



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.93
IJPESH 2025; 12(5): 672-674
© 2025 IJPESH
<https://www.kheljournal.com>
Received: 03-08-2025
Accepted: 05-09-2025

Dr. Krishna R Yadav
Assistant Professor of Physical
Education, College of
Horticulture, Munirabad,
Koppal, Karanataka, India

Study on psychological variables of high school state level basketball players

Krishna R Yadav

Abstract

Sports are indeed an aspect of complex human performance, with several difficulty levels. Sports are coordination with several disciplines of science is striving to explore the nature of sports performance and the process of improving sports performance. This discipline includes medicine, physiology, training, biomechanics, psychology and certain aspects of sports breaches. Sports have both psychological and social dimensions apart from physical, physiological and technical aspects. People's interest in sports is found in all societies of the world

In the case of psychological skills the main aim is to maximize the probabilities of success. Sport psychology lectures are known to be both very entertaining and informative. Coaches and players are realizing that to get ahead they need an added resource and that resource is a trained mind.

Purpose of the Study: The main Purpose of this study was is to identify the significant and influencing number of Psychological Characteristics High School State Level Basketball Players in Relation to game performance

Methodology: The aim of the present study was to identify the significant and influencing number of Psychological Characteristics High School State Level Basketball Players in Relation to game performance

Subjects: Total 120 subjects were selected for fulfil the aim of the study. The age group of the above players was between 11 to 15 years and players were selected from different Schools from Koppal Ballari & Gadag district.

The Variables: In order to assess Psychological characteristics selected Psychological questionnaire of Aggression, Sports Achievement Motivation & Sports Competitive Anxiety were administered.

Conclusion: The psychological variable of correlation values between post coaching game performance during invitational competition and psychological variables such as Sports competitive anxiety (-0.384++) and in the high school state level Basketball players & in the beta values for Sports Competitive anxiety (24%), Aggression (17%) and Sports achievement motivation (17%) were found to be significant. This confirms that the Psychological variables play dominant varibalve in the high school state level Basketball players.

Keywords: Psychology, aggression, achievement motivation & anxiety

Introduction

Sports are indeed an aspect of complex human performance, with several difficulty levels. Sports are coordination with several disciplines of science is striving to explore the nature of sports performance and the process of improving sports performance. This discipline includes medicine, physiology, training, biomechanics, psychology and certain aspects of sports breaches. Sports have both psychological and social dimensions apart from physical, physiological and technical aspects. People's interest in sports is found in all societies of the world

In the case of psychological skills the main aim is to maximize the probabilities of success. Sport psychology lectures are known to be both very entertaining and informative. Coaches and players are realizing that to get ahead they need an added resource and that resource is a trained mind.

Most athletes fatigue mentally before they fatigue physically, due to the fact that their mind is not in a good shape as their bodies. The mind-body connection is a very powerful one. For everything you think in your mind, your body has a reaction, regardless than of whether it is real or imagined (Karlene Sugarman, M.A., 1998) [4].

Corresponding Author:
Dr. Krishna R Yadav
Assistant Professor of Physical
Education, College of
Horticulture, Munirabad,
Koppal, Karanataka, India

Now and then, we can feel natural but otherwise, we can be either mostly positive or mostly negative. By positive mentality we mean feelings, thoughts and an energy level that steer the body in an advantageous way. A negative mentality is the opposite, feelings, thoughts and energy that are negative in character, thus controlling the body, and hence the performance, in a negative way (Willio, 1986) [6]. The best, most consistent, and most confident performers are able to control or channel their emotions, to focus their concentration, and to bounce back from setbacks in an emotionally mature or constructive way.

They have refined their ability to quickly shift from an emotional reaction to a performance focus, particularly in response to increased anxiety or errors. High levels of excellence are developed long before the day of the event, through countless than hours of practice and through experience which allows you to learn how to maintain control over your own emotional state (Terry, 1980) [5].

Paul S. Glazier (2000) [1] took an anthropometric measurement of 20 male fast bowlers (mean age 21.0 ± 0.9 yrs) and found that arm length and shoulder width helps in the release of the ball. In another study, Winsley (2003) [7] compared England and South Africa under 18 rugby players of two different rugby sports college in England and South Africa. When the 18yrs olds were compared, wines found that South Africa group was more skillful in the test passing and kicking distance. Both groups were equally matched in aspects such as seeping, dexterity and passing accuracy. The South African players were faster in sprinting activity and greater arm and leg length.

Furthermore, no known investigation has dealt with morphological, sports skill test and psychological characteristics of sportsmen in relation to game performance. Hence there is a dearth of such studies especially in the field of Basketball, Handball & volleyball.

Zamirullah Khan, *et al.* (2011) [8] has conducted a study on Anxiety and Motivation is important psychological variables in sports and its need to achieve a high level of competition. Without knowledge of these two variables, athletes cannot give best in competition. The aim of the study was to find out the relationship between Anxiety and Motivation of intervarsity Badminton players. The total sample consisted of twenty players age ranged from 17 to 25 years. Sports Competition Anxiety Test (SCAT) and Sports Achievement Motivation Test were administered to collect the data. Mean, standard deviation and Pearson Product Moment Correlation were computed to analyze the data at 0.05 level of significance. It was found that significant negative relationship between Achievement Motivation and Anxiety.

Purpose of the Study

The main Purpose of this study was is to identify the significant and influencing number of Psychological Characteristics High School State Level Basketball Players in Relation to game performance

Methodology

The aim of the present study was to identify the significant and influencing number of Psychological Characteristics High School State Level Basketball Players in Relation to game performance

Subjects

Total 120 subjects were selected for fulfil the aim of the study. The age group of the above players was between 11 to

15 years and players were selected from different Schools from Koppal Ballari & Gadag district.

The Variables

In order to assess Psychological characteristics selected Psychological questionnaire of Aggression, Sports Achievement Motivation & Sports Competitive Anxiety were administered.

Data Analysis

Values are presented as mean values and SD. Pearson Correlation, Analysis of variance, were used to test if population means estimated by two independent samples differed significantly. Level of significance was set at the 0.05/0.01. Data was analysed using SPSS.

Table 1: Psychological variables for High school state level basketball players in relationship to post coaching game performance during invitational competition.

Si No	Variables	Pearson Correlation
1	Aggression	0.098
2	Sports Achievement motivation	0.190 *
3	Sports competitive anxiety	0.384 ++

++ Correlation is significant at the 0.01 level.

* Significant at 0.05 level (0.128) n=28, df=30

The Pearson's coefficient of correlation values in the psychological characteristics Sports competitive anxiety (0.384++) & Sports Achievement motivation (0.190 *) in the High school state level basketball players in the post coaching game performance.

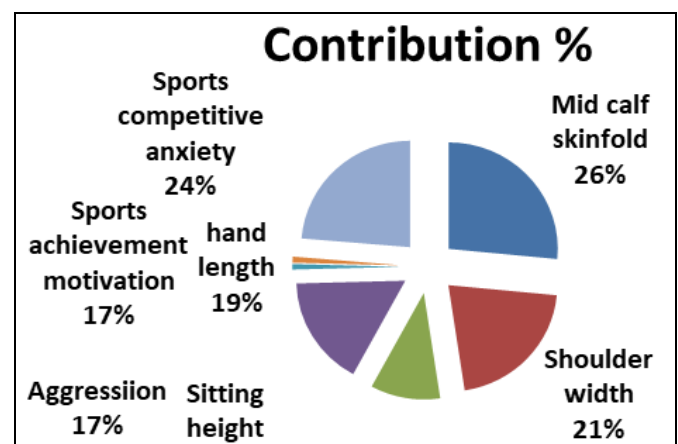


Fig 1: The beta, r values, and contribution of the predicting of morphological variables in the High school state level basketball players

The above pie diagram shows that among the different anthropometrics variables the mid-calf skinfold Sports Competitive anxiety, Aggression, and Sports achievement motivation showed better predictor of morphological and psychological variables when compared to other 39 variables. The mid-calf skinfold variables showed the highest of 97.305 percent, followed by the sports competitive anxiety with 86.894 percent, shoulder width with 77.325 percent, hand length with 61.029 percent, sitting height with 38.010 percent, sports achievement motivation with 3.312 percent and aggression with 3.0532.

Conclusion

The psychological variable of correlation values between post coaching game performance during invitational competition

and psychological variables such as Sports competitive anxiety (-0.384 ++) and in the high school state level Basketball players & in the beta values for Sports Competitive anxiety (24%), Aggression (17%) and Sports achievement motivation (17%) were found to be significant. This confirms that the Psychological variables play dominant varilalve in the high school state level Basketball players

References

1. Glazier PS, Paradsis GP, Cooper SM. Anthropometric & Kinematic influences on release speed in means fast, medium bolwing. J Sports Sci. 2000;18:1013-1021.
2. Golby J, Wood P. The Effects of Psychological Skills Training on Mental Toughness and Psychological Well-Being of Student-Athletes. Psychol. 2016;7:901-913.
3. Yerlikaya Balyan K, Tok S, Tatar A, Binboga E, Balyan M. The Relationship Among Personality, Cognitive Anxiety, Somatic Anxiety, Physiological Arousal, and Performance in Male Athletes. Hum Kinet J. 2016;10(1):48-58.
4. Sugarman KM. Winning the Mental Way. 1998 Nov 26.
5. Orlick T. In pursuit of Excellence. Human Kinetic Publishers, INC and Coaching Association of Canada; 1980.
6. Railo W. Willing to Win. Utrecht, Holland: Van Boekhoven-Bosch B.V; c1986.
7. Spamer EJ, Winsley R. Comparative characteristics of elite English and South African 18-year- rugby-players with references to game-specific skills, physical abilities and anthropometrical data. J Hum Mov Stud. 2003;45:187-196.
8. Khan Z, *et al.* Sports Achievement Motivation and Sports Competition Anxiety: A Relationship Study. J Educ Pract; c2011; 2(4).