

Course Name - Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Psychology

Topic No. - Sec - A (1)

Paper No. - IInd

Lecture No. - 1

Lecture Name

Psychology and Physical Education

FAQs

Q1 Explain the derivative meaning of Psychology?

Ans. Term psychology is derived from two Greek words Psyche which means soul and Logos which means a rational course or a study. So, the derivative meaning of psychology was the study of soul. This definition could not get support for long time and it was rejected due to abstract and intangible nature of soul.

Q2. Enlist characteristics which make psychology a science.

Ans. Following are the four characteristics which make psychology a science:

- a) Use of Scientific method
- b) Objectivity
- c) Discovery of cause effect relationship
- d) Replication
- e) Prediction and Generalization
- f) Repetition
- g) Universality
- h) Accuracy and Precision

Q3. Discuss the journey of psychology to the destination of science.

Ans. It started its journey from study of soul which was rejected because of the abstract and intangible nature of soul . Then it was defined as study of mind which was again rejected for the same reason. After this, it was

defined as the study of consciousness. This was rejected due to the fact that it ignored two important aspects i.e. sub conscious and unconscious. Finally it was defined as study of behavior which came to be defined as the science of behavior after the establishment of first psychological lab.

Q4. Discuss the contribution of Wundt to Psychology.

Ans. Wilhelm Wundt established the first Psychological Laboratory in 1879 at the University of Leipzig in Germany which was responsible for awarding the **status of Science** to Psychology.

Q5. Discuss the nature of Educational Psychology

Ans. Following are some facts that describes the nature of psychology

- i. It is a positive science as it studies the learner's behavior as it is and not as it ought to be.
- ii. It is an applied science as it applies the psychological principles in the field of education
- iii. It is a developing and growing science due to the constant researches in this field.

Q6. Enlist any 6 factors, which show the importance of psychology for a physical education teacher.

Ans. Following are some of the factors that make psychology important for a physical education teacher:

- a) It helps teacher in understanding innate nature of the players
- b) It helps in Understanding the individual Differences among learners.
- c) To understand the impact of social forces like audience.
- d) For psychological preparation of the players.
- e) To understand importance of motivation.
- f) To attain knowledge about learning and various principles of learning.

Q7. Write the views of Skinner and Crow & Crow on Educational Psychology.

Ans. In view of Skinner, "Educational psychology deals with the behavior of human beings in educational situations".

In words of Crow and Crow, “Educational Psychology describes and explains the learning experiences of the individual from birth through old age”

Q8. What are the three states of Consciousness?

Ans. The three states of consciousness are

- a) Conscious state: This is everything we are aware of.
- b) Sub conscious State: This is what we are not consciously aware of but can be brought to conscious with little effort.
- c) Unconscious State: This is a reservoir of feelings, thoughts, urges, and memories that lie outside our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant.

Q9. What do you understand by behavior?

Ans. Behavior is anything a person or animal does that can be observed in some way or the other. Behavior can be defined as all the actions and reactions of an organism. Drever considers behavior as the total response which a man or animal makes to situation in life with which either is confronted.

Q10. Explain three aspects of behavior.

Ans. Three aspects of behavior are: Conative, Affective and Cognitive. Conative is the action aspect of behavior which include activities like walking, swimming, dancing, etc. Cognitive is the knowledge aspect which includes all the activities like thinking, problem solving, decision making, etc. Affective is the emotional aspect of behavior, which includes activities like feelings and emotions i.e. emotion of love, emotion of fear, emotion of hate, etc.