

Chapter 9 · Psychology and Sports

CBSE Class 12 Physical Education (048) · Unit 9 = 7 marks · Ultimate Revision Sheet

60-SECOND RECALL

Jung's types	Introvert · Extrovert · Ambivert
Big Five	OCEAN — Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism
Motivation types	Intrinsic (from within — joy, satisfaction) · Extrinsic (outside — medals, money, praise)
Aggression types	Hostile (intent to harm) · Instrumental (to achieve a goal) · Assertive (within rules)
4 psychological attributes	Self-esteem · Mental imagery · Self-talk · Goal setting
Exercise adherence	Sticking to an exercise programme over time

1. Personality

DEFINITION Personality is the sum total of an individual's physical, mental, social and emotional characteristics that make him or her unique and determine how they interact with the environment.

Jung's Classification

Type	Characteristics	Suited to
Introvert	Inward looking — reserved, quiet, shy, prefers solitude, thinks before acting, few close friends, self-centred in thought	Individual sports — archery, shooting, chess, long-distance running
Extrovert	Outward looking — sociable, talkative, friendly, confident, enjoys company, acts quickly, adjusts easily	Team and contact sports — football, basketball, boxing
Ambivert	Mixture of both — shows introvert and extrovert traits depending on the situation. Most people are ambiverts.	Adapts to most sports

Big Five Theory (OCEAN)

O-C-E-A-N — Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism

Trait	High score means
Openness to experience	Imaginative, curious, creative, open to new ideas and experiences. Low: conventional, prefers routine.
Conscientiousness	Organised, disciplined, dependable, goal-directed, plans ahead. Best predictor of sporting success. Low: careless, impulsive.
Extraversion	Outgoing, energetic, sociable, assertive, seeks stimulation. Low: reserved, quiet.
Agreeableness	Cooperative, trusting, kind, helpful, good team member. Low: competitive, critical, uncooperative.
Neuroticism	Anxious, moody, emotionally unstable, prone to stress. Low neuroticism (emotional stability) is desirable in sport.

TRAP In the Big Five, four traits are positive when **HIGH**, but **Neuroticism** is desirable when **LOW**. A successful athlete is typically high on conscientiousness and low on neuroticism.

2. Motivation

DEFINITION Motivation is the internal drive or external stimulus that *initiates, directs and sustains* behaviour towards a goal.

Type	Meaning	Examples
Intrinsic internal	Comes from within the person — doing the activity for the enjoyment and satisfaction it gives. More lasting and effective.	Love of the game, sense of achievement, self-satisfaction, fun, personal challenge
Extrinsic external	Comes from outside — performing to gain a reward or avoid punishment. Short-lived ; may reduce intrinsic motivation if overused.	Medals, trophies, prize money, praise, certificates, scholarships, fear of punishment

Techniques of Motivation (6)

1. **Goal setting** — specific, realistic, measurable goals give direction.
2. **Praise and reward** — recognition of good performance reinforces effort.
3. **Healthy competition** — friendly rivalry pushes performance.
4. **Knowledge of results / feedback** — telling athletes how they performed improves the next attempt.
5. **Attractive facilities and equipment** — a good environment encourages participation.
6. **Positive attitude of the coach** — encouragement, fair treatment, and being a role model.

3. Exercise Adherence

DEFINITION Exercise adherence is the extent to which a person *continues to follow* an exercise programme regularly over a long period.

Reasons people do NOT adhere

- **Lack of time** — the most cited reason
- Lack of **motivation** and willpower
- Lack of **facilities** or unsafe environment
- **Boredom** with a repetitive routine
- Fatigue, injury or ill health
- Unrealistic goals leading to disappointment
- Lack of family and social support

Benefits of adherence

- Improved **physical fitness** and body composition
- Prevention of **lifestyle diseases**
- Better **mental health** — less stress and anxiety
- Improved sleep and energy
- Increased longevity and quality of life
- Social interaction and enjoyment

Strategies for Enhancing Adherence (6)

1. **Set realistic, achievable goals** and record progress.
2. **Make it enjoyable** — vary the activity to prevent boredom.
3. **Exercise in a group** or with a partner for social support and accountability.
4. **Fix a regular time and place** so it becomes a habit.
5. **Reward yourself** for reaching milestones.
6. **Educate about the benefits** and get family and peer support.

4. Aggression in Sports

DEFINITION Aggression in sport is behaviour intended to **harm** another person physically or psychologically, or forceful behaviour directed at achieving a goal.

THE THREE TYPES — distinguished by INTENT

Type	Intention	Example
Hostile aggression	The primary goal is to HARM the opponent. Accompanied by anger.	A bowler deliberately aiming a bouncer at the batsman's head out of anger · punching an opponent after a foul
Instrumental aggression	Harm is incidental ; the goal is to achieve something — a point, possession, victory. No anger involved.	A hard but legal tackle in football to win the ball · a boxer hitting to score points
Assertive behaviour	Not truly aggression. Playing with legitimate force and energy WITHIN the rules , with no intent to harm.	A rugby player driving forward hard but legally · a determined sprint finish

THE DECIDING QUESTION Ask: *what was the intention?*

- Intent to *injure* → *hostile*
- Intent to *win the ball or the point*, injury incidental → *instrumental*
- *Within the rules*, no intent to harm → *assertive*

The same physical act can be any of the three depending on intent.

5. Psychological Attributes in Sports

Attribute	Meaning	How it helps performance
Self-Esteem	A person's overall evaluation of his or her own worth — how much they value themselves	High self-esteem gives confidence, willingness to take risks, resilience after failure. Low self-esteem causes fear of failure and avoidance of competition.
Mental Imagery	Visualising a skill or performance in the mind without physically doing it — also called visualisation	Improves skill learning, builds confidence, prepares for competition, reduces anxiety, helps rehearse strategy and recover from injury
Self-Talk	The inner dialogue an athlete has with himself. Can be positive ("I can do this") or negative ("I will fail")	Positive self-talk boosts confidence, maintains focus and controls anxiety. Negative self-talk must be replaced , not merely suppressed.
Goal Setting	Establishing specific targets to be achieved within a time frame	Gives direction and motivation, allows progress measurement, builds confidence as goals are met. Should be SMART — Specific, Measurable, Achievable, Realistic, Time-bound.

Types of goals: *Outcome goals* (winning — depends on others) · *Performance goals* (beating your own best time) · *Process goals* (improving technique). Performance and process goals are more within the athlete's control and therefore more motivating.

6. Question Triggers identify the concept

If the case says...

"quiet, reserved, prefers to train alone"

The answer is

Introvert

"sociable, talkative, enjoys team games"	Extrovert
"shows both traits depending on situation"	Ambivert
"disciplined, organised, plans training"	Conscientiousness (Big Five)
"anxious, moody, stressed before matches"	Neuroticism (Big Five)
"plays for the love of the game"	Intrinsic motivation
"plays to win prize money and a trophy"	Extrinsic motivation
"punched the opponent out of anger"	Hostile aggression
"hard tackle to win the ball"	Instrumental aggression
"played forcefully but within the rules"	Assertive behaviour
"visualised the perfect jump before attempting"	Mental imagery
"told himself 'I can do this'"	Positive self-talk
"aims to improve his time by 2 seconds in 3 months"	Goal setting (performance goal, SMART)
"stopped going to the gym after two weeks"	Poor exercise adherence

MOST-ASKED BOARD QUESTIONS

1. [5M] Explain the Big Five theory of personality.
2. [3-5M] Explain the types of aggression in sports with examples.
3. [3-5M] Explain the psychological attributes in sports.
4. [3M] Differentiate between intrinsic and extrinsic motivation.
5. [3M] Explain strategies for enhancing exercise adherence.
6. [1M] Who classified personality as introvert and extrovert? → **Carl Jung**

THE HABIT THAT SCORES — Every concept in this unit is examined through a **short case**. Answer in three steps:
name the concept → define it in one line → quote the words from the case that prove it. The third step is where most students lose half the mark.