

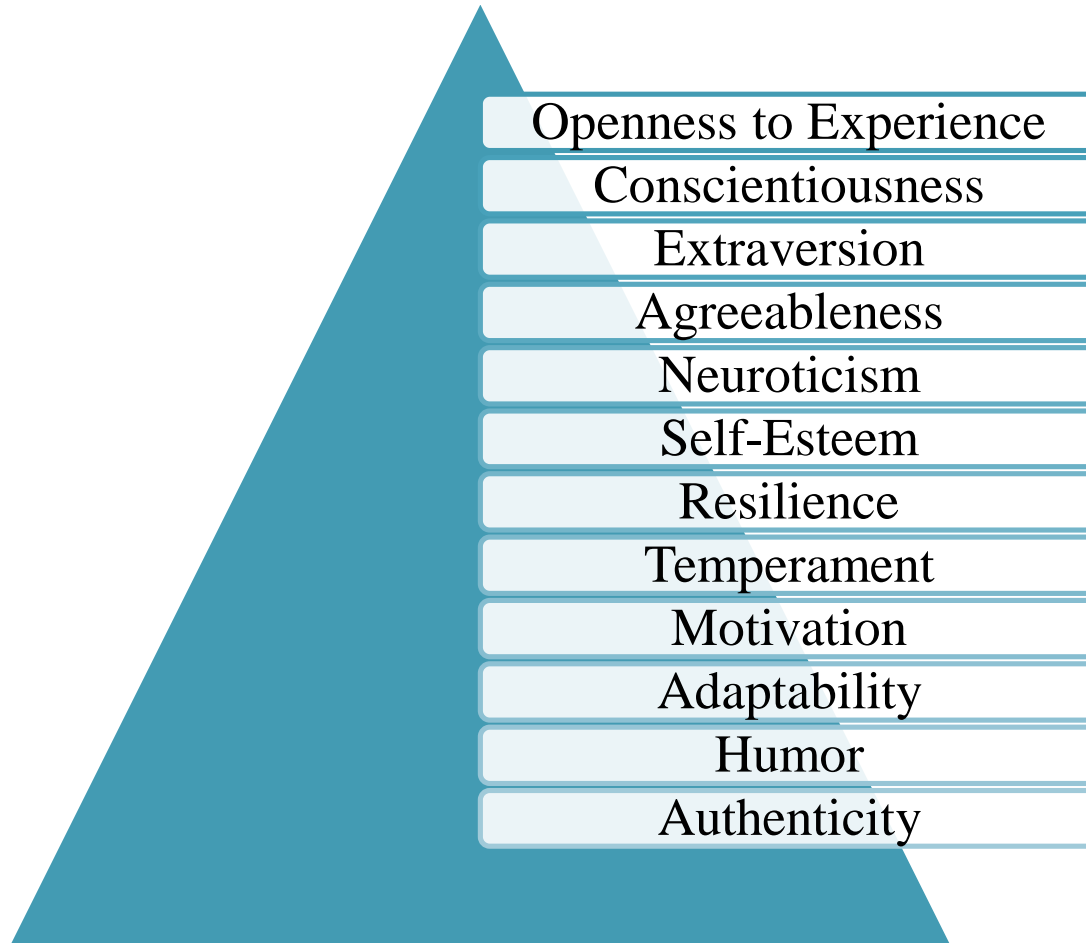
Unit-II Personality

Personality: Meaning -characteristics of personality-
Dimension- types of personality. Motivation: Meaning -
Types: Intrinsic- Extrinsic– Effects of Motivation on sports
performance. Anxiety: Meaning – Types – Sources-, Stress:
Meaning- Types, Arousal and sports performance. Aggression:
Meaning – Nature – Role of Aggression in sport. Measures of
psychological aspects: personality – Motivation- Anxiety:
general- competition.

MEANING OF PERSONALITY

Personality refers to the unique set of characteristics, traits, and behaviors that define an individual's consistent patterns of thinking, feeling, and acting.

CHARACTERISTICS OF PERSONALITY



TYPES OF PERSONALITY

The Big Five Personality Traits (OCEAN Model)

Myers-Briggs Type Indicator (MBTI)

Holland's Six Personality Types

Enneagram of Personality

DISC Personality Model

Jungian Personality Types

Type A and Type B Personalities

HEXACO Model

MEANING OF MOTIVATION

Motivation is the process that initiates, guides, and sustains goal-oriented behavior. It is what causes people to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.

TYPES OF MOTIVATION

1. Intrinsic vs. Extrinsic Motivation

Intrinsic Motivation:

Definition: Engaging in an activity for its own sake, because it is enjoyable or satisfying.

Examples: Playing a sport because you love the game, studying a subject because you find it fascinating, painting because it makes you happy.

Extrinsic Motivation:

Definition: Performing an activity to earn a reward or avoid a punishment.

Examples: Playing a sport to win a trophy, studying to get good grades, working to earn a salary.

EFFECTS OF MOTIVATION ON SPORTS PERFORMANCE

1. Enhanced Performance

2. Goal Achievement

3. Mental Resilience

4. Skill Development

5. Team Dynamics

6. Persistence and Discipline

7. Enjoyment and Satisfaction

8. Competition and Rivalry

9. Mental Focus

10. Overall Well-Being

MEANING OF ANXIETY

Anxiety is a psychological and physiological state characterized by feelings of worry, nervousness, or unease. It is often accompanied by physical symptoms such as increased heart rate, sweating, trembling, and tension.

TYPES OF ANXIETY DISORDERS

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Social Anxiety Disorder
- Specific Phobias
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Separation Anxiety Disorder

MEANING OF STRESS

Stress is the body's response to any demand or challenge. It can be caused by both good and bad experiences. When people feel stressed, their bodies react by releasing chemicals into the blood.

TYPES OF STRESS

- **Acute Stress:** This is the most common type of stress and is your body's immediate reaction to a new challenge, event, or demand. It can be positive (e.g., a thrilling ride on a roller coaster) or negative (e.g., narrowly avoiding a car accident).
- **Episodic Acute Stress:** This occurs when someone experiences acute stress frequently. It often occurs in people who take on too much or who are constantly in a rush and stressed about deadlines.
- **Chronic Stress:** This type of stress develops over a long period and is often the result of ongoing situations, such as an unhappy marriage, chronic illness, or financial difficulties. Chronic stress can lead to significant health problems, including anxiety, depression, and heart disease.

MEANING OF AGGRESSION

Aggression refers to behaviors or attitudes that are intended to dominate, harm, or assert control over others. It can manifest in various forms, ranging from physical violence to verbal hostility or passive-aggressive actions.

PSYCHOLOGICAL ASPECTS OF PERSONALITY, MOTIVATION AND ANXIETY

PERSONALITY

- Traits
- Behavioral Patterns
- Cognition
- Motivation
- Developmental Factors
- Emotional Regulation
- Social Influences

MOTIVATION

- Intrinsic vs. Extrinsic Motivation
- Biological and Physiological Factors
- Cognitive Factors
- Emotional Factors
- Social and Cultural Factors
- Psychological Needs
- Behavioral Factors

ANXIETY

- Cognitive Aspects
- Emotional Aspects
- Behavioral Aspects
- Physiological Aspects
- Developmental Aspects
- Social and Environmental Aspects
- Clinical Aspects