

Assessment of specific psychological skills of basketball players of different levels of achievement

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ABSTRACT

The purpose of the study was to assess the specific psychological skills of male basketball players of different levels of achievement i.e. Senior, Junior and Youth National. The sample of the present study comprised of 120 male Basketball players of India. Keeping in view the objectives, the players were categorized into three main groups i.e. Senior national (N = 40), Junior national (N = 40) and Youth national (N = 40). These players were randomly selected from the teams reaching Semi Finals of respective Senior, Junior and Youth National Basketball Championships 2011. Criterion measure was the scores obtained in the questionnaire on Athlete Coping Skills Inventory (ACSI-28) as prepared and suggested by Smith et. al. there were significant differences on Specific Psychological Skills and other sub-factors of male basketball players of different levels of achievement except that there was no significant difference between juniors and youth national boys basketball players on Coping with Adversity and Peaking under pressure.

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Key Words: Athlete Coping Skills Inventory (ACSI-28), Specific psychological skills, coping with adversity.

Confidence is an important antecedent to good performance; if a player is confident, he is more likely to do well. But there is nothing magical about the effect of confidence, nor its acquisition. Behaviour is consistent with what we think we are qualified to do, deserve to do, are capable of doing, and are likely to do. As long as expectancies remain high, we are likely to exert a concentrated effort and to persist in the phase of adverse circumstances. The purpose of the study was to assess specific psychological skills of male basketball players of different levels of achievement i.e. Senior, Junior and Youth National.

Methodology:

The sample of the present study comprised of 120 male Basketball players of India. Keeping in view the objectives, the players were categorized into three main groups i.e. Senior national (N = 40), Junior national (N = 40) and Youth national (N = 40). These players were randomly selected from the teams reaching Semi Finals of respective Senior, Junior and Youth National Basketball Championships 2011.

Senior National Men basketball players consisted of those players who participated in the Senior National

Basketball Championships held at Chennai, Tamil Nadu from 16th to 24th December 2011. The sample representing the Junior National boys players consisted of those players who participated in Junior National Basketball Championships held at New Delhi from 5th to 12th July 2011, and Youth National Basketball Championship, held at Nagpur, Maharashtra from 26th May to 2nd June 2011. The age for juniors and youth was under 19 and 17 years respectively. The criterion measure for testing the hypothesis in this study was the scores obtained in the questionnaire on Athlete Coping Skills Inventory (ACSI-28) as prepared and suggested by Smith et. al.

Results and Discussion:

One-way analysis of variance (F-ratio) was computed to find out the significant difference among means of Specific Psychological Skills and its sub-factors of Senior, Junior and Sub-Junior National basketball players. This was followed by application of L.S.D. test of post-hoc comparisons to determine the significant differences between ordered-paired means. The level of significance was set at 0.05. The data pertaining to this has been presented in Table-I and II.

S. K. Yadav, Uday Narayan Shukla and Avinash Yadav

Table – I: Analysis of variance of senior, junior and youth national men/boys basketball players on specific psychological skills and its sub factors

	Source of Variance	df	SS	MSS	F – ratio	tab F
Specific Psychological Skills	Between Groups	2	8295.517	4147.758	65.675*	3.07
	Within Groups	117	7389.275	63.156		
	Total	119	15684.792			
Coping with Adversity	Between Groups	2	191.450	95.725	17.417*	3.07
	Within Groups	117	643.050	5.496		
	Total	119	834.500			
Peaking under Pressure	Between Groups	2	102.600	51.300	10.065*	3.07
	Within Groups	117	596.325	5.097		
	Total	119	698.925			
Goal Setting / Mental Preparation	Between Groups	2	240.317	120.158	33.371*	3.07
	Within Groups	117	421.275	3.601		
	Total	119	661.592			
Concentration	Between Groups	2	144.317	72.158	20.914*	3.07
	Within Groups	117	403.675	3.450		
	Total	119	547.992			
Freedom from Worry	Between Groups	2	217.917	108.958	28.413*	3.07
	Within Groups	117	448.675	3.835		
	Total	119	666.592			
Confidence and Achievement Motivation	Between Groups	2	202.817	101.408	23.084*	3.07
	Within Groups	117	513.975	4.393		
	Total	119	716.792			
Coach ability	Between Groups	2	143.267	71.633	20.215*	3.07
	Within Groups	117	414.600	3.544		
	Total	119	557.867			

*Significant at 0.05 level

Table - I reveals that there is significant difference in senior, junior and youth national basketball players on specific psychological skills and other sub-factors as the obtained F-values are higher than the tab $F_{0.05}(2, 117) = 3.07$.

Table – II: Significance of difference between ordered paired means on specific psychological skills and its sub factors among senior, junior and youth national men/boys basketball players

S. No.	SPS and It's sub factors	Mean Scores			Mean Difference	Critical Difference
		Senior National	Junior National	Youth National		
1.	Specific Psychological Skills	60.45	49.58	-	10.87*	3.519
		60.45	-	40.10	20.35*	3.519
		-	49.58	40.10	9.48*	3.519
2.	Coping with Adversity	8.45	6.38	-	2.07*	1.038
		8.45	-	5.42	3.03*	1.038
		-	6.38	5.42	0.96	1.038
3.	Peaking under Pressure	7.98	6.62	-	1.36*	1.00
		7.98	-	5.72	2.26*	1.00
		-	6.62	5.72	0.90	1.00
4.	Goal Setting / Mental Preparation	9.18	7.00	-	2.18*	0.84
		9.18	-	5.75	3.43*	0.84
		-	7.00	5.75	1.25*	0.84
5.	Concentration	8.42	7.30	-	1.12*	0.822
		8.42	-	5.75	2.67*	0.822
		-	7.30	5.75	1.55*	0.822
6.	Freedom from Worry	7.40	6.28	-	1.12*	0.867
		7.40	-	4.15	3.25*	0.867
		-	6.28	4.15	2.13*	0.867
7.	Confidence and Achievement Motivation	9.22	7.85	-	1.37*	0.929
		9.22	-	6.05	3.17*	0.929
		-	7.85	6.05	1.80*	0.929
8.	Coach ability	9.80	8.15	-	1.65*	0.834
		9.80	-	7.15	2.65*	0.834
		-	8.15	7.15	1.00*	0.834

*Significant at 0.05 level

It is obvious from Table- II that there were significant differences among senior national and junior national, senior national and youth national, and junior national and youth national boys basketball players on Specific Psychological Skills and other sub-factors as the obtained mean differences were higher than the critical differences except that there was no significant difference between juniors and youth national boys basketball players on Coping with Adversity and Peaking under pressure.

Conclusions:

1. Senior national men basketball players had higher mean values than junior and youth national men/boys in specific psychological skills and its sub-factors of men/ boys basketball players.
2. Junior boys national basketball players had higher mean values than youth national boys basketball players in specific psychological skills and its sub-factors.
3. Significant differences were found between senior and junior, and senior and youth national men/boys basketball players in Coping with Adversity and Peaking under pressure. However there was no significant difference between juniors and youth national boys basketball players.
4. Significant differences were found among senior national and junior national, senior and youth national, and junior and youth national men/boys basketball players in Goal setting/ Mental preparation, Concentration, Freedom from Worry, Confidence and Achievement Motivation, Coach ability and Specific Psychological Skills.

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