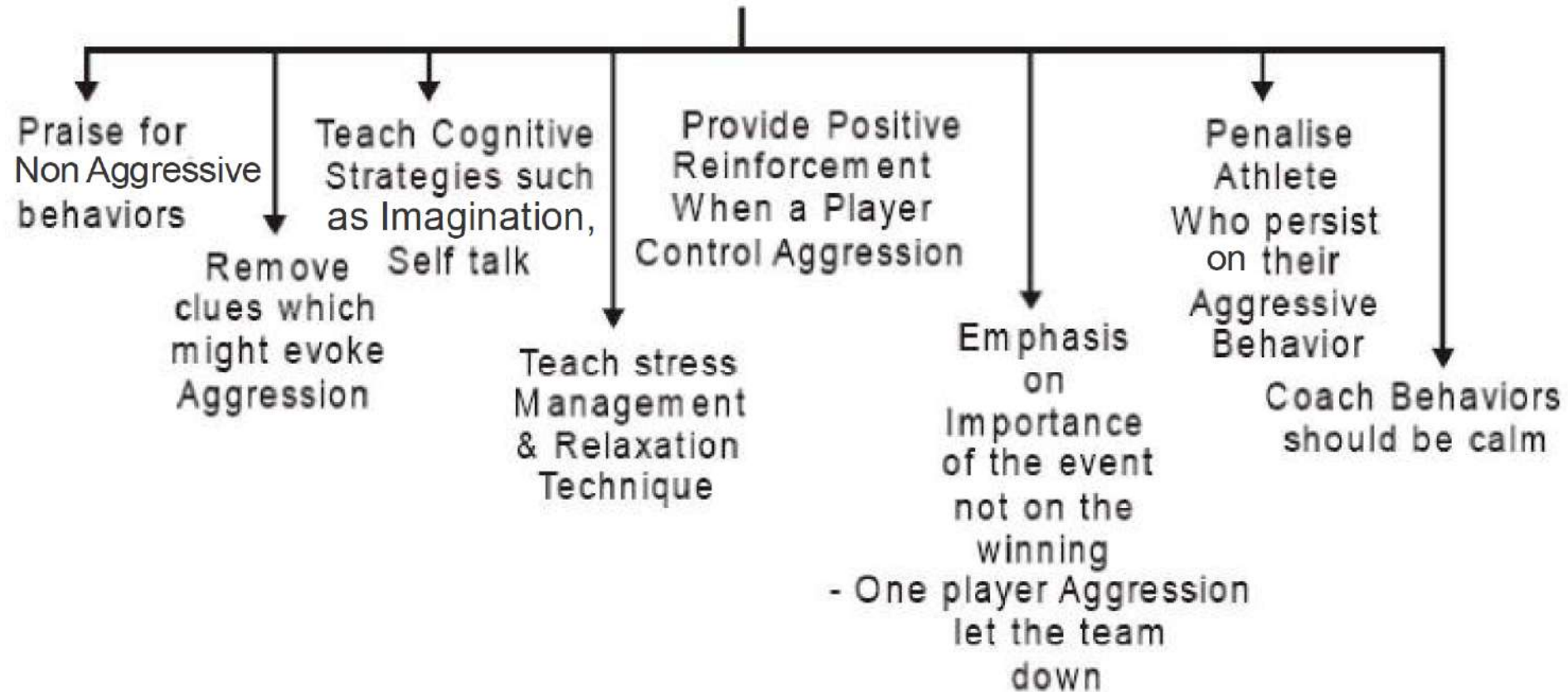
(channelled aggression)

1. To win comp.
2. Without actual anger
3. Eg: Aggressive tackle in football

**Assertive Behaviour**

1. Legitimate force
2. Psychological discomfort
3. Eg: sledging

## Ways of Controlling Aggression



# 9.5 Psychological Attributes in Sports

## Self-esteem :

It is **how we value** and **perceive ourselves**. It's based on our opinions and beliefs about ourselves.

We might also think of this as **self-confidence**.



# Signs You Have Low Self-Esteem



You lack self-trust



You're constantly comparing yourself to others



You engage in people-pleasing behavior



You feel little control over your life



You don't reinforce boundaries

## Mental Imagery :

It is the representation of things in mind that are not currently being sensed by sense organs.

Common examples of mental images include **daydreaming**

Another is of the **pictures seen by athletes** during training or before a competition, outlining each step they will take to accomplish their goal.



## Self Talk :

Self-talk is the way you talk to yourself, or your inner voice.



## What is self-talk?

Self-talk is your internal dialogue. It's the endless stream of unspoken thoughts that run through your head every day. This inner voice reveals your beliefs, thoughts, questions, and ideas.

Self-talk can be negative, positive, or a mix of both. If you're generally a positive person, your self-talk will be more positive and if you're generally a negative person, your self-talk will be more negative.



## Goal Setting :

Goal setting involves the development of an action plan designed in order to motivate and guide a person or group toward a goal

 Specific	 Measurable	 Attainable	 Realistic	 Time-bound
<p>Do: Set real numbers with real deadlines.</p> <p>Don't: Say, "I want more visitors."</p>	<p>Do: Make sure your goal is trackable.</p> <p>Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."</p>	<p>Do: Work towards a goal that is challenging, but possible.</p> <p>Don't: Try to take over the world in one night.</p>	<p>Do: Be honest with yourself- you know what you and your team are capable of.</p> <p>Don't: Forget any hurdles you may have to overcome.</p>	<p>Do: Give yourself a deadline.</p> <p>Don't: Keep pushing towards a goal you might hit, "some day."</p>

# **CBSE Sample Paper Questions**

# Questions in CBSE Sample Paper 2023-24

Q2. Reactive Aggression is also called \_\_\_\_\_

- a) Instrumental Aggression
- b) Hostile Aggression.
- c) Assertive Aggression
- d) Both (a) and (b)

# Questions in CBSE Sample Paper 2023-24

Q9. Match List – I with List – II and select the correct answer from the code given below:

LIST - I		LIST - II	
1	Extraversion	i)	Enthusiasm
2	Conscientiousness	ii)	Responsible
3	Agreeableness	iii)	Compassionate behavior
4	Neuroticism	iv)	Emotional Stability

Code				
	i	ii	iii	iv
(a)	1	2	3	4
(b)	4	3	2	1
(c)	3	4	2	1
(d)	2	3	4	1

# Questions in CBSE Sample Paper 2023-24

## Q28. Differentiate between Introvert and Extrovert personality?

INTROVERT	EXTROVERT
Interested in their own self Reserved	Highly socialized Broad-minded
Self-aware and introspective Take pleasure in reading, writing Tend to shy away from public	Expressive and enjoy centre of attention Meet unknown people easily
Think before acting	Action oriented

# Questions in CBSE Sample Paper 2022-23

Q2. A person who likes to learn new things, new concepts and new experiences are categorized as \_\_\_\_\_.

- a) Agreeableness
- b) Extroversion
- c) Conscientiousness
- d) Openness.

# Questions in CBSE Sample Paper 2022-23

**Q20. List down any four benefits of self talk by athletes in sports**

**Q28. Make a table explaining any three personalities from Big five theory and their characteristics.**

## Questions in CBSE Sample Paper 2021

**Q. Explain aggression in Sports. Discuss the role of aggression in context to its types.**

# Questions in CBSE Sample Paper 2021

## **Hostile Agression:**

(Reactive aggression)

1. To cause harm
2. Physical or psychological
3. Eg: Delibrate bouncer in cricket

## **Instrumental Aggression**

(channelled aggression)

1. To win comp.
2. Without actual anger
3. Eg:Aggressive tackle in football

## **Assertive Behaviour**

1. Legitimate force
2. Psychological discomfort
3. Eg: sledging

MCQs

Q.1. The word personality is derived from the latin word

\_\_\_\_\_.

- (a) Persona.
- (b) Endomorphy
- (c) Perjona
- (d) Person



Q.2 Traits of High-self confidence, social, friendly, confident etc lies in

- (a) Ambivert
- (b) Etrovert.
- (c) Introvert
- (d) Ectomorphic



Q.3 Traits of Etrovert,  
Introvert and Ambivert is  
given by \_\_\_\_\_.

- (a) Jung .
- (b) Sheldon
- (c) Big-5
- (d) Eysean



Q4. Big-5 theory is also known as \_\_\_\_\_.

- (a) Five factor model.
- (b) Five traits model
- (c) Five personality model
- (d) Five temperament model

Q.5 Behavior Carried out with intention of harming other person is known as.

- (a) Stress
- (b) Motivation
- (c) Aggression.
- (d) Tension



Q.6 Any physical behavior intentionally aimed to injure other is known as—

- (a) hostile aggression.
- (b) instrumental aggression
- (c) assertive aggression
- (d) negative aggression



# Practice Question

**Q. What do you mean by aggression.**

# **Expected Questions of Unit - 9**

**Q. What do you mean by Personality?  
Enlist 3 most important characteristics of  
it.**