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## **Analytical study of basketball skill performance and selected psychological variables**

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### **Abstract**

The purpose of the present study was to find out the difference in Basketball skill Performance and selected psychological variables. The subjects for the study were 40 Male basketball players who played district basketball championship. In the present study the players were classified on the basis of their skill, with the help of Johnson Basketball skill test. In this test, three test items are included, they are Johnson field goal speed test, Johnson Basketball throw for accuracy, Basketball dribble test. The psychological tools used to quantify the psychological variables are sports achievement motivation, mental health, self-esteem and psychological stress. For comparing the chosen psychological variables between the different level skilled players of basketball "t" ratio was applied. The result of the study clearly indicates that the sports achievement motivation, mental health, self-esteem and psychological stress were higher for high skilled players than low skilled players in basketball. The mental health is the primary discriminant variable that could segregate high and low skilled performers in the game.

**Keywords:** Basketball, psychological, and male

### **Introduction**

Everyone wants to be the best player on the court. It's only human to want to be better than your opponents and help your team win. However, you can't simply will yourself to sink baskets and dominate defensively (Coopersmith 1967) [2]. Basketball is an enjoyable sport that suits many skill levels and ages, owing to its worldwide popularity. You can play basketball with a playful or competitive spirit. Either way, it's a fantastic way to gain strength, coordination, and muscular endurance. Plus, you'll have the opportunity to be a part of a team and a larger community. Read on to learn more about how the physical, emotional, and social benefits of playing basketball can improve your overall health and well-being. You'll also learn how to get started if you want to pick up the game. You need to practice, train and have the right mind set to achieve your goals. There is no magic to getting better, it takes time and repetitions. The Secret to Success, states that it takes at least 10,000 hours of practice to master a skill. Genetics and complexity can accelerate or impair the process. The quality of your work is more important than the quantity (Hayakawa 1963) [3]. This doesn't mean you should put in less time; it means you will benefit more from a few high-quality repetitions than from a lot of sloppy ones. Correct athletic responses are those basic skills that contribute positively to one's performance and include the motor skill itself preparatory arousal responses, cue instructional responses, and attentional concentration responses. The success and failure of an individual athlete depends upon the blending of physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. It is not uncommon to hear coaches and athletes express disbeliefs, on how they feel apart in a crucial situation Psychology as a behavioral science has made its contribution for improving sports skills. It helps the coaches to coach more effectively and athletes to perform more proficiently (Senha and Bhan 1987) [7]. The psychological aspect of sports is gaining much attention among sports administrators. We find frequent references in the new media about the importance of psychology in sports The easiest path to enhancement is not in giving more vitamins, magic potions, equipment is not in giving more vitamins, magic potions, equipment's gimmicks, far out mystical trips, or an incredible volume of training hours. It is mental training. The poor performer does not know what is important, the average knows what to do but the good knows what to do and why it works (Bell & Keith 1983) [1].

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Performance psychology, often conflated solely with sports psychology, isn't just for the athletes. While it certainly has a place there, it's also used in performing arts, public speaking, and in any context in which a person must perform under the pressure of scrutiny or judgement. Many professions have need of this type of psychological training, rendering it useful for pursuits in different domains. Therapists can use sports psychology to enhance performance. Self-talk is one of the most important ideas. It's not just about keeping a mental narrative positive, since stressors can manifest in this way. Instead, they focus on relaxation and staying present in the moment, not simply visualizing (Kamlesh 1990) [4]. Another way psychologists can help athletes as well as other performers is coping with the pressure to perform. Many suffer from anxiety brought on by parents or spouses, coaches, and even themselves when they are expected to perform optimally. By easing this pressure, performance psychologists are freeing up energetic resources that can be used to hone skills, practice response times, and other aspects of excellent action on the field or stage. Psychological skills comprise the deliberate use of preprepared and structured sequences of specific thoughts and behaviours by athletes and exercisers to regulate their psychological state. Psychological skills are of interest within sport and exercise psychology because psychological states are thought to affect performance in sport and exercise settings and, thus, if performers are able to regulate their psychological states, they may be able to enhance their performance.

### Methodology

The subjects for the study were 40 basketball players who played district basketball championship in Gwalior division. In the present study the players were classified on the basis of their skill with the help of Johnson Basketball skill test. In this test three test items are included, they are Johnson field goal speed test, Johnson Basketball throw for accuracy and Basketball dribble test. The psychological tools used to quantify the psychological variables are, sports achievement motivation, mental health, self-esteem and Psychological stress. The investigator has classified the subjects into high skilled and low skilled players the psychological tools used to quantify the psychological variables are, Sports achievement motivation, Mental health, Psychological stress and Self-esteem. Before administering the psychological questionnaire, the investigator has briefly explained to the subjects were motivated to give relevant personal data and respond to the psychological questionnaire correctly. The psychological tools used to quantify the psychological variables of the subjects are given below.

SL No	Variables	Tests / Psychological Tools
1	Classification of Players	Johnson Basketball Skill Test
2	Sports Achievement Motivation	Kamlesh's Sports Achievement Motivation Inventory
3	Mental Health	Trier Personality Inventory for Mental Health
4	Self -Esteem	Cooper Smith's Self Esteem Inventory
5	Psychological Stress	Everly and Girdano's Psychological Stress Test

The selected variables were analyzed using 't' ratio to find out significant difference if any between the high skilled and low skilled performers of basketball.

### Analyzes of Data and Findings of the study

**Table 1:** Mean, Standard deviation and 't' ratio of high and low skill performers of basketball on Sports Achievement, Mental Health, Self Esteem and Psychological stress

Variable	Group	N	Mean	SD	t-ratio
Sports Achievement Motivation	High skilled	20	37.95	1.395	22.97*
	Low skilled	20	27.90	1.373	
Mental Health	High skilled	20	72.05	1.276	54.25*
	Low skilled	20	18.85	1.424	
Self -Esteem	High skilled	20	19.90	1.373	27.64*
	Low skilled	20	7.90	1.373	
Psychological stress	High skilled	20	19.40	1.635	32.33*
	Low skilled	20	33.05	0.945	

\*Significant at 0.05 level of confidence for df 38 is 2.021

The registered sports achievement motivation mean score of high skilled performers was 37.95 and the low skilled performers was 27.90. The calculated 't' value was 22.97 which was more than the table value required for significance at 0.05 level of confidence. From the result, it was clear that the sports achievement motivation was significantly greater for high skilled performers than for the low performers in the game of basketball. The obtained mental health mean score of high skilled performers was 72.05 and the low skilled performers was 18.85. The calculated 't' value was 54.25 which was more than the table value required for significance at 0.05 level of confidence. The result indicated that mental health was significantly greater for high performers than for the low performers in the game of basketball. The registered self-esteem mean score of high performers was 19.90 and the low performers was 7.90. The calculated 't' value was 27.64 which was more than the table value required for significance at 0.05 level of confidence. From the result, it was clear that self-esteem was significantly greater for high performers than for the low performers in the game of basketball. The obtained psychological stress mean score of high performers was 19.40 and the low performers was 33.05. The calculated 't' value was 32.33 which was more than the table value required for significance at 0.05 level of confidence. The inference indicated that psychological stress was significantly higher for the low performers than for the high performers in the game of basketball.

### Conclusion of 't' ratio analysis

The result of the study clearly indicates that the sports achievement motivation, mental health and self-esteem were higher for high skilled performers than for the low skilled performers in the game of basketball. Psychological stress were also high for low skill performers than high performers in the game of basketball. Discriminant analysis was applied to identify the variables in order of priority between: the high and low skilled performers of basketball. Table below shows the mean, standard deviation, Wilk's Lambda and F ratio for each variable.

**Table 2:** Mean, Standard deviation, Wilk's Lambda and F ratio on selected variables of high and low skill performers in basketball

SI No	Variables	Highly skilled		Low skilled		Wilk;s Lambda	F ratio
		Mean	SD	Mean	SD		
1	Sports achievement motivation	36.95	1.3944	27.9001	1.3727	.067	527.573*
2	Mental Health	72.0500	1.2663	48.8500	1.4244	.013	2942.895*
3	Self Esteem	19.9000	1.3727	7.9000	1.3725	.047	764.246*
4	Psychological Stress	19.4000	1.6351	33.0501	.9445	.035	1045.056*

All the F-ratios obtained were significant indicating that the two groups namely high and low skill performers significantly vary on the selected variables. Sixty district basketball players were classified into twenty high skilled and twenty low skilled performers on the basis of their skill using the Johnsons basketball skill test. Data were collected on four variables: mental health, sports achievement motivation, self-esteem and psychological stress. Discriminant analysis was applied to determine how many of the four variables were needed to separate the players into two groups of basketball player's namely high and low skilled performers. Table above shows the variables in order of priority with F ratio and Walk's Lambda that discriminate high and low skilled performers in basketball.

### Conclusion of Discriminant Analysis

The results of the study clearly indicate that mental health is the primary discriminant variable that could segregate high and low skilled performers in basketball. In the game of basketball in addition to mental health, psychological stress and self-esteem are required to segregate the high and low skilled performers.

### Discussion of Finding

The investigator found a number of studies that are in conformity with the findings of the present study related to high and low skilled basketball performers on psychological variables and some of them are presented below. (Mohoney & Michael 1989) <sup>[5]</sup> Concluded from the results of their study that high competitive group (high performers) had low cognitive anxiety and better self-confidence than low competitive group (low performers). (Prasanna 1991) <sup>[6]</sup> Had concluded from the results of his study that Sports competition anxiety (SCA) reduced after exposure to training programme. He also found that low SCA athletes performed better in swimming than high SCA athletes.

### Discussion on Hypotheses

The hypothesis of the present study was that the chosen psychological variables among the high and low skilled basketball performers would differ significantly. The results of this study also showed that there is a significant variation in the selected psychological variables among high and low skilled performers in basketball. Hence, the investigator's hypothesis was held true. The second hypothesis of the study was that the variable that discriminates between high and low skilled performers' in order of priority in basketball would differ significantly. The results indicated that the first variable that discriminated between high and low skilled performers in basketball was mental health. Hence, the investigator's hypothesis was true.

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