

Psychology and Sports

PART 1

Objective Questions

• Multiple Choice Questions

1. According to its Greek meaning, psychology came to be understood as
(a) Scientific study of soul (b) Study of behaviour
(c) Study of mind (d) Study of consciousness

Ans. (a) According to its Greek meaning, psychology came to be understood as Scientific study of soul.

2. According to whome, 'Psychology is the science of human behaviour'?

- (a) WB Pillsbury (b) JB Watson
(c) Both (a) and (b) (d) None of these

Ans. (c) According to WB Pillsbury and JB Watson, 'Psychology is the science of human behaviour'.

3. The term _____ is referred to as an improvement in functioning.

- (a) Growth (b) Development
(c) Phycology (d) Adolescent

Ans. (b) The term development is referred to as an improvement in functioning.

4. According to whom 'Development can be observed and to a certain extent measures and evaluated. Its revaluation and measurement can be done in three ways, i.e., anatomical, physiological and behavioural'?

- (a) Crow and Crow (b) Gesell
(c) Herlock (d) Woodwroth

Ans. (b) According to Gesell 'Development can be observed upto some extent, measures and evaluated. Its revaluation and measurement can be done in three ways, i.e., anatomical, physiological and behavioural'.

5. Growth is considered which type of process?

- (a) Continuous process (b) Quantitative process
(c) Qualitative process (d) Both (a) and (b)

Ans. (b) Growth is considered as a quantitative process as it can be measured.

6. Pinky is a 13 year old girl. She has an elder sister of 19 years and a younger brother of 5 years. Pinky falls in the age group of

- (a) Infants (b) Childhood
(c) Adolescents (d) Adulthood

Ans. (c) Pinky falls in the age group of adolescent. This stage spans from 13 to 19 years.

7. Which of the following is a problem faced by adolescents?

- (a) Drug addiction (b) Social standing
(c) Aggression (d) All of these

Ans. (d) Problems faced by adolescents are drug addiction, social standing, aggression, etc.

8. Ajay is the coach of a Basketball team. He often notices that the team members do not play as a team. They are more interested in playing individually. What kind of issues the members are having?

- (a) Behaviourial issues (b) Emotional problems
(c) Problems in motor skills (d) All of these

Ans. (a) The team members are going through behavioural issues as they are not playing as a single unit but are more interested in their individual performances.

9. Atul noticed that his 14 year old son has become very emotional and hyper. He overreacts in minor situations and becomes too protective of himself. What problems is he going through?

- (a) Physical problems (b) Uncontrollable emotions
(c) Both (a) and (b) (d) Neither (a) nor (b)

Ans. (b) Atul's 14 year old son is facing the problem of uncontrollable emotions as he becomes very emotional and hyper. He is going through the stage of adolescence. Children in this stage go through sudden change of mood and outbursts.

10. Match the following.

List I	List II
A. Mental problems	1. Height, weight
B. Physical changes	2. Self hate, depression
C. Unstable emotions	3. Stress, tension, anxiety
D. Social standing	4. Confusion, personal identity

Codes

	A	B	C	D		A	B	C	D
(a)	1	4	2	3	(b)	3	1	2	4
(c)	2	3	4	1	(d)	3	4	1	2

Ans. (b) The correct match is A-3, B-1, C-2, D-4.

- 11.** Aman's parents feel that Aman is acquiring some bad habits like lying, stealing and even fighting with his peers. He should be taken to a _____.

(a) Physician (b) Physical education instruction
(c) Counsellor (d) Sports academy

Ans. (c) Aman should be taken to a counsellor so that the counsellor can talk to Aman and understand the feelings and emotions that he is going through.

• Assertion-Reasoning MCQs

Directions (Q. Nos. 1-4) Each of these questions contains two statements, Assertion (A) and Reason (R). Each of these questions also has four alternative choices, any one of which is the correct answer. You have to select one of the codes (a), (b), (c) and (d) given below.

Codes

- (a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true, but R is not the correct explanation of A
(c) A is true, but R is false
(d) A is false, but R is true

- 1. Assertion** (A) Psychology is the science of human behaviour.

Reason (R) Psychology is not related to sports.

Ans. (c) The Assertion is true as the subject of psychology deals with the thinking pattern of human mind that influences human behaviour.

The Reason is false as psychology influences the behaviour and thinking of a sports person so it is related to sports also. Thus, Assertion A is true, but R is false.

- 2. Assertion** (A) Sports psychology plays a major role in learning motor skills.

Reason (R) Growth refers to structural and physiological changes.

Ans. (b) The assertion is true as sports psychology influences the learning capabilities of the players and enables them to grasp specific motor skills needed in sports. Reason is also true as growth changes the physical structure of human being. It also brings Psychological changes. But reason does not explain assertion. Thus, both A and R are true and R is not the correct explanation of A.

- 3. Assertion** (A) Growth is qualitative in nature.

Reason (R) Adolescents face many problems including the problem of social standing.

Ans. (d) The concept of growth is quantitative in nature, it is not qualitative. Adolescent is the age group that faces a lot of problems due to their social standing. They are confused about themselves, their needs and their abilities. Thus, A is false but R is true.

- 4. Assertion** (A) Adolescent age period is quite dynamic in nature.

Reason (R) In this age group, both girls and boys go through the emotional and physical changes.

Ans. (a) Assertion is true as the age group of adolescents undergo extreme variations emotional variations, interests, capacities and physical changes.

Reason is also true as adolescent boys and girls go through a lot of changes physically and emotionally. Reason correctly explains assertion. Thus, Both A and R are correct and R is the correct explanation of A.

• Case Based MCQs

- 1.** Sports psychology is important for coaches also, to understand the behaviour patterns of sports persons in different situations and to modify their behaviours accordingly. The coaches then are able to understand various emotions faced by the sports persons like fear, anger, disgust, aggression, frustration etc.

- (i) Sports psychology is helpful for which of the following?

(a) Sports coaches
(b) Sports persons
(c) Physical education teachers
(d) All of above these

Ans. (d) Sports psychology is a subject that is helpful in understanding the behaviour of sports persons, so it is helpful for coaches, physical education teachers and sports persons.

- (ii) Sports psychology plays a significant role in _____.

(a) Understanding behaviours
(b) Solving emotional problems
(c) Both (a) and (b)
(d) None of the above

Ans. (c) Sports psychology plays a significant role in both i.e. understanding behaviours of the sports persons as well as in solving their emotional problems.

- (iii) With the help of sports psychology, coaches can better understand which of the following?

(a) Growth
(b) Development
(c) Aggression
(d) Physical Education

Ans. (c) With the help of sports psychology, coaches can better understand the aggression in sports person. They can then look for the causes and ways of treating them.

2. Mohit is a 17-year-old football player. When he was the captain of the football team, then he played really well. But from the past 3 months, his performance is deteriorated. He is specially showing his aggression to David, who is now the captain of football team.

Based on this case answer the following question

- (i) Why Mohit's performance is going down?
- (a) Due to physical problems
 - (b) Uncontrollable emotions
 - (c) Lack of balance
 - (d) Adjustment issues

Ans. (b) Mohit's performance is going down due to uncontrollable emotions. He is getting very emotional and hyper. He is constantly under pressure.

- (ii) The cause of Mohit's aggressive behaviour towards David is

- (a) David's popularity
- (b) Mohit's captaincy
- (c) David's captaincy
- (d) None of the above

Ans. (c) Cause of Mohit's aggressive behaviour towards David is his captaincy. Earlier, he was the captain of the team. Now when David is the captain, Mohit is not able to adjust with the situation and feels bad.

- (iii) Mohit is in which age group?

- (a) Adolescent
- (b) Adulthood
- (c) Childhood
- (d) Infant

Ans. (a) Mohit is in the age group of adolescent. This age group spans between 13 to 19 years.

PART 2

Subjective Questions

• Short Answer Type Questions

1. Write a short note on sports psychology.

Ans. Sports psychology is the branch of applied psychology that deals with the performance and behaviour of individual while performing sports and any other physical activity. It is multidisciplinary science that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation and systemic issues associated with sports settings and organisations.

In other words, sports psychology involves the study of how psychological factors, such as behaviour, arousal, motivation and aspiration, affect performance and how participation in sport and exercise affect psychological and physical factors.

2. How sports psychology helps in learning motor skills?

Ans. Sports psychology plays a major role in learning motor skills. It helps in identifying the behaviour and attitudes of players. This knowledge can then be applied to develop strength, speed, endurance, flexibility, etc.

Sports psychology plays an essential part in understanding psychological readiness and interests of an individual towards learning a particular skill. Accordingly, that skill can be developed by enhancing the motor skills needed to develop a particular area.

It helps coaches to design a good coaching technique that conditions and prepares players to use particular motor skills.

3. Explain the concept of growth.

Ans. The word 'growth' implies an increase in size. It is the physical change that an individual goes through certain stages in life. Whenever a person undergoes growth, it essentially means that his/her organs or body parts have become larger and heavier. It is thus an increase in size, height, weight and length of a human body.

Various definitions of growth given by scholars are as follows

- According to Hurlock, "Growth is change in size, in proportion, disappearance of old features and acquisition of new ones."
- According to Crow and Crow, "Growth refers to structural and physiological changes".

4. What is development, explain with the help of definitions.

Ans. The term 'development' is referred to an improvement in functioning. It refers to the continuous process of qualitative changes in the organism as whole which leads to maturity.

In other words, it is a process by which physical, emotional and intellectual changes occur so as to improve the working and functioning of the body.

Various definitions of development given by scholars include

- According to EB Herlock, "Development means a progressive series of changes that occur in an orderly predictable pattern as a result of maturation and experience."
- According to Gesell, "Development can be observed and to a certain extent, measured and evaluated. Its evaluation and measurement can be done in three ways, i.e. anatomical, physiological and behavioural."

5. Why adolescence is identified as a period of storm and stress?

Ans. Adolescence is identified as a period of storm and stress as in this stage boys and girls face extreme variations in their emotions. They go through a state of instability.

In a state of instability, they are not sure of their capacities, interests they face intense emotions, confusion and rebellion nature between being independent and dependent in different situations.

The lack of balance and understanding in the changes happening in their lives results in lot of problems that the adolescents face in their day-to-day lives. Therefore, this period is also called as period of storm and stress.

6. List three problems faced by adolescents.

Ans. Three problems faced by adolescents are as under

Aggression Adolescents display aggressive behaviour. They overreact to minor situations and are rebellious towards criticism. This may get them into bad anti-social habits and also may land them into problems that may affect their future.

Drug Addition The imbalance and instability that the adolescents face lead them towards developing bad habits. In addition, the curiosity, lack of knowledge and peer pressure lead them towards the drugs and alcohol. This experimentation can turn into addiction which can spoil the entire future of the teenager.

Criminal Activities The desire to be accepted by the peers and the restlessness, as a result of changes occurring in their lives, makes them more inclined to participate in criminal activities. Adolescents indulge in criminal offences like thefts, stealing, violence, molestation, etc.

7. Explain the physical, mental and adjustment problems of adolescents.

Ans. The physical, mental and adjustment problems of adolescents are explained as follows

(i) **Physical problems** In the stage of adolescence, both girls and boys go through immense bodily changes. Girls start menstruating and nightfall starts in boys. The lack of knowledge of such changes makes the adolescents feel restless and worried.

As a result, they often go through sleepless nights and are unable to rest, leading to various health problems.

(ii) **Mental Problems** At this stage, children suffer from immense stress, anxiety and tension. With a lot of things going on around them, their emotions are uncontrollable and their concentration power declines. This severely affects their studies and also results in many social problems.

(iii) **Issues of Adjustment** An adolescent becomes highly conscious of himself/herself and of the world around him/her. He/She tries to find for himself/herself a

place within this world. Adolescents are confused about their identity so they face various adjustment problems.

8. What are the techniques used for the management of adolescent problems? Explain any two?

Ans. Techniques used for the management of adolescent problems are as follows

- (i) Proper Counselling
- (ii) Participation in Co-curricular Activities
- (iii) Mutual Understanding
- (iv) Recognition of Individuality
- (v) Sex Education
- (vi) Religious and Moral Education
- (vii) Suitable Environment
- (viii) Adequate Independence

Mutual Understanding Family members and all elders must try to understand the problems of adolescents. They should be sympathetic and affectionate towards them and must try to build a relationship with them.

Recognition of Individuality Adolescents are often disturbed by being treated as a small child. So, parents must recognise the opinions and views of such teenagers.

9. In what way a counsellor can help an adolescent if he/she faces emotional problems?

Ans. It is important to manage the problems of adolescence. Otherwise it will become a hindrance in the normal growth and development of a teenager. A counsellor can help an adolescent in facing emotional problems by the following ways

- A counsellor can hear their problems and provide them guidance.
- They can solve the emotional problems in a better way as they are trained.
- They can suggest ways to control aggression, frustration, anxiety, etc. It leads to their proper growth and development.
- Adolescent children can also talk openly and freely to a counsellor and discuss about the ways of coping up.

• Long Answer (LA) Type Questions

1. How is psychology important for sports persons?

Ans. Sports psychology plays a very important role in improving the performance of a sportsperson. Its importance is clearly highlighted below

(i) **Enhancement of Physiological Capacities** Sports psychology plays a unique role in the enhancement of physiological capacities such as strength, speed, flexibility etc.

Motivation and proper feedback plays a major role in the enhancement of physical capacity of a sportsperson.

- (ii) **Learning Motor Skills** Sports psychology plays a major role in learning motor skills, such as learning depends on the individual's level of readiness, i.e. both physiological and psychological readiness. It plays an essential role towards an individual attitudes understanding psychological readiness and interests in efficient learning and performance of a motor skill.
- (iii) **Psychological Preparation for Competition** Sports psychology plays a significant role in the psychological preparation of an athlete. It focuses on improving mental abilities, reducing stress, and building the competitive spirit among athletes.
- (iv) **Understanding Behaviour** Sports psychology helps in understanding the behaviour of athletes or sports persons engaged in competitive sports. Coaches also come to know the interest, attitude towards physical activity, instinct, drive and personality of a sportsperson.
- (v) **Controlling Emotions** Sports psychology plays an important role in controlling the emotions of sportspersons during practice as well as in competition. Spontaneous and uncontrollable outbursts of emotions such as anger, fear etc. may lead to decline in performance. Hence, it is important to control emotions during competitions. Sports psychology plays a vital role at such a juncture, as it helps in balancing the arousal of emotions, which further improves performance.
- (vi) **Helps to Solve Emotional Problems of Sportspersons** Stress, tension and anxiety are natural during competitions or tournaments as well as during practice/training. There may be some other emotional problems such as depression, frustration, anorexia, panic, etc. Knowledge of sports psychology is helpful in such situations. Techniques of relaxation and concentration for stress management can be applied by sportspersons who are facing such problems.

2. Mention six differences between growth and development.

Ans. Differences between growth and development are as follows

Growth	Development
It refers to the physical changes in the height, weight, shape and size of an individual.	It refers to the overall cognitive changes in the shape, form and structures that result in improved functioning.
It is one aspect of development. It may or may not bring development.	It is more comprehensive term that includes growth. It is possible without growth.

It is quantitative and thus can be measured.	It is qualitative and thus cannot be measured. It can only be observed.
It is not a continuous step. It stops at a particular age of physical maturity.	It is a life-long process.
It is based on biological parameters that grow externally (physically) and naturally.	It includes psychological, social as well as mental growth. They are internal and are emphasised by individual behavioural factors.
It is related to one aspect of personality.	It looks at personality as a whole.

3. Discuss five problems faced by adolescents.

Ans. The problems faced by adolescents are as follows

- (i) **Aggression and Uncontrollable Emotions** Adolescents are very emotional and hyper. They go through sudden change of mood and outbursts almost every day. One aspect of this suddenness of change include the thoughts of suicide, self-hate, anxiety and depression that they may face. Adolescents also display aggressive behaviour. They overreact to minor situations and rebellious towards criticism. This may get them into bad anti-social habits and also may land them into problems that may affect their future.
- (ii) **Social Standing** Adolescents are very conscious of their social status and their personal identity. They want to make their own respectable place in the society while fitting into it. To fit perfectly, they come under peer pressure which sometimes leads them into wrong means of obtaining luxurious things. They feel themselves to be important and demand the same respect from others. They sometimes become overconfident and try to hide their mistakes. They put their blame on others and protect themselves.
- (iii) **Problems Related to Sex** In contrast to the previous stages, adolescents now are more attracted to the opposite sex. Their urges related to this attraction is so strong that they become restless and may take wrong means to attain them.
- (iv) **Drug Addiction** The imbalance and instability that the adolescents face lead them towards developing bad habits. In addition, the curiosity, lack of knowledge and peer pressure leads them towards the drugs and alcohol. This experimentation can turn into addiction which can spoil the entire future of the teenager.
- (v) **Criminal Activities** The desire to be accepted by the peers and the restlessness as a result of changes occurring in their lives, makes them more inclined to participate in criminal activities. Adolescents indulge in criminal offences like thefts, stealing, violence, molestation, etc.

• Case Based Questions

1. Praveen is in his adolescence and he lives in society 'Y'. During a counselling session in his school he informs counsellor about his bad habits of stealing, drug dealing, etc. Praveen knows that stealing is a crime and he wants to get rid of this bad habit. He is also aware that drug dealing is an offence and morally wrong.

Based on this case, answer the following questions.

- (i) How environment can hamper Praveen's behaviour?

Ans. Adolescents acquire the habits and behaviour that they see around them so if Praveen lives in an environment where there are criminal activities taking place, then he will acquire those.

- (ii) How a suitable environment can be given to Praveen?

Ans. Praveen's parents must look after him and teach him how to behave and live. They should guide him and provide him a safe and healthy environment.

2. Ruchi is a student of class 9 and is new to the school hostel. Her warden is worried as she is not taking her meals and wants to leave the hostel and go home. She is not taking interest in any kind of school activities either. She does not interact with other students also.

Based on this, answer the following questions

- (i) Why Ruchi wants to go home?

Ans. Ruchi wants to go home because she is not able to adjust herself to the hostel life. She is finding difficulty in coordinating and is constantly under pressure.

- (ii) In which age group is Ruchi? Why is she facing problems?

Ans. Ruchi is in the age group of adolescence. In this stage, adolescents become highly conscious of themselves, their behaviour becomes erratic and their emotions are unstable.

3. The knowledge of growth and development is essential for physical education teachers as well as parents. Without sufficient knowledge of the process of growth and development in humans, it is impossible to understand the physical, mental, social and emotional development of their students/Children.

Based on the passage, answer the following questions.

- (i) Why development is called a life long process?

Ans. Development is considered as a life long process as it is continuous and does not stop at a particular age of physical or mental maturity.

- (ii) What is the major difference between growth and development, in the context of psychology?

Ans. Growth is defined as the physical change that a particular individual undergoes during certain stages in his lifetime, whereas development is the overall change of the individual in terms of his physique, behaviour, emotions and cognition throughout his lifespan.

Chapter Test

Multiple Choice Questions

1. The term '_____' is referred to as an improvement in functioning.
(a) Development (b) Growth
(c) Both (a) and (b) (d) None of these
2. Identify the incorrect statement
(a) Growth pattern is different for everyone
(b) Adolescents may become victim of criminal activities
(c) Adolescents face physical instability
(d) Cognitive ability is part of development
3. A new discipline that merges psychology and physical activity and games is
(a) Applied psychology (b) Sports psychology
(c) Both (a) and (b) (d) None of these
4. _____ means a progressive series of changes that occur in an orderly pattern
(a) Growth (b) Psychology
(c) Behaviour (d) Development.
5. Growth and development are never ending process.
It starts from the period when a person is not born and continues upto death. These changes are constantly taking place related to physical and psychological abilities and capacities. Growth and development are often used to describe these changes. Based on the passage answer the following questions
What is the meaning of development?
(a) Change in structure of body organ (b) Change in size
(c) Change in maturity (d) All of these

Short Answer (SA) Type Questions

1. How mutual understanding between parents/ teacher and adolescents help in knowing them better?
2. How sports can help in solving emotional problems of the adolescents?

Long Answer (LA) Type Question

1. What advice should be given to teachers and parents to solve the problems of adolescent children?
2. Explain any three techniques for management of adolescent problems?

Answers

1. (a) 2. (c) 3. (b) 4. (d) 5. (d)