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A study on the influence of socio economic status and age categories on the performance of junior and senior basketball players

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Abstract
Sport psychology deals with the increase of performance by the management of emotions and the minimization of psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, motivation, using rituals, attribution training, and periodization. It is important to learn and understand the individual skills in sport psychology (Hanson-Utley *et al.* 2008).

The major purpose of the present study addresses itself in analyzing the influence of SES and age categories on the performance of Junior and Senior Basketball players selected from six districts Basketball teams which are participated in the district level Basketball tournaments of Karnataka State. To achieve the purpose of study total 480 district level junior (240) and senior (240) Basketball players were selected from six districts and Kalaburagi division level competitions held in respective districts of Karnataka state. Attempt was made to categorize the samples into equal sub groups based on socio economic status and age category.

To collect necessary data pertaining to present study the SES scale is constructed by Dr. Rajeev Lochan Bhardwaj (1989) is administered to all the subjects and the performances of Basketball players were taken in the form of layup shots and scoring. The results highlight the fact that Socio economic status is a prime factor in Basketball performance of the players belongs to junior and senior age group categories and higher age group players have displayed higher Basketball performance in the layup shot. In points scoring the higher age group players have outscored the players of the lower age group. Therefore, age is a significant factor in determining the extent of sports excellence in Basketball game.

Keywords: Basketball, performance, socio economic status, layup shot

Introduction
Sport psychologists have two objectives in mind when it comes to sport psychology. First, to understand how psychological factors affect an individual's physical performance and secondly, to understand how participation in sport and exercise affects a person's psychological development, health and well-being.

Sport psychology deals with the increase of performance by the management of emotions and the minimization of psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, motivation, using rituals, attribution training, and periodization. It is important to learn and understand the individual skills in sport psychology (Hanson-Utley *et al.* 2008).

Physical education encompasses various activities including sports. But, of late, sport has grown tremendously to a gigantic stature and recognized as a very strong social force.

Socio-Psychological Factors and Sports Performance
Initially most of the research work in physical education and sport was carried out in science related sub disciplines like exercise physiology, bio-mechanics, nutrition, physical fitness and anthropometry.

Researchers in these fields were of the opinion that factors present in these areas were chiefly responsible for performance of a sportsman in competitive sport.

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As regards the role of socio-psychological factors in sport performance it was comparatively overlooked and under emphasized.

The role of social factors like group cohesiveness, audience, leadership, attitude and values, family dynamics, intra-team relations, socio-economic factors, and psychological factors like personality aggression, anxiety, achievement, motivation, self confidence, stress etc. have been investigated by various researchers for their possible contribution in sport performance.

It is critically important that those studying the psychological concepts as they apply to the area of physical education and coaching be carefully attentive to the fact that social and cultural forces are operating constantly and a meticulous understanding of these is absolutely necessary in any attempt to unravel many factors causing and revealing behavior and its changes in sports setting.

Several scholars have laid major emphasis on explaining the fundamental causes of human behavior. It has been proved that human behavior is always motivated goal-directed and integrated, thus the changes in the behavior of individuals are attributed to certain forces internal or external, which drive the individual towards some kind of activity or performance. It is true that an optimal level of motivation is required for better performance. High level of motivation leads to involvement in the activity; understanding the reason for participation will enhance levels of performance. For effective use of motivation one should consider the nature of activity and the nature of the learner.

Statement of the Problem

A study on the Influence of Socio Economic Status and age categories on the performance of Junior and Senior Basketball players.

The major purpose of the present study addresses itself in analyzing the influence of SES and age categories on the performance of Junior and Senior Basketball players selected from six districts Basketball teams which are participated in the district level Basketball tournaments of Karnataka State.

Objectives of the Study

1. To assess the influence of SES on the lay-up shot and score performance of district level Junior and Senior Basketball players.
2. To examine differences of two age groups on the lay-up shot and score performance of sample sub groups.

Materials and methods

The study was conducted on the sample of 240 district level Basketball players selected from the district and Kalaburagi division level competitions held in respective districts and Kalaburagi district. Attempt was made to categorize the samples into equal sub groups based on socio economic status and age category. These will be accounted for assessing their influence on the performance of district level Basketball players. The sample design based on SES, achievement motivation, self confidence, gender and age is given in the following tables.

Table 1: Distribution of samples on district and age category wise of Basketball teams

Category	Districts						Total
	Kalaburagi	Ballary	Raichur	Yadgir	Bidar	Koppal	
U-16 to 18	20	20	20	20	20	20	120
18 Yrs. & above	20	20	20	20	20	20	120
Total	40	40	40	40	40	40	**240**

Table 2: Distribution of samples on Socio economic status

SES	Seniors (18 Yrs. & above)	Juniors (16 to 18 Yrs.)	Total
	Male	Male	
High	120	120	240
Low	120	120	240
Total	240	240	480

Tools

1. Socio-economic status (SES) by Dr. Rajeev Lochan Bhardwaj (1989).

Test Administration and Collection of Data

To collect necessary data pertaining to present study the SES scale is constructed by Dr. Rajeev Lochan Bhardwaj (1989) is administered to all the 240 subjects who are going to participate in the Karnataka State district level Basketball tournaments.

The data were in the form of answer given by the subjects in response to the various questions of the questionnaire. The subjects completed answering the questionnaire within the stipulated time after which the questionnaires were collected back.

The questionnaire scoring manual is used to get the score and based on the scoring the subjects were divided into groups in three the variables as mentioned in the sample size. The performance results of the total subjects who are participated in the Taluka and District level Basketball tournament were taken during and after the completion of competition. The performances of Basketball players were taken in the form of layup shots and scoring.

Statistical Analysis

To meet the objectives of the study and to verify the formulated hypotheses the data were analyzed, using the following statistical techniques.

1. The 't' test to compare the sample of sub groups.

Results and discussions

Comparison of Sample Subgroups

One of the major objectives of the present study has been to assess the influence of SES on the performance of Basketball players selected randomly from six district teams of Karnataka state.

It is believed that SES, a social factor exerts its influence on sports performance. SES is a combination of education income and occupation. The higher of these factors will speak of higher SES level and vice-versa. Thus higher SES provides more opportunities for the development of sports skills in the players, those belonging to high SES group.

The higher SES enjoys better living comforts and high social status capacities for higher development of qualities by providing necessary avenues as a result of higher living standards that encompasses the higher social stratum. Therefore a player with high SES is expected to achieve higher skills in the given sports which are not a case with a player who belongs to low SES group. Therefore SES is a strong factor which prepares highly potential and excellent players of any sports event.

In the present study SES is treated as an independent variable. The sample of the study includes various state team players who are classified into two groups of SES based on SES criteria. Accordingly there are 240 players classified equally into two SES categories. Further attempts are also made to choose the sample belonging to different age groups from among various District teams. Hence there are an equal number of sample subgroups with regard to age groups.

The performance of the sample in Basketball is assessed in two ways i.e., layup shot and point scoring (secure). A skillful Basketball player is one who performs higher layup shot as well as secures higher points. The performance of Basketball players belonging to different sample subgroups can be assessed by computing the mean scores in both layup shot and points scoring. This procedure enables to assess the relative standing of each sample subgroup categorized on the basis of independent variables. Therefore, attempts are made to calculate mean, SD and t-values of Basketball performance both in layup shot and points scoring of the player belonging to different levels of SES groups and are presented in tables.

Table 3: Mean, SD and t-values of Basketball Performance in Two Levels of SES (N=240)

SES		Layup Shot	Score
High	M	62	102
	SD	6.23	8.16
	N	240	240
Low	M	54	80
	SD	5.12	7.24
	N	240	240
t-value		22.56*	26.12*

* Significant at 0.05 level.

Table 1 presents mean, SD and t-values of Basketball performance in two levels of SES. It can be observed that the mean score of high SES players is 62 in layup shot and the mean score of low SES group is 102. This clearly reveals that the performance of high SES reveals that the performance of high SES group is higher than that of low SES. The t-value of 22.56 is significant at 0.05 level which indicates that there are significant differences in layup shot, between two groups of SES. Therefore the Basketball performance is significantly influenced by the SES the player belongs to Junior and Senior age group categories.

It is the higher SES level that produces significantly different performance by way of providing more avenues to players that makes more skillful and acheivestic. On the contrary, a player with low SES is deprived of all amenities and hence performs significantly low in the given Basketball play. Therefore SES is a strong determinant of sports performance: higher the SES greater is the sports performance.

Similarly, the Basketball performance in securing points is significantly higher in high SES group (102) than the low SES (80). The t-value of 26.12 is significant at 0.01 level which clearly reveals that there are significant differences in Basketball performance between two SES groups. Again, the

high SES group has surpassed the low SES group significantly. Thus the results highlight the fact that SES is a prime factor in Basketball performance of the players belongs to junior and senior age group categories.

Table 4: Means, SD's and t-values of Basketball Performance in two categories of age

Age		Layup Shot	Score
16-18 (Gr-I Juniors) (N=240)	M	96	168
	SD	8.96	14.56
	N	240	
18 Yrs. & above (Gr-II Seniors) (N=240)	M	116	224
	SD	12.45	18.24
	N	240	
t = value		28.62*	30.86*

* Significant at 0.05 level.

Table 2 presents mean, SD and t-values of Basketball performance in two levels of age groups. It can be observed that the mean score of Junior (16-18 years) players is 96 in Layup Shot and the mean score of senior (above 18 years) players is 116.

This clearly reveals that players belonging to Group-II have higher mean scores in Layup shot followed by Group-I. The obtained t-value of 28.62 is significant at 0.01 level which indicate that there are significant differences in Layup shot between junior and senior age groups. Therefore the Basketball performance is significantly influenced by the age group of the players. Therefore age of players is an important factor in determining higher performance in Basketball game.

It is believed that players belonging to age group of 18 and above years have relatively more experience and skillful comparatively than those of 16-18 groups of age. The determination, commitment and concentration appear to be more in the age group of 18 years and above and hence there is more sports skill and efficiency in the players of this age group.

Similarly the performance of age group II is significantly lower than those of 18 plus years of age. The age group I has relatively higher energy and enthusiasm than the age group II. Thus the results highlight the fact that higher age group players have displayed higher Basketball performance. In points gaining also the higher age group players have outscored the players of the lower age group. Therefore, age is a significant factor in determining the extent of sports excellence in Basketball game.

Conclusions
1. The results highlight the fact that Socio economic status is a prime factor in Basketball performance of the players belongs to junior and senior age group categories.
2. The results show that higher age group players have displayed higher Basketball performance in the layup shot. In points scoring the higher age group players have outscored the players of the lower age group. Therefore, age is a significant factor in determining the extent of sports excellence in Basketball game.

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