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# VISION

## RESEARCH REVIEW



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## Psychological Perspectives personality development

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### Research Paper - Physical Education

#### ABSTRACT

*The psychological elements concerned with intellectual behaviour and emotional development are important aspects of physical education. Though long concerned with the study of racial prejudice and its causes, the terms behaviour modification and behaviour therapy can be used almost interchangeably, although by and large it is the technical used to dispel anxiety by whole and the Eysenckian school that are called therapy.*

**Keywords :** psychology, Personality development, Stress

#### Introduction :

A fundamental tenet is that thinking and emotion are usually related, and especially in psychological problems. The ancient Greek formula that man is disturbed not by events but by the opinions he forms about them can be taken a slogan for cognitive therapies, and in Ellis's bad emotion are seen as a function of irrational ideas and cures take the form of modifying these or substituting better ideas.

In the simplest form of the therapy, patients are told in no uncertain terms to look on the bright side, stop worrying and pull themselves together, but this is a fairly protracted process Ellis is eclectic in his techniques, bringing in desensitization by familiarization with disturbing circumstances or actions, and even a certain amount of rogerian positive regard and respect for the patient by the therapist.