

## Relationship between the level of social psychological factors and sport performance among basketball players

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### Abstract

The purpose of this study was to identify the level of social psychological factors among basketball players. In addition, Are there statistically significant differences at the level of social psychological factors among basketball players in basketball clubs depending on the variables, the club arrangement, years of experience, player status. Furthermore, the relation between level of these factors and the level of achievement among basketball. Thus, the researcher used the descriptive approach on a sample consisting of (56) basketball players distributors in six clubs, where the study sample was 100% of the study population. In order to collect the study data, the researcher used the questionnaire as a tool for study. The study tool consisted of (35) paragraphs were used. These paragraphs were distributed on 6 domains. The results showed that the responses among basketball player in professional league, where the domain (motivation and incentives ) came in first with mean average (3.86). Furthermore, the level of social and psychological factors among the sample at the macro level with an average (3.56). The results also showed a positive correlation ( $r=0.63$ ) between social psychological factors and the level of achievement.

**Keywords:** Sports performance, Psychological factors, Social factors, Basketball players.

### Introduction

Basketball is the second popular game, and this is clearly demonstrated by the preparation of the followers of this sport, in addition to the number of players (450 million) and (200) countries spread around the world, the high players technique and difference tactics considered the most popular reasons of this sports (chiou, 2001). Therefore, the sports have become a prominent part of the global contemporary consumption phenomenon. One sports event may drive the growth of an extensive number of related businesses, such as sports products and souvenirs, the media, commercials, and sponsorships (Plunkett, 2008) . Consequently, the sports performance is not simply a product of physiology and biomechanical factors, but psychological factors also play a crucial role in determining performance. However, every athlete has a certain stress level that is needed to optimize his or her game. One of the most noticeable effects of stress in one's life is the changes in his performance (Kamlesh, 2011). While, studies have shown that mental readiness was felt to be the most significant statistical link with Olympics ranking (Ashwani, 2015). Furthermore the relationship between anxiety and athletic performance has been a subject of various theories sprung up from time; for example drive theory in 1943, and inverted U-hypothesis or optimal arousal level in 1962. The latter was formed on the notion that there is an optimal amount of arousal that an athlete will perform at. However, if that level of arousal is passed then the level of performance will decrease. The same thing happens when the level of arousal is lower than the optimal level. Though this hypothesis has had much support for many year (Devinder, 2008).

Considerable research evidence attests to the role of psychological factors as determinants of elite performance for example, (Gould et al., 2002) found that successful Olympic athletes were more committed and focused, and engaged in more extensive mental preparation than less successful performers. In addition Durand-Bush & Salmela's (2002) stated that the Olympic and World champions characterize: self-confidence and motivation as salient psychological characteristics of these elite athletes. In addition, these champions employed imagery and self-talk to both prepare for competition and to remain focused during high-level performances. as international trends are increasingly reflecting that the outcome of a world competition depends to a great extent on the athlete's psychological state (Bali, 2015). In addition to performance optimization, sport psychological training focuses on the athlete's individual psychological position, characteristics and well-being, highlighting and exploiting his skills, and helps acquiring skills that enhance the athlete's psychological status at both competitive conditions and overall life (Cohen et al., 2006). Also the social context of sport is salient to participants' motivation. Participants report social reasons for engaging in physical activities including affiliation, being part of a team, and social status, Researchers have also indicated that positive and negative affect comes from social sources such as friendship opportunities, social recognition, and parental pressure.

Further, social interactions with parents, coaches, and peers have all been associated with the quality of young people's sport experience (Duncan, 1993; Wylleman, 2000; Scanlan et al., 1993).

Self-confidence can be multidimensional and consist of several aspects. Aspects include confidence in own abilities to perform tasks requiring physical skills, confidence in own abilities to use psychological skills, confidence to use perceptual skills (decision making, adaptability), confidence in own level of physical fitness and training status, and confidence in own ability to learn and to develop skills. (Weinberg & Gould, 2007). Cognitively goals are seen to influence an athletes' psychological state, like self-confidence, anxiety and satisfaction .Burton, Naylor & Holliday (2001) found out that in 44 out of 56 (78 %) research related to sport and exercise, the effect of goal setting on the improvement of sport performance was moderate or strong. Psychologists have studied the functionality of goal setting especially in business world. The result of the studies is clear, goal setting works extremely well. Over 90 percent of 500 studies show that goal setting improves performance (Weinberg & Gould 2007). Mustafa and David (2014) reported that psychological factors such motivation, confidence, anxiety control, mental preparation, team emphasis, concentration, and cognition play a significant role in the improvement of performance. Also, the high achievement motivation is a vital factor that distinguishes high level performers ( Rathee & Singh , 2011).

The discrete point, many youth athletes in Jordan have the physical, technical and tactical skills to be very successful in their own sport. In fact so many that the differences between athletes above-mentioned skills are very slight on the elite level. When the differences between physical, technical and tactical skills are slight, social psychological factors are the ones that make the difference. Therefore, this study sought to answer the following questions: what level of social and psychological factors among basketball players in professional league in Jordan? In addition, Are there statistically significant differences at the level of social and psychological factors among basketball players in basketball clubs depending on the variables, name of the club, years of experience, player status? Finally, Is there a statistically significant correlation relationship between the level of social psychological factors and the level of achievement among basketball players in professional league in Jordan?. Where these questions emerged through the researcher's interest and field experience in the field of basketball in Jordan, note the weakness of interest and focus by coaches and officials of professional Jordanian clubs by social and psychological factors together in an integrated, clear and comprehensive of all aspects, despite its importance in improving the psychological state of the players and increase their motivation towards achievement and access to the highest levels at the local and international levels. However, determining the magnitude of the impact of social and psychological factors among a basketball players may assist in developing player's capacity to perform.

**Materials and Method**

the researcher used the descriptive approach on a sample consisting of (56) basketball players distributors in six clubs, where the study sample was 100% of the study population. Table 1 describes the sample of the study.

Table 1. Describes the sample of the study (n=56)

The club	Al Ahly	Kafriopa	Al- Orthodoxy	Al- Wehdat	Al- Riyadi	Aljazeera
Number	10	9	10	9	10	8
Percentage(%)	17.9	16.1	17.9	16.1	17.9	14.3
Player type	club			39		69.6%
	National			17		30.4%
	team					
Experience / years	Less than 10 years			17		30.4%
	More than 10 years			39		69.6%

In order to collect the study data, the researcher used the questionnaire as a tool for study. The study tool consisted of (35) paragraphs were used. These paragraphs were distributed on 6 domains (Social and economic conditions) with (4) paragraphs, (Social values prevailing in society ) with (5) paragraphs, (leadership and unity of the community ) with (10) paragraphs, (motivation) with (7) paragraphs, (goals, attitudes and behavior) with (5) paragraphs and (self-confidence ) with (4) paragraphs. The questionnaire was distributed by the researcher between 7-30 / 9/2018. After the questionnaire was completed, the questionnaires were collected. However, in order to verify the validity of the study tools, they were judged and reviewed by a (13) of academic professors specialist in the subject directly from the source. Cronbach's alpha was used to estimate the reliability of the sample of study. Notably, the researcher relied on the results of the teams in the league championship as a measure of achievement. Table 2 shows the results of the stability coefficient for the questionnaire of study tools.

Table 2. Illustration of results Cronbach's alpha for study domains(n=56)

Domains	Stability coefficient
Social and economic conditions	0.77
Social values prevailing in society	0.75
leadership and unity of the community	0.95

motivation	0.74
goals, attitudes and behavior	0.86
self-confidence	0.96
Overall Grade	0.838

Table 2. Shows the stability coefficient values for the domains of the study tools, which ranged from (0.74- 0.96), where the total stability coefficient of the study domains (0.838). and all of which are accepted stability coefficients and meet the study objectives. Explaining the results of the study, also table 3. Shows the estimation scale used by the researchers.

Table 3. The estimation scale of the responses of the study sample(n=56)

Scale	Percentage %	Responses	Score
1 - Less than 1.8	Less than 36%	agree very slightly	1
1.80 - less than 2.60	36- Less than 52%	agree slightly	2
2.60 - less than 3.4	52-Less than 68%	agree	3
3.40 to less than 4.20	68-less than 84%	agree strongly	4
4.20 - 5	84 and over	agree very strongly	5

The questionnaires were distributed to the respondents personally. The total number of questionnaire were (56) distributed to the basketball players in professional league in Jordan, which (56) questionnaire were valid for analysis. Arithmetic mean, standard deviations, percentages, ANOVA and LSD testes were used for the analysis of the data collected.

**Results**

Figure 1. Shows the values mean of the responses among basketball player in professional league on 6 domains (Social and economic conditions; Social values prevailing in society; leadership and unity of the community ; motivation and incentives ; goals, attitudes and behavior and self-confidence ).

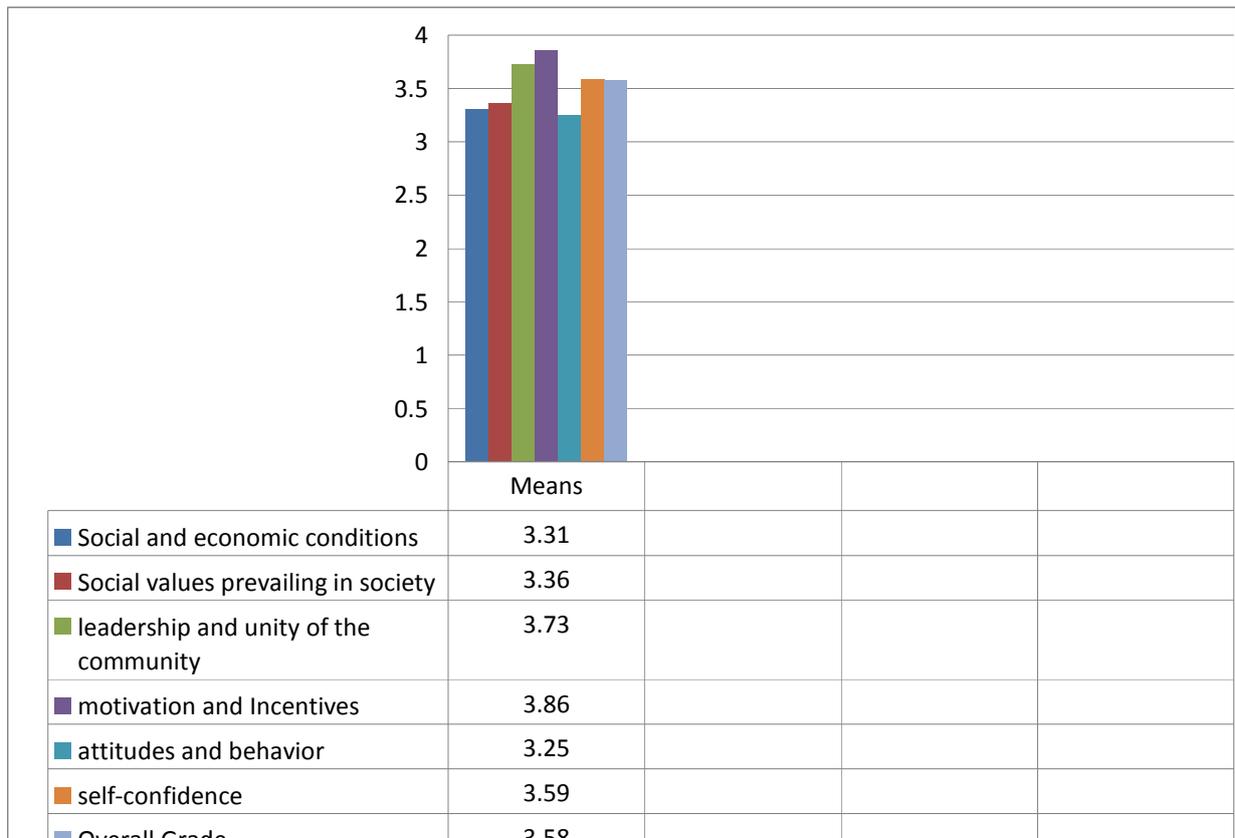


Fig 1. Mean of responses among basketball player in professional league on 6 domains (n=56)

Table 4. Shows the values mean and standard deviations at the level of psychological and social factors among basketball player in professional league on 6 domains depending on variables (The club, Experience /year and Player Type ).

Table 4. mean and standard deviations at the level of psychological and social factors depending on study variables(n=56).

The club	Mean	St.d	Player type	Mean	St.d	Experience/ years	Mean	St.d
Al Ahly	4.14	0.034	club	3.33	0.69	Less than 10 years	3.68	0.54
Kafriopa	4.09	0.03						
Al- Orthodoxy	3.57	0.57						
Al- Wehdat	3.41	0.54	National player	4.12	0.06	More than 10 years	3.53	0.74
Al- Riyadi	3.29	0.65						
Aljazeera	2.84	0.88						

The previous table(4) indicates that there are differences in the level of social and psychological factors means among basketball players. Therefore, this requires whether these differences are statistically significant. Consequently, the researcher used multiple - ANOVA analysis(Table 5).

Table 5. Multiple - ANOVA results

Source	Sum of Squares	Mean Square	df	F	Sig.
The club	8.52	1.705	5	9.207	.000*
Player type	5.66	5.657	1	30.553	.000*
Experience	0.12	0.121	1	0.654	.423
Error	8.89	0.185	48		
Total	741.79		56		

((\*Significant for  $\alpha \leq 0.05$ )

The previous table(5) indicates that there are differences in the level of social and psychological factors means among basketball players attributable to variables(The club and Player type). Consequently, the researcher used LSD test for comparisons post (Table 6).

Table 6. Results of LSD test for comparison post (The club)

Mean	The club	Al Ahly	Kafriopa	Al- Orthodoxy	Al- Wehdat	Al- Riyadi	Aljazeera
4.14	Al Ahly	-	.064	.51*	.67*	.79*	1.24*
4.09	Kafriopa	.064	-	.58*	.74*	.86*	1.30*
3.57	Al- Orthodoxy	.51*	.58*	-	.17	.28	.73*
3.41	Al- Wehdat	.67*	.74*	.17-	-	.11	.57*
3.29	Al- Riyadi	.79*	.86*	.28-	.11-	-	.45
2.84	Aljazeera	-1.24*	1.30*	.73*	.57*	.45*	-

Finally, The researcher aim to find the relationship between the level of social psychological factors and the level of achievement among basketball players in professional league in Jordan. Consequently, the researcher used Pearson correlation coefficient (Table 7).

Table 7. Results of Pearson correlation coefficient between the social psychological factors and the achievement variables

Social psychological factors	Achievement		
	R	R2	Sig.
	0.63	0.40	.000*

(\*Significant for  $\alpha \leq 0.05$ )

### Discussion

The results of the current study show the values of the means and the standard deviations of the responses among basketball player in professional league, where the domain (motivation and incentives) came in first with an average (3.86). Furthermore, the level of social and psychological factors among the sample at the macro level with an average (3.56). This reflects the interest of the club management in these factors, as a result of the positive role of those factors on the player and consequently on the results of the club. Physical and moral stimulation helps to encourage players to do their utmost to win and get to the highest levels (Al- Hassan, 2005; Louis, 2016). The researcher noted that the fair distribution of these incentives, in addition to their positive role in urging players to do more, It is considered one of the reasons that helped the study sample to achieve the highest level in this field. This confirms that the sports performance is not simply a product of physiology and biomechanical factors, but psychological factors also play a crucial role in determining performance (Kamlesh, 2011). as international trends are increasingly reflecting that the outcome of a world competition depends to a great extent on the athlete's psychological state (Bali, 2015). Also the social context of sport is salient to participants' motivation. Participants report social reasons for engaging in physical activities including affiliation, being part of a team, and social status, Researchers have also indicated that positive and negative affect comes from social sources such as friendship opportunities, social recognition, and parental pressure. Further, social interactions with parents, coaches, and peers have all been associated with the quality of young people's sport experience (Duncan, 1993; Wylleman, 2000; Scanlan et al., 1993). Mustafa and David (2014) reported that psychological factors such motivation, confidence, anxiety control, mental preparation, team emphasis, concentration, and cognition play a significant role in the improvement of performance. Also, the high achievement motivation is a vital factor that distinguishes high level performers.( Rathee & Singh , 2011).

The study results showed that there are differences in the level of social and psychological factors means among basketball players attributable to variables (The club). Where there was a fit between the level of these factors and the club ranking in the league, Ahli Club has achieved the highest level of social psychological factors (4.14), and achieved first place in the league championship in 2018 /2019. While Kafriopa Club has achieved the (4.09) of social psychological factors and achieved second place in the league championship. Therefore, It's considered one of the oldest clubs in basketball which is trying to provide a social environment and provide psychological comfort to the players through the material and moral support coordination, It also has great public support, and all this has been a factor in achieving the highest levels of the league. Notably, The study results showed that there are differences in the level of social and psychological factors means among basketball players attributable to variables (Player type). Which the National players has achieved the highest level of social psychological factors (4.12) and the club players has achieved (3.33). Where the management of the club and the coach to provide a great deal of social and psychological aspects of the national player more than the club player in order to raise his self-confidence, motivation and encourage him to do more to represent the club and national team as in various continental and international competition, and to always be chosen within the national team and this will benefit the club and the player together.

Finally, the study showed positive correlation between the level of social psychological factors and the level of achievement among basketball players in professional league in Jordan( $r=0.63$ ). which is statistically significant, because the calculated ( $R^2$ ) value (0.40) was statistically significant (0.00). This result indicates the significance of the relationship between the two variables. The values of the parameters of the coefficient of determination or interpretation ( $R^2$ ) indicate the significance of the social psychological factors in the interpretation of the variance for dependent variable (the level of achievement), which reached 40%. Abdullah et al (2016) Revealed a strong relationship between psychological factors and performance level.

### Conclusions

The interest of the clubs' departments in providing social and psychological support to the players reflects the positive role played by social and psychological factors in their various fields of economic conditions, material and moral incentives and social values, which help the sports community to perform what is required of them in different situations Play and help players to perform in a distinctive way and contribute to raise their levels of skill, tactical and offensive and reach the highest levels. Taking into account the importance of incentives and motivation, which is one of the most important factors affecting the level of achievement among the basketball players in Jordan. Knowledge of the contribution of psychological constructs in the game of basketball can identify the weaknesses in the psychological build-up of a player which can help him provide the basic counseling necessary for the player to achieve his maximum performance. Identifying the role of psychological factors in the performance of elite basketball players will go a long way to helping the coach to strategically know and apply the appropriate psychological needs to a particular player to enable him to achieve his top performance. This opens the door for researchers to conduct further studies that address social and psychological factors in other sports, as well as other samples such as coaches, administrative entities, and young players.

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