

**Course Name - Bachelor of Physical Education Part I**

**Year IInd (Part-1)**

**Paper Name -Psychology with Special Reference to Physical Education**

**Paper No. IInd**

**Lecture No. 13**

**Topic No. Sec - C (9)**

**Topic Name: Play**

### **Lecture Title**

#### **Play**

#### **F.A.Qs**

**Q:1 What is Play?**

**Ans.** According to Ross, “Play is joyful, spontaneous and creative activity in which man finds fullest self expression.”

**Q2: What Recreational Theory Advocates?**

**Ans.** Recreational theory advocates play only for the sake of recreation but fails to explain:

- Playing games for the purpose of competition
- Playing games by children even when they are not tired and indulge playing even by ignoring important assignments at home.

**Q3. What is instinct theory?**

**A3.** Mc Dougal propounded instinctive theory of play. “According to him play is natural tendency and inborn with the individual. Play is the expression of instincts. It makes possible a legitimate expression of instincts of combats, construction, destruction, self- assertions etc.

**Q4. What is Psychoanalytic theory?**

**Ans.** This theory was put forward by Freud. Play is manifestation of repressed desires. An individual can manifest his desires through play which he can not otherwise portray.

**Q5.What is the difference between play and work?**

**Ans.** Work is something which we have to do, it has some motive behind it. Play has no specific end or motive behind it. Play has no specific end or motive behind it. It is done for its own sake.

Play is voluntary. It is not performed under the pressure of anyone else. But this can not be said under work and other activities. Certain works are sometimes done under the pressure of other.

Natural and acquired: play is natural activity and work is acquired.

With the growth in age, play diminishes. On the other hand, burden of work grows.