

COMPARATIVE STUDY ON PSYCHOLOGICAL PROFILES OF UNIVERSITY AND NATIONAL BASKETBALL MEN PLAYERS

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INTRODUCTION

Basketball is one of the most popular sports in the world in terms of spectator sport and players' participation. It is fast, quick, aggressive, and attractive. It is considered a strenuous game, because the game demands a high degree of physical fitness as well as intelligence and an alert mind. Balance, relaxation and protection are the basic skills required for all the fundamental movements in basketball.¹

Fundamental skills are the axis of any game, and basketball is no exception to this. A high degree of performance depends on the mastery of these skills. Patience, diligence and dedication are essential for learning the fundamental skills. To enjoy the game truly one needs to develop proficiency in fundamental skills. When a player has mastered the fundamental skills of the game, a feeling of gaining mastery over the game comes. In order to measure these skills, tests should be conducted for evaluation purposes. Tactics will succeed only through individual fundamental skills. Therefore, every player must know the requirements and the importance of perfecting the fundamental skills. From this we can understand that only a player with perfection in all the fundamental skills can become a top player.

Psychological Factors

Sports psychology is the study of a person's behavior in sports. Sports psychology is the scientific study of people and their behaviors in sports. The role of a sports psychologist is to recognize how participation in sports exercise and physical activity enhances a person's development. The sport psychologists agree that the elite performance in sports activities can only be possible when there is a judicious combination of genetic factors of traits, generally good environments which includes the infrastructural facilities, and highly specialized training. This emphasizes the concern and consideration for physical, physiological and psychological factors that are most conducive to outstanding performance. Apart from the personality factors which can be termed as foundational to athletic performance, consistency, confidence, concentration, anxiety management, positive attitude and will are the fundamental psychological skills, which the players learned and

practiced during practice to bring about their enhancement of players performance.

Taking into consideration the overall scenario of the psychological aspects in general motivation-both achievement and incentive seems to be extremely important elements worth in depth investigation into the psychology of Indian basket players.

Motivation in general is a process which indicates why people participate in sports the way they do. "The urge" to run and play when young, to excel when competing, to struggle when hindered, to prove something when challenged, to escape when confined, to be aggressive when angered and to flee when frightened are typical of man as he matures and develops and moves through life's many dangerous and competitive situations². "Need achievement is manifested in behavior expressing a desire for accomplishment, prestige, ambition, the need to overcome obstacles, to seek challenges, to exercise power etcetera. In a nut shell, achievement motivation is "the degree to which a player is willing to approach a competitive situation"³. An understanding of the nature of achievement motivation is helpful in understanding kinds in general as well they do and how long they continue in sports. Once one comes to know as to what work as a "driving force", it becomes easier to guide the athlete into achieving excellence. When the desire for achievement becomes a dominant concern for the person, it is expressed in restless driving energy aimed at achieving excellence, getting ahead, improving upon past records, beating competitors, doing things better, faster, more efficiently and finding unique solutions to difficult problems⁴.

Within the total orbit of motivation, the concept of incentive motivation has slightly different connotations. Wood⁵ assumed that the incentive value of various goals that individual perceived as available partially determined their motivation to participate in competitive sport. The theory of incentive motivation is still in infancy; however it revolves round at least seven major systems: they are 1) Excellence (successfully competing against a standard of excellence); 2) Power (to influence, change and control the opinions and attitudes primarily of other athletes

and coaches towards them); 3) Sensation (to have exciting, interesting and sensory experiences primarily in terms of novelty, uncertainty and complexity) i.e. to seek excitement through sports; 4) Independence (to do things without the advice or criticism of other athletes and coaches); 5) Success (to receive prestige, recognition, status, and social approval for their achievements); 6) Aggression (to physically dominated and psychologically intimidate other athletes); and 7) Affiliation (to attain, maintain and consolidate warm interpersonal relationships primarily with other players and coaches). A few studies conducted on the incentive motivation upheld that the major reasons why athletes participate in competitive sport fall under the incentive systems of excellence, affiliation, sensation, success^{6, 7, & 8}. In order to take a coherent view of the level of motivation in athletes, it is but necessary to assess the incentive motivation systems along with achievement motivation. Achievement motivation is “the degree to which a player is willing to approach a competitive situation”.

OBJECTIVES OF THE STUDY

- ❖ The purpose of the study was to investigate the psychological profiles, which means broad personality factors i.e. on thinks, feels or behaves of male Indian Basketball players.
- ❖ The subordinate purpose of the study was to compare the psychological profile of University and National players; and
- ❖ At the final stage the age wise psychological comparison for each group and also for the total population who participated in the Inter-University tournament and National Basketball Championship.

Statement of the Problem

Man is a harmonious blending of body and spirit-a marvelous fusion of physical structure, life-force and mental faculties that evolved during countless millennia to a very high level of perfection. The human beings are considered to be extremely complex structures and functions performed by them are also unimaginable. In sports, sports psychologist tries to control these factors as no players under stress can perform well. Only through such research study, the physical education personnel can understand player's feelings, his strengths and weaknesses. It can be said that meaningful relationship can be established between players and coach. To find some psychological factors for enhancing the player's performance well in sports activities, the title we have chosen as “Comparative Study on Psychological Profiles of University and National Basketball Men Players”.

The purpose of the study was to investigate the psychological profiles, which means broad personality factors i.e. on thinks, feels or behaves, of male Indian Basketball players and to compare the psychological profile of University and National players.

Hypotheses

- I. Incentive Motivation in Indian men basketball players would be fairly high in the systems of excellence, affiliation, sensation and success and that the University and National Basketball men players would not differ in their motivational profile.
- II. The level of achievement motivation in National and University Basketball men players would be fairly high. But National Basketball men players would surpass the University Basketball men players.
- III. University Basketball players would score lower than National Basketball players on state anxiety, trait anxiety as well as sports competition anxiety.

REVIEW OF RELEATED LITERATURE

Kamlesh (1989)⁹ has made an attempt to diagnose, the incentive motivation of Indian athletes through wood's Incentive Motivation Inventory and concluded that excellence, affiliation, success and sensation are the major reason for the athletes to participate in competitive sports; and male and female athletes do not differ on the level of their incentive motivation. He also found that Indian athletes are average in their motivation profile.

Alderman and Wood (1976)¹⁰ conducted one of the first investigation designed to assess the motives for participation 425 Canadian male Ice hockey players ages 11 to 14, completed a survey which assessed seven incentive motives for participating in hockey. These included independence, power, affiliation, arousal, esteem, excellence and aggression incentives. The result revealed that affiliation was found to be the strongest motives expressed by the athletes. Next in order were excellence, stress and success rated as the most important incentives by the players with independence and power incentives being rated as least important. In a subsequent investigation of several thousand young athletes' ages 11 to 18, Alderman has reported that the orders of these motivational systems remain consistent when his inventory was employed on several thousand Canadian athletes.

Mishra (1995)¹¹ made psychological profiles of national hockey academy trainees and concluded on

the basis of norms in the variables of incentive motivation, achievement motivation, state and trait anxiety and sports competition anxiety and concluded that:

- Incentive motivation among national hockey academy trainees was fairly high in the systems of excellence, affiliation, sensation and success.
- The level of their achievement motivation was just moderate.
- They were slightly higher on trait and state anxiety as per the norms set by Speilberger et al.
- They have a low level of sort's competition anxiety, which justifies that they were quite relaxed at the time of competition.

METHODOLOGY

Selection of Subjects

The sample consisted of National Basketball players (N=50) from different states of India and various Universities Basketball players (N=100) from South India. The data were collected during South-Zone Inter University Basketball men tournament for the academic year 2005 - 2006 organized by the Alagappa University, Karaikudi and Senior National Basketball Championship for the year 2006 organized by the Pondicherry Basketball Association. It was felt desirable to bring about parity in the number of both the samples with a view to make the comparison convenient and statistically more accurate a random selection of 50 university players out of a total lot of 100 were affected by drawing lots. Based on team's willingness and their availability, the research scholar collected data from selected top level University and National teams.

Purposive random sampling method was adopted to collect the data. The age of the subjects ranged between 18 and 25 years. The education qualification of the subjects was above Higher Secondary level.

Selection of Variables

The availability of reliable and valid instrument is also an important consideration in direction one's ingenuity for the choice of variables. Many psychological instruments i.e. test and inventories are relevant more after than no to the population on which they have been constructed. In the case of present study care was taken to pin point those psychological aspects of sports for investigation which are not only relevant to our athletic samples but also closely related to the purpose of study. Therefore, based on literary evidence, correspondence and

discussion with the prominent sport psychologist in India and scholar's own understanding, the following variable was selected for the purpose of this study:

Incentive Motivation (Consisting of seven items viz. Excellence, Power, Sensation, Independence, Success, Aggression and Affiliation).

Incentive Motivation Inventory

It is a test of players' strength of attraction for incentives operating within goal oriented situations. Incentive motivation provides information on the athletes' major reasons for participating in particular sports. Motivation to participate in competitive sport was classified into seven major incentive system, viz. Excellence (Ex.), Power (PO.), Sensation (SE.), Independence (Ind.), Prestige (PR.), Aggression (Agg.), and Affiliation (Aff.). A modified version of these incentive systems was by Alderman and Wood⁷ to examine the more specific motivation of athletes. The incentive motivation inventory is an instrument prefunding to evaluate the incentives perceived by young athletes as being available and attractive to them through competition sports participation.

The inventory contains 70 items. These question statements are evenly spread over the seven incentive system i.e., there are ten question statement for each system. The subjects respond using a four point ordinal scale. Response inventory for each item varies from 1 (ever) to 4 (always) in order to ascendance of the feeling. Hence the maximum response score from the total inventory is 280 minimum 70 and in case of each system the response score ranges from 7 to 40.

The normative response intervals for each of the systems are given below.

00 – 18	Low
18 - 22	Below average
22 – 38	Average
28 – 32	Above Average
32 – 40	High

The treatment of data emanating from the administration of IMI was done accordance with the instruction of the author and objectives of the study.

Administration of Questionnaire and Collection of Data

The subjects were personally contacted and their sincere cooperation was solicited. Necessary instructions were given to the subjects before the administration of each test. The research scholar motivated the respondents by promising to send a separate abstract of the conclusion of his study to each

of the subjects. Confidentiality of responses was guaranteed so that the subjects would not camouflage their real feelings. No time limit for filling in the questionnaire was set but the subjects were made to respond as quickly as possible, once the instructions were clearly understood by them. As soon as a subject completed one questionnaire, another was given to him after a short interval.

Statistical Techniques

- Mean scores and 't' ratio were calculated in order to compare National and University Basketball players (samples). This test was used when both samples were normally distributed.
- The two sample sizes (that was, the number, 'n' of participants of each group) were equal;
- It was assumed that the two distributions had the same variance.
- The *t* statistic was applied to test whether the means were different or not.

Analysis and Interpretation of Data

The data collected on Various Psychological factors such as incentive motivation in which the

Excellence, Power, Sensation, Independence, success, aggression, affiliation and Achievement motivation for University (N=100) and National basketball players (N=50) were analyzed using various statistical methods. The analysis is done in four stages.

At first stage the data is analyzed based on its distribution and the normative interval given by N.L.Woods. The analysis is done separately for University and National players to bring about the Psychological Profile and status of the two groups.

At the second stage the hypothesis of significance difference between the two categories (N=50 each group) is compared and discussed. At this stage various statistical values related to the two groups are presented.

At the third stage a standard interval is derived based the overall Mean and SD of the entire population and two categories are compared and analyzed based on the standard interval.

At the final stage the age wise psychological comparison is done for each group and also for the total population.

Table-I: Significant Mean Differences between University and National Basketball Players on Incentive Motivation

Variables	University Players Mean / SD	National Players Mean / SD	Combined SD	't' value	P df 98%
1. Excellence	29.3 ±1.53	28.0 ±1.25	1.40	4.79	0.000003
2. Power	25.7 ±3.19	28.1± 1.76	2.58	-4.77	0.000003
3. Sensation	25.6 ±3.31	25.9± 1.76	2.65	-0.453	0.325775
4. Independence	22.6± 1.92	23.9± 2.00	1.96	-3.21	0.000898
5. Success	25.4 ±4.04	25.2± 2.17	3.24	0.370	0.356090
6. Aggression	23.2± 2.17	22.8± 2.06	2.12	0.993	0.161578
7. Affiliation	26.2 ±2.87	25.5± 2.45	2.67	1.35	0.090063

Incentive Motivation

Comparisons of mean scores of the two samples was analyzed by the 't' ratio. The confidence level was kept as 0.0001. From Table I and Fig. 1, it is clear that the University and National basketball players have scored the highest in the system of excellence (29.3 ± 1.53, 28.0 ± 1.25) and power (25.7 ± 3.19, 28.1 ± 1.76) and lowest on independence (22.6 ± 1.92) and aggression (22.8 ± 2.06) respectively and the remaining profiles were in between these two levels. Compared with the normative interval (Table I), the university basketball players were just above average in excellence, average in affiliation, average in power, average in sensation, average in success, average in aggression, average in independence and the National basketball players were just above average in power, average in excellence, average in

sensation, average in affiliation, average in success, average in independence and average in affiliation.

There is no difference on incentive motivation level between University and National basketball players. These players are found to be high on excellence for university and power for national players and average on all other profiles for both categories of basketball players. In the system of incentive motivation the two samples differ from each other significantly except in the system of excellent and power, where the significant mean difference favored the university basketball players in excellence and national basketball players in power. Hence the formulated hypothesis in the earlier chapter stated that is "the University and National basketball players would not differ in their motivational profile" is partially accepted.

Table-II: Correlation between Age and Psychological Factors on Incentive Motivation

Correlation	Excellence	Power	Sensation	Independence	Success	Aggression	Affiliation
r	0.639	0.68	0.68	-0.046	0.054	0.781	0.293

Figure-1: Mean Comparison between University and National Basketball Players in the Level of Incentive Motivation

DISCUSSION ON HYPOTHESIS

Null hypothesis: It is believed that there would be significant difference between university and national basketball players in case of incentive motivation.

The result of this study showed in consonance with the finding of Kamlesh (1989)⁹, Alderman and N. L. wood (1992)¹⁰ and Mishra (1990)¹¹.

CONCLUSION

The discussions of the results of the study on the psychological status of the University basketball players have an average status in incentive motivation. The players would not differ in their motivational profile is partially accepted.

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