

***Sport and Exercise Psychology: A Canadian Perspective, 3e (Crocker)***  
**Chapter 2 Personality in Sport and Exercise**

**2.1 Multiple Choice Questions**

1) Which of the following best describes the overall organization of psychological characteristics of behaviour, thought, and feelings that differentiates us from others and leads us to act consistently across time and situations?

- A) disposition
- B) traits
- C) personality
- D) psychological core
- E) role-related behaviour

Answer: C

Level: 1

Section: What Is Personality?

Category: Recall

2) A person who experiences a lot of negative affect in his/her life such as anxiety would likely score high on which "Big Five" personality dimension?

- A) agreeableness
- B) conscientiousness
- C) openness
- D) extraversion
- E) neuroticism

Answer: E

Level: 1

Section: What Is Personality?

Category: Applied

3) Constructs that refer to broad pervasive, encompassing ways of relating to particular types of people and or situations (such as competitiveness, optimism, and motivational orientation) are often referred to as examples of a person's \_\_\_\_\_.

- A) disposition
- B) id
- C) self-efficacy
- D) psychological core
- E) role-related behaviour

Answer: A

Level: 1

Section: What Is Personality?

Category: Recall

4) Understanding the needs and desires of athletes and respecting their perceptions and ideas is reflective of this approach to studying personality.

- A) interactionist
- B) psychodynamic
- C) learning (behaviourism)
- D) social learning
- E) humanistic

Answer: E

Level: 1

Section: How Does Personality Develop?

Category: Applied

5) A common assumption about personality traits is that traits

- A) measure momentary thoughts and feelings.
- B) are normally distributed in the population.
- C) capture only role or situation specific behaviour.
- D) can only be measured by skilled interviewers.
- E) A and C

Answer: B

Level: 2

Section: What Is Personality?

Category: Applied

6) Which of the following is one of the factors found in the "Big Five" model of personality?

- A) warmth
- B) reasoning
- C) dominance
- D) social boldness
- E) extroversion

Answer: E

Level: 2

Section: What Is Personality?

Category: Recall

7) Social needs, such as feelings of belonging, connection to others, giving and receiving love, are associated with which approach to studying personality?

- A) interactionist
- B) biological
- C) learning (behaviourism)
- D) social learning
- E) humanistic

Answer: E

Level: 1

Section: What Is Personality?

Category: Recall

8) The psychologist who published a five-tiered hierarchy of needs pyramid was \_\_\_\_\_.

- A) Hans Eysenck
- B) Carl Rogers
- C) Abraham Maslow
- D) Sigmund Freud
- E) B.F. Skinner

Answer: C

Level: 1

Section: How Does Personality Develop?

Category: Recall

9) Competitiveness is conceptualized as a desire to engage in and strive for success in sport achievement situations. Research by Gill and Deeter (1988) argued that

- A) competitiveness is composed of three dimensions: competitiveness, win orientation, and goal orientation.
- B) competitiveness only consists as an internal standard to be better than others.
- C) competitiveness is only a state and should not be considered as a personality factor.
- D) competitiveness consists of high internal standards and high evaluative concerns.
- E) competitiveness only consists of a focus on personal standards.

Answer: A

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

10) Which psychologist argues that behaviour followed by a reward would increase the probability of a reoccurrence of the behaviour?

- A) Hans Eysenck
- B) Carl Rogers
- C) Sigmund Freud
- D) Albert Bandura
- E) B.F. Skinner

Answer: E

Level: 1

Section: How Does Personality Develop?

Category: Recall

11) Which trait from the five-factor model has been shown to interact with intention to exercise when predicting behaviour?

- A) agreeableness
- B) openness to experience
- C) conscientiousness
- D) psychoticism
- E) perfectionism

Answer: C

Level: 2

Section: What Is Personality?

Category: Recall

12) Which approach to personality development holds that individuals can learn physical activity behaviour simply being exposed to or by observing the behaviour of others?

- A) humanistic
- B) trait facets
- C) trait
- D) cognitive behavioural
- E) big five

Answer: D

Level: 2

Section: How Does Personality Develop?

Category: Recall

13) A young athlete attempting to imitate Olympic athlete Carol Huynh take down moves after watching her on TV would be an example of which specific approach to studying aspects of how behaviour is acquired to form personality?

- A) the role of the competitive process
- B) self-actualization
- C) self-efficacy
- D) observational learning
- E) B and D

Answer: D

Level: 2

Section: How Does Personality Develop?

Category: Applied

14) Research on perfectionism in sport has generally found that

- A) personal standard perfectionism leads to negative outcomes.
- B) evaluative concerns perfectionism leads to positive outcomes.
- C) evaluative concerns perfectionism leads to negative outcomes.
- D) perfectionism has little impact on behaviour and emotions in sport.
- E) A and C

Answer: C

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

15) According to the work by Rhodes and Smith (2006), the relationship between personality and physical activity is

- A) there is no relationship.
- B) there is a relatively minor relationship.
- C) there is a strong relationship.
- D) there is a strong curvilinear relationship.
- E) there is a inverse relationship.

Answer: B

Level: 1

Section: Personality Traits in Exercise

Category: Recall

16) Endler and Magnusson's interaction approach argued that a person's specific behaviour is the result of the interplay between

- A) traits and id processes.
- B) traits and dispositions.
- C) self-actualizations and perceived control.
- D) the person and the environment.
- E) state feelings and reinforcement contingencies.

Answer: D

Level: 1

Section: How Does Personality Develop?

Category: Applied

17) Type A behaviour

A) is a blend of competitiveness and hostility with agitated behaviour and continual movement patterns.

B) research in exercise generally indicates a significant positive association between Type A and exercise in the small to medium effect size range.

C) research in exercise generally indicates a significant negative association between Type A and exercise in the small to medium effect size range.

D) A and B

E) A and C

Answer: C

Level: 3

Section: Personality Traits in Exercise

Category: Recall

18) Research on passion and performance in sport indicates that

A) only harmonious sport is related to performance.

B) only obsessive passion is related to performance.

C) both harmonious and obsessive passion are positively related to performance.

D) that harmonious passion is positive related to performance and obsessive passion is negatively related to performance.

E) there is no relationship between passion and performance.

Answer: C

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

- 19) Athletes who have high competitive-trait anxiety would be more likely to experience
- A) high state anxiety across many competitive situations regardless of situational variables.
  - B) low trait anxiety across many competitive situations regardless of situational variables.
  - C) low state anxiety across many competitive situations regardless of situational variables.
  - D) low state and high trait anxiety across many competitive situations regardless of situational variables.
  - E) high trait anxiety in only a few select number of competitions.

Answer: A

Level: 2

Section: Measuring Personality

Category: Applied

- 20) Research on exercise preference and personality supported the link between exercising outdoors and what trait?

- A) extroversion
- B) agreeableness
- C) openness
- D) hardiness
- E) introversion

Answer: C

Level: 2

Section: Personality Traits in Exercise

Category: Recall

- 21) An exerciser is often preoccupied with excessive self-criticism about her body, concerns over looking bad when doing specific exercises, and doubts whether they will be able to produce the right actions when others are watching. This individual might be considered to have high levels of

- A) introversion.
- B) hardiness.
- C) harmonious passion.
- D) sensation seeking.
- E) evaluative concerns perfectionism.

Answer: E

Level: 2

Section: Personality Traits in Exercise

Category: Applied

22) Research has indicated that there is \_\_\_\_\_ evidence that personality can predict, athletes from non-athletes, or the type of sport people will select.

- A) strong
- B) weak or little
- C) moderate
- D) overwhelming

Answer: B

Level: 1

Section: Personality Research in Sport and Exercise

Category: Recall

23) Which of the following is a potential hazard of using measurement tools to assess personality in sport?

- A) qualified people administering a measurement tool
- B) a sport-specific test being administered and validated for a specific context
- C) informing athletes of the nature of the test
- D) using inventories for team selection
- E) informing athletes how the results will be used

Answer: D

Level: 2

Section: Measuring Personality

Category: Applied

24) Research on risk taking in sensation-seeking behaviours has suggested that stimulus seekers

- A) have lower physiological activation levels or chronic levels of high excitement.
- B) have higher physiological activation levels or chronic levels of high excitement.
- C) have lower physiological activation levels or chronic levels of low excitement.
- D) have higher physiological activation levels or chronic levels of low excitement.
- E) have slightly below average physiological activation levels or chronic levels of high excitement.

Answer: B

Level: 2

Section: Personality Research in Sport and Exercise

Category: Applied

25) According to Rhodes and Smith (2006) meta-analysis on personality and physical activity, what are the three traits associated (significantly correlated either positively or negatively) with physical activity?

- A) activity, extroversion, neuroticism
- B) neuroticism, agreeableness, conscientiousness
- C) extroversion, activity, conscientiousness
- D) conscientiousness, extroversion, neuroticism
- E) activity, agreeableness, extroversion

Answer: D

Level: 2

Section: Personality Traits in Exercise

Category: Recall

26) An athlete who felt it was necessary to practise when injured and also to train when other activities like school required time because of external control or feelings of guilt would be considered to have high levels of \_\_\_\_\_.

- A) harmonious passion
- B) mental toughness
- C) extroversion
- D) obsessive passion
- E) competitiveness

Answer: D

Level: 2

Section: Personality Research in Sport and Exercise

Category: Applied

27) Jones and colleagues (2002) study on mental toughness characteristics of ten international athletes identified which of the following three categories?

- A) very strong self-confidence and motivation, manage competitive stress and training, high levels of commitment
- B) very strong self-confidence and motivation, maintain or regain focus in the face of distraction, high levels of commitment
- C) very strong self- confidence and motivation, maintain or regain focus in the face of distraction, competitiveness
- D) very strong self-confidence and motivation, manage competitive stress and training, maintain or regain focus in the face of distraction
- E) competitive manage competitive stress and training, maintain or regain focus in the face of distraction

Answer: D

Level: 2

Section: Personality Research in Sport and Exercise

Category: Applied

## 2.2 True/False Questions

1) Tailoring physical activity based on personality has received convincing research support.

Answer: FALSE

Level: 1

Section: Personality Traits in Exercise

Category: Recall

2) Mental toughness consists simply of being more focused than other athletes.

Answer: FALSE

Level: 1

Section: Personality Research in Sport and Exercise

Category: Recall

3) People choose physical activities and remain in these activities based on their personality.

Answer: FALSE

Level: 1

Section: Commons Myths about Personality

Category: Recall

4) Perfectionism consists of a single dimension of wanting to be perfect in all areas of life.

Answer: FALSE

Level: 1

Section: Personality Research in Sport and Exercise

Category: Recall

5) Professional organizations like the NFL encourage the use of sport specific personality tests to aid in drafting and team selection.

Answer: FALSE

Level: 1

Section: Measuring Personality

Category: Recall

6) Personal standards perfectionism (PSP) refers to establishing high personal performance standards and self-oriented achievement striving.

Answer: TRUE

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

7) Research on competitiveness indicates that consists of only one main dimension called goal orientation.

Answer: FALSE

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

8) Perfectionism has multiple dimensions that involve both the self and expectations of others.

Answer: TRUE

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

9) All types of passion in sport and exercise are adaptive and healthy.

Answer: FALSE

Level: 3

Section: Personality Research in Sport and Exercise

Category: Recall

10) Researchers have shown that more conscientious individuals have larger plans to exercise than their less conscientious counterparts.

Answer: TRUE

Level: 2

Section: Personality Traits in Exercise

Category: Recall

### 2.3 Short Answer Questions

1) How is personality theorized to influence exercise behaviour?

Answer: Include that personality is theorized to affect one's appraisal of the exercise environment, one's ability to stay organized, and one's motivation which in turn influence the behavioural practices of exercise.

Level: 2

Section: Personality Traits in Exercise

Category: Applied

2) Define a personality TRAIT and contrast this with the concept of a STATE. Provide an example of how these terms differ.

Answer: A **trait** relates to a cluster of behaviours, as well as cognitive and emotional expressions, that are related or correlated. A trait is a relatively stable characteristic or quality that is a portion of one's personality. A **state** refers to momentary feelings and thoughts that change depending on the situation and time.

Level: 2

Section: What Is Personality?

Category: Recall

3) Contrast the key personality perspectives of the humanist and social learning perspectives.

Answer: The **humanistic** approach emphasizes positive growth and self-fulfillment. It has a person-centred perspective that includes personal responsibility, human growth, personal striving, and dignity. Beliefs, values, and self-actualization are concepts important to this approach.

**Social learning** refers to behaviour changes that occur due to experiences. The theory focuses on how situations and individuals influence each other. People will adopt behaviours that are favourable to them. People choose to become active agents in shaping their behaviours.

Level: 3

Section: How Does Personality Develop?

Category: Applied

4) Describe the components of the  $2 \times 2$  model of perfectionism. Explain the two major dimensions of perfectionism and then identify how they combine to form the four distinctive types of perfectionism.

Answer: Proposed by Gaudreau and Thompson (2010) to explain the combined effects of evaluative concerns perfectionism and personal standards perfectionism. Personal standards perfectionism (PSP) refers to establishing high personal performance standards and self-oriented achievement striving. Evaluative concerns perfectionism (ECP) reflects aspects of the negative social evaluation including excessive self-criticism, concerns over mistakes and doubts about actions.

Model organizes perfectionism using four distinct subtypes of perfectionism:

Pure personal standards perfectionism is captured by low ECP and high PSP

Mixed perfectionism is composed of both high ECP and high PSP,

Pure evaluative concerns perfectionism is represented by high ECP and low PSP,

Nonperfectionism is captured by low ECP and low PSP.

Level: 3

Section: Personality Research in Sport and Exercise

Category: Recall

5) Describe Vallerand and colleagues model of passion and briefly review some of the key findings in sport and exercise settings.

Answer: Vallerand and colleagues (2003) developed a dualistic model of passion (DMP) Harmonious passion involves engaging in activity as part of one's identity and for the pleasure of the activity. The activity is in balance with the rest of the person life.

Obsessive passion is more rigid and uncontrolled urge to engage in activities because of external control or feelings of guilt. It can often conflict with other aspects of the person's life such as school, jobs, and interpersonal relationships.

HP is often positively associated with positive emotions, positive relationship, the ability to concentrate during an activity, and the experience the psychological state of flow.

OP has been associated with negative emotions, injury, rigid persistence in exercise, burnout, and aggression.

Research:

OP was associated with dysfunctional coping such as ignoring pain and hiding an injury.

HP was positively related to task-oriented coping (such increasing effort, problem-solving, logical analysis) which was subsequently related to attaining athletic goals.

OP was positively related to disengagement and avoidance strategies which, in turn, was positively to burnout and negatively associated with athletic goal attainment.

Overall, the literature suggests both HP and OP are positively associated with performance.

Level: 3

Section: Personality Research in Sport and Exercise

Category: Recall

6) Describe the four elements in the 4C mental toughness model developed by Clough and colleagues (2002).

Answer: Known as the 4C model, it was proposed that mental tough people who encountered negative experiences.

(a) appraised the situation as a **challenge** to be overcome and as part of personal development and growth,

(b) believe they had personal **control** over the experiences,

(c) are **confidence** they can overcome these experiences, and

(d) have a strong **commitment** to achieving personal goals.

Level: 2

Section: Personality Research in Sport and Exercise

Category: Recall

7) Identify at least four of the ethical principles that have to be followed in the administration of personality measures.

Answer:

1. Athletes need to be informed of the nature of the tests.
2. Athletes need to be informed of how the results will be used.
3. Athletes need to be informed of who will have access to the results.
4. The results must be kept confidential.
5. The person administering the tests must be qualified.

Level: 3

Section: Ethical Considerations of Personality Measurement

Category: Recall