**Attitudes Questions**

**Using one named psychological theory, outline how the negative attitude of an**

**individual or of a team can be changed. *(4 marks)***

**Elite tennis players have to devote large amounts of time to develop their skills, requiring a positive attitude and high levels of motivation.**

**Name and explain the components of attitudes, giving an example of how a tennis player would display a positive ‘attitude’. *(3 marks****)*

**Attitude Answers**

**Using one named psychological theory, outline how the negative attitude of an**

**individual or of a team can be changed. *(4 marks)***

Accept first theory only/Theory must be named to be credited

A. **Persuasive communication**

B. Status of messenger/person delivering information/significant other

C. Quality of message/new information

D. Situation/time when message is given

E. Individual’s resistance to change

F. Cognitive dissonance

G. Attempts to create conflict in thoughts/beliefs/alter one part of Triadic Model/psychological discomfort

H. Cognitive – give new information/education

I. Affective – create new emotions/enjoyment/fun/feeling of safety or equiv.

J. Behavioural – give success/reinforcement

**Elite tennis players have to devote large amounts of time to develop their skills, requiring a positive attitude and high levels of motivation.**

**Name and explain the components of attitudes, giving an example of how a tennis player would display a positive ‘attitude’. *(3 marks)***

A. Cognitive (component) – believe/think they are training and playing in the correct manner or eq.

B. Affective (component) – positive feelings/emotions/enjoyment or eq.

C. Behavioural (component) – actions of the player/ train regularly/compete fairly or eq

D. Use of applied positive example