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An comparative analysis on the influence of self confidence 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 address self confidence and achievement motivation itself in analyzing the influence of Self Confidence and Achievement Motivation 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 self confidence and achievement motivation.

To collect necessary data pertaining to present study the Self Confidence and Achievement Motivation 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 Self confidence 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 self confidence and achievement motivation 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.

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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.

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 cause self confidence and achievement motivation 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 Self confidence and Achievement motivation on the performance of Junior and Senior Basketball players.

The major purpose of the present study address self confidence and achievement motivation itself in analyzing the influence of self confidence and achievement motivation 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 self confidence and achievement motivation on the lay-up shot and score performance of district level Junior and Senior Basketball players.

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 self confidence and achievement motivation. These will be accounted for assessing their influence on the performance of district level Basketball players. The sample design based on self confidence and achievement motivation and age is given in the following tables,

Table 1: Distribution of samples on district and age 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 Self confidence and Achievement motivation

SC & AM	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. Mahesh Bhargava's Achievement Motive Test.
2. Self-confidence Inventory (SCI) by M. Basavanna (1975).

Test Administration and Collection of Data:

To collect necessary data pertaining to present study the Mahesh Bhargava's Achievement Motive Test and Self-confidence Inventory (SCI) by M. Basavanna (1975) were 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 self confidence and achievement motivations the influence of self confidence and achievement motivation on the performance of Basketball players selected randomly from six district teams of Karnataka state. It is believed that self confidence and achievement motivation, a social factor exerts its influence on sports performance self confidence and achievement motivation is a combination of education income and occupation.

The higher of these factors will speak of higher self

confidence and achievement motivation level and vice-versa. Thus higher self confidence and achievement motivation provides more opportunities for the development of sports skills in the players, those belonging to high self confidence and achievement motivation group.

The higher self confidence and achievement motivation 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 encompass self confidence and achievement motivation the higher social stratum. Therefore a player with high self confidence and achievement motivation is expected to achieve higher skills in the given sports which are not a case with a player who belongs to low self confidence and achievement motivation group. Therefore self confidence and achievement motivation is a strong factor which prepares highly potential and excellent players of any sports event.

In the present study self confidence and achievement motivation is treated as an independent variable. The sample of the study includes various state team players who are classified into two groups of self confidence and achievement motivation based on self confidence and achievement motivation criteria. Accordingly there are 240 players classified equally into two self confidence and achievement motivation 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 self confidence and achievement motivations by computing the mean scores in both layup shot and points scoring. This procedure enables to assess self confidence and achievement motivations 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 self confidence and achievement motivation groups and are presented in tables.

Table 3: Means, SD's and t-values of Basketball Performance in two levels of Achievement Motivation (N=240)

Achievement Motivation	Layup Shot	Score
High	M	122
	SD	12.86
	N	240
Low	M	98
	SD	9.56
	N	240
t-value	33.14*	42.68*

* Significant at 0.05 level.

Table 3 gives Mean, SD's and t-value of Basketball performance in two categories of achievement motivation. It can be observed that players with high motivation have higher mean score (122) than those of low achievement motivation (98) in Layup shot. This reveals that high achievers have higher performance than the low achievers. The t-value of 33.14 is significant at 0.05 level that indicates significant differences between the two sample subgroups in Layup shot. Thus achievement motivation is a strong factor in increasing

the Basketball performance. Similarly high achieving players have scored significantly higher points (228) than their counterparts (164). The t-value of 42.68 is significant beyond 0.01 level. Therefore, the results highlight the fact that achievement motivation is a key factor in attaining higher goals in the competitive tasks.

The highly motivated players are always goal oriented, have more clarity, commitment and persistence.

Table 4: Means, SD's and t-values of Basketball Performance in Two categories of Self Confidence (N=240)

Self Confidence	Layup Shot	Score
High	M	120
	SD	10.54
	N	240
Low	M	78
	SD	7.26
	N	240
t-value	24.38*	30.14*

* Significant at 0.05 level.

Table 4 demonstrates the mean, SD's and t-values of Basketball performance in two categories of self confidence. It can be seen that the mean score of high self-confidence is higher (120) than the low self confident group (78) in Layup Shots. The t-value of 24.38 is significant at 0.01 level which indicates that there are significant differences in Layup shot between the two sample subgroups. Similarly in point scoring the high self confident players have significantly higher mean (212) than the low self confident players (144).

The t-value of 30.14 is significant at 0.05 level to indicate profound difference in points gaining between two groups. Thus it appears that in both Layup shot and point securing self confidence of players assumes significance and highly self confident player is always one step ahead than the low confident player.

It is always a fact that highly confident players exhibit an outstanding sports performance of any kind and this is indeed a fact worldwide.

Conclusions

The results of the study highlight the fact that Self confidence and Achievement motivation are the prime factors in enhancing the Basketball performance of the players belongs to junior and senior age group categories.

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