

M. P. Ed 4th Semester Examination 2023
Psychology and Sociology of Sports

MPCC – 402

Full Marks – 70

Time – 4 Hours

*The figures in the margin indicate full Marks.
The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.*

1. What is motor perception? Describe the factors affecting of motor perception. Write down about the need and importance of sports psychology. **2+6+7=15**

OR

Discuss the effect of personality on sports performance? What are the basic considerations of motor learning? Describe personality traits. **2+6+7=15**

2. Define the terms 'Anxiety' and 'Stress'. What is the role of motivation in sports performance? Explain with examples from the field of sports about positive and negative effect of Stress. **2+2+6+5=15**

OR

Discuss the effect of aggression on sports performance. What do you mean by Goal setting? Describe the types and methods of psychological relaxation. **7+3+5=15**

3. What is sport sociology? Write a brief note on Impact of sports in the process of socialization and National Integration. **3+6+6=15**

OR

Explain how leadership is important in sports. Discuss the theories of leadership? **8+7=15**

4. Discuss the Present socio-economic status of sports. Write about problems and prospects of women participation in sports. **7+8=15**

OR

What is Group? Write on (i) group types, (i) group cohesion and (iii) gender inequalities in sports. **3+4+4+4=15**

5. Write short notes on any two of the following: **5×2=10**

1. Types and methods of psychological relaxation
2. Process of goal setting in physical education
3. Present status of sports psychology in India
4. Sports as cause and cure of violence

2. Select the correct alternative and write on the answer script (any ten) 1×10=1

- a) Personality development is the outcome of-
i. Heredity ii. Diet iii. Environment iv. Both i and ii
- b) The cognitive-reason of plateau in motor learning is-
i. Lack of Concentration ii. Change of teaching method
iii. Over loading iv. Chronic injury
- c) The Eysenik Personality Inventory (EPT) measure-
i. Introversion only ii. Extroversion only
iii. Personality structure iv. Introversion and extroversion dependence
- d) Which of the theories of motivation has biological orientation-
i. Humanistic theory ii. Drive theory
iii. Need theory iv. Instinct theory
- e) William James considered psychology as the-
i. Science of behaviour and mental process ii. Scientific study of behaviour
iii. Science of mental life iv. Scientific study of human and animal behaviour
- f) Achievement goal theory has three factors: these are –
1. Achievement goals 2. Perceived ability
3. Task orientation 4. Achievement behaviour
Find the correct combination
i. 2,1,3 ii. 3,4,1 iii. 4,3,2 iv. 1,2,4
- g) Which is not the law of learning –
i. Law of readiness ii. Law of exercise iii. Law of effect iv. Law of reaction
- h) The social learning theory is put forward by:
i. Bandura ii. J. Watson iii. A. Maslow iv. E. Tollman
- i) Personal sources of stress are –
1. Event 2. Trait 3. Self-esteem 4. Uncertainty
Find the correct answer:
i. 1 & 2 ii. 3 & 4 iii. 2 & 3 iv. 1 & 4
- j) The law of effect is also known as-
i. Law of exercise ii. Law of satisfaction iii. Law of recency iv. Law of frequency
- k) “Sound mind in a sound body” said by-
i. C.A. Bucher ii. Maslow iii. Plato iv. Aristotle
- l) Who is father of Psychology?

- i. Wilhelm Wundt
- ii. Sigmund Freud
- iii. Claude Bernard
- iv. B. F. Skinner