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Psychology and Injuries in Sports

Sports psychology

It is more concentrated with the personality, emotional or motivational aspects of sports of sports and physical activities.

Personality

is a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, emotions, motivations and behaviors in various situations.

Dimension

(1) Physical

- Endomorphic (being round, fat and soft bodies)
- Mesomorphic (being well developed athletic)
- Ectomorphic (being weak, and delicate body ^{body} build)

(2) mental

- Viscerotonic (happy & lovers of food)
- Somatotonic (bold and risk taking)
- Cerebrotonic (stern & studious)

(3) social

- The philistine (practical men)
- The bohemian (who inclines towards new exp)
- The creative men (who though relatively stable and a creative sort in the fields of art of religion, politics etc)

Jung's Classification

- | Introvert | Extrovert | Ambivert |
|---|--|--|
| <ul style="list-style-type: none"> wants to spend time alone | <ul style="list-style-type: none"> enjoys spending time with others | <ul style="list-style-type: none"> enjoys others, but needs |
| <ul style="list-style-type: none"> is reserved | <ul style="list-style-type: none"> is outgoing | <ul style="list-style-type: none"> along time. can be outgoing in right context. |
| <ul style="list-style-type: none"> prefers to work independently | <ul style="list-style-type: none"> prefer to work on teams | <ul style="list-style-type: none"> can be on teams after working independently. |
| <ul style="list-style-type: none"> likes to process internally | <ul style="list-style-type: none"> likes to talk things out with others | <ul style="list-style-type: none"> can process out loud or internally. |

Big Five theory -
Given by Carl Jung.

- Conscientiousness**
 tendency to be careful, on time for appointments to follow rules, and to be hardworking.
- Extraversion**
 tendency to be talkative, sociable, and to enjoy others; the tendency to have dominant style.
- Agreeableness**
 tendency to agree and go along with others rather than to assert one's own opinions and choices.

- **Neuroticism**
tendency to frequently experience negative emotions such as anger, worry and sadness as well as being intensely personally sensitive.
- **Openness**
tendency to appreciate new art, ideas, values, feelings and behaviours

Motivation

- Intrinsic motivation
- Extrinsic Motivation
- Techniques
- Reward & pressure
- Punishment
- Records of success & Achievement
- Equipments
- Techniques of motivation
- Teacher as motivator
- Knowledge of progress
- Mass media
- Scholarships

Exercise Adherence

is the strength of an individual's commitment to performing physical exercise and to maintain a regular exercise schedule.

Adherence = $\frac{\text{Performed exercise}}{\text{Defined period of time}}$

Factors

- Time
- Money
- Energy
- Social Support
- Facilities
- Climate
- Physical Discomfort
- Exercising with Others

Benefits

- reduce blood pressure
- Maintains immune functioning
- improves breathing
- Brings about better sleep
- lower risk of depression
- Boosts memory
- Lowers diabetes risk
- Keeps bones strong
- Inc. intelligence
- Boost our Confidence
- Well. Steers

Strategies for enhancing Adherence to exercise as exercise behaviours within a structured program and as exercise maintenance outside of a formal program.

- Create Intrinsic Motivation
- Social Support
- Behaviour and results
- Remove the Problem of False Hope
- Environment and accessibility
- work out with friends
- cross-train
- makes a record of performance

- Establish a routine.
- Make exercise a priority
- Create a true mind set

Aggression.

as "any form of behaviour directed towards the goal of harming or ~~harm~~ injuring another live being who is motivated to avoid such treatment.

Aggression

↳ Hostile

aggression is intentional. Its aim to cause harm or injury to the other person.

→ Impulsive

aggression is not planned and often taken at heat of the moment.

→ Instrumental

is used for achieving main goal through aggression.

Psychological Attributes in Sports.

Self Esteem

The term self esteem is used to describe a person's overall sense of self worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring.

Mental Imagery

Mental imagery can be defined as the process that occurs when we recreate exp. in the mind using information that is stored in the memory.

Self Talk

Self talk is basically our inner voice, the voice in our mind that says the things. Self talk can be both negative and ve. It can be encouraging, and it can be distressing.

Goal setting

Goal setting is a mental training technique that can be used to inc. an individual's commitment towards achieving a personal goal and this can be separated into short, medium and long term goals.