

C H A P T E R

1

Personality and Sport

Session Outline

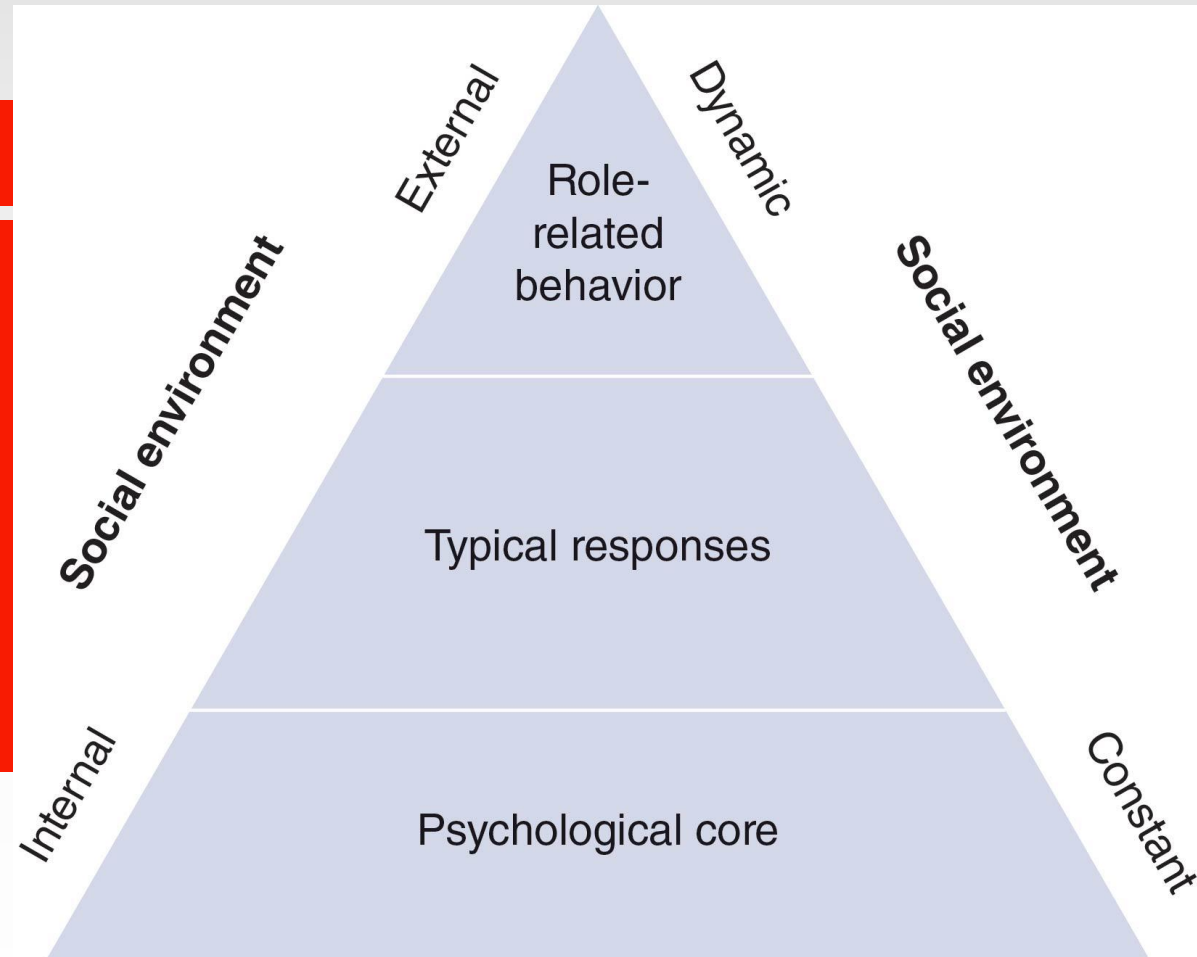
- What is personality and why is it important?
- What makes up personality?
- Tips to Build Self- Confidence

(continued)

Personality and Its Structure

- Personality: The characteristics or blend of characteristics that make a person unique
- The structure of personality:
 - Psychological core
 - Typical responses
 - Role-related behavior

Figure 2.1



Adapted by permission from Martens 1975.

Psychological Core

- The most basic and deepest attitudes, values, interests, motives, and self-worth of a person—the real person
- Example: A person's religious values

Typical Responses

- The way one typically adjusts or responds to the environment
- Example: Being happy-go-lucky, shy

Role-Related Behavior

- How one acts in a particular social situation
- Example: Behavior as a student, parent, or friend

Self -Confidence

Defining Self-Confidence

Self-confidence

The belief that you can successfully perform a desired behavior.

Self-confidence can be both dispositional and statelike.



11 Ways To Build Self-Esteem And Increase Your Confidence

- 1. Stop criticizing yourself.**
- 2. Think positive.**
- 3. Put yourself first.**
- 4. Identify what you need and want.**
- 5. Look for the good.**
- 6. Quit focusing on your weaknesses.**
- 7. Take risks.**
- 8. Don't forget your rights.**
- 9. Practice saying 'no'.**
- 10. Do the things you enjoy.**
- 11. Stop comparing yourself to others.**