

Chapter - 11

Psychology and Sports

Very Short Question Answer (1 marks)

Q.1 What do you understand by stress?

Ans. It is the state in which homeostatis of our body get disturbed due to any physical, mental and emotional demand.

Q.2 Write the types of stress.

Ans.1. acute Stress :- That type of stress generate for very short period but the intensity of the stress is very high. It causes less harm.

2. Chronic Stress :- That type of stress generate for long time period but the intensity of stress is low. It is more harmful.

Q.3. What is anxiety?

Ans. it is the chronic fear that limits our physical & mental capabilities.

Q.4. Write the types of anxiety.

Ans.

- i) State Anxiety : that type of anxiety generate in a particular situation.
- ii) Parmament (trait) Anxiety :- that type of anxiety always associated with an individual in all the situation that is more harmful than the state anxiety.

Q.5 State coping strategies?

Ans. Coping strategies means behavioural changes & pychological changes, those are required to adjust an individual in the stressful condition.

Q.6 What do you understand by personality?

Ans. The word personality is taken by the latin word “persona” which means “the mask”. So personality is mask that is worm by an individual to deal by the society or the environment. Personality covers all the physical, mental social, emotional, Interest & behavioural qualities of an individual.

Q.7 Define the personality?

Ans. “It is the most characterstics integration of an individual’s structure, mode of behaviour, interest, attitudes, capacities, aptitudes, and abilities.

“Personality is the sum total of all biological innate disposition impulses, tendencies, appetites and instincts of the individual and disposition and tendencies acquired by experience”.

Q.8 Explain word motivation?

Ans. 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.

Q.9 What is self esteem?

Ans. Self esteem means how an individual & respect him self after the evaluation of their various qualities capabilities.

Or

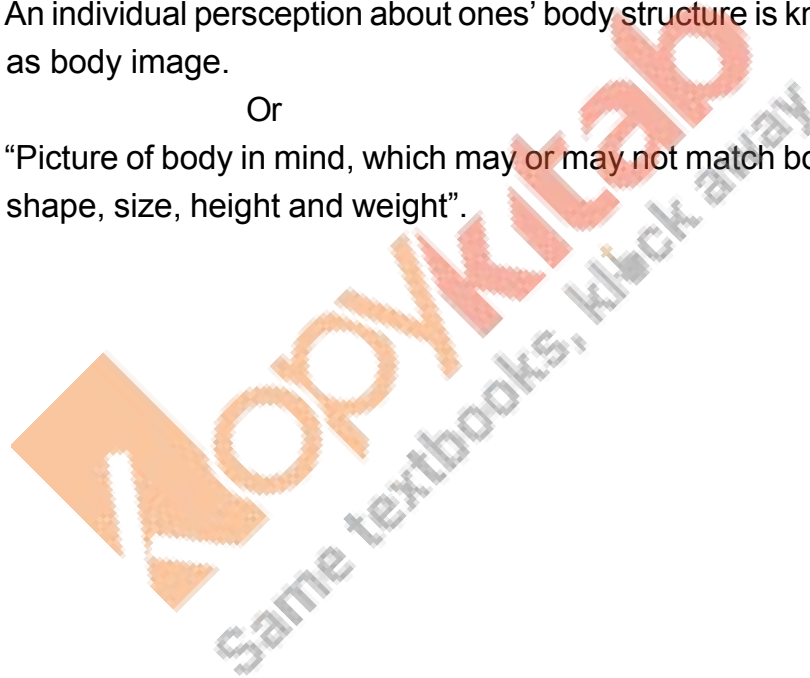
“Self esteem is a person’s overall sense of self worth or personal value”.

Q.10 Explain body image?

Ans. An individual persception about ones’ body structure is known as body image.

Or

“Picture of body in mind, which may or may not match body’s shape, size, height and weight”.



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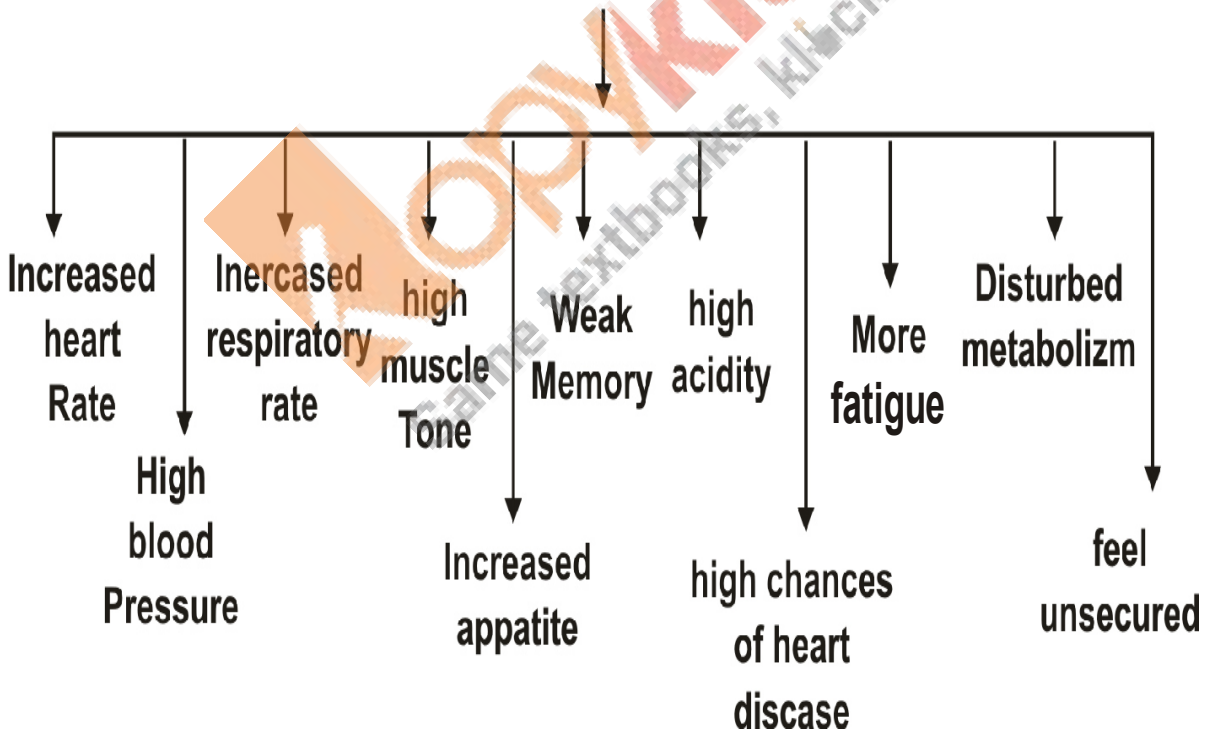
Psychology and Sports

Short Answer Type Questions (3 Marks)

Q.1 Explain the effects of stress on an individual?

Ans. Stress is a condition which can disturb the normal physical & mental health of a person.

Effect of Stress



Q.2 Write about problem focused coping strategies?

Ans.

- i To understand their capabilities & accept the reality.
- ii Build up the self confidence
- iii Reset the goal
- iv Information seeking
- v Self analyses the stressful situation
- vi Recreation
- vii Development of physical fitness
- Viii Seeking social support - Teachers, coaches, trainers or experts etc.
- ix Evaluation - pros & cons of situation.

Q.3 Briefly state about emotion focused coping strategies?

Ans. i Crying

- ii Sharing the problem with other
- iii Blame to other
- iv Denial of reality
- v Spend more time in sports & games
- vi Recreation
- vii Stop negative thinking
- viii Take advice from the psychiatric
- ix Vent out of emotions
- x Ignore the stressful situation / Avoidance
- xi Yoga
- xii Brooding

Q.4. Classify personality?

Ans. Physical basis (sheldon)

- i) Endomorphic - Fatty, round, cheerful, short height.
- ii) Mesomorphic - Strong build up, tall, properly Shaped body,

cheerful.

- iii) Ectomorphic - Thin, long, depressed.

Mental basis

- i) Extrovert : high self confidence, social, friendly, make more friend, confident, responsive, lively, leader.
- ii) Introvert :- Poor Self confidence, talkative, busy in own moody, unsocial, pessimist, quiet, rigid.
- iii) Ambivert :- Moderate confidence level, makes few friend. It has the mix qualities of extrovert & introvert.

Q.5 Explain the types of motivation?

Ans. Motivation are two types.

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

Q.6 Write the types of Body Image?

Ans. Body images are of two types :

- a. **Positive body image** :- an individual has a realistic perception of their body. He accept & enjoy all his physical traits of his body such as shape, colour, tone of muscle etc.
- b. **Negative body image** :- accept & enjoy an individual is not satisfied from his body image. He does not the trait of his body such as height, shape, colour, performance etc.

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Long Answer Type Questions (5 marks)

Q.1 How can you manage stress?

or

Discuss the techniques of stress management.

Or How can you reduce the stress?

Ans. Stress consists of bodily changes product by physiological, Psychological condition that tend to upset the homeostatic balance. Some below mentions Techniques have postive effect on reducing stress.

1. **Accept our capabilities & limits** :- an individual has to accept his own capabilities & his limit. Look for the upside in a situation that whereven the most stressful circumstances can be an opportunity for learning or more personal growth. When he accept the reality. he know very well up to which level he can performance things beyond his performance level will not give him stress.
2. **Physical fitness** :- Effect of stress can be minimised by increase the level of physical fitness of an individual. The goal of stress management is to use strees advantageously, not to eleminate all from one's life. Too little or too severe stress lowers the performance.
3. **Yoga** : By the yogic exercises, the level of the stress can be minimised such as pranayanes, dhyan, savasana etc.
4. **Psychological strong** :- The level of stress & it's bad effects can be minimised in an individual by make him psychological strong and taking advice of guidance counsellor if required.
5. **Balance diet** :- Balance diet help an individual to avoid the

stress condition and to minimise the effect of stress. We have to take plenty of water, minerals & vitamins to avoid the stressful condition or to minimize its effects.

6. **Avoid the company with stressful people :-** To avoid stress it is necessary to avoid the company with people who are already living with stress.
7. **Environment :-** If we make the environment according to our interest then only & we will be able to enjoy the environment which can be made interesting by including the various things such as music, Audience etc.
8. **Exercise :-** Exercise plays a vital role to reduce stress in our body by producing hormones which help us to keep ourself away from the stress.
9. **Avoid stressful thoughts :-** Stressful thoughts should be avoided, to reduce the level of stress.
10. **Relaxation techniques :-** Deep Breathing, pranayam, etc. can be used to relax our body to minimize the stress.
11. **Self / Auto suggestions :-** help to self suggestion or self counselling minimize the stress eg: all is well, Yes I can.
12. **Busy Attitude :-** Aloneness can increase the level of stress because in the alone condition we can not share our views / thoughts about the stress or the source of stress. So to avoid the stress or to minimize the bad effects of stress, keep ourself busy by various life skills.
13. **Load :-** Our daily life load such as training, homework, duties, etc. can increase stress. To change or modify the load/ task can reduce the stress.
14. **Education :-** Education helps an individual to understand the stress, When an individual gets all the knowledge about the stress then. It is easy to manage the level.

Q. Explain the techniques to manage the level of anxiety?

Or

How to minimise the anxiety from an individual?

Ans. Anxiety is a personal feeling of apprehension accompanied by an increased level of Physiological arousal there are some anxiety management techniques which help to deal with a threat.

1. **Five breathe technique** :- In this technique an individual relax his body in 5 deep breath. In each breath he relax one part of the body. This technique can be used in standing, sitting or lying.
2. **Meditation** :- Meditation is also good to control the level anxiety. meditation helps to control the level of arousal & anxiety.
3. **Udghosh Pranayam** :- In udghosh pranayam we concentrate on the sound "om". with help of udghosh pranayam we can relax our nervous system which minimise & relax from anxiety.
4. **Self suggestion** :- self suggestion make an individual psychological strong which is helpful to control the anxiety.
5. **Positive thinking** : If we think positive then we can tackled the various kind of load easily. We feel happy in the every situation of the life and that type of attitude is easily control anxiety.
6. **Participation in sports & Game** :- Participations in sports & game activities can control anxiety because activities help to divert the attention.
7. **Confidence** - Self confidence will remove the anxiety. Because confidence help to realise actual or real concepts of fear or feel.
8. **Laughing therapy** :- In laughing therapy we laugh artificially. During the laughing our body release good harmones. These harmones are good to control the level of anxiety.

9. **Savasana** :- Doing the savasana our Nervous system, our major & minor muscles group get relax properly which is useful to control negative thinking.
10. **Massage** :- Various kinds of massages are used to relax our body physically such as kneading, rolling, hacking etc. Physical relaxation is good to control anxiety.
11. Health, enjoyable, interesting environment always relax body & mind. Good environment motivate to develop the positive attitude, which help to control anxiety.
12. **Lifestyle** : A healthy life - style, balanced diet, healthy habits, positive attitudes help to achieve the aim without any problem or anxiety.

Q.3 What are the dimensions of personality explain in details?

Ans. Physical Dimension :- Personality is the physical appearance of an individual. If an individual has good appearance long height, proper shape body, strong muscles will be counted as good personality. The First impression of an individual personality his body and intellectual abilities.

2. **Mental Dimension** :- An individual as good mental ability then only his personality will be counted as good personality e.g. there are many intellectual persons whose personality is counted as good personality although they not have good physique but they have extra ordinary mental & intellectual qualities.
3. **Social Dimension** :- A good personality is sociable & socialising. The social qualities like character, morality, etiquettes, manners, work ethics, friendliness, good attitude, helpful nature, cooperation, sympathy & kinds etc. qualities or traits & essential for sound personality.
4. **Emotional Dimension** :- Emotion dimension is related to

emotional stability. To have emotional stability is essential aspect of one's personality. It means that one must have proper control over various emotions such as fear, anger, disgust, distress, amusement or happiness etc. in different situation. For example many sportsmen those have not good emotional control their personality will not be counted as good personality although they have good physical, mental & social base.

Q.4 "Participation in sports resultant as all round development of personality". Justify the statement?

Or

Explain the role of physical education & sports in the development of the personality?

Ans. Personality, "Personality is that quality which permits a prediction of what a person will do in a given situation".

* Personality of an individual consists of four dimensions such as physical, mental, intellectual, social & emotional. Sports & games play a vital role in the development of all aspects of personality in the following ways :-

1. **Physical development :-** When an individual participate in the sports & games, he goes through various kinds of exercise activities & Training programme. These training programme & exercise make him physically good. His physique becomes strong & ultimate and his appearance become attractive & impressive. Physical base is the 1st dimension of personality which can be easily develop through the games & sports

2. **Mental Development :-** Mental capabilities & intelligence can be improved with help of participation in sports & games. We learn many techniques, tactics, skills, rules & regulation,

fitness exercises learning of all these, improve the mental motor coordination.

3. Social Development :- When an individual participate in various training programme, tournaments, he comes in the contact of various peoples such as our team mates, other team members, coaches, officials, audience etc. From there he learns a lot of good social qualities like co-operation, courtesy, fair play sportsmanship, tolerance, sympathy, brotherhood, obedience of rules & regulations to remain in discipline, respect, self respect etc.
4. Emotional development :- when an individual participate in games & sports he deals many situation-wanted & unwanted, make him/her emotionally strong. A sportsman to learn to tackle & behave in very stable manners in any situation. By these participation, stable emotion all personality develop in various situation is in loving situation.

Q.5 Explain the factors effecting body image & self esteem?

Or

How body image & self esteem can be improved?

Ans. A body image - includes the picture of body that have in the mind which may or may not match body's actual shape, size, height & weight. Self esteem; is the value & respect of self as a person.

- i. Factors effecting body image & self esteem.
- ii. Puberty & development.
- iii. Media Image.
- iv. Experiences of life
- v. Physical development & physique
- vi. Mental abilities.
- vii. Comments received from the society - family & school.

- viii. Natural Ageing Process.
- xi. Life style.

Methods of improvement

- i. To think positive
- ii. Always think about our abilities not about weakness
- iii. To Plastic surgery can be used to improve beauty.
- iv. To Beauty cosmetics help to improve beauty.
- v. To Stop negative thinking always think positive
- vi. To Self praise make us psychological strong
- vii. To follow the role model personalities of the society.
- viii. To Daily exercise & balance diet.
- xi. Change out life style

Q.6 Explain the psychological benefits of the exercise.

Or

Elucidate the psychological effects of regular exercise on an individual?

Ans.- "Psychology means study of human behaviour in different situations". Regular exercises are important to develop the good concept towards the life. i.e.

- 1 Reduce depression
- 2 To Improve the mental abilities.
- 3 To Make psychological strong.
- 4 To Enhance the learning abilities
- 5 make personality attractive.
- 6 Boosts the memory & decision abilities
- 7 Improve the growth & development process
- 8 Enhance self esteem.
- 9 Improve the motor learning process.
- 10 Improve the abilities of coping indifferent unwanted situation.

- 11 help to control & release the emotions.
- 12 help to control the anxiety.
- 13 reduces stress.

Q. Explain the techniques of motivation.

Ans. "Motivation is the general level of arousal to action in an individual".

Following mention techniques of motivations are applied on sportsperson, which can enable them to achieve the top position in the field of sports & games.

- 1 **Evaluation** :- evaluation make & aware the sportsmen from his abilities & motivate him/her for higher position.
2. **Variety** :- Variety in the training programme make the practice & developments more interesting and always to motivate the sportsman to perform better to best.
3. **Role of spectators** :- The presence of Audience/ spectators help to sportsman to perform in dynamic form too.
4. **Criticism** :- Criticism for the poor performance of athlete to motivate to perform better.
5. **Cashprizers, scholarship etc** :- Good incentive to the sprotspersons always motivate & strives hard to achive better in the competitions which helps to win the laurels for their society.
6. **Latest equipments** :- Use of latest equipments in training make the training more interested & motivated the athlete to achieve the goal.
7. **Practice session** :- By reducing the length of practice an athlete is motivated to be continue in their training & to achieve the goals.
8. **Resetting of Goal** :- Resetting of goal from easy to complex

- motivate an athlete to continue in training to achieve the goals.
9. **Awards :-** Awards for good performance of athlete motivate him to do better.
 10. **Praise :-** Praise given by the society for the performance of athlete always motivate athlete to do better perform.
 11. **Positive environment :-** Environment make more interesting by including music audience etc. & interesting environment help to perform better.
 12. **Role of Mass Media :-** When the performance of an athlete is telecasted by media he is motivated to perform well so get praise from the society.
 13. **Record :-** Record always aware an athlete his current performance & his past performance comparison which help to motivate him to perform better.
 14. **Jobs :** On the basis of achievement and educational qualifications, outstanding sports persons should be offer good jobs. There are various department. Police, bank, railways, Air India etc. Offer good jobs. This opportunity is also a motivated force.
 15. **Feed back :-** With the help of feedback an athlete can be easily educate negative factors from his performance & try to overcome to perform better.
 16. **Sharing responsibilities :-** sharing responsibilities always help to develop and motivate an individual to perform well.