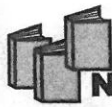
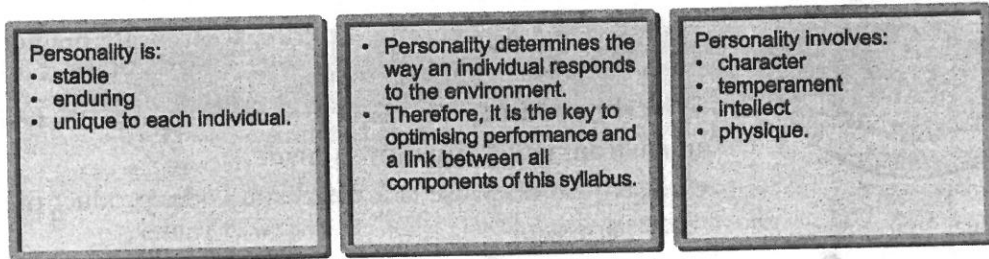


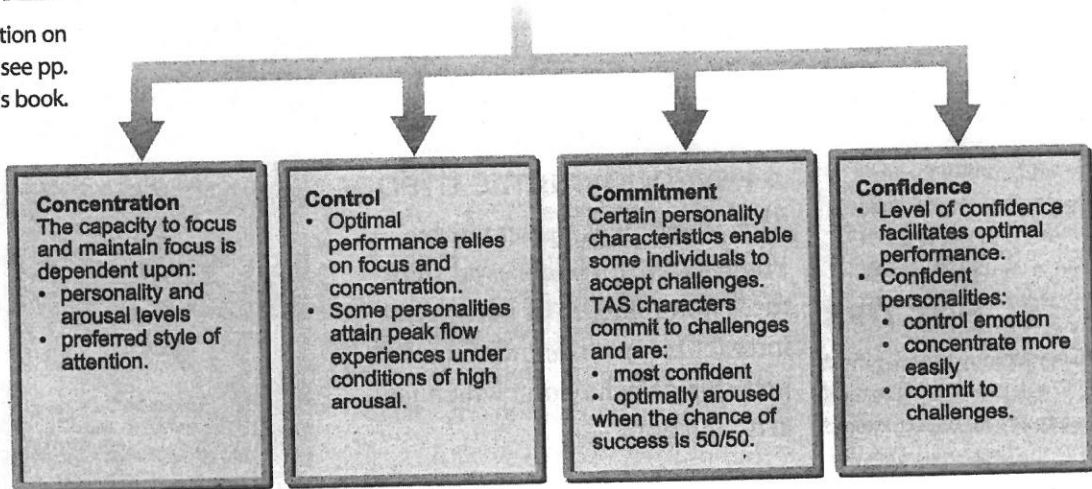
1 Introduction



NEED TO KNOW MORE?

For further information on TAS personalities, see pp. 111–12 of this book.

Here are examples of responses determined by environmental circumstances. Note how they link together



KEY WORDS

Perception

Cognition

Arousal

Activation

Personality influences:

- **perception:** the interpretation an individual gives to environmental information
- **cognition:** the process of thought.

Personality associates with:

- **arousal:** a physical and mental state of preparedness
- **activation:** a condition that reflects the degree of physical readiness.

2 What is personality?

“Personality is the sum total of an individual’s characteristics which make him unique.”

(Hollander)

Hollander (1967) presented a model comprising three concentric rings representing the structure of personality.

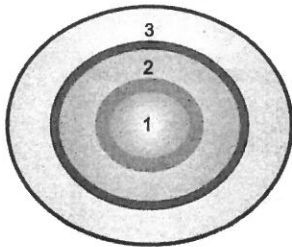


Fig. 4.01 Concentric

- 1 **The psychological core** – this is the ‘real you’.
 - The core stores the concept of true self and is never revealed.
 - Tests cannot penetrate the core, so accurate prediction of personality cannot be made.
- 2 **Typical responses** – represents the usual manner in which a response to an environmental situation is made.
 - A typical response is learned and is the product of accumulated experience.
 - This may indicate an attitude; for example, an inclination toward ‘learned helplessness’. This is the belief that failure is inevitable.
- 3 **Role-related behaviour** – this is the surface of personality.
 - Role-related behaviour is determined by our perception of the environment at any given moment in time.
 - This may explain irrational responses; for example, an act of **aggression**. This involves the intention to harm another person.

KEY WORDS

Learned helplessness

Aggression



HOT TIPS

All psychology theories must relate to sport. Practical examples are often required in an exam answer.

3 Psychodynamic theory

This theory was presented by Freud (1933). He believed that three components of personality interact to produce individual patterns of behaviour which can arise in sport.

According to this theory, personality is formed because of a permanent state of psychological conflict between seeking, releasing and inhibiting behaviour.



Fig. 4.02 The coach must work hard to develop the super ego of these players. In this situation there is a strong possibility that the ego will release the behaviour desired by the id. The response may be dysfunctional.

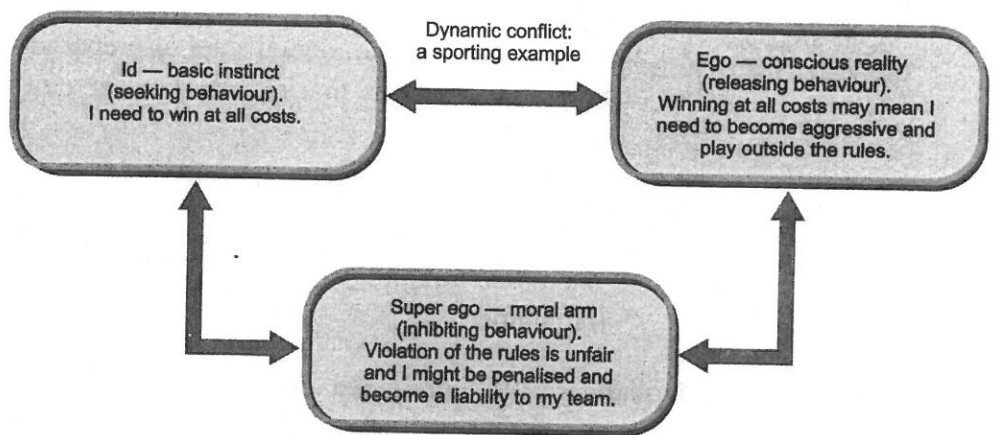


Fig. 4.03 Psychodynamic theory.

4 Trait, social learning and interactionist theories

	Trait theory of personality	Social learning theory of personality	Interactionist theory of personality
 <p>HOT TIPS</p> <p>The approach to personality formation indicated by the three theories shown in this table are the one most likely to appear in the examination.</p>	<ul style="list-style-type: none"> • Personality is a product of nature. • A trait is a characteristic of personality, which is inherited by a child at birth. • Traits are considered to be innate forces or instincts causing an individual to act in a certain way. • Cattell identified 16 groups of traits, which he claimed were present within all people at varying degrees of intensity. • Traits are arranged in hierarchical form with the primary or strongest overriding weaker or secondary traits. • Eysenck stated that the traits most likely to be displayed should be known as the personality type. • Eysenck recognised four personality types: <ol style="list-style-type: none"> 1 Neurotic and extroverted 2 Stable and extroverted 3 Stable and introverted 4 Neurotic and introverted 	<ul style="list-style-type: none"> • Personality is a product of nurture. • This theory suggests that all behaviour is learned through interaction with the environment. • Therefore, the response made by an individual cannot be predicted. • Bandura believed that learning takes place in two ways: <ol style="list-style-type: none"> 1 First, we tend to imitate the behaviour of others through observation. This is referred to as modelling. 2 Second, new behaviours are acquired when they are endorsed through social reinforcement. 	<ul style="list-style-type: none"> • Personality is a product of both nature and nurture. • This approach considers both the inherited characteristics and the environmental influences in the development of personality. • This theory combines trait and social learning theories and is generally accepted to be a more realistic explanation of personality. • A psychologist named Bowers went so far as to claim, 'Interaction between the person and the situation explains twice as much as traits and situations alone.' • Each personality theory has been presented as a result of careful assessment. There are several distinctive ways to test behaviour most commonly exhibited.
 <p>HOT TIPS</p> <p>Aware of the strengths and drawbacks of each perspective.</p>	<p><i>Drawbacks of this theory</i></p> <p>Trait theory is an unreliable predictor of behaviour. Trait theory does not take into account environmental experiences.</p>	<p><i>Drawbacks of this theory</i></p> <p>The weakness of social learning theory is that it takes little account of inherited behaviours.</p>	<p><i>Strength of this theory</i></p> <p>Interactionist theory takes into account innate characteristics and environmental influences</p>
 <p>KEY WORDS</p> <p>Neurotic Extrovert Stable Introvert Trait Trait theory Social learning theory Interactionist theory</p>	<p>Equation</p> $B = F(P)$ <p>Behaviour = Function of Personality</p>	<p>Equation</p> $B = F(E)$ <p>Behaviour = Function of Environment</p>	<p>Equation</p> $B = F(PE)$ <p>Behaviour = Function of Personality × Environment</p>

Eysenck's personality types

Eysenck recognised four personality types:

- 1 Neurotic and extroverted
- 2 Stable and extroverted

- 3 Stable and introverted
- 4 Neurotic and introverted.

Eynsenck's personality types are presented on a two-dimensional model:

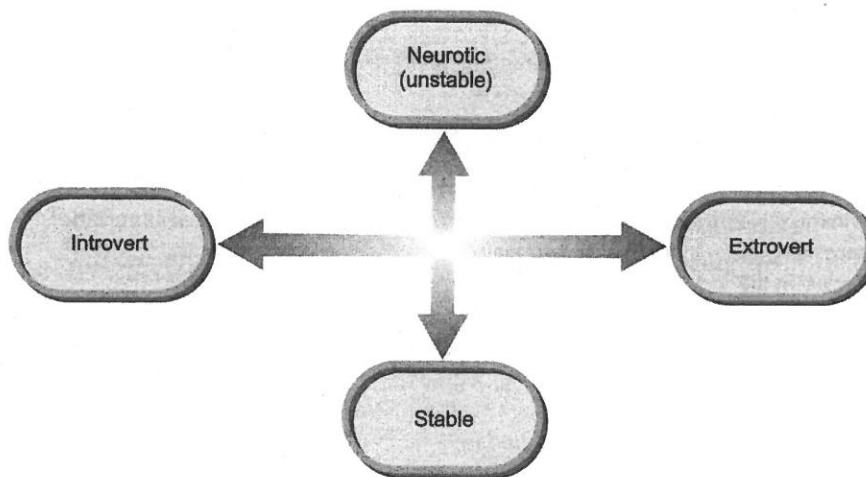


Fig. 4.04 Personality types.



HOT TIPS

Be aware of the problems associated with personality profiling.

Arising from trait perspective is the 'narrow band' approach of personality presented by Girdano (1990). Narrow band identifies two personality types which are genetically inherited.

Type A characteristics	Type B characteristics
• Highly competitive	• Non-competitive
• Strong desire to succeed	• Unambitious
• Works fast	• Works more slowly
• Likes to control	• Does not enjoy control
• Prone to suffer stress	• Less prone to stress



CHECK!

Go back to the overview diagrams on p. 104. If you are satisfied with your knowledge and understanding, tick off the sections that you have revised so far. If you are not satisfied, then revisit those sections and refer to the pages in the 'Need to know more?'