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| **Trait Approach (Born, Nature)** | **Interactionalist Approach** | **Social Learning Theory (learnt)** |
| **Natural, innate characteristics** that are inherited at birth eg extrovert and stable. Can be measured using questionnaires eg. Eysenk, narrow Band approach (Type A/B) etc**Enduring and stable characteristics** not changed by major events. Eg. someone who has a serious injury in sport will not change their outlook on competition.**Characteristics not affected by the environment**. Eg. a rugby player will **always** be extrovert.Behaviour can then be **generalised** and **predicted**. | **Combination** of trait and social learning theory.B=f(PE)A natural trait we contain is not always present but is **triggered** by the environment. Eg. Danny is a warm and cuddly little boy but when on a pitch, he shows high levels of aggression.Theory best explains how we can have a fairly stable personality and therefore behaviour but also allows us to understand how a person may behave differently in different circumstances. (Both positive and negative aspects of behaviour can be explained.)Hollanders Psychological Core/Typical Response/Role related Behaviour | People **observe** other peoples behaviourMore likely to **copy / imitate** **significant** **others** such as a coach, parent etc. We usually copy the high profile eg best performer although sometimes the imitation is greater if we observe **similar models** eg same age, sex, ability etc as these models can be more meaningful.Behaviour copied only remains if **positive reinforcement** is received. It is best if the reinforcement comes from a **significant other**.**All** behaviour is **learned** from observation.Our behaviour will not be stable and will change depending on the situation / environment. |

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| **Personality Profiling** is the ability to measure a person’s personality and use the information to predict behaviour and sporting success. |
| **Positives** | **Problems with testing** | **Problems with conclusions** |
| Some links in research appear valid. Eg **Profile of Mood States** (Morgan, 1979) suggest successful athletes tend to be high in vigour and exhibit an Iceberg profile. Work by Hinkle etc al, suggested that **Type A** personalities may be more persistent when lacking in motivation – good for elite sports training.The people who believe in the benefits of profiling in this way tend to be described as being in the **credulous camp** – there is some credit to this style of researchIt may be beneficial to know a person’s personality as this will help motivate them. Eg. Knowing your Mum is introvert might help find a suitable solo activity rather than a noisy mixed ability gym class.Knowing the personality type might help the coach / athlete control the level of arousal and anxiety felt during performances.Might help select correct positions etc. | Tests are not **reliable** – if repeated, a different result may occur.Tests do not have **internal validity**; they do not measure what they are supposed to.Tests do not have **external validity**; you cannot generalise from the sample to the whole population.Tests do not have **ecological validity**; results gained in a quiet room do not reflect personality / behaviour on a pitch.Too many **demand characteristics**; people lie on the questionnaires to present positive image. Social desirability. | Results are too **vague** – it is difficult to link the cause and effect.You cannot **generalise** the results – people behave differently in different situations.Results are too **subjective** – may be interpreted differently by different people.Personality is not the only key to sports performance, motivation, muscle fibre type, ability etc all play a part.The link between personality and performance is too tenuous – this is the **sceptical camp**. |

Past Personality Questions

June 10

June 11

June 12

June 13