



JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

BACHELOR OF SCIENCE HONOURS DEGREE IN PSYCHOLOGY

LEVEL 4 SEMESTER 2

EXAMINATION QUESTION PAPER

MODULE CODE : PSYH 424

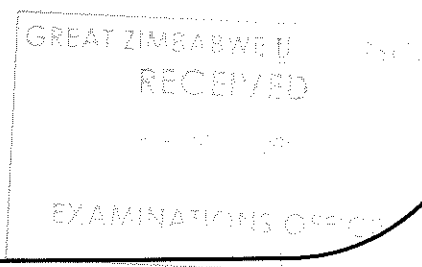
MODULE NARRATION : SPORT PSYCHOLOGY

DATE : 2024

DURATION : 3 HOURS

INSTRUCTIONS TO CANDIDATES:

- 1. Answer question number one and any other two questions.**
- 2. Each question carries 100 marks.**



1. *Percy is an unrespectful, fake, egocentric, arrogant, undisciplined, and an unbalanced character. What makes her an unlikable character is that she shows no respect to her coaches, that she mocks her teammates and causes them a lot of problems. She can be seen as a psychological case since she suffers from psychological problems. In fact, she lives in a rough family environment, is deprived of affection and stability. To disclose such disequilibria, she resorts to lying about her personal life, and playing tricks in matches. Such behavior causes her teammates to resent her and to feel uncomfortable and disturbed. The whole team is threatened by her existence. This young lady cannot but behave in that way to attract attention and therefore substitute this lack of affection and interest, which is a reaction to negative reinforcement. She feels less confident and insecure. Though she is said to be a talented athlete, she does not perform well. She is also weak in the achievement motivation: she is only capable of achieving when she is paid attention to. Her achievement motivation is conditioned by her fear, when she feels nervous she needs to act out more and therefore acting hides her inefficiency.*

Explain how you would assist Percy to be a successful athlete.

2. Examine the relationship between gender identity and sporting participation.
3. Discuss the influence of Artificial Intelligence on athlete training and competition.
4. Evaluate the effectiveness of the strategies that can be employed for the reduction of aggression in sport.
5. 'There is a positive correlation between anxiety and sporting performance.' Discuss.