

5th form transition course – week 2

A Level PE – Sports Psychology – Individual Differences.

This week we are exploring Personality and how it may affect sports participation, sports performance, behavior (i.e. aggression) and exercise adherence.

As this is an introductory course my hope is that it is both interactive and interesting. You may even learn a little about your own personality.

What is Personality?

‘Personality is the sum total of an individual’s characteristics which make him unique.’ **(Hollander)**

‘Personality is the more or less stable and enduring organisation of a person’s character, temperament, intellect and physique, which determines the unique adjustment [the individual makes] to the environment.’ **(Eysenck)**

It is significant to note that both definitions emphasise that the personality of each individual is unique.

How is our personality formed?

- Nature vs Nurture

There is a debate as to whether our personalities are a result of nature or nurture. Nature – the genetic and hereditary features that make us who we are Nurture – All of the environmental variables that make us who we are

Please read the article below and provide a brief overview of what it says;

<https://www.workstyle.io/how-personality-develops>

Theories of Personality

Trait Theory

Our personality is innate and enduring. It is a result of our genetics and does not change for different situations. Some aspects of personality are clearly genetic. For example, even when people grow up with the same role models and influences, they still display different personalities Some behaviour/aspects of personality are clearly copied. For example, footballers showing negative behaviour such as diving is copied by footballers at grassroots level

Social Learning Theory

Our personality is learned from significant others and role models. It is copied from others and therefore changes and develops over time Identical twins who have the same genetics will display different personality traits. This proves that there must be some learning involved in personality development Not all behaviour is copied. Performers who are taught sport from the same coaches will still show different personality traits

Interactionist Theory B=F(PE).

Behaviour is a function of both personality (inner traits) and the environment (learned from others). Behaviour will differ in different situations. There is evidence that personality differs depending on the situation. For example, a footballer may be confident and extroverted when playing football, but quiet

and introverted when approaching another sport Some performers do appear to show the same levels of confidence in every situation. For example ,Usain Bolt is an extrovert who brings the same personality and confidence to all scenarios

Personality types and Personality profiling

- Eysenck’s personality inventory
- MBTI type indicators

Please can you **complete personality tests** through the links below. Remember you should give an honest answer as it is common for people to answer according to what they want to be rather than who they are.

This link is for Eysencks personality inventory.

<http://similarminds.com/eysenck.html>

Insert a picture of your test

This link is for MBTI test

<https://www.16personalities.com/free-personality-test>

Insert a brief description of your test

Personality types – basic

Introverts	Extrovert
<p>Shy, thoughtful, enjoy being alone, they prefer sports which involve:</p> <ul style="list-style-type: none"> • Concentration and Precision • Self-motivation • Intricate skills/ closed skills • Perform better with low arousal levels - <p>Coaches and team mates need to allow them to stay calm and focused. Too much stimulation will cause them to be over-aroused and they will not perform well.</p> <ul style="list-style-type: none"> • Individual performances • E.g. archery, golf and snooker 	<p>Sociable, enthusiastic/talkative, prone to boredom if alone, prefer sports which are:</p> <ul style="list-style-type: none"> • Exciting and fast paced • Team sports • Perform better with high arousal levels - <p>Coaches and team mates need to keep them 'excited'</p> <ul style="list-style-type: none"> • Large, simple motor skills/open skills • Low concentration • E.g. rugby and boxing

Fig.1. basic outline of personality types

Case study 1

Looking at your results from the two personality tests can you write a paragraph on how your performance is affected by your personality. Are there any other sports people who have a similar personality to you?

For example, I am an ENFP, whilst not an enormous extrovert I am definitely get more energy from performing with others. Furthermore, as I tend to look at the big picture, I get bored by and miss details when planning work. I also can get quite anxious about upsetting people as I make decisions based upon feelings rather than a judgement.

Case Study 2

Pick a famous sports person – can you link their behaviour with what you think their personality type is? Looking at the information in Fig.1 can you explain their performances on a sports field and what factors may have influenced their behaviour.

For example – Ian Poulter is not an obvious choice to be a professional golfer as he is an extrovert playing an individual sport. Where in his golf career has being an extrovert really helped him?

Personality type and Sports Performance.

Please can you read the attached article and provide a synopsis of the key takeaways.

<https://believeperform.com/personality-in-sport-everyone-is-different/>

This will be appr one side of A4 typed

Research task.

Through research (there is loads online) I would like you to answer the following question.

Which personality characteristics contribute to sporting success?

This is not a straightforward question and will require AO1, AO2 and AO3 knowledge. Your answer is likely to be something like ; There is no one personality attribute which has a significant relationship with success, however there are a number of personality characteristics that a number of elite athletes seem to possess.

This will be appr one side of A4 typed

Finally - I have put together a short test of the ever learner platform which should be done at the very end of the week to see how much knowledge you have taken in. I will also open up the Everlearner presentation to compliment the information above.