

**2025**

**PSYCHOLOGY AND SOCIOLOGY OF SPORTS**

**Course : 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. What is Motor Learning? Describe all personal and situational factors affecting Motor learning. 5+10

**Or**

Define Personality. Describe the types and characteristics of personality. How can sports help in personality integration and modification? 2+6+7

2. What is Motivation? Describe the types of motivation and explain how a coach can enhance intrinsic motivation among athletes. 5+10

**Or**

Define Anxiety. Differentiate between trait anxiety and state anxiety. Explain the impact of anxiety and arousal on sports performance with reference to the Inverted-U Hypothesis. 2+6+7

3. Define Sports Sociology. Explain the role of sports in social mobility and social stratification. 5+5+5

**Or**

What is Leadership? Describe autocratic, democratic and laissez-faire leadership styles. Explain the importance of leadership in team sports. 2+6+7

4. Write notes on the following (**any two**) : 7½×2

- (a) Group cohesion in sports
- (b) Influence of media on sports psychology
- (c) Role of culture in sports participation
- (d) Sports as a means of social development.

5. Answer the following MCQs by choosing the correct option from the given alternatives for each question and write it on your answer script (**any ten**) : 1×10

- (a) The personality theory based on introversion and extraversion was proposed by
- (i) Freud
  - (ii) Jung
  - (iii) Pavlov
  - (iv) Skinner.

**Please Turn Over**

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- (b) The first step in motor skill learning is
- (i) Associative stage
  - (ii) Cognitive stage
  - (iii) Autonomous stage
  - (iv) None of these.
- (c) Maslow's theory of motivation is known as
- (i) Two-factor theory
  - (ii) Hierarchy of needs
  - (iii) Expectancy theory
  - (iv) Goal theory.
- (d) Which of the following best defines socialization?
- (i) Learning motor skills
  - (ii) Adapting to group norms
  - (iii) Developing aggression
  - (iv) Enhancing flexibility.
- (e) The term 'role conflict' is associated with
- (i) Psychological burnout
  - (ii) Social expectations
  - (iii) Coaching style
  - (iv) Gender bias.
- (f) Sports aggression is beneficial when it is
- (i) Physical only
  - (ii) Controlled and instrumental
  - (iii) Verbal and hostile
  - (iv) Uncontrolled.
- (g) An effective leader in sports must possess
- (i) technical skill only
  - (ii) physical strength only
  - (iii) decision-making ability
  - (iv) aggressiveness.
- (h) Which of the following is *not* a dimension of personality?
- (i) Emotional stability
  - (ii) Intelligence
  - (iii) Openness
  - (iv) Conscientiousness.
- (i) Motivation that arises from external rewards is called
- (i) Intrinsic
  - (ii) Self-driven
  - (iii) Extrinsic
  - (iv) Situational.
- (j) Group dynamics refers to
- (i) physical growth of athletes
  - (ii) interactions among group members
  - (iii) performance anxiety
  - (iv) tactical skills.

- (k) Which among the following is the most desirable qualification for becoming a sports psychologist in India?
- (i) M.A (Sports Psychology)
  - (ii) M.Sc (Sports Psychology)
  - (iii) M.P.Ed (Sports Psychology) from LNIPE
  - (iv) AASP Certification.
- (1) In which stage of group formation conflict or friction among group members arise?
- (i) Forming
  - (ii) Storming
  - (iii) Norming
  - (iv) Performing.
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