

2023

PSYCHOLOGY AND SOCIOLOGY OF SPORTS

Paper : MPCC-402

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Define sports psychology. Write about the need and importance of sports psychology in sports field. Discuss the basic principles of motor learning. 3+6+6

Or,

What are perception and motor perception? What are the different factors affecting motor perception? Discuss the different types of personality with special reference to the performance in sports. 4+5+6

2. Differentiate between anxiety and stress. Briefly discuss the different types of anxiety. Discuss the causes of anxiety and its remedial measures. 4+5+6

Or,

What is meant by goal settings? Discuss the different methods of psychological relaxation. Discuss the relationship between aggression and sports performance. 3+7+5

3. What is sociology of sports? How can sports participation socialize a person? Discuss the different types of social institutions and their relation to sports. 3+5+7

Or,

Differentiate between fans and spectators. What does 'sports aggression' mean? Discuss the different types of leadership in sports and its effects on sports performance. 5+3+7

4. Write notes on the following (*any two*) : 7½×2
- (a) Group Interaction
 - (b) Sportswomen in our society
 - (c) Groups on composition
 - (d) Types of social group.

Please Turn Over

5. Answer the following MCQs by choosing the correct option given below and writing it on your answer script (**any ten**) : 1×10

- (a) The word 'psychology' originates from
- (i) Italian language
 - (ii) Greek language
 - (iii) Latin language
 - (iv) None of these.
- (b) Psychology is said to be the scientific study of _____ and _____.
- (i) Behaviour, mental processes
 - (ii) Mental illness, mental health
 - (iii) Physical states, mental states
 - (iv) None of these.
- (c) Sports Psychology is a study of
- (i) Sports person's behaviour and perception
 - (ii) Movement ability of the sports person
 - (iii) Physical stimuli of the sportsman
 - (iv) None of the above.
- (d) Which of the following is an example of a negative attitude towards people?
- (i) Stereotype
 - (ii) Prototype
 - (iii) Prejudice
 - (iv) Discrimination.
- (e) Which of the following Greek philosophers believed that knowledge is acquired through learning and experience?
- (i) Aristotle
 - (ii) Plato
 - (iii) Archimedes
 - (iv) None of these.
- (f) Who said "Man is a Social Animal"?
- (i) Aristotle
 - (ii) Comte
 - (iii) Plato
 - (iv) Socrates.
- (g) What is the meaning of logos in the term Sociology?
- (i) Science / Study
 - (ii) Social
 - (iii) Society
 - (iv) Companion.
- (h) The feeling of tension is known to be
- (i) Anxiety
 - (ii) Depression
 - (iii) Panic
 - (iv) None of these.
- (i) Psychology is taught to the students of physical education because
- (i) It helps to enhance their performance
 - (ii) It is effective for behaviour modification
 - (iii) It helps the process of learning
 - (iv) All of the above.

- (j) Different people often react differently to the same situations. In Psychology, it is referred to as
- (i) Nativism
 - (ii) Individual differences
 - (iii) Multiple determinants
 - (iv) None of these.
- (k) People lose their touch with reality when they are _____.
- (i) Psychopathic
 - (ii) Psychotic
 - (iii) Manic
 - (iv) Neurotic.
- (l) Which of the following is a part of the psycho-social domain?
- (i) Judgement
 - (ii) Style of behaving
 - (iii) Memory
 - (iv) Motor skills.
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