

SPORT PSYCHOLOGY

SHMD319



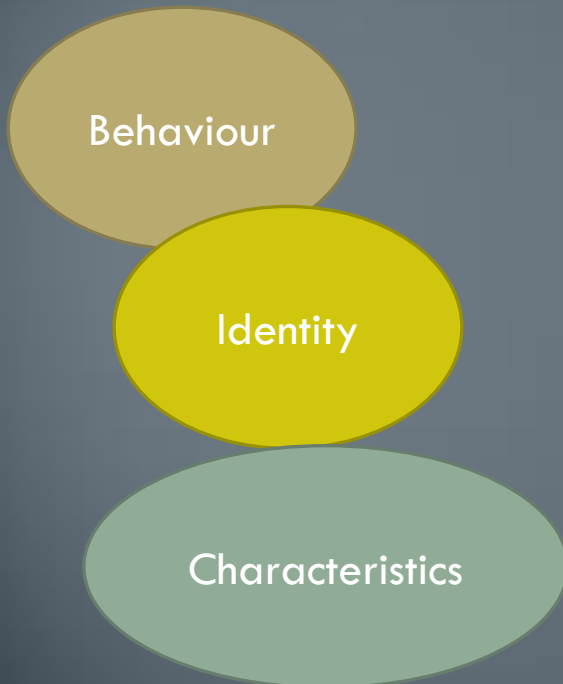
Chapter 3 Personality



Chapter Concepts

- Personality
- Theories (Trait, State, Interactionist)
- Phenomenon of Social Desirability
- Personality Tests (Thematic Apperception, Rorschach Inkblot)
- POMS
- Performance Pyramid
- Iceberg Profile
- Mental Health Model
- Extroversion-Introversion
- Gravitational Hypothesis
- Athletic Darwinism

Personality (MASK)



“The sum total of an individual’s psychological characteristics which make him/her unique”

Theories



What are they?

Personality Theories

- Trait
- State
- Interactionist

Personality Theories

Trait



Personality =
determined by
internal factors

State

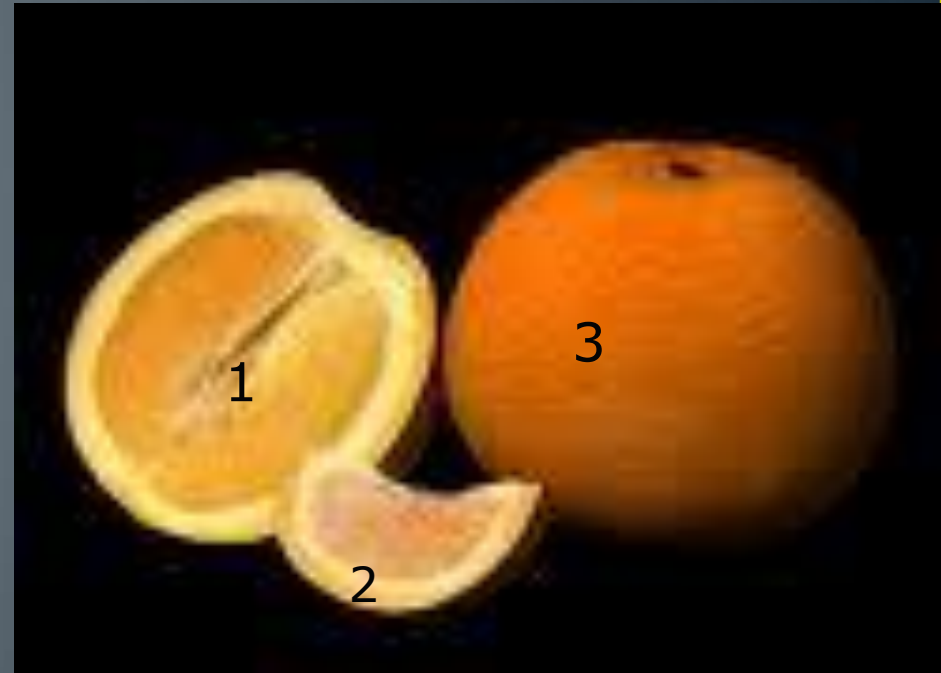


Personality =
determined by
environmental factors
(learnt)

Interactionist Theory (Hollander)

Personality consists of layers:

1. Psychological core
2. Typical responses
3. Role-related behaviour



Psychological core

“Real” person

Represents the self-concept
Beliefs and values that remain
fairly permanent



Typical responses

The way in which we usually
respond to environmental
situations

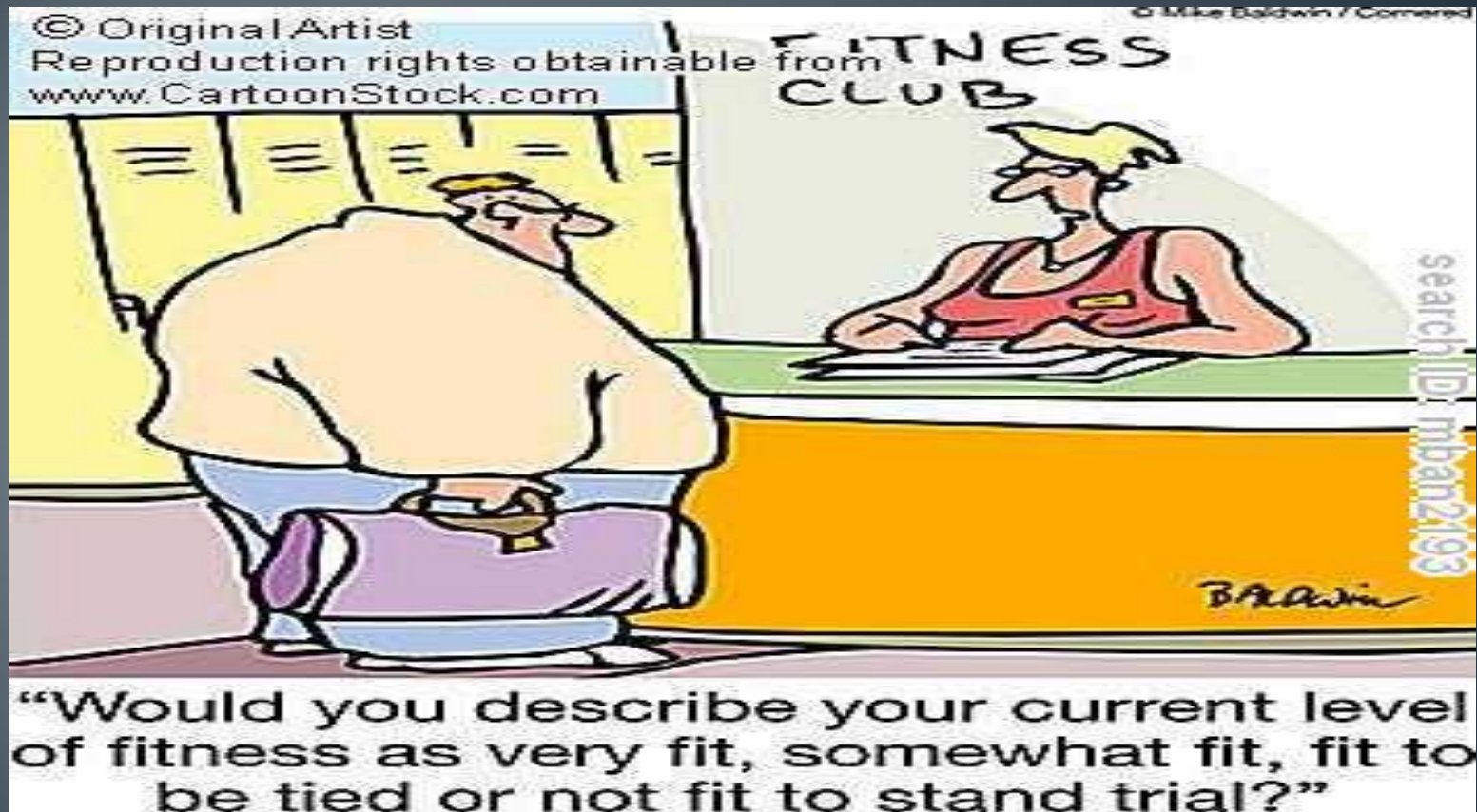


Role-related

How one acts in different social
roles



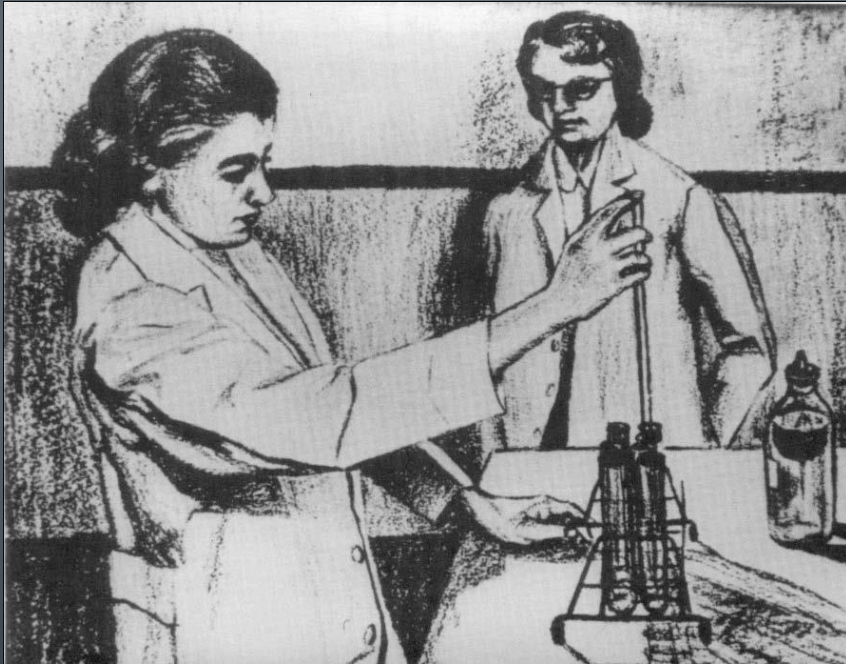
Phenomenon of Social Desirability



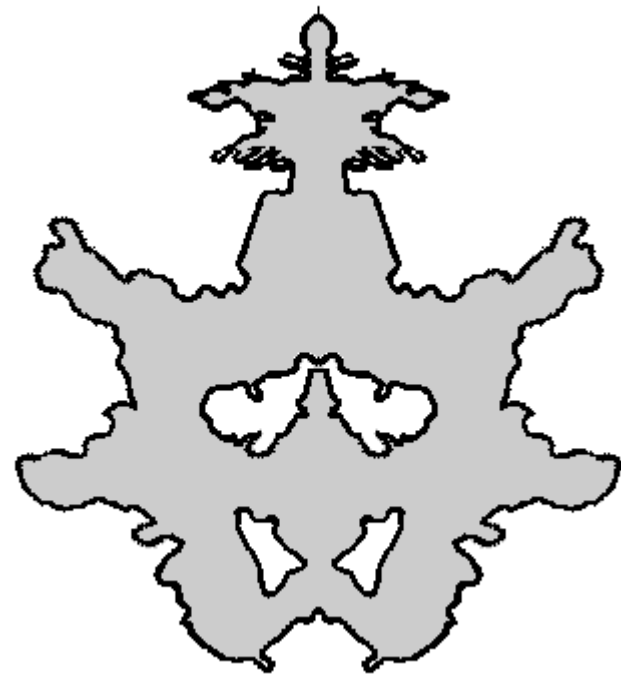
In order to make themselves look good, respondents do not always answer truthfully

Projective Test – Measures Inner Core

Thematic Apperception Test

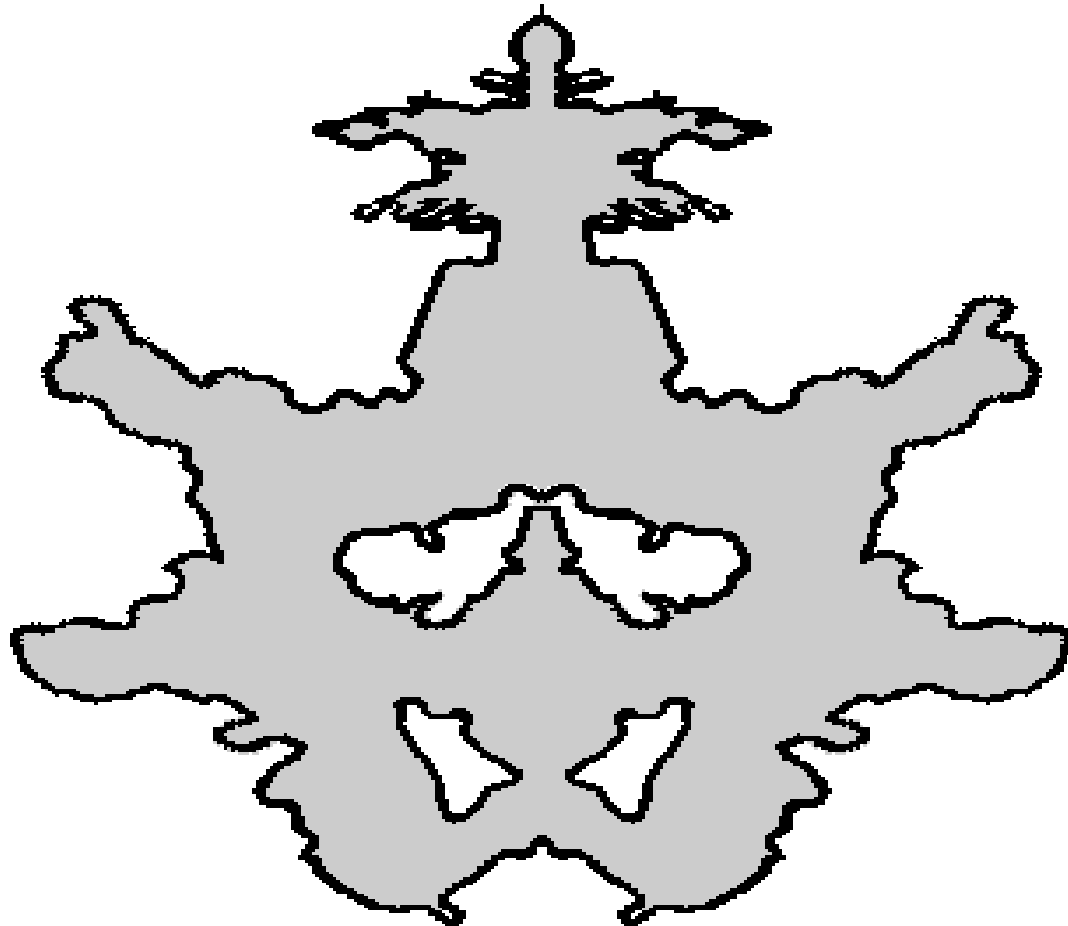


Rorschach Inkblot Test
www.theinkblot.com



Difficult to score & interpret, **ONLY** effective when conducted by specialist

Let's have a Closer Look...What Do You See?



This card gives me strong yearnings for members of my sex

I see a monster swooping down to eat a helpless puppy dog

It looks like people having sex, seen from below, not that I'd know...

It looks like you folded the card top-to-bottom this time

**It looks like a pulsing heart, ripped from the chest of its victim.
(No, really.)**

**It looks like something a brain-damaged kid would draw in Art
Class**

It looks like a lawyer with his arms out, demanding money

Measurement Problems in Sport

- Vague definitions of a sportsperson



Measurement Problems in Sport (Cont)

- **Shotgun Approach:** use available measuring instrument & applies it to most convenient sample

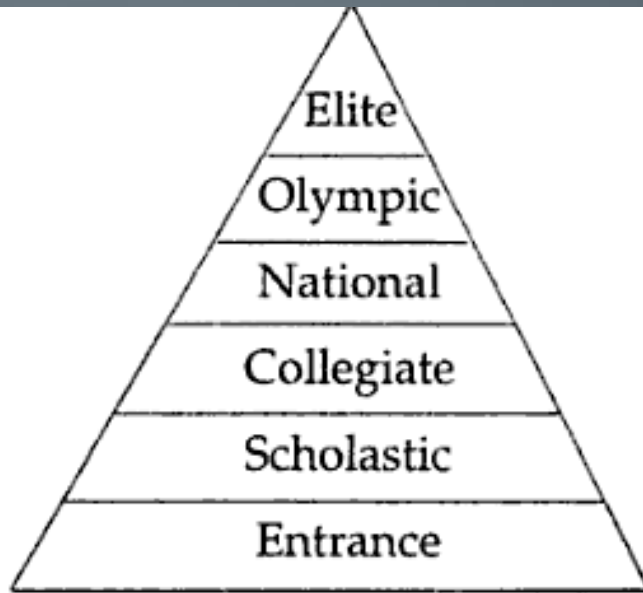


This type of research does not provide true scientific results

Performance Pyramid – Silva 1984



Homogeneous



Heterogeneous



Problems Associated with TRAIT Research

- Trait = stable characteristics BUT sport participation itself may change personality
- Do not account for different traits in different areas of life
- Lack of consistency btwn **traits & behaviour**

Misuse of Personality Tests

- **Recruiting new participants**

- Individuals with the **right personality disposition** will enjoy specific sports more & adhere longer
- No definite link between sport choice & personality

- **Selection purposes/Talent identification**

- Discriminating
- Impractical & unethical: no clear evidence for a **specific personality profile** associated with elite performance

Non-Elite VS Elite Athletes

Self-confident

Outgoing

Less anxious

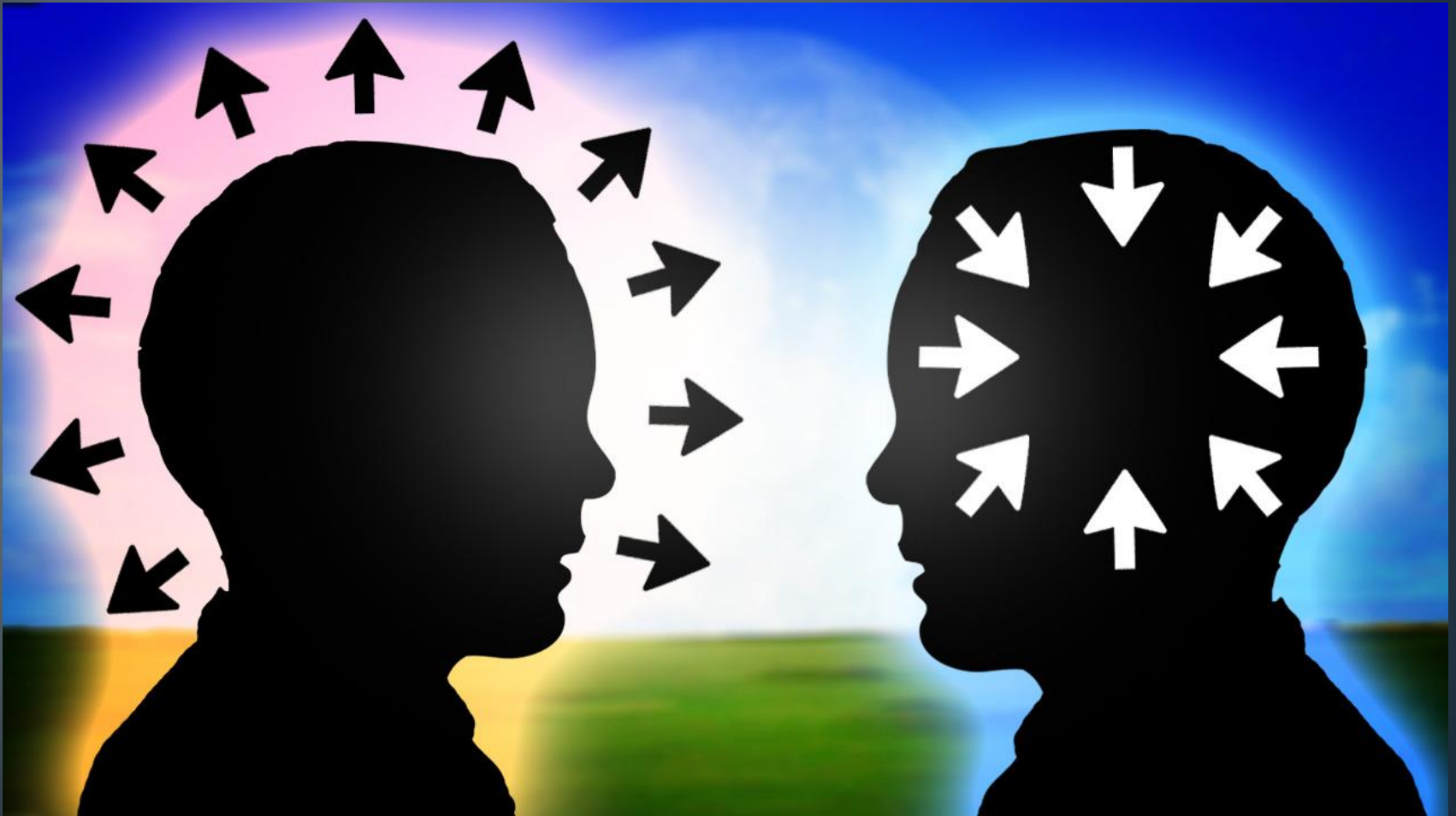
Better coping mechanisms (anxiety)

Higher concentration levels

Use more + self-talk



Extroversion-Introversion



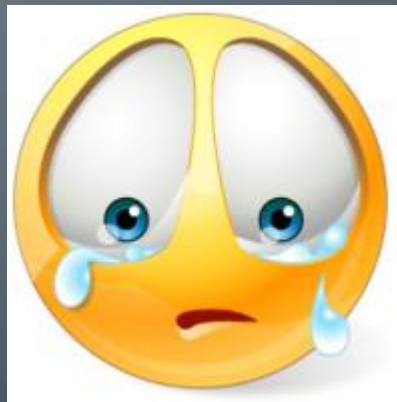
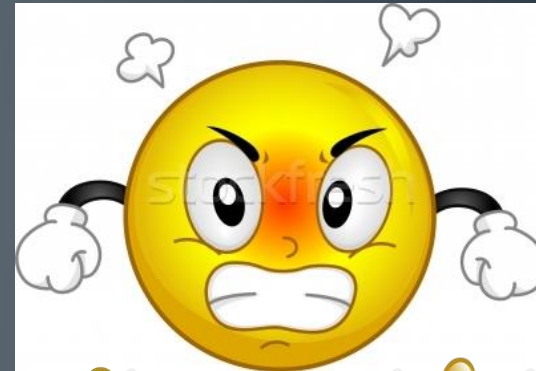
Extroverts More Prevalent in Sport, Specifically in Team Sports



EXTROVERTS HAVE A LOW SENSITIVITY TO DOPAMINE, SO REQUIRE LARGE AMOUNTS OF IT, WHILE INTROVERTS ARE HIGHLY SENSITIVE TO DOPAMINE. TOO MUCH OF IT MAKES THEM FEEL OVERSTIMULATED.

Profile of Mood States (POMS)

A test designed to measure certain psychological traits in a psychiatric population – often used in sport

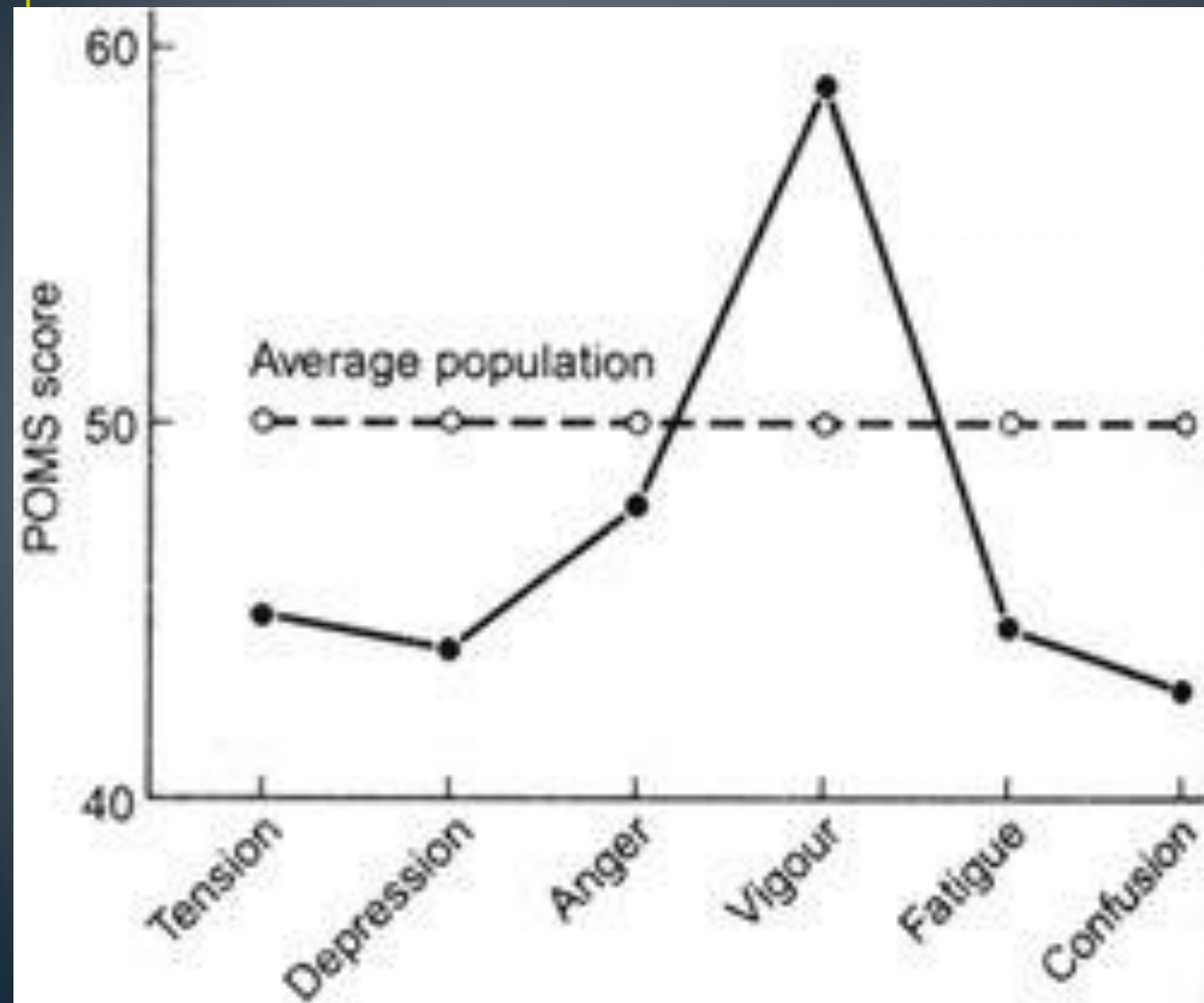


Below is a list of feelings that people have. For each feeling, cross ONE number for the answer that best describes HOW YOU ARE FEELING RIGHT NOW. The numbers refer to these phrases

0 = Not at all, 1 = A little, 2 = Moderately, 3 = Quite a lot, 4 = Very

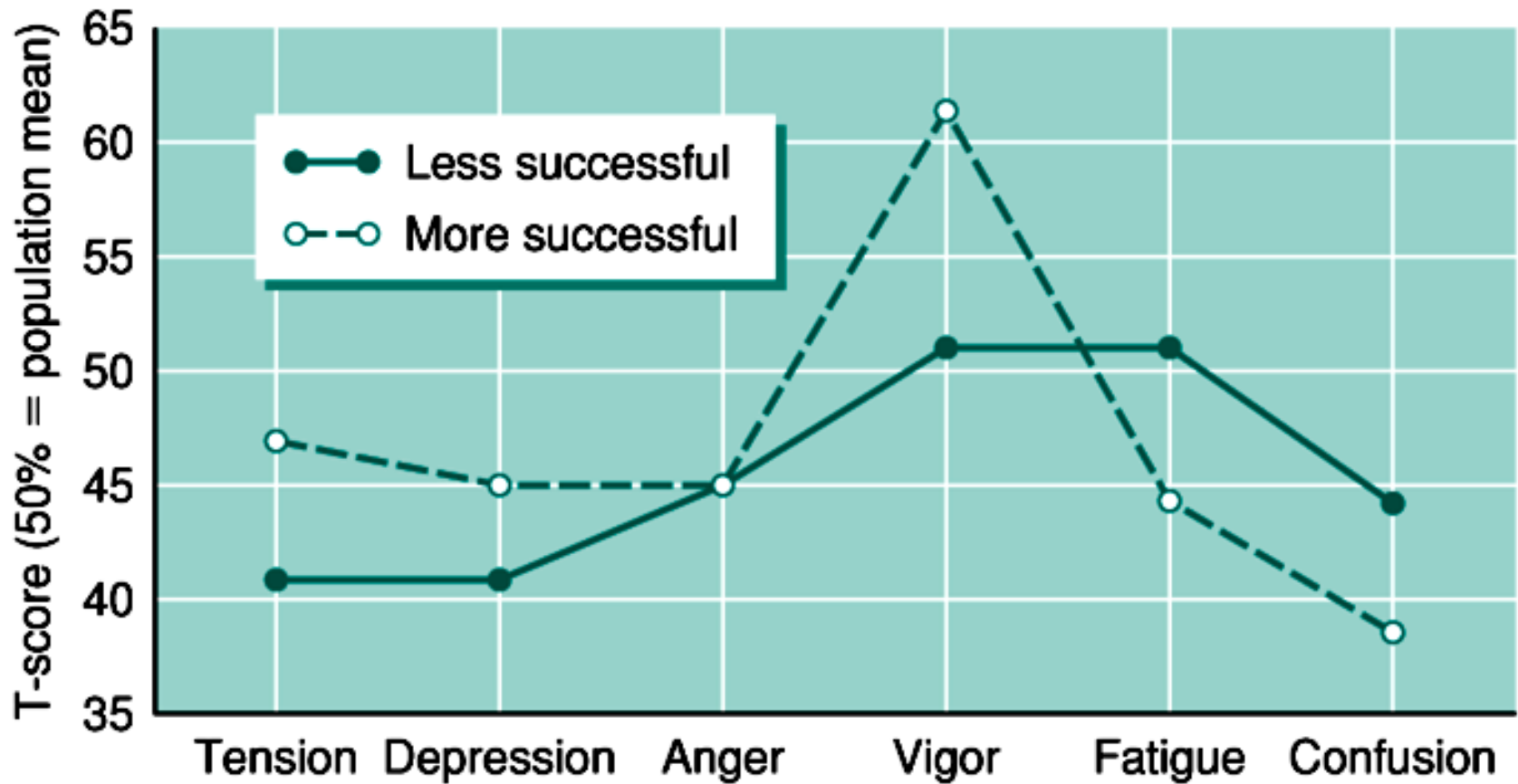
Relaxed	(0)	(1)	(2)	(3)	(4)
Discouraged	(0)	(1)	(2)	(3)	(4)
Annoyed / Irritable	(0)	(1)	(2)	(3)	(4)
Sad / depressed	(0)	(1)	(2)	(3)	(4)
Unable to Concentrate	(0)	(1)	(2)	(3)	(4)
Energetic	(0)	(1)	(2)	(3)	(4)
Forgetful / confused	(0)	(1)	(2)	(3)	(4)
Tense / anxious	(0)	(1)	(2)	(3)	(4)
Exhausted	(0)	(1)	(2)	(3)	(4)
Cheerful	(0)	(1)	(2)	(3)	(4)
Angry	(0)	(1)	(2)	(3)	(4)
Fatigued	(0)	(1)	(2)	(3)	(4)
Happy	(0)	(1)	(2)	(3)	(4)

Iceberg Profile



Sporting success: the less pathology present in an athlete's mental make-up the more likely he is to succeed in sport

Iceberg Profile (Cont)



Using POMS

- Should not be used to measure ability instead monitor athletes mood changes during training
- Coach can then ID signs of staleness & adjust training levels



Gravitational Hypothesis

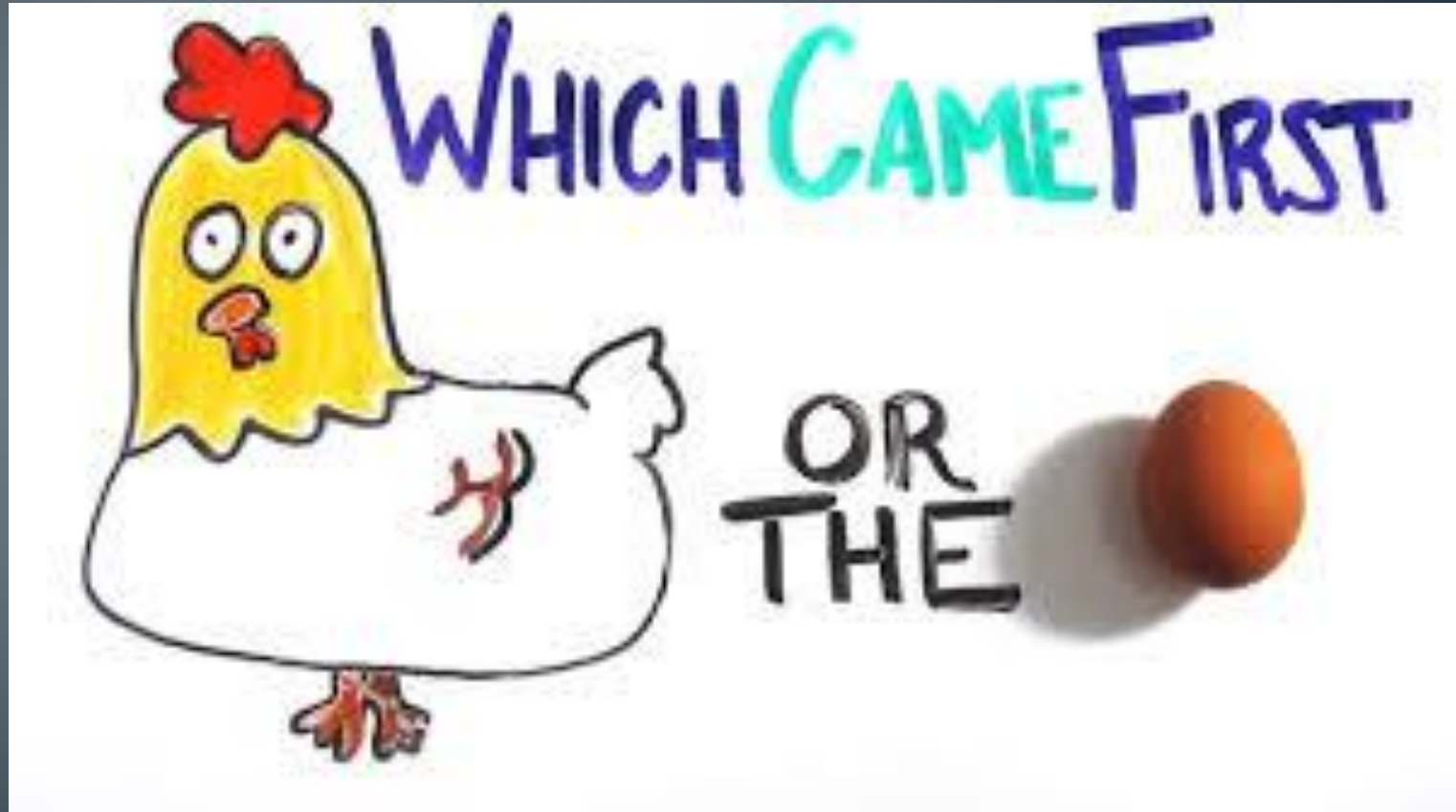
Individuals with an appropriate personality disposition
are drawn to sport – natural selection

Self-confident, assertive,
tough-minded, extroverted



Those not possessing desired attributes drop out over
time – athletic darwinism

Effect of Exercise & Sport on Personality



Effect of Exercise & Sport on Personality (Cont)

No proof that exercise and fitness have any significant effect on personality

Overview of Research

- Personality differences between athletes and non-athletes → research is not consistent
- More consistent findings:
 - More successful VS less successful athletes
 - Team VS individual sports
 - Contact VS non-contact sports
- PA can enhance self-esteem & improve mood BUT has little influence on personality traits