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**Dr. Hanumanthayya Pujari**  
Asst professor, D.O.S. In  
physical education and sports  
sciences, Karnataka state  
women's university Bijapur.

## The Effect of Social Support on the Performance of Women's Basketball Players

**Hanumanthayya Pujari**

### Abstract

The concept of social support has been occupying a prominent place in the lives of the individuals. It speaks about enhancing qualities and the feelings of being cared for, loved and accepted. The pressures of such aid and support from significant others in the form of emotional care is understood to play a vital role in the life of individuals. The study makes an attempt to assess the influence of social support the social factors on sports performance of Basketball players selected from the Bellary district of Karnataka. It is well understood that these factors are highly inter-related to sports activities. Knowing the significant influence of a sports educationist can manipulate these psychological factors to improve the performance of sports. Hence, the present study will address itself in analyzing the influence of the performance of sports persons especially Basketball players selected from Bellary district.

The study was conducted on a sample of 20 players of Basketball selected from Bellary district Karnataka. The selection was done based on level of social support. The respondents were administered social support scales. Based on the scores obtained in the sample was divided into high and low social support. The sample selected like this was given the performance of Basketball Players. The social support appraisal scale, developed by Vaux, *et al.* (1986) which consists of 234 items with five alternatives. As per the manual of the scale, higher score indicates higher social support. The reliability and the validity of the scale are fairly high. In this study the Statistical analysis to meet the objectives of the study and to verify the formulated hypotheses the data were analyzed, using the statistical technique of t-test to compare the sample sub-groups.

**Keywords:** Social support, Social factors, Sports performance.

### 1. Introduction

The concept of social support has been occupying a prominent place in the lives of the individuals. It speaks about enhancing qualities and the feelings of being cared for, loved and accepted. The pressures of such aid and support from significant others in the form of emotional care is understood to play a vital role in the life of individuals.

Thus the pressures of social support debit the appropriate representation of psychological assets or resources. It is an exchange of resources between two individuals: the provider or the recipient. It is the essence of being social, mutual nurturing good caring, which instills the feeling of belonging that satisfies the affiliation needs of an individual. Thus the social support is a factor that enhances behavioral activities in the individual by way of generating care, love, understanding, intimacy and sense of belonging. Thus a person enjoying higher social support is believed to be more productive whether it is social setting or a field of competition. Hence, the present study addresses itself in analyzing the influence of the performance of sports persons especially Basketball Women's players selected from Bellary district. The findings of the study would be of immense use in coaching, guiding, and training the Youth.

### Significance of Study

The study makes an attempt to assess the influence of social support the social factors on sports performance of Basketball Women's players selected from Sri Krishna devaraya University Bellary. It is well understood that these factors are highly inter-related to sports activities. Knowing the significant influence of a sports educationist can manipulate these psychological factors to improve the performance of sports.

**Correspondence**  
**Dr. Hanumanthayya Pujari**  
Asst professor, D.O.S. In  
physical education and sports  
sciences, Karnataka state  
women's university Bijapur.

**Statement of the problem**

To study the effect of social support on the performance of Basketball Women’s players

**Objectives**

1. To study the impact of social support on the performance of the Basketball Women’s Players.

**Hypotheses**

1. There is a significant influence of social support on Basketball Women’s Players performance.

**The Sample**

The study was conducted on a sample of 20 players of Basketball Women’s Players selected from Sri Krishna devaraya University Bellary. The selection was done based on level of social support. The respondents were administered social support scales. Based on the scores obtained in the sample was divided in to high and low social support. The sample selected like this was given the performance of Basketball Women’s Players. Social Support Appraisal Scale. This is developed by Vaux, *et al.* (1986) [7] which consists of 234 items with five alternatives. As per the manual of the scale, higher score indicates higher social support. The reliability and the validity of the scale are fairly high.

**Statistical Analysis**

To meet the objectives of the study and to verify the formulated hypotheses the data were analyzed, using the statistical technique of t-test to compare the sample sub-groups.

The aim of this study was to know the effect of social support on the performance of Basketball Women’s players. The players were selected from Sri Krishna devaraya University Bellary. The players were administered the social support scale and grouped into high and low categories of social support. Thus the sample was grouped equally in to two group’s high and low social support. The subgroups on these variables were subjected to Basketball Women’s performance. The t-test was applied to compare the sample sub-groups on mental health, social support. The data were organized and presented in the tables.

**Table 1:** Shows the Mean’s and t-values of Sports Performance of Basketball Players in Two categories of Social Support (N=20)

Category	Mean scores	SD	t-value
High Social support	30.12	2.05	2.28**
Low Social support	25.12	1.37	

\*\*Significant at 0.01 level

Table-1 Gives the mean scores of the sample divided into two groups based on social support. Thus there are two groups high and low social support. The mean scores of high social support group are 30.12 and that of low social support is 25.12. This clearly tells that high social support group has higher performance than the low social support. The t-value of 2.28 is significant at 0.01 levels to suggest that there is a significant difference in the performance of the Basketball Women’s players. The high social support group generally gains more reinforcement, encouragement and motivation. The family members, friends, teachers, coaches, and significant persons do encourage the sport persons by way of their support. This perceived social support produces more

spirit of playing, participating and acquiring new sports skills. But the low social sports persons don not have these facilities of cooperation help and encouragement and so on, and hence they suffer with inadequacy. As a result of this, the low social support groups’ sport performance is comparatively low than the high social support group in the given performance.

The aim of the present investigation was to explore the impact of social support on the performance of Basketball Women’s players selected from Sri Krishna devaraya University Bellary. The sample selected was 20 players which were equally divided in to high and low social support group. The data of the Basketball Women’s performance of the sample were statistically analyzed and the conclusions were drawn as under.

**Conclusions**

1. There is an effect of social support on the performance of Women’s players
2. The sample with high social support exhibited higher sport performance of women.

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