

INTRODUCTION

The word psychology is derived from Greek words 'psyche' which means mind or soul and 'logos' which means science. Thus it can be said that psychology is the science of mind or soul. Psychologists study human nature and behaviour scientifically, and rather than formulating conclusions from casual observations, they sort out, check and recheck the human characteristics under reliable conditions. In this way and through the use of acceptable scientific evaluation, it is possible for psychologists to determine the conditions under which certain human characteristics will operate or learning will occur.

Sports Psychology : Sports psychology is another branch of psychology which has its roots in the modern concept of sports performance. It deals with various psychological aspects of the sports & sportsmen behaviour.

According to John Lauther, "Sports psychology is an area which attempts to apply psychological facts & principles to human behaviour in field of sports."

Today, a sports psychologist can do several things to help athletes with sports and performance. A sports psychologist role is more accepted today as a part of the regular coaching staff for teams and for individual athletes—than 10 years ago. The tasks sports psychologist can do number of functions, but they primarily teach athletes mental game skills to improve their performance and learning. The areas sports psychologists teach vary from one person to another depending on their experience and qualifications.

LEARNING OBJECTIVES

- 9.1 Personality; Its Definition & Types - Trait & Types (Sheldon & Jung Classification) and Big Five Theory
- 9.2 Motivation, Its Types and Techniques
- 9.3 Exercise Adherence, Reasons to Exercise, Benefits of Exercise
- 9.4 Strategies for Enhancing Adherence to Exercise
- 9.5 Meaning, Concept and Types of Aggressions in Sports

9.1**PERSONALITY ITS DEFINITION AND TYPES - TRAIT AND TYPES (SHELDON & JUNG CLASSIFICATION) AND BIG FIVE THEORY****MEANING OF PERSONALITY**

The term personality is derived from the Latin word persona meaning a mask. In general, the word personality refers to one's physical appearance, his habits, his ways of dressing up, his reputation,



his manners and other similar characteristics. Concept of personality is much wider as conceived by psychologists who consider personality not as mere appearance or outward behaviour but much more beyond this.

According to Begge and Hunt, "Personality refers to the whole behavioural pattern of an individual to the totality of its characteristics."

According to Velentine, "Personality is the sum-total of inherited and acquired abilities."

According to Guild Ford, "Personality is an individual's unique pattern of traits."

According to Sigmund Freud, "Personality is an individual's unique thought, feeling and behaviour that persist over time and different situations."

According to Young, "Personality is the totality of behaviour of an individual with a given tendency system interacting with a sequence of situations."

According to R.B. Cattell, "Personality is that which permits a prediction of what a person will do in a given situation."

On the basis of these definitions, a brief definition would be that, "Personality is the sum total of inner and outer capabilities of an individual."

Personality is a very important factor in games and sports as it influences the performance of an individual by his / her level of cognition, motivation, traits and behaviour.

DIMENSIONS OF PERSONALITY

The following are the dimensions of personality :

- (i) **Physical dimension** : Physical dimension includes body size, shape, structure, colour, appearance, weight, voice and other physical traits. Physical structure of an individual is related to heredity but many personality traits can be improved in proper environment. For instance, physical exercises, balanced diet and other environmental factors improve physique, appearance, health and posture of an individual. These dimensions refer to the qualities of health and physique. If a person is tall, handsome and healthy, he will naturally be impressive. His appearance will be attractive. In fact healthy body is very necessary for healthy personality. Physical appearance acts as a first impression on the lookers.
- (ii) **Intellectual Dimension (Mental Dimension)** : Intellectual dimension of personality includes memory, imagination, learning, thinking, reasoning, observation, judgement, attention, perception, intelligence and ability to make adjustments to various situations. Mental and intellectual capabilities of an individual help him in adjusting to new requirements and circumstances of life in a most appropriate way. Human beings have been bestowed with higher mental and intellectual abilities compared to other living organisms.
- (iii) **Social Dimension** : Man is a social being. He lives and learns in a society. Social dimension of personality includes social behaviour, social acceptance, social effectiveness, social ideas and social adjustment. If an individual is isolated completely from the society, he will not be able to survive for long. Undoubtedly social ability is very important quality of human beings. The manner in which he interacts with other members of the society, how he influences their work and how he himself is influenced by others is an important aspect of personality.



- (iv) **Emotional dimension** : Emotional dimension occupies a very important place in the personality of an individual. It includes the person's ability to react to different life situations. Emotions make our life interesting as well as dull, happy as well as unhappy. Emotions are present in each and every living organism at all the stages of development. Emotions are personal in nature, and differ from one individual to another. A child is not born with innate emotional experiences but he learns to show different emotions by experience. Every person responds to the situations as a result of emotions differently. Every emotional experience involves many physical and physiological changes in our body.

TYPES OF PERSONALITY

Various psychologists have given different classification of personality. These types are as follows :

1. Types of personality on the Basis of Physical Traits :

According to William Herbert Sheldon, there are three types of personalities on the basis of physical traits are given below :

- (i) **Endomorph** : The Endomorph is physically quite 'round', have short arms and legs and is typified as the 'barrel of fun' person. General characteristics of endomorphs are :

- (a) Wide hips and narrow shoulders, which makes them rather pear-shaped.
- (b) Quite a lot of fat spread across the body, including upper arms and thighs.
- (c) They have quite slim ankles and wrists, which only serves to accentuate the other fatter parts.

Psychologically, the endomorph is:

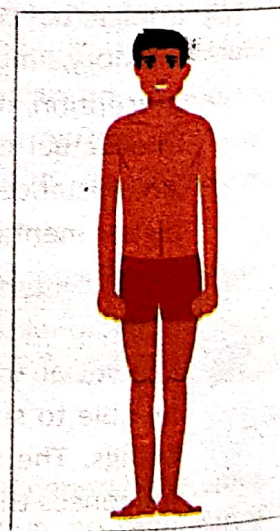
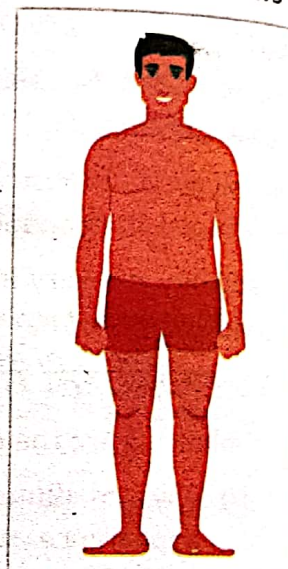
- Sociable
- Fun-loving
- Love of food
- Tolerant
- Even-tempered
- Good humored
- Relaxed
- With a love of comfort
- And has a need for affection

- (ii) **Ectomorph** : The Ectomorph is a form of opposite of the Endomorph. General characteristics of ectomorphs are :

- (a) Narrow shoulders and hips
- (b) A thin and narrow face, with a high forehead
- (c) A thin and narrow chest and abdomen
- (d) Thin legs and arms
- (e) Very little body fat

Even though they may eat as much as the endomorph, they never seem to put on weight. Psychologically they are:

- Self-conscious
- Private
- Introverted
- Inhibited
- Socially anxious
- Artistic
- Intense
- Emotionally restrained
- Thoughtful

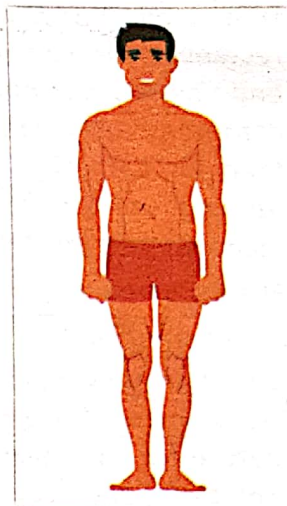


(iii) **Mesomorph** : The mesomorph is somewhere between the round endomorph and the thin ectomorph. General characteristics of mesomorphs are :

- Large head, broad shoulders and narrow waist (wedge-shaped).
- Muscular body, with strong forearms and thighs
- Very little body fat

They are generally considered as 'well-proportioned'. Psychologically, they are:

- Adventurous
- Indifferent to what others think or want
- Zest for physical activity
- With a desire for power/dominance
- Courageous
- Assertive/bold
- Competitive
- And a love of risk/chance



Difference between Endomorph, Ectomorph and Mesomorph types of personalities

Endomorph	Ectomorph	Mesomorph
1. Individuals have short arms and legs.	1. Individuals have thin legs and arms.	1. Individuals have balanced body composition.
2. Individuals have rounded physique.	2. Individuals have thin physique.	2. Individuals have athletic physique.
3. Individuals have undeveloped muscles.	3. Individuals have little or less muscles.	3. Individuals have strong muscles.
4. Individuals have high fat storage.	4. Individuals have very little fat storage.	4. Individuals have fat evenly stored all over the body.
5. Individuals have pear shaped body.	5. Individuals have rectangular shaped body.	5. Individuals have V-shaped body.
6. Individuals have less ability to compete in sports.	6. Individuals are best suited for events where height is helpful.	6. Individuals can excel in sports.

IMPORTANCE IN PHYSICAL EDUCATION AND SPORTS

Endomorphs :

An Endomorph has a pear shaped body with some fat on the body, upper arms and thighs. It is difficult for him to lose weight, but he gains muscle rapidly. A high waist and a short stature give him the illusion of having a thicker abdomen than other types. His upper arms and thighs are more developed than the lower portions. A general way to describe an endomorph's shape is round and soft or like a pear. This shape can increase muscle mass much more easily than ectomorphs. An endomorph can excel at power sports because of larger mass. Wrestling, discus, and shot-put are a few sports which are good for an endomorph. This body type is not generally suited for agility and speed, but strength activities like power lifting can be a great fit.

Ectomorphs :

An ectomorph is tall and slender with little fat or muscle. His shoulders, chest and hips are narrow. He has thin arms and legs. Ectomorph has trouble gaining weight due to a fast metabolism. It



takes longer for him to build muscle. In simple terms, the ectomorph body shape is much like a rectangle. His light frame makes him suited for endurance events, such as long distance running, and possibly for sports such as football or tennis where height is helpful. The slighter build of an ectomorph makes him more susceptible to injury. Thermo regulation comes more easily for them than for the other body types making ectomorphs dominant in endurance sports. Marathon running, swimming and soccer are excellent choices for them. If an ectomorph is tall, basketball may also be a great option. Ectomorphs also generally do well in gymnastics.

Mesomorphs :

A mesomorph is the classic V shape, with narrow hips and a wedge-shaped body. His arms and legs are muscular, and he has broad shoulders. His hips are narrow, and carry very little body fat. Mesomorphs can gain or lose weight easily and build muscle quickly. Most mesomorphs look mature for their age. This, along with minimal body fat, allows him to be a candidate for a top athlete in any sport, as he responds well to cardio and resistance training. A person with a mesomorph body type has more of a choice of sports. They can easily do well at many of them. Possibilities range from weightlifting and boxing to athletic sprinting and cycling for shorter distances.

2. Types of Personality on the basis of mental and intellectual dimension :

Carl Jung developed a theory of psychological types designed to categorize people in terms of various personality patterns. Jung's theory on personality types shows the various behavioural patterns and attitude. The classification is described below:

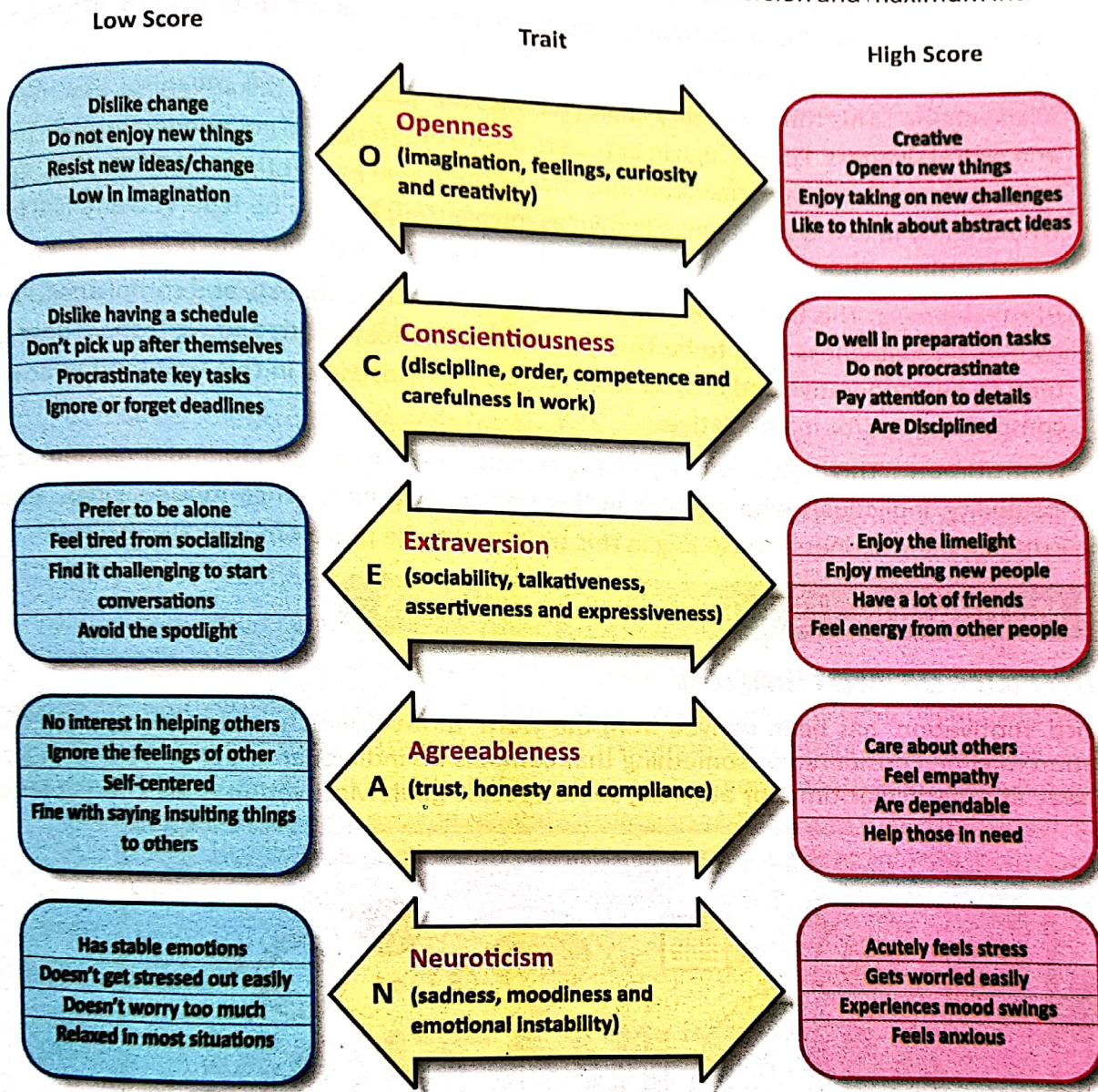
1. **Introverts** : Introverts are more comfortable living alone and being by themselves. The introvert is more comfortable with the inner world of thoughts and feelings, so they will see the world in terms of how it affects them. They depend on their "me time" to recharge; they become immersed in their inner world and run the risk of losing touch with their surroundings or their outer world. They tend to be introspective and keep their social circle limited. The typical introvert is shy, contemplative, and reserved and tends to have difficulty adjusting to social situations. Excessive daydreaming, careful balancing of considerations before reaching decisions, and withdrawal under stress are also typical of the introverted personality.
2. **Extroverts** : Extroverts are actively involved in the world of people and things; they are socially active and more aware of what is going on around them. They don't mind being the centre of attention, however spending too much time alone can drain them mentally. The extrovert is characterized by outgoingness, responsiveness to other person's activity, aggressiveness, and the ability to make quick decisions.
3. **Ambiverts** : Almost no one can be accurately described as wholly introvert or extrovert. Most persons fall somewhere between Jung's two types—i.e., they are ambiverts. Ambiverts are right in the middle and they actually make up the majority of the population. Ambiverts are socially comfortable and interactive, yet value alone time. But, they don't function well in either direction for too long. Ambiverts have a blend of traits from both introverts and extroverts, as well as their own unique strengths.

BIG FIVE THEORY

Many personality psychologists over the years have classified human personality traits into five basic dimensions of personality, referred to as the Big Five personality traits. The five broad personality traits described by the theory are openness, conscientiousness, extraversion, agreeableness and



neuroticism. An easy way to remember these are by acronym: OCEAN (openness, conscientiousness, extraversion, agreeableness and neuroticism). Importantly, each of the five personality factors represents a range between two endpoints. For example, extraversion represents a range between maximum extraversion and maximum introversion.



1. **Openness** : This trait's primary characteristics are imagination, feelings, curiosity and creativity. People who are high in openness tend to have a broad range of interests and skills. They are curious about the world and other people and are eager to learn new things and have new experiences. "Openness" people tend to be adventurous and creative. They feel emotions very intensely. People low in this trait are more traditional and may struggle with abstract thinking. They do not enjoy new things or changes, resist new ideas and are low in imagination.

2. **Conscientiousness** : This trait's primary characteristics are discipline, order, competence and carefulness in work. People high in this trait are thoughtful, goal oriented, strong with impulse control, and disciplined. Those high in conscientiousness are well organized and pay attention to detail. These people are planners and think about how their behaviour affects others. Lastly, they are mindful of deadlines. People low in this trait are disorganised, procrastinate and ignore or forget deadlines.
3. **Extraversion** : This trait's primary characteristics are sociability, talkativeness, assertiveness and expressiveness. People high in extraversion are outgoing and get energy from the people around them. Being in social situations makes them feel energetic or even excited. People who are low in extraversion (also known as introverted) tend to be reserved and feel low in social settings. They often prefer to be "in the corner" away from others.
4. **Agreeableness** : This trait's primary characteristics are trust, honesty and compliance. People high in agreeableness tend to be trust worthy, kind, affectionate and altruistic. These folks tend to be cooperative and easy to work with, while those low in this trait tend to be more competitive and/or manipulative.
5. **Neuroticism** : This trait's primary characteristics are sadness, moodiness and emotional instability. Individuals who are high in this trait tend to experience mood swings, anxiety, irritability and sadness. Those low in this trait tend to be more emotionally resilient.

9.2 MOTIVATION, ITS TYPES AND TECHNIQUES

DEFINITION OF MOTIVATION

The word 'motivation' has been derived from the word 'motive' which means 'aim or objective'. Motivation may be considered as something that compels an individual to act or behave in a particular way at a particular time for attaining some specific goal. Motivation is an internal feeling.



It is a psychological phenomenon which generates within an individual.

According to Alderman, "Motivation is the general level of arousal to action in an individual."

According to Sage, "The drive to strive is called motivation."



According to Crooks and Stein, "Any condition, that might energise and direct our actions is called motivation."

According to Morgan and King, "Motivation refers to state within a person or animal that drives behaviour towards some goal."

According to P.T. Yong, "Motivation is the process of arousing action, sustaining the activities in progress, and regulating the patterns of activity."

According to Johnson, "Motivation is the influence of general pattern of activities indicating and directing the behaviour of the organism."

In physical education and sports, motivation is very effective method to bring the required and effective changes in the behaviour, attitude and interest of an athlete or a player.

TYPES OF MOTIVATION

Motivation is a force which induces interest of learning of any activity or skill among the players or athletes. There are two types of motivation i.e. Internal Motivation (Intrinsic Motivation) and External Motivation (Extrinsic Motivation).

Internal Motivation refers to the objective motivation whereas External Motivation refers to awards, honours, privileges, rewards etc.

(a) Intrinsic Motivation (Internal Motivation) : It is a natural or internal motivation. It is an inner urge of the individual which motivates him or her towards the activity. Sometimes it depends upon emotional needs, biological needs, personal needs, social needs etc.

Intrinsic motivation can be explained as an inner desire to do something or involve himself in some activity and it may be out of pleasure or to get importance.

(b) Extrinsic Motivation (External Motivation) : It is always from outside. It occurs when external factors compel the person to do something. The motivated factor may be rewards, prizes, social recognition, job, teachers, parents etc. Such type of motivation is called extrinsic motivation. These rewards provide mental satisfaction and pleasure to the individual. External forces change the behaviour of the individual and one starts taking interest in the activity, it may be for the sake of rewards or social popularity, cash prize, etc. When individual takes interest for all this, it means one is motivated extrinsically.

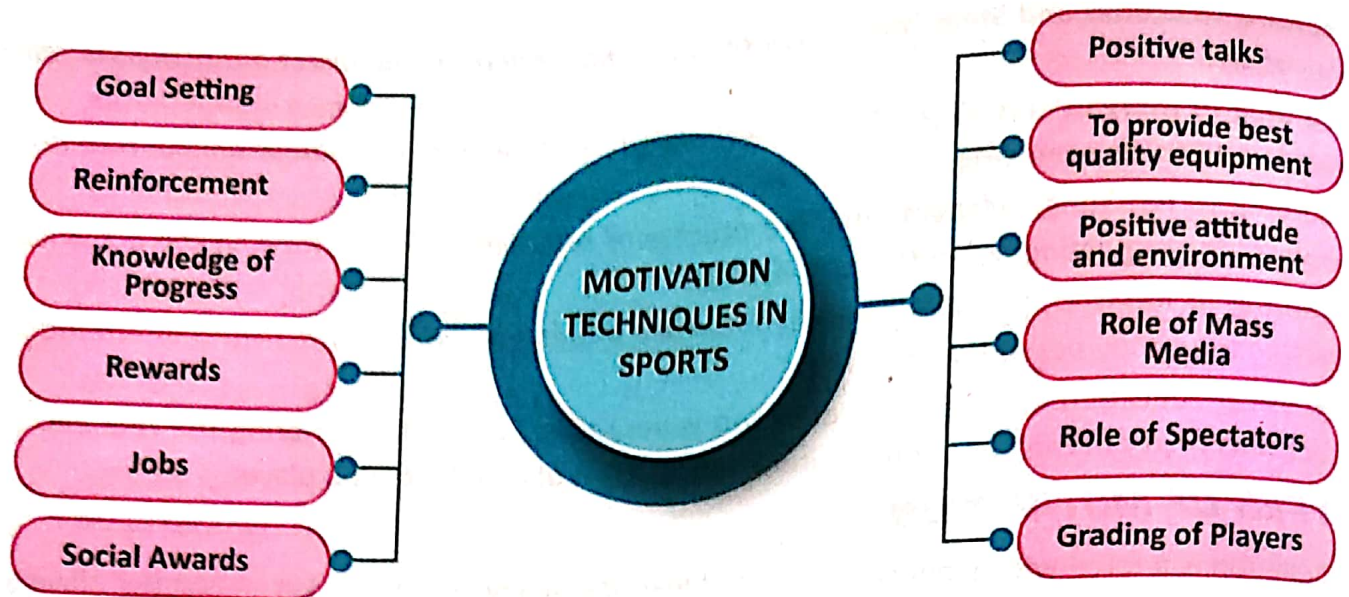
Various sources of external motivation are described as follows :

1. **Knowledge of the Goal** : Learner must be made knowledge of result mentally ready towards the achievement of the goal.
2. **Knowledge of Result** : It helps the person to know about his progress from time to time.
3. **Awards / Rewards** : Rewards / Awards can be given in the form of Cash, Job or Social recognition.
4. **Punishment** : It can be given in the form of fear, rejection, losing social status etc.

MOTIVATION TECHNIQUES IN SPORTS

There are various ways to motivate a person but it varies from individual to individual because all the persons are not same. They come from different backgrounds with different attitudes and behaviour. So they have to be dealt with various methods. Following techniques can be used to motivate an athlete or a person :





1. **Goal Setting** : Goal setting is one of the most powerful techniques of motivation. The athlete should be very specific and clear about his goal. In other words, athlete should be very clear what he has to do, how, and why. If these three things are clear in the mind of the athlete then there will be no problem in motivation and one will do the things accordingly. One should be prepared mentally to do the activity and work to achieve the goal. The goal should not be impossible to achieve, it should be in the reach of the individual. One should know the advantages of attaining the goal.
2. **Reinforcement** : Reinforcement is the use of rewards and punishments that will work to either encourage a certain action or decrease it in the future. There are two ways of using reinforcement - a positive approach and a negative approach. The positive approach focuses on rewarding appropriate behaviour - this increases the likelihood of this behaviour happening again. The negative approach focuses on punishing undesirable behaviours and should lead to a decrease of these behaviours in the future. Most coaches and instructors combine positive and negative approaches.
3. **Knowledge of Progress** : The athlete should know fully about himself, his capacity, quality, behaviour, etc. Periodic positive results act as a strong motivational force. One should be made aware about his progress from time to time. Knowledge of progress is must because progress is also a reward in itself.
4. **Rewards** : They can be effective for further progress and to achieve goal. This can be very effective to motivate the players. Various rewards and cash prizes act as strong motivational force to perform.
5. **Jobs** : Outstanding sportspersons can be offered good jobs according to their achievement and educational qualifications. There are various departments which provide jobs to good sportspersons i.e. Police departments in various states, Indian railways, Banks, Air India, etc.
6. **Social Awards** : Government of India every year announces award for outstanding sports persons who bring laurels for the country in various games and sports. They are honoured with Arjuna Awards, Padma Shri, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Major Dhyan Chand Award, Padma Bhushan etc. Some special awards are also given for international achievements.



7. **Positive talks** : Positive talk by the teachers or coaches is one of the best methods to motivate an individual. It can help the athlete to change his thinking and behaviour. It is most important even for players and athletes at international level. At lower stages it works as a most successful tool for motivation.
8. **To provide best quality equipment** : The players and athletes should be provided the best possible equipment, which will help the athlete to avoid sports injuries, best and easy practice without any tension in mind. Good quality equipment urge the participants to participate in the activity where as an old and sub-standard equipment may turn off the interest of the individual.
9. **Positive attitude and environment** : It is most important to have positive attitude and environment for successful training programme. The coach and the trainee should have positive attitude towards each other and towards the activity. The cordial environment plays a vital role to motivate an athlete.
10. **Role of Mass Media** : Television and Newspapers play an important role in motivating the players. When media gives coverage and recognition to the performance of the sportspersons it gives boost to their self confidence.
11. **Role of Spectators** : Crowd plays an important role in motivating the players. Good and positive responses of spectators encourage the sportspersons to give their maximum.
12. **Grading of Players** : Classification of players on the basis of their performance also helps in motivating the players. All the players try to perform and give their best effort to achieve the best grade.

9.3 EXERCISE ADHERENCE, REASONS TO EXERCISE, BENEFITS OF EXERCISE

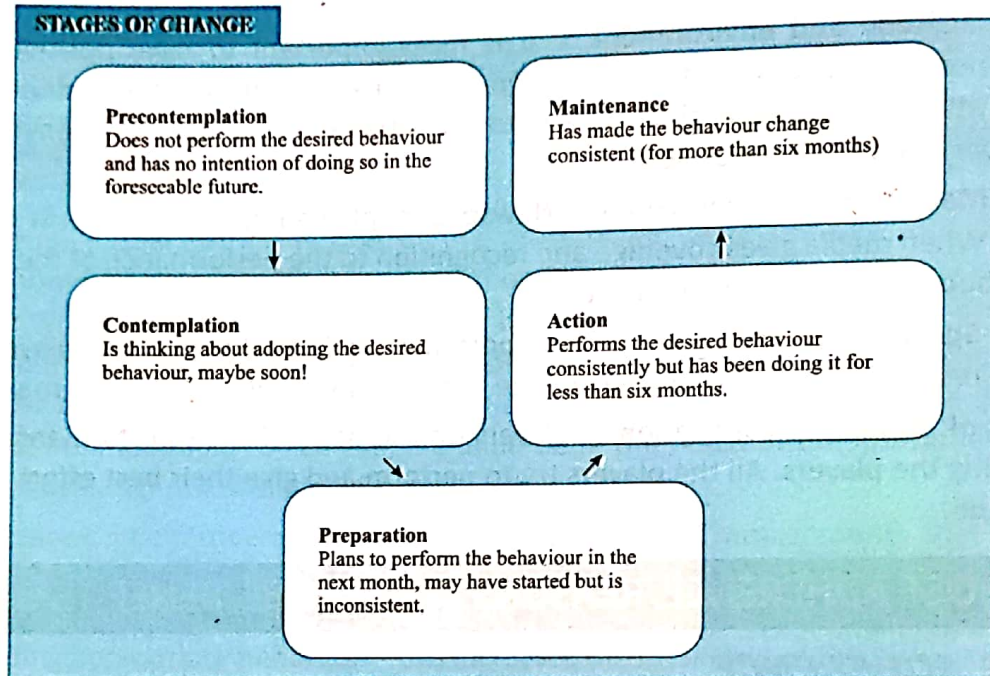
EXERCISE ADHERENCE

Adherence means "sticking to" or "being faithful" to something. Sticking to a fitness program or an exercise regimen is known as "Exercise Adherence." Most of the people start a workout program but find it very challenging to stick to it. 50 per cent of individuals drop-out from formal exercise programs within the first three months of starting, (Buckworth and Dishman, 2002).

Exercise Adherence is the extent to which an individual acts in accordance with the advised exercise dose, interval, and exercise regimen for a prolonged period of time following the initial adoption phase. Behavioural theories attempt to explain why some people adopt a particular behaviour while other members of the same population do not. A popular theory from Prochaska and others (1992), suggests that people progress through five stages of change and decision-making while they think about, adopt, adapt to and learn new habits and behaviours. Similarly Transtheoretical Model (TTM) of Behavior Change talks about the five stages of change. The five stages are given below:

1. **Precontemplation** : The first stage is precontemplation, during which people are sedentary and are not even considering an activity program. These people do not see activity as relevant in their lives, and may even discount the importance or practicality of being physically active.
2. **Contemplation** : The next stage is contemplation. People in the contemplation stage are still sedentary. However, they are starting to consider the importance of activity and have begun to identify the implications of being inactive. Nevertheless, they are still not ready to commit to making a change.

3. **Preparation Stage:** The preparation stage is marked by some physical activity, as individuals are mentally and physically preparing to adopt an activity program. Activity during the preparation stage may be a periodic walk, or even a periodic visit to the gym, but it is inconsistent. People in the preparation stage are ready to adopt and live an active lifestyle.
4. **Action Stage:** During this stage, people engage in regular physical activity, but have been doing so for less than six months.
5. **Maintenance Stage:** The final stage is maintenance, which is marked by regular physical activity participation.



REASONS TO EXERCISE

Physical exercise is any activity which enhances or maintains physical fitness and overall health. It is performed for various reasons. These include strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and for enjoyment. Some reasons to exercise are described below.

1. **Benefits the mind :** Exercise benefits every part of the body, including the mind. Exercising causes the body to make chemicals that can help a person to feel good. Exercise can help people sleep better. It can also help some people who have mild depression and low self-esteem.
2. **Better Physical Appearance :** Exercise can help one look better. People who exercise burn more calories and look more toned than those who don't. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.



3. **Helps weight control** : Exercise helps people control weight and lower the risk of some diseases. Exercise burns calories as you expend energy with each movement. Your metabolic rate also increases with physical activity and remains elevated even while at rest - meaning you continue to burn calories even when you're not active. Exercising regularly decreases a person's risk of developing certain diseases, including obesity, type 2 diabetes, and high blood pressure.
4. **Prevention from diseases** : Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression, anxiety, many types of cancer, arthritis and falls. It can also help improve cognitive function and helps lower the risk of death from all causes.
5. **Help a person age well** : Exercise helps people as they get old. As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age. For example, osteoporosis (a weakening of the bones) can be a problem as people get older. Exercises — like jumping, running, or brisk walking — can help keep bones strong.
6. **Improves Memory**: During exercise, brain gets more energy and oxygen, that can boost your memory and help one learn better. The effects of exercise on many of your bodily systems ultimately pays off in improving your cognitive functioning. Regular physical exercise helps your neurons stay in shape particularly in the memory areas of your brain. Moderate walking can help your brain's memory center, the hippocampus, maintain its health and vitality.
7. **Helps in building Better Posture**: Good posture is important, and one of the best ways to fix bad posture is to exercise. Exercising with weights and other forms of resistance training develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become more firm and toned. Regularly exercising abs, back, and other muscles can go a long way into fixing posture, both sitting and standing.
8. **Boosts Confidence**: Exercise can improve one's appearance which can improve confidence. Exercise helps one feel more accomplished and social. Exercise makes one feel better which in turn improves confidence.
9. **Improved Psychological/ Mental Health**: Stress can really cause problems with your mind, but studies have shown that exercise is a great way to combat it. People who exercise regularly also have lower risk of depression. Exercise releases natural stress-fighters called endorphins, which help fighting stress. These regular exercise-related boosts eventually improve your overall mental health over the long term.
10. **Increases Energy**: Exercise can be a real energy booster for healthy people, as well as those suffering from various medical conditions. Exercise can significantly increase energy levels for people suffering from chronic fatigue syndrome (CFS) and other serious illnesses. Regular exercise can make one feel more energized throughout the day. Exercising helps body to function more efficiently, and body gets more oxygen to fuel your body's cells. You also feel fewer aches and pains and have greater strength. As a result, you can go about your daily activities feeling less fatigued, stressed, and weary.
11. **Improved Social Life**: Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.
12. **Increases life expectancy**: Exercise improves life expectancy. It helps in maintaining all the systems of body in perfect shape which increases life expectancy.



13. **Brings about better sleep** : Exercise during the day benefits your sleep at night. The physical exertion you engage in during the day helps your body's circadian rhythm keep in tune. Sleeping better at night also improves, in turn, your immune functioning and even lowers your risk for heart disease, diabetes, and cognitive impairment.

BENEFITS OF EXERCISE

Regular exercise is an important part of a healthy lifestyle. Exercise benefits the body not just physically but as a whole. Some of the benefits of exercise are as follows:

1. **Improves muscle strength**: Regular exercise can increase strength of muscles, makes the body more flexible and reduces the chances of any injuries. Strong muscles and ligaments also reduce the risk of back ache and stiffness. Exercise also helps to improve balance and coordination.
2. **Improves bone health**: Exercise is the key to maintaining your bone's health. Weight bearing exercise such as running, walking or weight training lowers risk of both osteoarthritis and osteoporosis. Individuals who exercise regularly have better bone density than those who don't exercise.
3. **Enhances Flexibility**: Stretching exercises are also important for good posture. They keep your body limber so that you can bend, reach and twist. Improving your flexibility through exercise reduces the chance of injury and improves balance and coordination.
4. **Helps to maintain a healthy weight**: Exercise can help prevent excess weight gain or help maintain weight loss. Exercise helps to burn more calories, thus helping to lose the extra weight. Regular exercise can help to strengthen muscles as well as maintain a healthy weight and keep you fit. A healthy body also boosts the self-esteem of an individual.
5. **Improves Cardiac Performance** : Regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease. Exercise reduces LDL cholesterol (the type that clogs your arteries), increases HDL (the good cholesterol) and reduces blood pressure so it lowers the stress on your heart. Added to this, it also strengthens your heart muscle. Combined with a healthy diet, exercise lowers the risk of developing coronary heart disease.
6. **Increases stamina and endurance** : One of the long term effects of exercise includes an increase in stamina and endurance of an individual. Exercise improves your stamina by training your body to become more efficient and use less energy for the same amount of work. As your conditioning level improves, your heart rate and breathing rate return to resting levels much sooner from strenuous activity.
7. **Improves metabolism** : Exercise increases the metabolism of the body. While exercising, more calories are burnt because exercising muscles require more fuel. After the exercise, body further burns out more calories for the process of recovery.
8. **Enhances immunity** : Exercise helps in strengthening the immune system, this is because it causes physiological changes in the immune system. Exercise helps to improve the body's ability to pump oxygen and nutrients in the body. It also helps to increase the number of antibodies and white blood cells (WBCs) thus boosting the immunity.
9. **Improves sleep pattern** : Exercise during the day benefits your sleep at night. Physical activity stimulates the circadian rhythm of our body which is responsible for the sleep cycle. People who engage in physical activity are more likely to overcome sleep disorders such as insomnia.



10. **Improves mood and well-being :** Physical activity stimulates various brain chemicals that help you feeling happier, more relaxed and less anxious. Physical activity stimulates the release of endorphins which make you feel better and more relaxed. These in turn give you an improved sense of well-being.
11. **Reduce stress :** Regular exercise tends to decrease the usual amount of cortisol in your bloodstream, leading to a reduction in symptoms of stress. Physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind. Stress relief is one of the most common mental benefits of exercise.
12. **Lowers anxiety :** Exercise is a natural and effective anti-anxiety treatment. A person who works out regularly will be less anxious than people who do not work out. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Chemicals that are released during and after exercise can help people with anxiety disorders calm down. Moderate-to-high intensity aerobic exercise can reduce anxiety.
13. **Reduces depression :** People who exercise regularly also have lower risk of depression. Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication and with no side-effects. Exercise is a powerful depression fighter for several reasons. It releases endorphins that makes one feel good.
14. **Improves self-confidence :** Physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth.
15. **Sharpens memory :** Exercise can improve brain function and protect memory and thinking skills. Regular physical activity boosts memory and ability to learn new things. Getting sweaty increases production of cells responsible for memory and learning. Exercising stimulates the growth of new brain cells and helps prevent age-related decline.
16. **Improves Brain Function :** Exercise increases blood flow and oxygen levels in the brain. It also encourages the release of the brain chemicals (hormones) that are responsible for the production of cells in the hippocampus, the part of the brain that controls memory and learning. This, in turn, boosts concentration levels and cognitive ability, and helps reduce the risk of cognitive degenerative diseases such as Alzheimer's.
17. **Helps in socialising :** Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

9.4 STRATEGIES FOR ENHANCING ADHERENCE TO EXERCISE

The motivation to exercise regularly can be extrinsic or intrinsic; which means that motivation to exercise comes to a person due to internal or external reasons. Intrinsic motivation comes from internal states in form of challenges, enjoyment or personal satisfaction. Extrinsic motivation is any external factor that drives you, whether it's to decrease your blood pressure, appearance or social factors like participation in activities or fit in those skinny jeans. Motivating oneself is the most important strategy to enhance adherence to exercise. Continuous motivation results in a better compliance and adherence to exercise. Some strategies for enhancing adherence to exercise are given below :



Physical Education - XII



1. **Identify barriers to behaviour change** : In case of Non-Adherent individuals it becomes important to identify the basic cause and barriers responsible for poor compliance to exercise. These can include; lack of time, lack of energy, lack of social support, overly intense exercise routine, lack of will power etc. The barriers should be identified and efforts should be made to remove all the hindrances.
2. **Simple exercise in the beginning** : Beginners should start by doing simple exercises when they try to begin a routine. It's better to start with easy exercise goals that one can achieve. The more ambitious the goal, the more is the possibility to fail and give up. As the targets are achieved self-confidence increases. Then one can move on to more challenging goals.
3. **Set appropriate goal** : Exercising goals should be clear and easy to understand. Goals are important. They can keep you going day after day and give you a measuring stick against which you can track your progress. Goals should push you, but they should also be reasonable. One should break it down so that it is to manage.
4. **Make a schedule** : The best way to make time for exercise is to have a written plan. Decide on the best time for exercise in your schedule. Check your schedule in the morning and form a mental picture of when and how you'll be exercising that day, which helps you stay motivated.
5. **Select interesting exercises** : Choose activities that make you feel happy and confident. If the workout is unpleasant, the person is unlikely to stick with it. Don't choose activities like running or lifting weights at the gym just because you think that's what you should do. Instead, pick activities that fit your lifestyle, abilities, and taste. Just about everyone can find a physical activity they enjoy.
6. **Monitor your progress** : One should keep an eye on how things are going. It helps to improve over time. Use fitness trackers or smartphone apps to log each activity. This quantifies the experience and gives you more insight in your progress. If one falls behind, logs can also be a means of identifying possible changes. By being methodical about workout regimen, one can be more successful.



7. **Be Regular** : A regular workout session is a lot better than one not done at all. It is also a lot better than exercises done irregularly. Regular exercising is going to yield better results compared to lot of exercise done at one time. It is important that one must exercise regularly.
8. **Have a positive mindset** : It is very important to keep a positive mindset. A discouraged mind will show poor compliance and non-adherent behaviour. However, adopting a positive attitude can lead to an increase in motivation and exercise adherence.
9. **Self-Control** : To increase the amount of self-control over workouts, one needs to remove as many barriers, hurdles or excuses as possible to make it easier to make the right decision. One should write a list of excuses or hurdles that tend to get in the way of workouts and then come up with an alternative plan to remove the barriers altogether.
10. **Take support of others /Make it social** : Exercise can be a fun time to socialize with friends and working out with other scan help keep you motivated. For those who enjoy company but dislike competition, a running club, water aerobics, or dance class may be the perfect thing. Others may find that a little healthy competition keeps the workout fun and exciting. You might seek out tennis partners, join an adult soccer league, find a regular pickup basketball game, or join a volleyball team. This has a powerful impact in increasing the exercise adherence.

9.5 MEANING, CONCEPT AND TYPES OF AGGRESSIONS IN SPORTS

In psychology, the term Aggression refers to a range of behaviours that can result in both physical and psychological harm to oneself, others or objects in the environment.

Aggression may be defined as harmful behaviour which violates social conventions and which may include deliberate intent to harm or injure another person or object.

According to Merriam-Webster Dictionary, "Aggression is hostile, injurious, or destructive behaviour or outlook especially when caused by frustration."

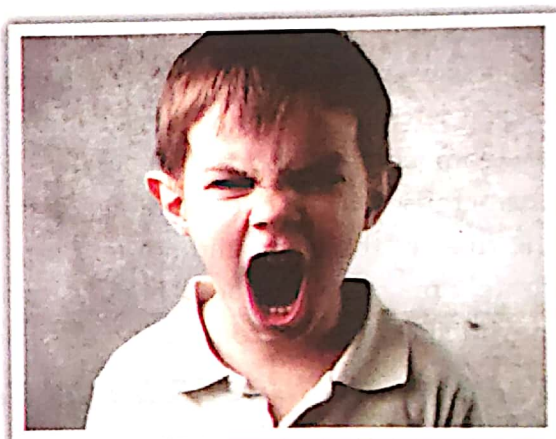
According to Baron & Richardson, Aggression is defined as "any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment".

The expression of aggression can occur in a number of ways including verbally, mentally and physically. Psychologists distinguish between different forms of aggression, different purposes of aggression and different types of aggression.

Forms of Aggression

Aggression can take a variety of forms, including:

- | | |
|--------------|----------------|
| (i) Physical | (ii) Verbal |
| (iii) Mental | (iv) Emotional |



While we often think of aggression as purely in physical forms such as hitting or pushing, psychological aggression can also be very damaging. Intimidating or verbally berating another person, for example, are examples of verbal, mental and emotional aggression.

Purposes of Aggression

Aggression can also serve a number of different purposes:

- (i) To express anger or hostility
- (ii) To assert dominance
- (iii) To intimidate or threaten
- (iv) To achieve a goal
- (v) To express possession
- (vi) A response to fear
- (vii) A reaction to pain
- (viii) To compete with others

Aggression in Sports

Terry and Jackson (1985) defined aggression in sport as: 'harm-inducing behaviour bearing no direct relationship to the competitive goals of sport, and relates, therefore, to incidents of uncontrolled aggression outside the rules of sport, rather than highly competitive behaviour within the rule boundaries.'

Aggressive and violent actions which might be illegal in non-contact sports like Basketball, Football, Cricket, etc. are legal and allowed in the context of combat sports like Judo, Karate and Wrestling, or team contact sports like Rugby, American football and Ice hockey. All these sports are characterised by high levels of aggression and often violent physical contact which may be within the rules of the game and not intended to injure. The same sort of behaviour outside the sports context may however be defined as criminal. Participants in these sports have also accepted the inevitability of rough contact and possible injury in these sports.

TYPES OF AGGRESSION IN SPORTS

- 1. Impulsive Aggression** : Impulsive aggression, also known as affective aggression, is characterized by strong emotions, usually anger. This form of aggression is not planned and often takes place in the heat of the moment. This is defined as a behaviour which involves the use of legitimate physical or verbal force to achieve one's purpose. The intention usually is to establish dominance rather than hurting the opponent. For example, Sledging in cricket to cause psychological discomfort to the player. It can also be called as an assertive behaviour which is goal oriented, not intended to harm, uses only legitimate force and does not break any rule of game or sport.
- 2. Instrumental Aggression** : Instrumental aggression, also known as predatory aggression, is marked by behaviours that are intended to achieve a larger goal. Instrumental aggression is often carefully planned and usually exists as a means to an end. This is also called channeled



aggression and is not accompanied by anger. Instrumental aggression is when the main aim is achieve a goal by using aggression.

Examples : In football, a defensive lineman will usually do whatever it takes to stop his opponent (the blocker) and tackle the ball carrier. This often includes intentionally inflicting pain on his opponent if doing so is useful in helping him get the blocker out of the way so he can get the ball carrier. The player is not using his aggression to hurt the opponent but rather to save the goal. This is instrumental aggression.

3. **Hostile Aggression :** It is also called as reactive aggression and can be accompanied by anger. It means causing harm to someone else, whether physical or psychological. The main aim in hostile aggression is to cause pain and suffering by causing an injury to your opponent.

For Example : A bowler throwing a bouncer deliberately to shake up concentration of a batsman. Some cricketers have deliberately done this in the past with the intention of causing an injury.

4. **Assertive Behaviour :** Often acts in sport are coined as aggressive but in fact the player is actually displaying Assertive behaviour. This is defined as behaviour that involves the use of legitimate physical or verbal force to achieve ones purpose e.g. sledging in cricket to cause psychological discomfort to the batsman. For an act to be assertive, it must be goal directed with no specific intention to harm with the use of legitimate force with no rules broken. When one is being assertive, the aim is to establish dominance rather than to harm the opponent. Any physical injuries that may occur via assertive behaviour is accidental and an unintentional by-product.

Aggression due to Situational Factors

1. **Temperature :** Higher temperatures can lead aggressive athletes to become more aggressive.
2. **Retaliation due to perception of victim's intent :** Some athletes imagine that an opponent's intent is to inflict harm, so they respond with aggression against the opponent.
3. **Fear of retaliation by victim :** To an extent, the fear of retaliation by the victim of aggression can discourage the aggressive player from initiating that aggression.
4. **Game situation :** More aggressiveness occurs as there is a big difference between scores. When the scores are close, aggression is at a minimum.
5. **Rivalry due to familiarity :** As players become more familiar with one another due to frequency of play, rivalries also may increase, and aggression in turn becomes more frequent.
6. **Reduced goal orientation :** As the ego state of the athlete increases, there is general lack of respect for the game or the official. A high task goal orientation results in a higher level of sportsmanship.



Important Questions

Multiple Choice Questions

1. 'Personality' comes from the Latin *persona*, meaning:
(a) privacy (b) person
(c) mask (d) attitude
2. Sheldon proposed three different types of traits. The traits that would best describe a football player would be:
(a) mesomorph (b) endomorph
(c) ectomorph (d) activomorph
3. To what kind of activities is a person with ectomorphic body-build more suited?
(a) Speed-based (b) Endurance-based
(c) Strength-based (d) Agility-based
4. From the viewpoint of body-build, an ectomorphic individual has a
(a) thin and slender frame (b) bulky and stocky body
(c) muscular & athletic frame (d) body-beautiful image
5. What point-scale did Sheldon use to classify individuals in his somato-typing system?
(a) 1-5 (b) 1-7
(c) 1-9 (d) None of these
6. Which of the following is not one of the Big Five Personality Factors?
(a) Submissiveness (b) Agreeableness
(c) Extraversion (d) Neuroticism
7. According to Carl Jung, these people are more comfortable living alone and being by themselves:
(a) Ambiverts (b) Extroverts
(c) Introverts (d) Ectoverts
8. These kind of people are characterized by outgoing-ness, responsiveness to other persons, activity, aggressiveness and the ability to make quick decisions:
(a) Ambiverts (b) Extroverts
(c) Introverts (d) Ectoverts
9. The big five model of personality contains the following dimensions:
(a) openness, narcissism, psychoticism, conscientiousness, extraversion
(b) psychoticism, neuroticism, extraversion, openness, agreeableness
(c) openness, conscientiousness, extraversion, agreeableness, narcissism
(d) conscientiousness, agreeableness, neuroticism, openness, extraversion
10. How are the big five personality factors (McRae and Costa, 1990, 1996) also known?
(a) RIVER Scale (b) BROOK Scale
(c) PONDS Scale (d) OCEAN Scale



- 11.** Which of the following is an intrinsic motivator?
 (a) Pay (b) Promotion
 (c) Feedback (d) Interest of play
- 12.** Inner urge of an individual which motivates him or her towards the activity is called as:
 (a) Intrinsic motivation (b) external motivation
 (c) secondary motivation (d) awards and rewards
- 13.** In terms of motivation, what drives our thoughts, moods and behaviours?
 (a) Planetary bodies (b) Natural phenomena
 (c) Social circumstances (d) Internal & external forces
- 14.** This is also known as predatory aggression:
 (a) Assertive behavior (b) Instrumental aggression
 (c) Impulsive aggression (d) Hostile aggression
- 15.** This is also called as reactive aggression:
 (a) Assertive behavior (b) Instrumental aggression
 (c) Impulsive aggression (d) Hostile aggression
- 16.** This form of aggression is not planned and often takes place in the heat of the moment:
 (a) Assertive behavior (b) Instrumental aggression
 (c) Impulsive aggression (d) Hostile aggression
- 17.** Which of the following is an example of extrinsic motivation?
 (a) Trying to beat your personal best in a 100m sprint
 (b) Participating in badminton for enjoyment
 (c) Wanting to swim a length of the swimming baths to gain a badge
 (d) Taking up aerobics to get fitter
- 18.** Which one of the following is an example of intrinsic motivation?
 (a) Trying to win the cup in a hockey tournament
 (b) Earning money by refereeing a football match for your younger children
 (c) Enjoying performing a new dance routine
 (d) Getting a swimming badge to please your parents
- 19.** Persons who score low in extraversion trait of Big Five Theory have the following trait:
 (a) Sociable (b) Talkative
 (c) Expressive (d) Avoid the social meetings
- 20.** Individuals who are more prone to mood swings and emotional reactivity are known as:
 (a) Neurotic (b) Modest
 (c) Altruistic (d) Impulsive
- 21.** A person having both traits of introvert and extrovert is known as? (CBSE SQP 2020)
 (a) Mesomorph (b) Extroversion
 (c) Ambivert (d) Endomorph
- 22.** Person with emotional instability and negative emotions are termed as _____. (CBSE SQP 2020)
 (a) Neuroticism (b) Agreeableness
 (c) Openness (d) Conscientiousness



Very Short Answer Type Questions

1. What do you mean by Psychology?
2. What do you understand by Personality ?
3. Write the types of personality.
4. Define motivation.

(All India, 2018)

Or

Explain briefly about Motivation.

(July 2017)

5. Write two techniques of motivation.
6. How extrinsic motivation sometime may kill intrinsic motivation ?

(C.B.S.E. Sample Paper 2015)

(Delhi 2015)

(All India 2015)

7. Explain the term "Realistic" in goal setting principles.
8. Explain Intrinsic motivation.

Or

What do you understand by Intrinsic Motivation?

9. How participation in physical activities enhances self esteem among children ?

(All India, 2016)

10. What is Aggression ?

Or

What do you mean by the term 'Aggression' in sports ?

(All India, 2018)

11. What are the forms of Aggression ?
12. What are the purposes of Aggression ?
13. What do you mean by exercise adherence ?
14. Explain the Jung's classification of personality.
15. Define the term 'Emotions'.
16. What is hostile aggression ?
17. What is the difference between Endomorph and Mesomorph types of personalities ?

(C.B.S.E. Sample Paper, 2019)

(Delhi, 2018)

(Delhi, 2019)

(Delhi, 2019)

Short Answer Type Questions

1. What are the different dimensions of personality ? Write in brief about any two.

(Delhi, 2017)

2. Explain the personality types.
3. Explain the types of motivation.
4. Explain the meaning of external motivation.
5. What is meant by 'motivation' ? Explain the different techniques of motivation to achieve high goals in sports.
6. Suggest various external methods of motivating a person for better performance in sports.

(C.B.S.E. Sample Paper, 2019)

(All India, 2017)

(SQP 2020)

7. Explain Sheldon's classification of personality and explain its importance in physical education and sport.
8. Personality and Posture are the two opposite sides of the same coin. Comment.
(C.B.S.E. Sample paper 2016)
9. What do you understand by the term "Specific" in goal setting principle.
10. Explain briefly the two types of Aggression.
(SQP 2020)
11. Explain Aggression due to situational Factors.
12. What is the role of aggression in sports ?
13. What do you mean by Aggression? Discuss briefly about Instrumental Aggression and Hostile Aggression in sports.
14. Give any 3 reasons to exercise.
15. Write any 3 benefits of exercise.
16. Explain the strategies for enhancing adherence to exercise.
(All India, 2019)

ong Answer Type Questions

1. What are the dimensions of personality ? Also discuss the role of sports in personality development.
2. What is personality ? Explain its different dimensions.
3. Explain the techniques of motivation.
(All India, 2017)
4. What are the psychological benefits of exercise ? Explain.
5. Participation in sport results in all-round development of personality. Justify.
(2018)
6. Explain Sheldon's classification of personality and explain its importance in physical education and sports.
(C.B.S.E. Sample Paper, 2015)
7. Differentiate between intrinsic and extrinsic motivation. Explain in detail goal setting and Reinforcement as technique of motivation.
(Delhi, 2015)
8. Explain Big Five Theory.
(Delhi, 2016)
9. What is meant by exercise adherence ? Give reasons and benefits of exercise.
10. Explain the various strategies for enhancing adherence to exercise.

