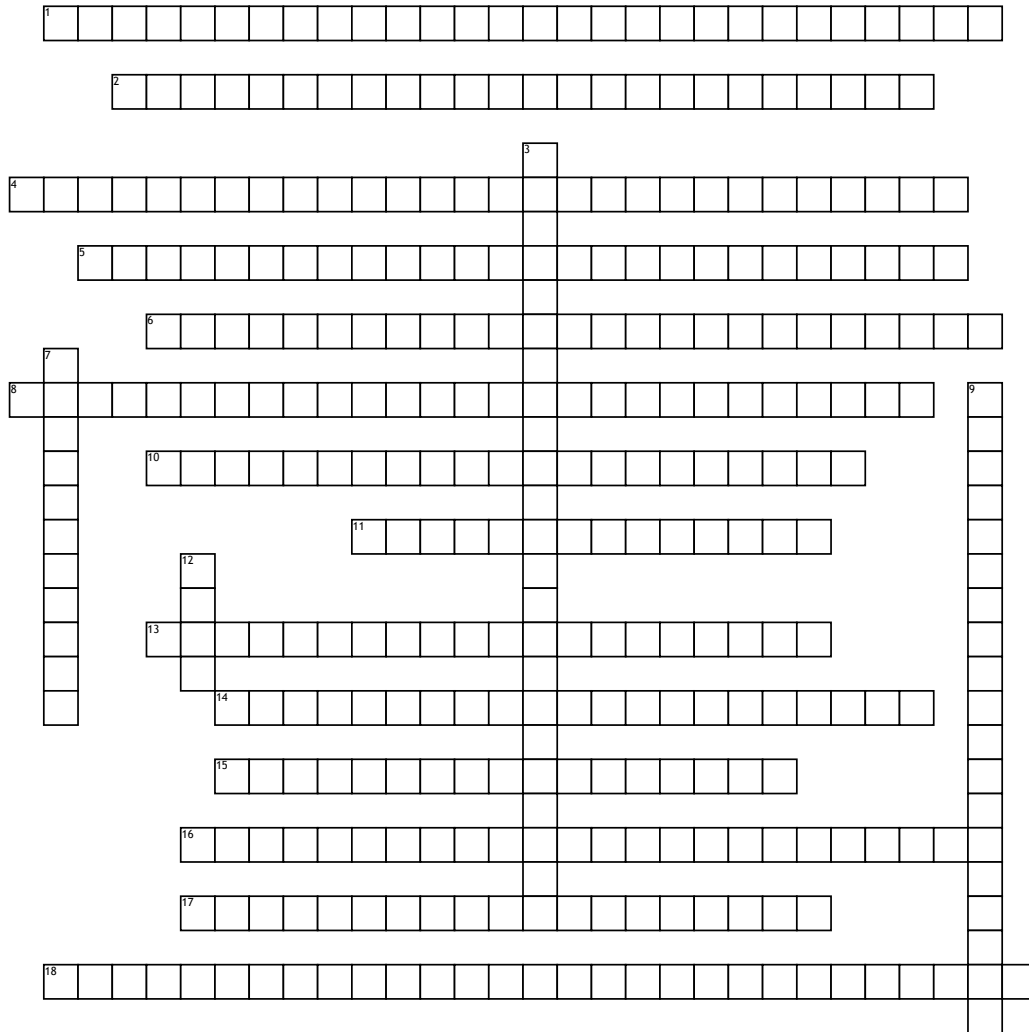


Psychological Theories



Across

1. This theory suggests that frustration leads to arousal and anger, and if not controlled will lead to aggression.
2. This theory gives explanation for success or failure within sports performance. It can be explained in terms of three categories.
4. This theory suggests that trait and state confidence and competitive orientation affect performance.
5. This theory suggests that there are four factors that influence an individuals self-efficacy
6. This process identifies how stress affects performance.
8. This theory suggests that frustration always leads to aggression.

Word Bank

Drive Theory
 Frustration-Aggression Theory
 Self-Determination Theory
 Achievement Goal Theory
 Weiner's Attribution Theory
 Adapted Frustration-Aggression

10. This theory explains why some individuals are more motivated to succeed than others. There are two categories of individuals.
11. This theory suggests that aggression is inherited, it builds up until it is released.
13. This theory states that aggression is learned for others around us, i.e. role models.
14. This theory suggests that goals can be used to lead to differing responses. This is split into two orientations.
15. The relationship between arousal and performance has an optimal point unless the individual has high levels of cognitive anxiety e.g. negative thoughts or nervousness.
16. This process has four stages, at the first stage there are high levels of leadership input and low levels of independence, at the second stage there is low levels of role confidence.

Multidimensional Anxiety Theory
 Instinct Theory
 The Four-Stage Stress Process
 Catastrophe Theory
 Social Learning Theory
 Dweck's Mindset Theory

17. The relationship between arousal and performance has an optimal point.

18. This theory focuses on the relationship between cognitive and somatic anxiety on performance.

Down

3. This theory suggests that there are three key psychological needs which must be met if an athlete is to stay motivated.
7. The relationship between arousal and performance is linear/ proportional.
9. This theory suggests that there are two types of individuals, one which believes in innate abilities and one which enjoys challenges.
12. This theory suggests that individuals have different optimal levels of arousal.

Tuckman's Group Development
 Bandura's Self Efficacy Theory
 Inverted-U Hypothesis
 Vealey's Multidimensional Model
 Need Achievement Theory
 IZOF