

- ix) Achievement motivation relates to _____.
- a) Need of the person b) Knowledge of the person
c) Experience of the person d) Aptitude of the person
- x) Frustration among sports person is due to _____.
- a) Own performance
b) Mismatched level aspiration and ability
c) Opponents good performance
d) Natural outcome of competitive sports
- xi) According to Sigmund Freud 'Ego' is the _____ component of an individual
- a) Physical b) Mental
c) Social d) Emotional
- xii) The credit goes to _____ for quantitative measurement of human behavior.
- a) Plato b) Pavlov
c) Wundt d) Freud

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2018

(2nd Year, 4th Semester)

PSYCHOLOGY AND SOCIOLOGY SPORTS**PAPER - MPCC - 402**

Time : Three hours

Full Marks : 70

GROUP - AAnswer *any three* questions :

1. Define psychology. Explain the need and importance of psychology in physical education. 3+12
2. Briefly describe the meaning of personality. Explain how games and sports help developing personality. 5+10
3. Define stress and anxiety. Distinguish between state and trait anxiety. Discuss the relationship between aggression and sports performance. 4+4+7
4. Briefly describe the meaning of relaxation. Enumerate the types of relaxation. Explain any one method of relaxation. 4+4+7
5. Explain the role of physical education in socialisation. Discuss about politics and Olympic games. 7+8
6. What is group ? Enumerate the factors of group cohesion and how those factors influence a group. Discuss the relationship between socio-economic status and sports. 2+4+9

[Turn over

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GROUP - B

7. Write short note on *any two* of the following : 7.5×2

- a) Perceptual motor learning
- b) Motivation
- c) Spectator effect on sports
- d) Future directions of sports

GROUP - C

8. Write the right option (*any ten*) : 1×10

- i) _____ is the most cohesive group.
 - a) A school class
 - b) A football team
 - c) A political party
 - d) A religious group
- ii) Sociology can be considered as a social science because _____.
 - a) Its theories are logical, explicit and supported by empirical evidence.
 - b) Sociologists collect data in a relatively objective and systematic way
 - c) It's ideas and research findings are scrutinized by other sociologists
 - d) All a, b & c

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- iii) _____ is not recognized as a Society.
 - a) Household
 - b) office
 - c) Global village
 - d) Nation state
- iv) The meaning of social change refers to the change in _____.
 - a) Society
 - b) Institution
 - c) Association
 - d) Social relationships
- v) Social structure of society is the network of _____.
 - a) Value system
 - b) Institutional relations
 - c) Traditions
 - d) Compliance to norms
- vi) The underlying motivation for acts of aggression is _____.
 - a) Intent to harm
 - b) Auger
 - c) Retaliation
 - d) Need to exert control
- vii) _____ is an intrinsic motivator.
 - a) Pay
 - b) Promotion
 - c) Feedback
 - d) Interest of play
- viii) Two-factor theory of motivation was propounded by _____.
 - a) Maslow
 - b) Jung
 - c) Alderfer
 - d) Harzberg

[Turn over