

LEARNING RESOURCE

Psychology of the Participant

73 pages

INTRODUCTION

THE PSYCHOLOGY OF THE PARTICIPANT IS EXAMINED THROUGH A NUMBER OF TASKS WHERE INFORMATION IS PRESENTED WITH EMBEDDED QUESTIONS & ANSWERS, WHICH REINFORCE LEARNING & PROVIDED FEEDBACK ON PROGRESS.

CONTENTS

Part A Personality & Testing	p2
Part B Achievement Motivation	p8
Part C Attitudes	p15
Part D Aggression	p30
Part E Arousal	p43
F Self Efficacy	p57
G Attribution Theory	p64

A Individual Differences

General Considerations and Objectives

- 1 To enable students to investigate different methods used to interpret personality
- 2 To investigate the the differences in mood states between elite performers and the general population

Tasks

In this study pack you will find a range of tasks that require the students to develop their knowledge of personality testing and its uses.

They will need to

- 1 Understand the essential terminology used to describe personality
- 2 Understand the advantages and disadvantages of the different methods of personality testing
- 3 Be able to apply these principles to observed performance

Personality theories will need to be reviewed from their study during module 1. This area of the specification is relatively straightforward, and one which the students find quite interesting.

All the tasks involved require the students to work either from the tasks as free-standing units, or to use the tasks as additional reinforcement and/or revision to class-delivered lessons.

Assessment of this work could simply be as answers to the posed questions, or assessed as part of a group's work, or through class discussion.

A list is provided of suitable textbooks. Your centre may also have suitable handouts, posters or videos that will help. The benefit of having the teacher as the ultimate resource cannot be over-emphasised.

Task 1

- a** Briefly describe the trait theory of personality.

Inherited/innate stable/enduring characteristics that determine personality

- b** Briefly describe the interactional approach to personality.

Our personality is the product of our traits and the environment in which we live

There are many ways of measuring personality, and personality tests are frequently used in the sports setting.

Personality may be measured by questionnaire, interview or observation, with questionnaires being especially popular. But it must be remembered that all psychological tests contain a degree of measurement error.

The validity of a personality test may be questioned.

- c** What do you understand by the term validity when applied to personality testing, and what is the problem of validity with personality tests?

Validity means does the test measure what it is supposed to measure. The problem being that there is no clear definition of personality, so how can we measure something that that we cannot explain
