

Paper 2: Aggression, personality, motivation

Aggression			
Direct Aggression		Indirect Aggression	
<ul style="list-style-type: none">• Involves physical contact to cause physical harm• Normally outside the rules of the sport• Players do it in the hope they do not get caught		<ul style="list-style-type: none">• Doesn't involve physical contact• Could be a nasty remark• Could be an act against an object to gain an advantage• The intended harm is usually mental rather than physical to put them off their game	
Sporting examples			
			
Dangerous tackle (football)	High tackle (rugby)	Bowled at the batter (cricket)	Verbal abuse (football)

Personality			
Introvert	Extrovert		
<p>An introvert is:</p> <ul style="list-style-type: none">• Shy and quiet• Reserved• Thoughtful• Enjoy being on their own <p>Associated with individual sports which require concentration, precision and low arousal</p>	<p>An extrovert is:</p> <ul style="list-style-type: none">• Active, talkative and outgoing• Sociable (aroused by others)• Enthusiastic• Prone to boredom (when on own) <p>Associated with team sports which are fast paced (high arousal), concentration levels are low and gross skills are used</p>		
Sporting examples			
			
Running	Archery	Rugby	Boxing

Motivation					
Intrinsic Motivation	Extrinsic Motivation				
<p>The drive comes from within you. It is driven by personal feeling e.g.</p> <ul style="list-style-type: none">• Pride• Satisfaction• Accomplishment• Self-worth• Achievement	<p>The drive comes from external rewards such as:</p> <ul style="list-style-type: none">• Money/Prizes• Trophies• Praise (feedback applause) <p>Tangible rewards: are those that you can touch</p> <p>Intangible rewards are those that you can't touch</p>				
Evaluation					
<ul style="list-style-type: none">• Any type of motivation is useful.• Intrinsic is thought to be more effective as it doesn't rely on external rewards• If you are only extrinsically motivated you may not try your best when no rewards are available• Receiving extrinsic rewards may lead to feelings of self-satisfaction and pride that are associated with intrinsic motivation• Overuse of extrinsic motivation can reduce intrinsic motivation as you can become reliant on receiving rewards					
Examples from sport					
	<p>You can run a marathon for the intrinsic motivation of accomplishment and achievement</p>		<p>Some performers get paid lots of money which can be extrinsic motivation</p>		<p>A player may be extrinsically motivated by praise from the manager</p>
		<p>Winning a gold medal can be extrinsic motivation but can lead to feelings of pride and achievement which are intrinsic</p>			
		<p>A player who has enough money and has won all the major trophies (overuse of extrinsic motivation) can reduce their intrinsic motivation</p>			