



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2016; 3(6): 394-396
© 2016 IJPESH
www.kheljournal.com
Received: 08-09-2016
Accepted: 09-10-2016

Mohd. Asif Khan
Rajesh Panchal
Research Scholar, Mewar
University, Chittorgarh,
Rajasthan, India

A comparative study of psychological skills between junior level and senior level basketball players of Delhi

Mohd. Asif Khan

Abstract

This study is aimed at to know the significance role of psychological skills on the performance of junior level basketball players of Delhi. Through this study we try to know the various psychological skills like concentration, confidence and goal setting affect the performance of the player of basketball players who have participated at state, national level championship. This study has been done on 60 players who are practicing at various training Centre of basketball New Delhi, and participated at state, national level. Their performance was assessed and points were given by three experts who are the qualified coaches working in sports authority of India. And the marks of certificates were given. Questionnaire was filled by the basketball players of age group between 14 to 17 years. The statistical analysis was done by applying the mean, standard deviation, and ANOVA. After statistical analysis of the collected data's from the players of basketball players of New Delhi.

Keywords: Concentration, confidence, goal setting, psychological skill

Introduction

Sports Psychology, the youngest of sports science, is concerned with the psychological effect derived from participation. Today many outlets and Coaches look to sport psychology for a competitive edge by seeking psychological training programme in order to learn among other thing. The Sport of Basketball is the game of high level agility or coordinative ability, speed which is not found in every person but as it is required for the game so these abilities or fitness components can be developed through basketball game. A person can be a very good basketball player by practicing for one or two years even No matter how skillful or fit a basketball player might be physically, this will count for nothing if the player is not psychologically skilled. To know the psychological skills this study is being done-

The concentration, confidence and goal setting are the three variables which are the part of athletic coping skill inventory questionnaire which is constructed by R.E. Smith in 1994. It consist 28 statements which play an important role in the performance of game basketball. To effectively utilize these tools, it may be helpful to define each term.

Concentration, attention and focus interchangeably used. Where the confidence affects their performance through their thoughts, behavior, and feelings.

Performance and confidence were statistically significant and positively correlated. The world of sport recognizes the importance that confidence has on success Athletes are constantly evaluated on the level of confidence they have in their abilities to perform.

As far as the goal setting is concerned it is an important part of any athlete's training plan, whether their goal is to improve their physical skills, mental skills, or just get more enjoyment out of their sport.

Aim: The purpose of this study is to know the psychological skills of junior and senior level basketball players of Delhi region.

Methodology

Selections of subjects

For the purpose of this study sixty basketball players were randomly selected from the various coaching camps. The players were selected from state and National, level basketball players.

Correspondence
Mohd. Asif Khan
Rajesh Panchal
Research Scholar, Mewar
University, Chittorgarh,
Rajasthan, India

They are practicing at various basketball coaching centers in New Delhi, Thirty players were selected from each level i.e. Junior and Senior category. The ages of the players were between 14 and 17 and 18-25

Variables

Dependent Variable: Performance

Independent Variable: Psychological skills. (Concentration, Confidence, Goal setting.)

Criterion measures/tools administration

To measure the psychological skills of junior and Senior level Indian basketball players, athletic coping skills inventory questionnaire was used. R. E. Smith has constructed it in 1994. It consist of 28 statements which has been answered in such a way-

- 0 = *almost never,*
- 1 = *sometimes,*
- 2 = *often,* and
- 3 = *almost always.*

Research design of study

The design of study was a survey type of research design. The survey for this study has been done on basketball players of

junior and senior level at New Delhi in the month of October 2016. And the performance of the basketball players had been assessed by the panel of three experts who are qualified coaches from NIS and working at the center of Sports Authority of India. Their points of certificates would also assess.

Collection of Data: The data had been collected on selected variables from national and state level basketball players. They are practicing various training centers at New Delhi. A panel of three experts was formed to assess the performance of boxers. Experts are the qualified coaches from NIS and working as coach at various centers of sports authority of India. The performance was judged out of 10 marks.

Statistical Analysis: To compare the psychological skills of junior and senior level Indian basketball players. Mean, Std. deviation, Pearson’s correlation and ANOVA and descriptive statistics were used at 0.05 level of significance.

Results: Data were compiled using SPSS 20 version package software to calculate different variables (four. i.e. psychoticism, neuroticism, extraversion and social desirability) in this questionnaire.

Table 1: Descriptive Analysis

Variables	Category	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
Concentration	Junior	30	8.1333	3.23487	.59060	6.9254	9.3413	2.00	12.00
	Senior	30	11.7000	.79438	.14503	11.4034	11.9966	9.00	12.00
	Total	60	9.9167	2.94752	.38052	9.1552	10.6781	2.00	12.00
Confidence	Junior	30	9.7333	1.72073	.31416	9.0908	10.3759	8.00	12.00
	Senior	30	11.7333	1.01483	.18528	11.3544	12.1123	8.00	12.00
	Total	60	10.7333	1.72584	.22281	10.2875	11.1792	8.00	12.00
Goal setting	Junior	30	9.7333	1.25762	.22961	9.2637	10.2029	8.00	12.00
	Senior	30	11.0667	.90719	.16563	10.7279	11.4054	9.00	12.00
	Total	60	10.4000	1.27824	.16502	10.0698	10.7302	8.00	12.00

Results and findings

Table No.1 shows its descriptive analysis which shows the mean of all the three variables of the present study. This table reveals that as far as junior category is concerned the mean is found higher (9.7333) Confidence and Goal setting

simultaneously and found lower (8.1333) in concentration. As far as senior category is concerned the mean is found higher (11.7333) in Confidence and found lower (11.0667) in Goal setting variables

Table 2

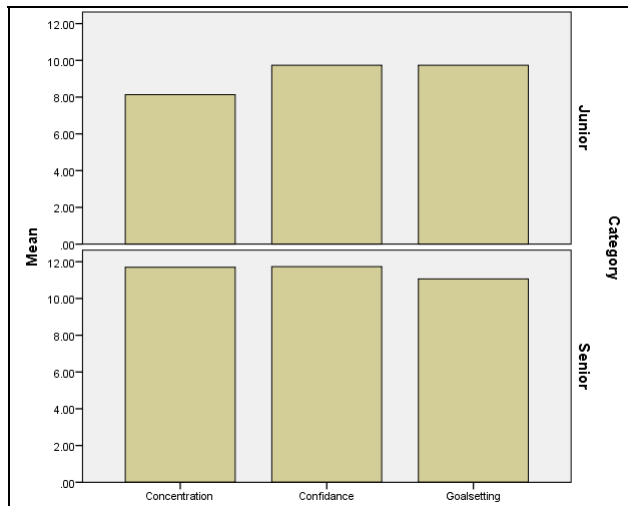
ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
Concentration	Between Groups	190.817	1	190.817	34.396	.000
	Within Groups	321.767	58	5.548		
	Total	512.583	59			
Confidence	Between Groups	60.000	1	60.000	30.069	.000
	Within Groups	115.733	58	1.995		
	Total	175.733	59			
Goal setting	Between Groups	26.667	1	26.667	22.180	.000
	Within Groups	69.733	58	1.202		
	Total	96.400	59			

ANOVA Findings

In relation to the variable concentration, table - 2 revealed that the obtained ‘F’ value of 34.396 was found to be insignificant at 0.05 level, In relation to the variable confidence, table - 2 revealed that the obtained ‘F’ value of 30.069 was found to be insignificant at 0.05 level. In relation to the variable Goal setting, table - 2 revealed that the obtained ‘F’ value of 22.180

was found to be insignificant at 0.05 levels. Over all we found that there is no significant difference are there in relation to all three variables.

Graphic Representation



Conclusion

Under the condition that prevailed and within the limitation imposed by the type of subjects and the variable selected for this study, it may be concluded that there are no significance differences is found among all the variables. i.e. (Concentration, Confidence, and Goal setting) used in present study.

References

1. Chu Chang, Jung Ling, Tsung Hung. A Study on Table Tennis Players' Psychological Skills, Sport Injuries, and Tournament Satisfaction at the 49Th World Championship. *International Journal of Table Tennis Sciences*. 2010, 6.
2. DeCaro M, Beilock L. Effortless Attention: A New Perspective in the Cognitive Science of Attention and Action. *The benefits and perils of attentional control*, 2010.
3. McCarthy, Paul J, Mark Allen S, Marc Jones V. 'Emotions, Cognitive Interference, and Concentration Disruption in Youth Sport. *Journal of Sports Sciences*. 2013; 31(5):505-515. Web
4. Moran Aidan P. *The Psychology of Concentration in Sport Performers*. Hove, East Sussex, UK: Psychology Press, 1996.
5. Birrer D, Morgan G. Psychological Skills Training As A Way to Enhance an Athlete's Performance in High-Intensity Sports. *Scandinavian Journal of Medicine & Science in Sports*. 2010; 20:78-87.
6. Thelwell Richard C, Iain Greenlees A, Neil Weston JV. Using Psychological Skills Training To Develop Soccer Performance. *Journal of Applied Sport Psychology*. 2006; 18(3):254-270. Web.
7. Woodman Tim, Lew Hardy. The Relative Impact of Cognitive Anxiety and Self-Confidence upon Sport Performance: A Meta-Analysis. *Journal of Sports Sciences*. 2003; 21(6):443-457. Web.
8. Balaguer I, Castillo I, Tomás I, Vealey RS. A cultural analysis of sources and levels of confidence in Spanish and American female athletes, 2004.
9. Vealey RS, Chase MA. Self-confidence in sport: Conceptual and research Advances. In T. S. Horn (Ed.), *Advances in Sport Psychology* (3rd ed.). Champaign, IL: Human Kinetics, 2008.
10. Vealey RS, Hayashi SW, Garner-Holman M, Giacobbi P.

Sources of sport-confidence: Conceptualization and instrument development. *Journal of Sport and Exercise Psychology*. 1998; 20:54-80.

11. Wilson RC, Sullivan PJ, Myers ND, Feltz DL. Sources of sport confidence of master athletes. *Journal of Sport and Exercise Psychology*. 2004; 26:369-384.
12. Locke Edwin. Goal Setting and Task Performance: 1969-1980. *Psychological Bulletin* 1981; 90(1):125-152.
13. McCarthy Paul. Using Goal Setting To Enhance Positive Affect among Junior Multievent Athletes. *Journal of Clinical Sport Psychology*. 2010; 4:53-68.
14. Weinberg Robert S. Goal Setting and Performance in Sport and Exercise Settings. *Medicine & Science in Sports & Exercise*. 1994; 26(4):469-477. Web.
15. Weinberg, Robert. 'Collegiate Coaches' Perceptions of Their Goal-Setting Practices: A Qualitative Investigation. *Journal of Applied Sport Psychology*. 2001; 13(4):374-398. Web.