

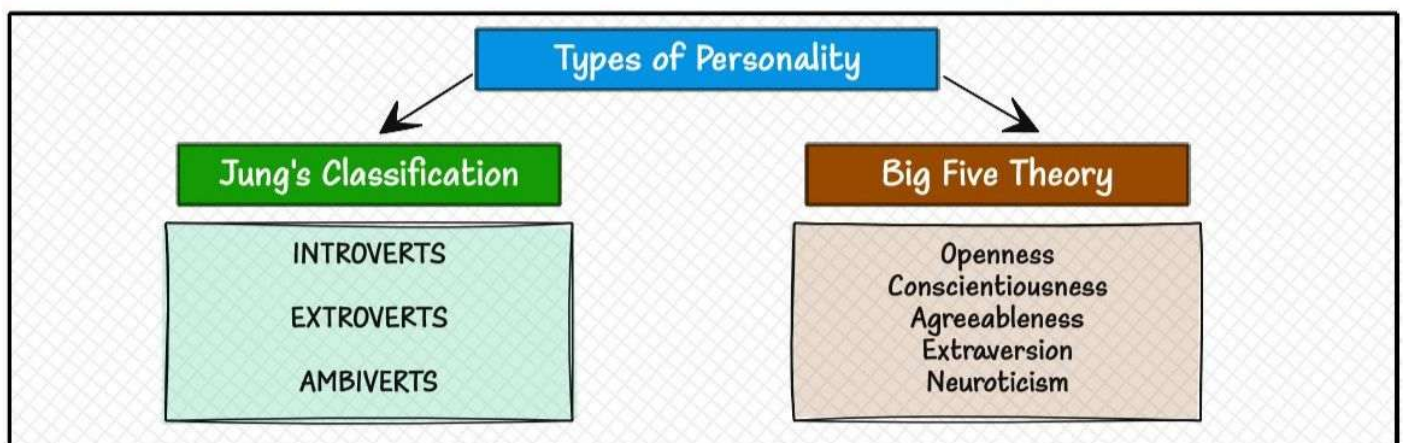
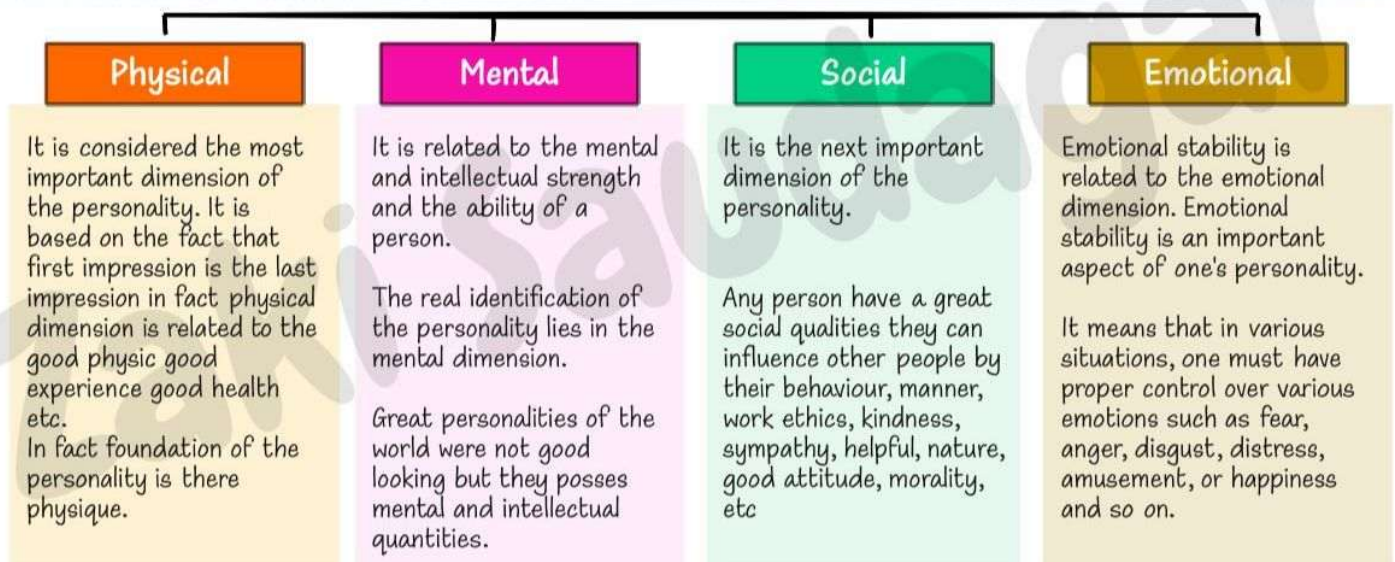
Unit 9 | Psychology and Sports

Personality

1. It is the most characteristic integration of an individual's structure, mode of interest, attitudes, behaviour, capacities, ability & aptitudes
2. These definitions do not define personality completely.
3. All the characteristics such as physical mental and social intellectual emotional etc are included in the personality which makes him extraordinary and are expressed from time to time in daily life.
4. It can also be said that the personality is the sum of in inner and outer capacities of an individual

Dimensions of Personality

Personality is a complete unit in itself but the rate of personality is made up of various dimensions or aspects. The dimension has its own area of operation. These aspects or dimensions together make the personality of an individual.



Jung's Classification

Carl Jung defines personality types based on mental characteristics. Following are the 3 types of personalities given by Carl Jung:

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Introverts

Introverts are overly self-conscious, preoccupied with their own thoughts and ideas, self-centered, shy, reserved and seek solitude. They do not easily make friends and prefer to remain in the background at social gatherings. Philosophers, poets, artists and scientists fall into this category.

Extroverts

Extroverts have more self-assurance, show more interest in others and are more outgoing, lively and realistic. They are very social and easily make friends.

This category includes actors, social and team leaders and others.

Ambiverts

Ambiverts are a balanced mix of both introverts and extroverts.

Ambiverts are neither outgoing or reserved.

They are adaptable. People who don't belong to any of the above two categories, belong to this category.

Big Five Theory

Openness

People who enjoy learning new things, new concepts and new experiences tend to be the most open. It includes characteristics such as being imaginative, insightful & having a wide range of interests.

Neuroticism

This trait is concerned with one's emotional stability and the extent to which negative emotions are expressed. Individuals with high neuroticism are prone to emotional instability & negative emotions. These people remain moody and tensed.

Extraversion

Excitability, sociability, talkativeness, assertiveness and a high level of emotional expressiveness characterize it.

Extroverts have high extraversion, while introverts have low extraversion.

Conscientiousness

Its characteristics include thoughtfulness, impulse control and goal-directed behavior.

People who score high on this trait are well-organized and detail-oriented.

Agreeableness

It includes characteristics such as trust, kindness, affection and other social behaviors.

People who score high on agreeableness are more cooperative, while those who score low on this trait are more competitive and manipulative.

Motivation

Motivation is the driving force behind our actions and behaviors. It is what propels us to pursue our goals and aspirations, even in the face of obstacles and setbacks. Motivation can come from a variety of sources, such as personal values, external rewards, or a desire for personal growth and development.

Intrinsic Motivation

It refers to the drive that comes from within an individual to pursue a task or activity for his/her own sake, rather than for external rewards or incentives. This type of motivation is often associated with feelings of enjoyment, interest and personal fulfillment. Research has shown that individuals who are intrinsically motivated are more likely to persist in their efforts, experience greater satisfaction and achieve higher levels of performance. Intrinsic motivation can be fostered by providing opportunities for autonomy, mastery and purpose in one's work or activities.

Extrinsic Motivation

It refers to the drive to perform a task or behavior in order to receive external rewards or avoid punishment. This type of motivation can be effective in the short-term, but may not lead to sustained engagement or satisfaction with the task at hand. Examples of extrinsic motivators include money, grades and praise from others. It is important to note that while extrinsic motivation can be helpful in certain situations, fostering intrinsic motivation, the drive to engage in a task for its own inherent enjoyment or satisfaction, may lead to more longterm engagement and fulfillment.

Technique of Motivation

1. Developing an Innovative Curriculum
2. Understanding your Athlete
3. Incentives & Rewards
4. Assigning Specific Roles
5. Valuable Feedback System
6. Determining Incentive Factors

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Aggression

Aggression is a behavior that is intended to cause harm or pain to another person. It is often characterized by hostile or violent words or actions and is a common problem in many societies. Aggression can take many forms, including physical, verbal and psychological.

Instrumental

The primary goal of instrumental aggression is to achieve a goal through aggression. It's a good kind of aggression. The player's goal in this situation is to excel in the sport he is playing through high intensity output and a competitive spirit. Experienced players exhibit instrumental aggression on the field because they have more self-control in managing their aggression.

Hostile

The primary goal of hostile aggression is to harm or injure your opponent. It is typically an unplanned, impulsive reaction to a player who has become a threat to the goal's achievement. It could also be planned to injure the intended player on the field.

This type of aggression is frequently motivated by insult, hurt, bad feelings, jealousy and threat.

Assertive

Assertive behavior is all about standing up for yourself, but aggression usually involves threatening, attacking, or (to a lesser degree) ignoring others.

Assertive individuals stand up for themselves—for their beliefs, their values, their needs. And they do so in a respectful, unthreatening, nonviolent way.

Exercise Adherence

Exercise adherence is the degree to which an individual follows his/her exercise program. Adherence to exercise is critical to achieving health benefits. Research shows that adherence to exercise can be improved by setting realistic goals, providing social support and offering positive feedback.

Reasons to Exercise

1. Lower Risk of Disease
2. Overcoming Social Physique Anxiety
3. Mental Relaxation
4. Socialisation
5. Recreation
6. Healthy Body Means Healthy Mind

Benefits to Exercise

1. Weight Management
2. Promotes Self-efficacy
3. Strong Immune System
4. Strengthens Bones & Muscles
5. Provides Stress Relief
6. Improves Value Orientation
7. Develops Leadership Qualities
8. Personality Enhancement

Psychological attributes in Sports

Psychological attributes in sports are the mental characteristics of athletes that can affect their performance in a sporting event. These attributes include things such as motivation, focus, confidence, resilience and the ability to manage stress.

Self Esteem

Self-esteem is an important factor in sports, as it can have a significant impact on an athlete's performance. In sports, self-esteem can have an effect on an athlete's level of motivation, confidence and overall performance.

Self Talk

Self talk is the internal dialogue that athletes have with themselves, which can be either positive or negative. Positive self talk can help athletes focus on their goals and stay motivated, while negative self talk can lead to feelings of doubt and decreased performance.

Mental Imagery

Mental imagery involves creating vivid mental pictures of success, which can help athletes visualize their goals and stay focused on their performance. It helps athletes perform successfully and feel satisfied with their performance.

Goal setting

Goal setting is the process of setting specific, measurable and achievable goals that can help athletes stay on track and measure their progress.