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## Analysis of self-acceptance in basketball players

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### Abstract

The purpose of present study was to assess the self-acceptance in basketball players. For this purpose, the investigators had selected Thirty (N=30) male basketball players of 20 to 25 years of age to act as subjects. They were divided into three different playing position in basketball players (i.e., N<sub>1</sub>=10; point guard, N<sub>2</sub>=10; bowling, N<sub>3</sub>=10 power forward). The purposive sampling technique was used to select the subjects. One Way Analysis of Variance (ANOVA) was employed to compare the different playing position in basketball players. Where 'F' values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference. For testing the hypotheses, the level of significance was set at 0.05. The results depicted that insignificant differences have been found with regard to the parameter self-acceptance among point guard, center and power forward players as the P-value (Sig.) .789 was found higher than the 0.05 level of significance ( $P>0.05$ ).

**Keywords:** Basketball players, self-acceptance, point guard, center, power forward

### Introduction

Basketball is a game that carries with it numerous mental difficulties and requests that players must manage to be effective. Specialized, strategic, and physical arrangements are imperative for top class exhibitions yet it is frequently what occurs inside a player's mind that is the contrast amongst progress and disappointment. In the case of batting, rocking the bowling alley, or handling, a player's mental quality has been distinguished by mentors, players, and observers as a basic element for winning basketball matches. In whole, ostensibly the greatest test to a basketballer isn't the learning of the abilities – most players have sensible procedures. Rather, the greatest test is having the capacity to manage the numerous mental variables that can influence considering and, at last, execution amid a diversion.

Self-Acceptance alludes to a person's fulfillment or satisfaction with himself, and is believed to be fundamental for good emotional wellness. Self-acknowledgment includes self-comprehension, a reasonable, though subjective, consciousness of one's qualities and shortcomings. It brings about a person's inclination about himself that he is of "extraordinary worth". In other words Self-Acceptance can be characterized as: the familiarity with one's qualities and weaknesses, the sensible (yet subjective) evaluation of one's talents, capabilities, and general worth, and, feelings of fulfillment with one's self in spite of lacks and paying little mind to past practices and decisions.

### Hypotheses of the study

There would be significant differences among male Basketball players on the variable Self-Acceptance.

### Materials and methods

#### Samples

For this purpose, the investigators had selected Thirty (N=30) male basketball players of 20 to 25 years of age to act as subjects. They were divided into three different playing position in basketball players (i.e., N<sub>1</sub>=10; point guard, N<sub>2</sub>=10; center, N<sub>3</sub>=10 power forward). The purposive sampling technique was used to select the subjects.

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**Table 1:** Subjects' Demographics.

S. No	Point guard	Center	Power forward	Total Sample
1.	N <sub>1</sub> =10	N <sub>2</sub> =10	N <sub>3</sub> =10	N=30

### Selection of variables

A possibility examination as to which of the factors could be taken up for the examination, keeping in see the accessibility of devices, sufficiency to the subjects and the authentic time that could be committed for tests and to keep the whole investigation unitary and coordinated was made in interview with specialists. Because of the over criteria's, the mental variable specifically Self-Acceptance is taken up for the present investigation.

### Statistical analysis

One Way Analysis of Variance (ANOVA) was employed to compare the different playing position in basketball players. Where 'F' values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference. For testing the hypotheses, the level of significance was set at 0.05.

### Results

Analysis of Variance (ANOVA) results among point guard, center, power forward basketball players with regard to the parameter Self-Acceptance

**Table 1**

Source of variance	Sum of Squares	df	Mean Square	F-ratio	Sig.
Between Groups	10.720	4	2.680	.426	.789
Within Groups	282.800	45	6.284		
Total	293.520	49			

\*Significant at 0.05,  $F_{0.05}(4, 45)$

The outcomes portrayed in table 1 that insignificant contrasts have been found with respect to the parameter self-acknowledgment point guard, center, power forward basketball players as the P-value (Sig.) .789 was discovered higher than the 0.05 level of criticalness ( $P > 0.05$ ). Since F-value was discovered inconsequential, subsequently, there is no compelling reason to apply post hoc test.

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### Discussion

1. The present study has highlighted the significance of differences with regard to self-acceptance point guard, center and power forward of basketball players from different playing position. A perusal at Analysis of Variance (ANOVA) tables 1 with regard to self-acceptance of basketball players revealed that insignificant differences have been found with regard to the parameter self-acceptance among point guard, center, power forward basketball players as the P-value (Sig.) .789 was found higher than the 0.05 level of significance ( $P > 0.05$ ).
2. Conclusions of the Study
3. Based on the findings of this study, the following conclusions were drawn. It is concluded from the above findings that insignificant differences among playing position of basketball players on the variable Self-Acceptance.

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