**Personality Questions**

**How can knowledge of the interactionist theory of personality help a coach to improve the performance of an individual player? *(4 marks)***

**Discuss the suggestion that personality questionnaire can be an effective predictor of performance. *(4 marks)***

**Explain the factors that contribute to a performer’s level of ‘achievement motivation’. *(3 marks)***

**Explain how ‘approach behaviour’ can be developed within the team. *(4 marks)***

**A coach will often try to pair players with compatible personalities to form a successful doubles partnership.**

**What do you understand by the term ‘profile of mood states’? *(3 marks)***

**Personality Answers**

**How can knowledge of the interactionist theory of personality help a coach to improve the performance of an individual player? *(4 marks)***

**Explanation of theory**

A. (Explanation of Interactionist Theory) – mixture of personality traits and the situation/trait theory and social learning theory

B. Behaviour can alter in different situations

C. (Lewin) – Behaviour = function(Personality x Environment) /B=f(PE)

D. Psychological core/inner core is fairly permanent beliefs and values

E. Typical response/middle layer is usual behaviour in a given situation

F. Role-related behaviour/specific behaviour in a certain situation

**Application of theory**

G. Theories suggest performers can be taught to alter their behaviour and improve performance/teach performer to act in certain ways in specific circumstances/learn how to respond to a specific situation

H. Coach identifies aspects of personality or behaviour to be changed

I. Creates situations or experiences to cause a change of behaviour/ eg teach aggressive player to be assertive/introvert performer not to become over-aroused in front of a crowd

J. Coach identifies a suitable situation to avoid specific aspects of personality being displayed, eg move position to avoid aggressive behaviour

**Discuss the suggestion that personality questionnaire can be an effective predictor of performance. (4 marks)**

A. Named personality test – EPI, (Cattell) 16PF, SCAT, STA1, POMS, Achievement Motivation (Nach & Naf questionnaires)

*Sub-max of 2 marks*

**Agree**

B. Credulous approach

C. Personality traits linked to specific types of sports/characteristics of elite performance, eg calm under pressure/not aggressive/equiv

D. Used as part of talent identification programmes

E. Iceberg profile (Profile of mood states)

F. Linked into high levels of vigour

*Sub-max of 2 marks*

**Disagree**

G. Sceptical approach

H. No clear link between success/choice of sport and personality type

I. Research often contradicts each other

J. Personality can change due to situation

**Conclusion**

K. Neither approach has proved conclusive/no clear evidence to make accurate predictions.

**Explain the factors that contribute to a performer’s level of ‘achievement motivation’.**

***(3 marks)***

A. Achievement motivation = desire to succeed – fear of failure

B. Interactionist approach/depends on the personality and the situation

C. (Personality) – either Need to Achieve (nAch) **or** Need to Avoid Failure (nAf)

D. (Situation) – probability of success

E. (Situation) – incentive value of success

**Explain how ‘approach behaviour’ can be developed within the team. *(4 marks)***

A. Positive experiences/give success/avoid negative feelings

B. Gradually increase task difficulty

C. Goal setting

D. Use positive feedback and praise/support from significant others

E. Reduce punishment

F. Encourage risk taking

G. Use attributions correctly

H. Develop high levels of self-efficacy/avoid learned helplessness

**A coach will often try to pair players with compatible personalities to form a successful doubles partnership.**

**What do you understand by the term ‘profile of mood states’? *(3 marks)***

A. Description – a graph to indicate the general profile of mood states/emotions of a performer

B. Six measures

C. Tension/depression/anger/vigour/fatigue/ confusion

D. Ice berg profile

E. Performers have higher levels of vigour and lower levels of other measures

F. Some elite performers do not have this profile/some nonelite athletes display the profile