

UNIT 11 PSYCHOLOGY AND SPORTS

Key Points :

- Understanding stress, anxiety and its management.
- Coping strategies.
- Personality, its dimensions and types; Role of sports in personality.
- Motivation, its type and technique.
- Self-esteem and body image.
- Psychological benefits of exercises.

11.1 The word psychology is derived from a greek word 'psyche' and 'logos'. 'Psyche' - soul or mind' and 'logos - study'. Generally it is accepted as study of behaviour.

- Psychology is used in sport to enhance performance and to know the factors which affect our performance, like - anxiety, stress, personality, motivation, etc.
- Optimum level of anxiety is essential to perform in games and sports.

11.2 Stress is nothing but response of body to an event or situation which are produced by physiological and psychological changes in the body stress is a body's method to react a challenge. It is fight or flight reaction.

- Coping up is a technique which tells us how to handle anxiety or stress.

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

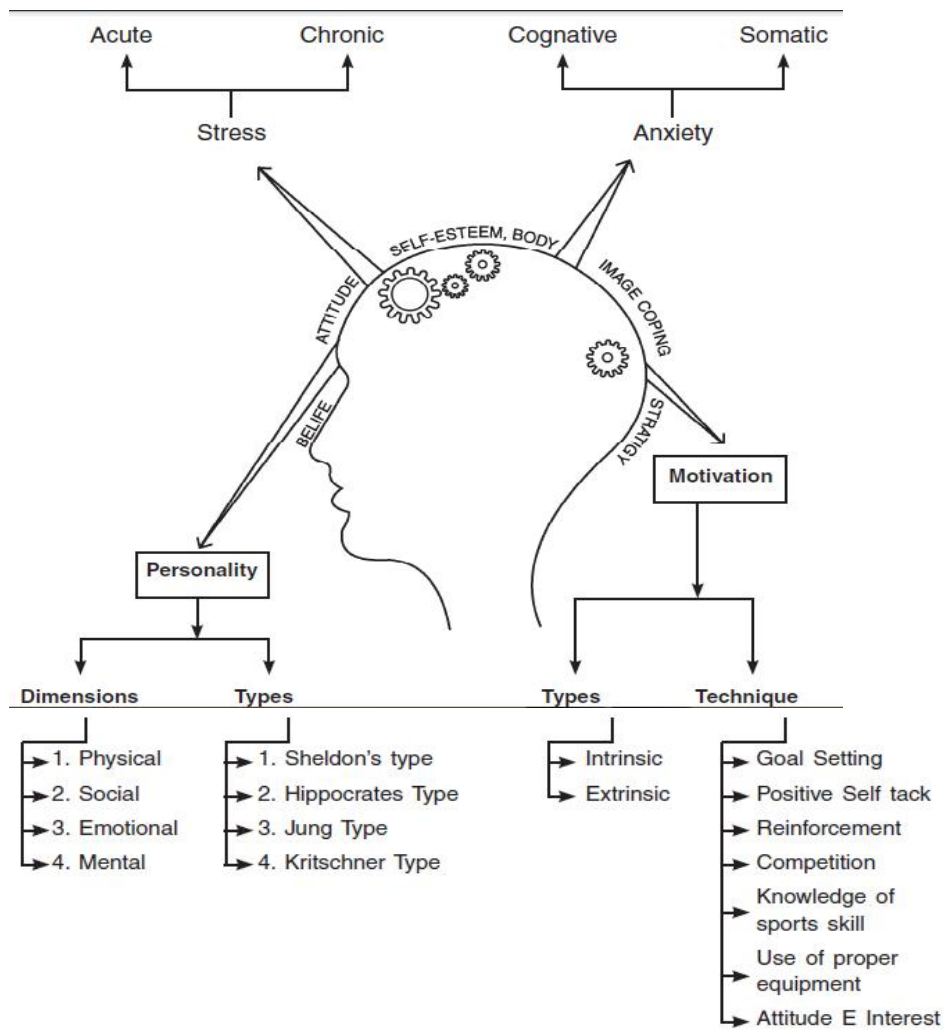
11.4 Motivation energises an individual to behave in particular way for attaining a specific goal.

11.5A What we think about the self, the total evaluation of negative or positive about oneself is called self esteem

11.5B Body image

11.6 Psychological benefits of exercise

Key Notes



MIND AND IT'S CONCEPTS