

# Psychological Components of Sport

## Aggression

Aggression is a hostile act which is the result of an individual becoming frustrated or angry based on certain situations. There are two types of aggression, depending on the actions of the individual, and these are outlined below.

**Direct Aggression**



An individual's anger or frustration is taken out directly on another individual

- Examples of direct aggression:
- ❖ A rugby player trampling a player on the floor
  - ❖ A hockey player hitting an opponent with their stick
  - ❖ An American football player headbutting an opponent

**Indirect Aggression**



An individual's anger or frustration is taken out on an object, without directly touching another person

- Examples of indirect aggression:
- ❖ Smashing a tennis racquet on the floor after a poor shot
  - ❖ Throwing a volleyball away in frustration
  - ❖ Punching the floor after missing a tackle in rugby

## Personal Characteristics

Personality theorists have said that an individual's personality can help dictate what sports they are likely to be into. The table below shows the differences between the two personality types: **introvert** and **extrovert**.

Personality type	Characteristics	Sporting Preference
<i>Introvert</i>	<ul style="list-style-type: none"> <li>❖ They can be shy</li> <li>❖ They tend to be thoughtful</li> <li>❖ They like situations where they are on their own</li> <li>❖ They have good concentration levels</li> </ul>	<ul style="list-style-type: none"> <li>❖ Sports which require low levels of arousal</li> <li>❖ Sports which involve fine skills</li> <li>❖ Sports which are less fast-paced and require high levels of concentration</li> </ul>
<i>Extrovert</i>	<ul style="list-style-type: none"> <li>❖ They like to have a lot of social interaction</li> <li>❖ They don't like being alone and can easily become bored when they are</li> </ul>	<ul style="list-style-type: none"> <li>❖ Sports which involve gross skills</li> <li>❖ Fast-paced games</li> <li>❖ Sports which require low levels of concentration</li> </ul>



## Motivation

Individuals are motivated to take part in sports and physical activities for different reasons and they receive motivation from different sources.

These can be either 'intrinsic' or 'extrinsic' and the difference between the two is outlined below.

**Intrinsic motivation** comes from inside the person. If a person is competing for intrinsic reasons they will receive their motivation from feelings of:

- ❖ pride about their achievements
- ❖ satisfaction with their performance
- ❖ the improvements they have made



### Evaluation

Considered the most effective form of motivation because it has been shown to result in greater levels of participation in sport and physical activity, and sustained effort when taking part in these activities due to it being motivational. However, to be effective it requires a lot of attention and different approaches.

**Extrinsic motivation** comes from external sources and not from within. If a person is competing for extrinsic reasons they will receive their motivation from:

- ❖ other participants, such as the coach
- ❖ **tangible** sources, such as winners' medals
- ❖ **intangible** sources, such as applause from the crowd



### Evaluation

Extrinsic rewards can quickly motivate an athlete and can make them feel proud and self-satisfied.

However, extrinsic motivation is considered less effective than intrinsic motivation in terms of participation and effort. If this form of motivation is used too often, the athlete may begin to require extrinsic forms of motivation, such as trophies, in order to maintain their motivation and it can devalue the impact of intrinsic motivational methods.