**A2 Physical Education**

**Psychological Aspects that Optimise Performance**

**Revision Guide**

* Personality
* Arousal
* Controlling Anxiety
* Attitudes
* Aggression
* Confidence
* Attribution theory
* Group success
* Leadership



**Top Tip!**

Each topic needs to be approached in the same manner

* What are the theories linked in this area?
* How might this information affect my performance?
* How can this knowledge be used and what strategies can be employed to improve performance?

**Aspects of Personality-Learning Objectives**

* Understand the term personality and outline its relationship to sport, including its use as a predictor of performance
* Outline the ***trait*** approach and explain its limitations
* Outline the i***nteractionist*** approach and explain its relationship to performance
* Discuss various methods used to measure personality and evaluate their effectiveness
* Explain the Profile of Mood States, or Iceberg Profile, and evaluate its relationship to performance.
* Explain the concept of ‘Achievement Motivation’
* Outline the characteristics of the personality types ‘need to achieve’ and ‘need to avoid failure’.
* Suggest factors that contribute to the adoption of each behaviour pattern including incentive value and probability of success.
* Discuss the effect that approach behaviour and avoidance behaviour has on performance
* Suggest strategies to develop approach behaviours.

**Key Terms:**

**Nature:** individuals are a product of the genes of their parents. Genetically inherited.

**Nurture**: a learned pattern of behaviour acquired through reinforcement, imitation of behaviour of others and environmental influences.

**Trait**: an innate, enduring characteristic, possessed by an individual that can be used to explain and predict behaviour in different situation’s

**Definition of personality:**

‘***Personality is the sum total of an individual’s characteristics which make him unique.’*** Hollander (1971)

It is unique to the individual.

**Hollanders Model- interactionist approach**

**Psychological Core**- inner core of personality. Real you. Beliefs, values and attitudes relativity permanent

**Typical Responses**- usual response to situations- often learned. Good indicator of core.

**Role Related Behaviours**- behaviour at given time dependent on circumstance. Most changeable and can appear out of character. I.e. rugby player aggressive in game.

Can you draw it?

**Trait Theory B=F(P)**

* Nature approach- genetically inherited
* Stable, enduring and consistent
* Suggests behaviour is predictable in all situations, if this was true it would be useful in identifying captains and players under pressure.
* This theory views behaviour as being more predictable than it really is.
* Doesn’t take into account people adapt their behaviour in response to a given situation.

**Main criticisms**:

* Too simplistic
* Doesn’t account for personality changing over time
* Doesn’t account for environmental factors
* Not accurate predictor of sport performance
* Don’t allow for an individual to shape and develop their personality.

**Suggested stable traits**

Introvert-Extrovert Dimension

Stable- Neurotic Dimension

**Key Terms**

**Extrovert:** sociable, outgoing, talkative and optimistic

**Introvert:** quiet, passive, unsociable and reserved.

**Stable:** clam, even tempered, reliable, controlled and logical

**Neurotic**: moody, anxious, touchy, restless and aggressive.

Can you?

Explain the different theories and evaluate their strengths and weaknesses?

**Measurement of Trait Theory**

**Eysenck Personality Questionnaire**

* Suggested certain personalities would be drawn to certain sports
* Claimed most elite performers were extroverts
* Extroverts more likely team players and introverts individual sports performers ie running.

**Cattell’s Theory- 16 personality factors**

* Eysenck was too simplistic.
* He proposed that personality could be profiled into 16 categories. Still no evidence.

**Interactionist Theory B=F(PE)**

* Suggests Personality is a mix of inherited traits and current environment.
* Combo Trait theory and social Learning theory
* Hollander is an example of an interactionist theory
* Behaviour may change if significant other watching you, match is against old rivals, outcome of match is very important or you have been provoked.
* More dynamic approach
* Good as a coach can use this to identify characteristic behaviour patterns in specific situations i.e. Rooney.
* Coaches and parents must remember to behave well!

**Measurement of Personality**

. Often by Self Report Questionnaires such as the EPI, Cattell’s 16 PF.

**Advantages**

* Easy to administer, data is straightforward, large numbers can be accommodated quickly

**Disadvantages**

* Validity is questionable- no agreed definition of personality!
* Reliability questioned
* Responses may be affected by mood of performer
* Could lie/ put repose they think you want.
* Not understand the question
* Yes/ no too limited
* Ethics issues

Also Observation and Interviews……

**Profile of Mood States POMS**

Morgan (1979) suggested mood states are more useful in prediction of successful athletes. Mood states are temporary and change with the situation so could be argued as best predictor of performance and behaviour.

**Six Mood States**

1. Tension
2. Depression
3. Anger
4. Vigour
5. Fatigue
6. Confusion

Successful athletes compared to unsuccessful athletes

Successful scores higher Vigour, tension, depression fatigue and confusion score low.

**ICEBURG** Profile

Lots to support this notion but also successful athletes don’t show this profile



Can you draw the profile?

How could this be used to identify talent?

**Achievement Motivation**

Attempts to link personality with competitiveness and explain why performer acts in a certain way when faced with a task.

Theory- McCelland and Atkinson (1964)

Two motives when placed in a situation where some form of evaluation will take place.

|  |  |
| --- | --- |
| **n.Ach -Motive to Achieve** | **n.Af- Motive to Avoid Failure** |
| Sense of pride | Attempt to avoid shame and humiliation |
| Optimism | Worry about failure |
| Likes feedback | Avoid situations 50:50 chance of success |
| Confidence | Choose very easy or very hard tasks |
| Attributes performance internally | Don’t like feedback |
| Prepared to take risks | Attributes performance to external factors |
| Likes being evaluated and performing in front of others | Performance deteriorates when being watched |
| Don’t mind if they fail as seen as experience | Give up easily |

**Interactionist Approach**- combination of personality and the environment situation

***Achievement Motivation= desire to succeed- fear of failure***

The performers has to evaluate the situation

1. Probability of success- difficulty of task
2. Incentive value of the success- feelings of pride or shame after result

**Higher motive to achieve- Approach Behaviour**

**Higher motive to avoid failure- Avoidances Behaviour**

How will different types of personality approach a specific situation?

**How do I change a Naf to a Nach?**

* Positive reinforcement
* Positive role models- at correct level
* Give early success
* Lower arousal levels
* Use attributions correctly
* Raising levels of self-efficacy
* Set goals

**Don’t forget your BANKERS!!!!**

**Arousal- Learning Objectives**

* Explain the term Arousal
* Outline and evaluate different theories of arousal including the Drive Theory, Inverted U Theory and Catastrophe Theory.
* Discuss the relationship between arousal levels and sporting performance
* Outline the concepts of the zone of optimal functioning and peak flow experience
* Explain the term Attentional Narrowing
* Suggest strategies to control arousal levels.

**Arousal**

***‘A general physiological and psychological activation of thee person that varies on a continuum from deep sleep to intense excitement.’*** Gould & Krane (1992)

If we become over aroused it usually causes anxiety and has a negative effect on Performance.

The level of arousal is controlled by the Reticular Activating System (RAS) which interprets the level of stimulation entering the body and initiates the appropriate response. As a performer you want to control levels of arousal to an optimum level suitable for the activity undertaken so that concentration is not impaired.

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**Key Terms:**

**Arousal**: engaged state of readiness of the individual to perform a task, motivating them to direct their behaviour in a certain manner

**Somatic:** Physiological changes which performer experiences i.e. butterflies, sweaty palms

**Cognitive:** Thought processes the performer experiences i.e. worry and apprehension.

**Theories of Arousal**

1. Drive Theory
2. Inverted U Theory
3. Catastrophe Theory
4. **Drive Theory**

This theory states:

* Linear relationship between arousal and performance
* As level of arousal increases the level of performance increases
* The more aroused a performer is the better their performance
* The performers dominant response will be more evident as arousal levels increase
* This is linked to the **TASK** and **EXPERIENCE** of the performer.
* **Experienced** performers will perform skill well as the dominant habit is well learnt and correct
* **Inexperienced** performer will perform skill poorly as dominant habit not well learnt and incorrect

**Criticisms of the theory:**

* Doesn’t explain the reason why performers in autonomous phase of learning fail to complete skills at high levels of arousal i.e. footballer missing a penalty or dropping a catch. The theory states arousal improves performance not deteriorate it.
* Doesn’t take into account different types of arousal like somatic or cognitive

****arousal

**Key Terms:**

**Autonomous phase of learning**; stage reached by athlete where the skill is automatic involving little or no conscious thought when performing the skill.

**Inverted U Theory (Yerkes & Dobson, 1908)**

Theory states that:

* As arousal levels increase so does performance up to an optimum point.
* The optimum point is usually at moderate levels of arousal
* After this increases in arousal will cause the performance to deteriorate.
* **Under Aroused**: performer shows lack of concentration and attention
* **Moderate level of Arousal**: optimum level- good selective attention and level off concentration
* **Over Aroused:** performer may lose focus, miss cues, and become anxious, muscle tension, poor decision making and possibly aggressive behaviour.



Optimum levels of arousal can differ between performers depending on experience, task and personality- can you give practical examples?

Each individual will have different optimum levels of arousal

**Factors that need to be considered when determining the optimum level of arousal**

**Nature of Task:** complex and fine skills (snooker) – lower levels of arousal than those gross and simple (running)

**Skill level of Performer (Stage of Learning):** experience- cope with higher levels as movements are automatic. Novices need lower levels to concentrate

**Personality of Performer**: extrovert- higher levels than introverts.

**\*Criticism of Theory**: It doesn’t explain how an individual may become over aroused yet still recover to compete effectively- it assumes that when over arousal occurs performance will continue to deteriorate.

**Catastrophe Theory (Hardy and Fazey,1987)**

This theory suggests:

An increase in ***Cognitive*** arousal will improve performance- like the inverted U theory

But if over arousal occurs one of two things happen

1. If arousal levels drop slightly, caused by increase in **cognitive arousal** the performer can recover sufficiently and regain optimal arousal level. Examples include supportive words form coach, stress management technique.
2. If arousal levels continue to increase with **somatic and cognitive arousal**, the performer will not be able to recover and catastrophe will occur. May not be able to recover.

 ***How else can you draw this theory?***

***Can you link it to a practical example***?

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Do you understand the relationship and limitations of the three theories of arousal?

**Top Tip**

Do not get confused with Cognitive and Somatic Arousal and Cognitive and somatic Anxiety. Anxiety is negative

**Zone of Optimal Functioning**

Developed from the inverted U theory it was proposed that each individual had a ***Zone of Optimal Functioning.***

As opposed to occurring at one point of moderate arousal, there is a band or an area in which the performer receives their level of optimum arousal.

**Being in the Zone…**

* Movement is effortless without conscious control
* Ability to select correct cues and make effective decisions in addition to being focussed on the task without being distracted.

Different for different people, some peak sooner with less arousal.

**How does it differ to the inverted U theory?**

* Optimum level of arousal is not always at the midpoint of arousal continuum
* Optimum level of arousal doesn’t occur at a specific point but over a band width.

**Implications of coach and athletes**

* Need to recognise when in or out of zone- need relaxing or psyching up
* Within a team coach needs to be aware that people have different ZOF’s so psyching everyone up at once may be detrimental to someone’s performance.

**Attentional Narrowing**

Performer needs to detect the correct amount of appropriate cues to allow them to make decisions as quickly as possible. Cue Utilisation Theory

If arousal increases the performer may miss vital cues which leads to reduction in performance.

Attentional Narrowing links arousal levels directly to the individual’s ability to focus on relevant cues and stimuli.

Optimum arousal level- identifies appropriate cues.

Over arousal- Attentional narrowing continues and vital cues are missed- Attentional Wastage which decreases performance.

I.e. Basketballer becomes over aroused during a game and listens to the crowd shouting as opposed to focussing on potion on court.

**Implications for the Coach**

Needs to work with player to identify causes of weakness and over arousal- stress management technique.

**Peak Flow Experience**

Timing of movements and actions appear perfect

* Clear goals
* Complete absorption in the activity
* Totally focused on task
* Apparent loss of consciousness
* Effortless movement

Linked to …..

* Positive mental attitude, high levels of confidence
* Relaxed performer, controlling anxiety
* Focused on correct cues
* Confidence in physical ability and preparation.

Link between **somatic and cognitive** arousal. Low cognitive and correct level of somatic arousal = Peak Flow

**What interrupts Peak Flow**

* Injury
* Fatigue
* Crowd hostility
* Lack of challenge
* Negative self-talk
* Poor preparation

**Controlling Anxiety- Learning Objectives**

* Identify the characteristics and causes of stress
* Understand the impact of stress on sporting performance
* Explain the different forms of anxiety including somatic, cognitive, state and trait.
* Outline methods to measure anxiety levels for individual performers
* Suggest strategies to combat both cognitive and somatic anxiety and control arousal levels
* Outline how to use Goal Setting effectively to reduce levels of anxiety

**Stress**

***‘The non specific response of the body to any demand made upon it’*** Seyle (1956)

We all react differently to stress- the stress experience initiated by the stressor and be positive or negative.

**Eustress:** positive for of stress where the performer seeks to test their ability to the limit- adrenaline rush.

**Anxiety:** is the negative form of stress which can lead to an increase in arousal and therefore a deterioration in performance.

***Cognitive responses***:-inability to cope, fear of failure, Attentional narrowing

***Somatic responses***:- sweating, nausea, increased heart rate.

***? Can you think of any potential factors that could initiate stress in sport?***

**Anxiety**

**Cognitive Anxiety**

* Thoughts or worries about their lack of ability to complete the task.
* Nervousness, apprehension, difficulty concentrating.
* Usually experienced before the event, possibly several days.

**Somatic Anxiety**

Physiological responses when placed in a situation where they perceive inability to complete the task successfully. Increased heart rate, sweating, blood pressure, muscle tension, nausea. Symptoms often reduce once event has started.



Individuals may react differently according to their personality:

**Trait Anxiety**: general disposition of an individual in a perceived threatening situation. Stable and genetically inherited. If they have this characteristics they are more likely to become anxious I a wide variety of settings. A -Trait.

**State Anxiety**: form of anxiety when a performer is placed in a situation. Linked to mood and can vary. Both cognitive and somatic anxiety can be experienced. A- State.

**Competitive Trait Anxiety**

Performer perceives competitive situations as threatening and respond with feelings of apprehension or tension. Performer with high trait anxiety is likely to suffer even higher anxiety when they feel they are being watched (Evaluation Apprehension).

**Measurement of stress levels**

|  |  |  |
| --- | --- | --- |
| **Observation** | **Biofeedback** | **Self-Report questionnaires** |
| Observer will record two things:Individual behaviourAspects of performance | Monitoring the physiological responses. Change of heart rate, respiration rate, muscles tension etc. | Answering a series of questions concerning emotions in specific situations.Good: cheap, easy to administer, large numbers |
| Drawbacks:Know they are being observedNeed to know the performer wellLots of observers needed | Drawbacks:Difficult to record info in actual competitive performanceMay caused natural changes to body as a result of being evaluated. | Drawbacks: Misinterpretation of question, don’t give honest repose, biased results, available responses may not cater for the emotions experienced.  |

Can you explain value and limitations of these techniques?

**Types of Self Report Questionnaires**

**State Trait Anxiety Inventory (STAI)**

20 statements to assess atate anxiety and another 20 to assess trait. In theory those with high trait anxiety are more likely to experience high state anxiety .

**Sport Competition Anxiety Test (SCAT)**

Used to measure the competitive trait anxiety of a performer placed in a pre-competitive sporting environment. 15 statements

* Before I compete I feel uneasy Hardly sometimes often

Psychologists use this to see if the performer is prone to anxiety before competition.

**Competitive Sport Anxiety Inventory (CSAI-2)**

To identify the type of anxiety the above was modified. Used to assess individuals state anxiety and corresponding behaviour patterns. Measured cognitive and somatic anxiety, completed an hour before the event. High levels of cognitive anxiety can be identified by the coach and intervention taken. Somatic responses may aid performance.

My body feels tense- not at all somewhat moderately very much so

**Stress Management Techniques**

|  |  |
| --- | --- |
| **Cognitive** | **Somatic** |
| **Imagery**Formation of mental pictures of successful performances. May create a place of clam, kinaesthetic feeling, emotional feeling, sounds. Internal and External. I.e. long jumpers, Doris | **Centring/ Breathing Control**Relaxing chest and shoulder muscles, focussing on abdominal muscles whilst taking slow deep breaths. Redirect attention- can be done discretely anywhere. Jonny and his hand position. |
| **Thought Stopping**Recognising when you are starting to worry or develop negative thoughts. Cues/ actions redirect thoughts. | **Biofeedback**Measurement of bodies physiological response to stress using objective techniques. Perform is made aware of the responses and then works on them. Performer eventually recognises the responses without the machine. Galvanic skin responses, skin temp. AC Milan- Mind Room. |
| **Attentional Control**Developing the ability to alter perceptual filed. Varying amount of info that enters the body- Selective Attention . Jonny- kick Vs play. | **Relaxation**Activity causing the muscles to become less ridged and tense. – careful not to get too relaxed or under aroused.  |
| **Self Talk**Eradicating negative thoughts and developing positive ones! | **Progressive Muscle Relaxation** Performer is aware and alternates sensations of tension and relaxation of the muscles. Gradually reducing tension in the body- can help to sleep.  |

**Goal Setting**

*Another effective way to control anxiety levels.*

*It allows you to direct attention away from anxiety and towards achievable target*.

|  |  |  |
| --- | --- | --- |
| **Outcome Goals** | **Performance Goals** | **Process Goals** |
| Judges the performance of the individual against other and the end result.Ie winning the race or finishing within the top three. Result is the important factor. Can be demotivating if performer is unsuccessful, especially after a number of times. Not good for novices.  | Judges the individual against their own standards. Ie good reaction to starters gun, against PB. Helps remain positive and motivated irrespective of their finishing position.  | Development of technique or tactics. Swimmer- tighter tumble turn and greater leg drive.  |

**Time Span of Goals**

Long and short. Give examples……

**Methods of Goal Setting**

**S** pecific

**M** easurable

**A** ccepted

**R** ealistic

**T** ime Phased

**E** xciting

**R** ecorded

**Top Tip!** When answering a question on Goal Setting you must be able to explain SMARTER in detail with examples.

**Attitudes- Learning Objectives**

* Explain what is meant by the term ‘Attitude’
* Describe the components of an attitude
* Outline the factors influencing the formation of an attitude and how they influence behaviour
* Understand the importance of developing positive attitudes towards specific attitude objects and the impact negative attitude can have on performance
* Describe the methods used to assess attitudes and evaluate this effectiveness
* Explain the methods used to change an attitude including cognitive dissonance and persuasive communication.

**Definition**

*‘An enduring evaluation- positive or negative- of people, objects and ideas*.’

(Aronson, 1994)

* Attitudes can be positive or negative
* They are generally stable and enduring
* They are focused on particular item or situation
* They are evaluative, subjective or beliefs.

Attitudes influence our behaviour towards particular situations- based on an attitude object. They can also change -We may have a positive attitude towards sport in general but a negative attitude towards sports that involve violence.

**Key Term**

**Attitude Object**: the focus of an individual’s attitude. The object may be training, people, events ideas or specific objects.

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**Top Tip!**

Make sure you can explain: how an attitude is formed; its components; methods to measure and attitude; implications for the coach and methods to alter a negative attitude.

**Components of an Attitude**

Attitudes often form our beliefs and values which in turn may influence our behaviour. Our attitude comprises of three components- **Triadic Model**.

**Cognitive**: Reflects our beliefs, knowledge, thoughts and ideas we have regarding the attitude object. Eg. Based on information from parents and school we think swimming is good for us in terms of health and safety.

**Affective:** Emotional response to the attitude object. Eg. In the past we have enjoyed swimming with friends, led to positive feelings towards future participation. Or if you experienced negative feelings ie unsafe, then participation may be affected.

**Behavioural**: Intended or actual behaviour towards the attitude object. Based on our evaluation of the first two components. Eg because of positive feelings and beliefs about swimming we actually regularly participate.

\*\* However, cognitive and affective components do not always predict behaviour. Eg you may think swimming is good for you and you enjoy going but you fail to go swimming regularly.



**Formation of Attitudes**

**Key Terms**

**Stereotype:** A standardised image or concept shared by all members of a group

**Discrimination:** Unjust or prejudicial treatment of different categories of people, especially on the ground of race or sex.

**Prejudice**: A formed opinion, especially an unfavourable one, based on inadequate facts, often displaying intolerance or dislike towards people of a certain race, religion or culture that may be different from their own.

Most developed through learning- socialisation (watching others) or operant conditioning (positive reinforcement). Other influence’s include parents, teachers, media and role models.

**Areas that may cause us to develop negative attitudes….**

* Negative experience, Fear of failure, negative role models, low self-confidence, cultural beliefs and stereotypical images.

**Measurement of Attitudes**

Important to measure these as it they do not meet expectations they can be changes. Observation and interviews are techniques used but questionnaires are most common- less subjective. Need to be valid and reliable.

|  |
| --- |
| **Thurston Scale*** 100 statements covering a range of opinions towards an attitude object. Each statement is rated on 11 point scale unfavourable to favourable.
* Statements with score varying widely are rejected until 11 of each left.
* Time consuming
* Large number of experts needed to construct the scale
* Shows average so extreme attitudes hidden
 |
| **Likert Scale*** Simplified version of above
* Provides valid and reliable data, most commonly used.
* Series of statements showing both favourable and unfavourable opinions to attitudes.
* Response on 1- 5 scale. 5= strongly disagree etc
* Scores totally to provide and attitude score.
* Allows for range of answers
* Easy to administer
* Cheap and easy to construct
* Reliable results.
 |
| **Osgood’s Semantic Differential Scale*** Give the attitude object a 7 step rating based on two opposing adjectives. You have to select the point which reflects how you feel.
* Quick and simple
* But use of pairs constricts the choice.
* How do you feel about the safety of gymnastics : dangerous-safe.
 |

Can you think of any problems with using questionnaires to assess attitudes?

**Changing Attitudes**

If a performer has a positive attitude then the coach will have fewer problems in terms of motivation and task persistence.

**Persuasive Communication**

Attitude is alters by persuasion. Four factors which need to be considered for this to work.

1. **Status of the messenger or person delivering the new ideas**

More successful if high status, significant other, seen as an expert, likable and attractive to the individual.

1. **The quality of the message**

The message should make the performer want to change their attitude. Clear, unambiguous, appeal to performers sense of fear and presented in logical manner.

1. **The strength of the current attitude and resistance to change**

The characteristics of the recipient can influence the degree of resistance to change. Consider strength of belief, original formation of belief and level of education.

1. **The situation or context in which the message is being delivered.**

Different situations require different approaches. Formality of environment, support from others and time and recourses available.

***Can you apply this to a practical situation?***

**Cognitive Dissonance**

Beliefs and thoughts have a direct effect on behaviour. If we challenge the ideas/ cognitions with new information then we experience a sense of discomfort and attempt to restore the balance of harmony. Conflict of beliefs is called **Dissonance**.

Aim is to change an attitude based on the assumption that one of the components of the Triadic model can be manipulated to create dissonance. After reviewing the new information the performer either develops a new attitude or retains their old one.

If dissonance doe occur the feelings of discomfort are dispelled by..

* Making the cognition less important
* Changing the cognition
* Replacing the cognition.

**Changing the Cognitive Component:**

New information can be provided. A performer who thinks that training is not required can be given details of the benefits of fitness levels, extrinsic rewards, shown examples of other who have the same ability but have not wasted their talents and trained hard.

**Changing the Affective Component:**

By giving a different experience which may be viewed as more positive. If a performer is given more praise during a training session, set challenging targets and activities are made more enjoyable. They can be given feedback on their performance rather than being compared to others.

**Changing the Behavioural Component:**

Ensuring the skill is simplified, success if achieved and subsequently reinforced, thus causing a positive affective component of attitude.

**Aggression- Learning Objectives**

* Differentiate between aggressive and assertive acts
* Understand the difference between hostile/reactive aggression and channelled/instrumental aggression
* Outline the reasons why performers may become aggressive with specific reference to instinct theory, frustration-aggression hypothesis, aggressive cue hypothesis and social learning theory.
* Explain the consequences of aggressive actions
* Suggest strategies to control reactive aggressive behaviour.

**Definitions**

***‘Any behaviour intended to harm another individual by physical or verbal means’***

Bull 1991

**For an act to be aggressive…**

* Must actually happen physically, verbally, mere act of thinking you may hurt someone is not enough.
* It must harm someone physically or emotionally i.e. kicking a ball in anger is not aggressive
* It must be intentional- accidental collision is not deemed aggressive.

Outside rules??

**Channelled/Instrumental Aggression**

Behaviour within the rules, aims to successfully complete the skill but has the side effect of hurting someone. E.g. rugby play tackles someone legally but with as much force as possible.

**Assertive Behaviour**- not intended to cause harm, goal directed, within rules and spirit of game, legitimate force used.

***Can you give examples of assertive and aggressive behaviour and justify your reasons for each?***

**Causes of Aggression**

* Nature of sport
* Rivalry between teams- Derby matches
* High arousal levels
* Importance of event
* Venue- home/ away
* Frustration
* Poor officiating

Can you think of others? In the exam be specific with examples

**Theories of Aggression**

***You need to be able to outline these theories and comment on their validity.***

|  |  |  |
| --- | --- | --- |
| **Theory** | **Description** | **Evaluation** |
| Instinct Theory  | * Based on nature approach
* Aggressive behaviour is innate
* This energy builds up and has to be released
* Suggests displacement may occur via sport- catharsis
 | Criticised: * Human aggression is often spontaneous
* Often learnt
* Levels of aggression tend to increases during sport rather than decrease
* No innate characteristics have been identifies
* Performers with aggressive natures do not tend to display aggressive behaviours away from the field.
 |
| Frustration Aggression Hypothesis  | Interactionist approachDisplay aggression due to innate and learned behaviour when their goal is blocked leading to frustration.Frustration leads to aggression and aggression will always be caused by frustration. If performer is able to release frustration via an aggressive act then it has a cathartic effect. If the aggressive act is punished then frustration increases. | * Not all frustration leads to aggression
* Not all aggression is caused by frustration- it can be learnt
* It doesn’t account for situational factors or individual differences.
 |
| Aggressive cue Hypothesis  | Suggests frustration causes **arousal** to increase, but aggression will only occur if there are certain socially acceptable cues present. Eg a player may commit a dangerous tackle if the plays team or coach reinforces this behaviour, or if they think official is not watching. This theory could explain why some players are able to maintain composure and control levels of aggression.  | More valuable explanation that the othersAggression is linked to learning and will only occur when certain environmental cues are present.  |
| Social Learning Theory | Nurture approachAggressive behaviour is learnt by coping others. If reinforced then the copied actions are repeated in similar situations- vicarious experiences. Significant other Eg. On TV see lots of footballers display aggressive acts that go unpunished, so they copy it believing it to be acceptable. May even get encouragement from others/team . | Doesn’t fully explain how people are aggressive without observing others.  |

**Key Terms:**

**Arousal**: energised state of readiness of the individual to perform the task.

**Cue**: signal, action or situation which will act as a trigger to perform a specific type of behaviour

**Vicarious Experiences**: process of watching other performers and copying their actions.

**Reducing and Controlling Aggressive Behaviour**

**Top Tip!**

Be able to give practical examples of methods to control aggressive players and comment on the implications these methods may have on their performance.

Questions may ask you to comment on controlling aggressive behaviour form different perspectives i.e. ***coach, player and governing body***.

**Some possible solutions….**

* Punish aggressive acts i.e. sin bin
* Increase peer pressure- highlight responsibility of team
* Positive reinforcement and rewards for non-aggressive play
* Set performance goals rather than outcome goals
* Lower levels of arousal
* Highlight non aggressive roles models.

Brainstorm solutions in the following categories…

|  |  |  |
| --- | --- | --- |
| **Performer** | **Coach** | **Governing Body** |
|  |  |  |

**Confidence- Learning Objectives**

* Explain the term ‘self efficacy’
* Discuss factors that contribute to development of self efficacy
* Suggest strategies to develop high levels of self efficacy
* Explain the terms social facilitation and social inhibition
* Outline the different groups that affect performers.
* Discuss relationship between social facilitation, arousal levels and performance.
* Explain the term ‘evaluation apprehension’
* Outline Baron’s distraction conflict Theory
* Discuss the implications of ‘home field advantage’
* Suggest strategies to develop self confidence and minimise the adverse effects of social facilitation.

Bandura suggested that the self confidence of an individual was dependent on the situation and it can change at any moment.

Applied to individuals as well as teams.

The individuals level of self efficacy will affect the:

* Choice of activity
* Amount of effort applied
* Level of persistence

**How do we develop Self Efficacy?**

Four Key Factors…..

Past performance accomplishments

Sporting Performance

Efficacy Expectations

Vicarious Experiences

Verbal Persuasion

Emotional and Physiological Arousal

**Past Experiences**:

Performer that has experienced success and enjoyment is more likely to develop high levels of confidence.

**Vicarious Experiences:**

A performer who watches other do well at the task will feel more confident that they can do it. Similar ability.

**Verbal Persuasion**:

Performer who receives encouragement about their abilities from a significant other will feel more confident.

**Emotional Arousal:**

Performer who is encouraged to perceive their arousal as positive will have more confidence. Increase heart rate seen as ready to perform rather than ill effect.

**Top Tip!**

Learn the model and think of practical examples for the exam.

* **Developing high levels of Self Efficacy**
* Experiences early success
* Observe demos by competent others of similar ability
* Set realistic goals
* Performance goals rather than outcome goals
* Verbal encouragement and positive feedback
* Effective stress management techniques
* Mental rehearsal
* ****Use attributions correctly…
* Limit effects of social facilitation.

**Don’t forget your BANKERS!!!!**

**Social Facilitation**

Sport is now viewed by huge numbers of people whether it is at the event or via media avenues.

Arousal level increase when we know we are being watched. Consider how a performer becomes over aroused because of the crowd and their performance deteriorates. A performer may also be motivated by people watching and could produce their best ever performance.

**Zajonc’s Model**

The influence of the presence of others on performance may be positive or negative.

**Presence of others has positive effect- Social Facilitation**

**Presence of other had negative effect- Social Inhibition**

This theory is closely related to the **Drive theory of arousal.**

****Level of arousal increases due to presence of others, dominant response is likely to occur. In experienced performer the performance is likely to improve and in beginner it will deteriorate. Skill is fine it will hinder, gross it will help.

**Key Words**

**Audience:** those watching either as spectators at the event or at home.

**Co-actors:** those performing the same task but not in direct competition with the performer e.g. another play on the badminton court.

**Competitive co-actors:** Those in direct competition with the performer eg another badminton player in the game

**Social Reinforces**: those with a direct influence ie coach.

**Zajonc’s Model**

What strategies can you use to improve your performance?

**Evaluation Apprehension**

Weakness of social facilitation theory is that not all performers are affected by presence of audience as suggested. Suggested that presence of others only has an effect on arousal levels if performer felt that they were actually being evaluated.

****If the audience is perceived as having a high status it may be more threatening and be worse!

**Key Terms**:

**Evaluation Apprehension:** sense of anxiety experienced by a performer, caused by the feeling that he or she is being judged by those in the audience.

**Proximity Effect**: the influence of a crowd is more marked when it is close to the play , rather than its size being the key factor.

**Factors affecting Social Facilitation**

Things that may account for the differing effects on the individuals arousal levels:

* Trait anxiety
* Personality- extrovert/ introvert
* Previous experience
* Age and gender
* Nature of the audience
* Proximity of audience
* Size of the audience

**Baron’s Distraction – Conflict Theory**

Performers must concentrate on the task; anything that distracts them will hinder their performance. The audience creates this distraction effect. Well learned or gross simple skill the effect is less.

**Model**

**Home and Away: Advantages and Disadvantages**

Home team usually have advantage due to

* Larger number of home supporters
* Familiarity of surroundings
* Lack of travel needed

**Strategies for combating social inhibition**

* Develop mental rehearsal
* Train in front of others
* Improve selective attention
* Reduce importance of event
* Avoid social comparison with others
* Teammates supportive
* Increase self-efficacy
* Attribute correctly
* Stress management

**Social Facilitation**

Think…

Level of ability, Type of task, Type of personality

* Ensure skills are over learnt.

**Attribution Theory- Learning Objectives**

* Explain the term attribution
* The implications for the correct use of attributions
* Discuss different types of attribution with specific reference to Weiner’s model
* Explain the term ‘self-serving bias’
* Outline the importance of attribution retraining
* Outline the concept of ‘learned helplessness’
* Suggest strategies to avoid learned helplessness.

When we play sport we will analyse and evaluate our performance. The reasons we give for our performance may influence our level of motivation and future behaviour.

****Example: if we feel we lost due to ad luck we are more likely to continue to participate then if we think we lost due to our ability.

**Key Term**

**Attribution**: the perceived reasons for the success of failure of an event or pattern of behaviour.

The correct use of attributions are vital to maintain a performers

* Level of performance
* Satisfaction of performance
* Task persistence
* Future expectations

**Weiner’s Attribution Theory**

Suggested that causal attributions fall into four categories

***Ability, task difficulty, effort and luck***.

Suggested that the **locus of causality** can be divided into two categories.

**Internal causes**- factors within our control- effort and ability

**External causes-** factors outside our control- task difficulty and luck

**Key Words:**

**Locus of causality**: the cause of the final outcome is pinpointed as being due to internal or external factors- these within or beyond performers control.

**Locus of stability:** identifies attributing behaviours which may have influenced the final result, which may or may not change over a period of time.

**Self serving bias**: tendency of the performer to attribute their success to internal factors such as effort and ability, whilst failure is attributed to external factors i.e. luck and task difficulty.

**Top Tip !!!!! Can you???**

* Draw and interpret Weiner’s model and make sure it is labelled correctly with examples?
* Be able to explain the attributions you would give to a team/ individual following a variety of results. Give practical example and justify you answer.
* To maintain a performers motivation you can attribute loss or failure to any factors other than stable internal factors.

Draw the model here….

Now draw it with relevant examples in…

**Effective use of Attributions and Self Serving Bias**

* Generally success is attributed to **internal factors** – performer gets satisfaction, motivated and increase task performance.
* We do not want a performer to attribute failure to internal, stable factors . The coach must use either unstable or external factors. This allows the performer to believe that changes can be made to their performance, it therefore protects their self esteem. Using attributions this way is call **self serving bias.**
* Allows the individual to maintain their level of motivation and task persistence
* We need to learn to attribute correctly to develop self esteem and avoid learned helplessness.

**Attribution Retraining**

Is where the coach develops and changes an individual’s perception of failure, allowing them to deal with it effectively and improve performance. **We want them to attribute success to internal. Stable factors and failure to external and unstable factors.**



**Learned Helplessness**

Development of high self efficacy is very important for a performer. If they lack confidence it may lead to self doubt and they question their ability to be able to complete the task.

***“An acquired state or condition related to the performer perception that he or she does not have any control over the situational demands being placed upon them and therefore failure is inevitable. “***

***They are attributing failure to stable and internal factors.***

Other factors that contribute include negative feedback criticism and lack of success

You must know the two types of Learned Helplessness

**Two Types:**

**General/ Global learned helplessness**

* Performer thinks failure is inevitable in all sports/ areas. Ie negative experience with swimming so all water based activities unable to do.

**Specific learned helplessness**

* Specific to a sport/ situation. Ie if they have capsized lots of times they will lack confident and feel unable to attempt canoeing gain due to fear of failure.

**How do we avoid the development of Learned Helplessness?**

* All strategies used to develop self efficacy ….
* One to one attention
* Mental rehearsal
* Performance goals as opposed to outcome goals
* Avoid social comparisons with others
* Attribution retraining
* Highlight performance goals
* Use correct attributions.

**Group Success**

* Explain the definition of a group and its characteristics
* Outline the stages of group formation
* Discuss the importance of cohesion within a group
* Explain Carron’s antecedents and their impact on cohesion
* Differentiate between task and social cohesion
* Explain Steiner’s model of group productivity and identify reasons for poor group performance such as faulty processes
* Suggest strategies to eliminate faulty processes
* Explain the terms ‘Ringlemann effect’ and ‘social loafing’
* Describe strategies to overcome social loafing

**Groups**

In all sports groups have to work together if success is to be achieved.

***‘Groups are those social aggregates that involve mutual awareness and the potential for interaction’***

Carron suggests that groups have certain characteristics:

* Two or more people interacting
* Have common goals
* Share collective identity
* ****Structured forms of communication

**Key Words:**

**Group Dynamics**: the process in which a group is consistently developing and changing when interaction takes place.

**Stages of Group Formation**

Be able to apply the stages of group formation to a practical situation, outlining the characteristics of each stage.

Tuckman suggested that there are four stages of group formation that all groups must go through as part of their development:

**Forming:**

Individuals get to know each other. Assessing if they will fit in based on other strengths and weaknesses. Do they belong?

**Storming:**

Conflict. People attempt to establish their position in the group, status and role. May involve confrontation with leader until different roles are established.

**Norming:**

Once structure has been established and group gains stability and starts to become cohesive. Players start to cooperate and work towards a common goal.

**Performing:**

All players working together towards a common gaol. Individuals accept their roles and supports other group members accordingly.

To reach this stages takes varying amount of time, groups may go back to the beginning as they’re evaluate their performance.

**Cohesion**

The extent that a group works together- to achieve their goal.

Different form of cohesion are needed for different tasks

Several factors may contribute to cohesion according to Carron.

**Environmental factors**: size of group, time available, training facilities. Larger the group, the more problems there will be.

**Member Characteristics:** ability, motivation, similarity of opinion , status and satisfaction with team members.

**Leadership Style:** involvement of the individuals in decision making and expectations of the group.

**Team Elements:** e.g. desire for team success, nature of shared experiences, victory or defeat. The more successful they are the more cohesive.

**Other factors include:**

**Nature of sport:** interactive sports such as basketball rely heavily on cohesion. Co active sports i.e. athletics doesn’t.

**Stability of group:** longer the group tighter the more stable they are

**External threats:** those who threaten the group may help to eliminate sub groups and make them work together ie media criticism brings a team together and encourages loyalty.

**Carron’s Model**

Group cohesion can be divided into two categories:

**Task Cohesion**:

* Interaction of individuals and how well they work together towards a common goal. Each player fulfils their positional role effectively.

**Social Cohesion:**

* Interaction of individuals and how well they interact with each other. Level of support offered. E.g. players may enjoy each others company and socialise away from the sport.

Task cohesion greater importance.

**How to develop an effective group and cohesion**

* Practise and training drills
* Explanation of roles and expectations within the group
* Setting specific targets
* Giving the individual responsibility
* Developing social cohesion away from the pitch
* Creating group identity- clothing
* Encouraging peer support
* Avowing social cliques
* Identifying social loafers

***Can you explain these with practical examples??***

**Steiner’s Model of Group Productivity**

Suggested that group productivity can be measured by using the formula.

**Actual productivity= potential productivity – losses due to faulty processes.**

**Actual productivity:** performance of the group at a given time

**Potential Productivity**: quality and quantity of the group’s resources relevant to the task. Dependent on skill level, task difficulty and expected outcome. EG. Manager of a national team has the pick of the players and so in theory have the best team.

**Faulty processes:** factors that interfere with the team reaching its productivity.

* **Coordination losses:** factors such as lack of team work, poor execution of tactics, ineffective communication
* **Motivational losses**: factors such as player loosing concentration, under and over arousal, loss of motivation due to not being noticed, low self confidence.

**Can you?**

Select a successful team and analyse performance in terms of:

* Effectiveness of task cohesion
* Effectiveness of social cohesion
* Examples of poor cohesion and faulty processes
* Explanation of how cohesion restored.
* Strategies used to reduce social loafing.

**Ringlemann Effect**

As group size increases the likelihood of coordination problems occurring and performance of the individual decreases. Called the **Ringlemann Effect**

****

**Top Tip! Can you?**

* Give examples of faulty processes that may occur within a team and suggest strategies to eradicate or minimise them.
* Be able to explain why social loafing and the Ringlemann effect might happen and the implications they have on group productivity.

**Social Loafing**

Another factor that may cause faulty processes is social loafing. Performer attempts to hide when placed I a group situation- coasting through the game and not performing to their potential.

They may feel that their contribution to the team is not being recognised or valued, relying on others to cover their lack of effort.

**How to overcome Social Loafing**

* Giving the player specific responsibility
* Giving feedback: evaluating heir performance praising and highlighting the individuals contribution
* Using video analysis
* Challenging but realistic targets
* Introducing situations where it is hard to loaf i.e. small sided games
* Develop social cohesion and peer support
* Develop higher levels of fitness
* Highlight their role within the team.

**Leadership: Learning Objectives**

* Explain the term leadership
* Outline the qualities of a good leader
* Explain the different types of leader, including autocratic, democratic and lassez faire
* Discuss the effectiveness of different types of leadership styles and highlight situations where they are most effective
* Explain the difference between emergent and prescribed leaders.
* Outline and evaluate Fielder’s contingency model of leadership
* Outline and evaluate Chelladurai’s Multi-dimensional mode of leadership

 **Definitions and qualities of a good leader**

‘***The behavioural process of influencing individuals and groups towards set goals.’***

A good leader coordinates interactions, inspires and motivates.

**Qualities of a Good Leader**

Outline the characteristics of a good leader

Questions may focus evaluation of the theories of leadership

**Theories of Leadership**

**Nature Vs Nurture**

**Great Man Theory**

* Leaders are born- inherit specific traits that enable them to be effective.
* They possess confidence, assertion, intelligence and dominating personality
* If this is correct the leader will be effective irrespective of the situation
* Little credence – no evidence

**Social Learning Theory**

* Behaviour patterns are learnt due to environmental influences, copy others. Vicarious experiences.
* Criticism- makes no allowance for the fact that people may have natural personality characteristics.

**Interactionist Theory**

* Leaders are formed by combination of social learning and trait theory

**Top Tip!**

Be able to suggest which form of leadership style is best suited to a specific situation and explain what the advantages and disadvantages may be for using a particular style.

**Leadership Styles**

**Autocratic / Authoritarian Leader**

Dictates to the group- little input form the members of the group

Not concerned with interpersonal relationships- is task orientated

Group works hard when leader is present but can become aggressive and independent when left alone.

Style of leadership effective when:

* Teams sports where there are lots of people
* Decisions have to be made quickly
* Limited tome to compete the task
* Clare and specific goals
* Task is dangerous and complex.

**Democratic Leader**

Encourages the group to discuss ideas and become involved in the decision making process. The leader will make the final decision. Informal and relaxed style. When left alone the group continue to cooperate and work together.

Style of leadership is effective when:

* Situation involves individual sports
* Experienced performers
* Friendly relationships within the group
* Limited facilities
* Decisions don’t have to be made quickly

**Laissez-faire leader**

Leaves group to their own devices. Offering little help, passive role, task is not likely to be completed. Left alone become aggressive and give up easily.

**Preferred Leadership Style**

|  |  |
| --- | --- |
| **Task- orientated/ autocratic approach** | **Relationship -orientated /democratic** |
| Larger groups or teams | Smaller groups or individuals |
| Older players | Younger players |
| Male performers  | Female performers  |
| Novices or weaker players  | Experienced of highly skilled players  |

**Selection of Leaders**

**Prescribed**: Appointed to lead a group by a higher authority.

**Emergent:** Becomes a leader based on the support from within the team. Normally elected based on ability, interpersonal skills and expertise.

**Fiedler’s Contingency Model**

The effectiveness of a leader is dependent on a combination of personality traits and the situation.

Two types of leadership styles

1. **Task centred/ task orientated leader**

Concentrates on efficiency setting goals and getting the takes done as quickly as possible.

**Desirable when:**

Situation is potentially dangerous

Time is limited

Quick decisions are required

Large group numbers

1. **Relationship- centred/ person orientated leader**

Develops interpersonal relationships within the group. Democratic approach

Useful when:

* Time is not important
* Consultation is required

The effectiveness of the style depends on the favourableness of the situation which is dependent on:

* Relationship between leader and group
* Leaders position of power and authority
* Task structure

**Fielder proposed that:**

* Task orientated leader would be effective in very favourable or unfavourable situations
* Person orientated would be better in moderately favourable conditions

|  |  |  |
| --- | --- | --- |
| **Favourable situation** | **Moderately favourable situation** | **Unfavourable situation** |
|  |  |  |
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|  |  |  |

**Chelladurai’s Model**

Suggests that before a leadership style can be chosen, three characteristics must be considered.

1. **Situational characteristics:** task difficulty, nature of opposition, nature of activity and time available.
2. **Leader characteristics:** personality, experience, preferred leadership style.
3. **Group members’’ characteristics**: ability, motivation, age, gender and personality.

**Top Tip!**

For effective leadership to take place, a leader should be able to adopt any one of the three leadership styles.

When these three factors have been considered, the next stage involves consideration of the three types of leader behaviour.

**Required behaviour**: depending on situation and task- give out quick instructions in a time out

**Actual behaviour**: leader’s action in a situation. Ie in a clear manner

**Preferred behaviour**: what the group want depending on their skill and goals.

***The more closely the three types of leader behaviour are to the situation, the greater the chance of group satisfaction.***

**The Model**

****

**Top Tip !**

The multi dimensional model of leadership relates specifically to sporting situations. Effective leaders adapt their style depending on various factors. Make sure you are bale to explain each of the components of the model and support your answer with sporting examples.