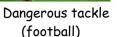
Paper 2: Aggression, personality, motivation

Aggression

Direct Aggression	Indirect Aggression
 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 	 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







High tackle (rugby)



Bowled at the batter (cricket)



Verbal abuse (football)

Personality

Introvert	Extrovert	
In introvert is: Shy and quiet Reserved Thoughtful Enjoy being on their own Associated with individual sports which require concentration, precision and low arousal	An extrovert is:	
Sporting examples		



Running











Rugby

Motivation

Intrinsic Motivation	Extrinsic Motivation
The drive comes from within you. It is	The drive comes from external rewards
driven by personal feeling e.g.	such as:
Pride	 Money/Prizes
 Satisfaction 	 Trophies
 Accomplishment 	 Praise (feedback applause)
 Self-worth 	Tangible rewards:
 Achievement 	are those that you can touch
	Intangible rewards
	are those that you can't touch

Evaluation

- 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



You can run a marathon for the intrinsic motivation of accomplishment and achievement



Some performers get paid lots of money which can be extrinsic motivation



A player may be extrinsically motivated by praise from the manager



Winning a gold medal can be extrinsic motivation but can lead to feelings of pride and achievement which are intrinsic



A player who has enough money and has won all the major trophies (overuse of extrinsic motivation) can reduce their intrinsic motivation