



## INFLUENCE OF SELF CONFIDENCE, ACHIEVEMENT MOTIVATION AND SOCIO-ECONOMIC STATUS ON THE PERFORMANCE OF WOMEN BASKETBALL PLAYERS OF DHARWAD DISTRICT



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### ABSTRACT

It is critically important that those studying the psychological concepts as they apply to the area of physical education, sports 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. Hence the present study addresses itself in analyzing the influence of achievement motivation, self confidence and SES on the performance of 68 women Basketball players selected from various teams of Dharwad district.

Attempt was made to categorize the sample into equal sub groups based on achievement motivation, self confidence and socio-economic status. These will be accounted for assessing their influence on the performance of district women Basketball players in Basketball shooting performance. To achieve the purpose of the study Achievement motivation scale developed by Rao's (1973), Self confidence questionnaire is developed by M. Basavanna (1971) and SES scale is constructed by Dr. Rajeev Lochan Bhardwaj (1989) are used in the present investigation.

Significant difference in both Basketball Shooting and Basketball performance between the two samples groups of SES. High SES player have displayed significantly higher Basketball performance than their counterparts. High achievement motivation group has outscored the lower achievement motivation group. High self confident players have significantly higher performance in Basketball Shooting performance than their counterparts.

Significant co-relation between Achievement motivation, Self confidence, SES and Basketball

performance scores.

**KEYWORDS** :Achievement motivation, Self confidence and Socio-economic status, Performance.

## **INTRODUCTION**

The promotion of physical education and sports is no longer a matter of dispute. The importance has been recognized at inter-district level by all the countries of the world. Today physical education and sports are considered as inter-district disciplines because they develop inter-district understanding and universal brotherhood. A sport is also one of the factors which help to develop district character. Physical education and sports should form an integral part of life-long education in the overall educational system and their promotion from pre-school age to old age should be treated as one of the fundamental human rights. Physical education serves as a medium for men's total education, emotional and intellectual development using experience centered in movement. Hence promotion of physical education and sports is the moral and social responsibility of each nation. The influence of achievement motivation, self-confidence and socio-economic status (SES) on the achievement of sportsman has a rich research tradition that provides insights. Application of sports competition is the most common achievement situation in sport, but achievement also occurs in non-competitive situations when individuals compare their performance to personal standards.

## **ACHIEVEMENT MOTIVATION**

A sport is highly specialized activity in one or the other event and involvement in sports event requires a basic desire to compete and excel in performance. It is needless to say that the sports activity is meaningless without competition. However, success in competition depends on the performance of an individual. Higher the performance greater the chances of success. It is true that for these kinds of competitive activities, achievement motivation is going to be the base. Because motivation appears to be a key factor in an accomplishment of competitive activity.

## **SELF CONFIDENCE**

Self confidence is individual's perceived ability to act effectively and to attain success. It is the perception of a person about himself. Any act of success or failure is largely determined by self confidence. Therefore it is believed that self confidence increases one's performance. The higher confidence is always a boosting factor for given activity.

## **SOCIO-ECONOMIC STATUS (SES)**

An individual's socio-economic status may influence his opportunity for participation, his desire to excel, his choice of activity and his success. A student's athletic power may enhance his social perspective. The home environment often influences his motivation to succeed in sports and the degree to which success in their endeavor leads to inner satisfaction.

Hence the present study addresses itself in analyzing the influence of achievement motivation, self confidence and SES on performance of women Basketball players selected from various Basketball teams of Dharwad district.

## **SOCIO-PSYCHOLOGICAL FACTORS AND SPORTS PERFORMANCE**

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 researchers have laid major emphasis on explaining the fundamental causes 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.

### CONCEPT OF PERFORMANCE

The nature of sports performance has been insufficiently explored because sports performance is a complicated multi-dimensional process of tackling a sports task. Its exploration further needs an integrated effort on the part of various training science disciplines and theory and methods of specific sports. Human movement, human performance is a subject for such varied sciences as exercise, physiology, neuro-physiology, biomechanics, psychology, human cybernetics etc (Brook and Whiting, 1975).

The sports performance is a process-the process of tackling a given motor task. The degree, to which this task has been fulfilled, is the result of the process of tackling the motor task. Therefore, the concept of sports performance should include the actual process of tackling the task.

### OBJECTIVES OF THE STUDY

- To assess the influence of SES on the performance of women Basketball players.
- To study the influence of achievement motivation on the performance of district women Basketball players.
- To assess the influence of self-confidence on the performance of district women Basketball players.
- To study the correlation between psychological variables and performance of district women Basketball players.

### MATERIALS AND METHODS

#### Sample

The study was conducted on the sample of 68 senior district women Basketball players selected from the District level competitions. Attempt was made to categorize the sample into equal sub groups based on achievement motivation, self confidence, SES. These will be accounted for assessing their influence on the performance of Basketball players. The sample design based on SES is given below.

#### DISTRIBUTION OF SAMPLE

AM, SC, SES	Seniors
	<i>Female</i>
<b>High</b>	34
<b>Low</b>	34
<b>Total</b>	68

## **TOOLS**

### **1.Achievement Motivation Scale:**

Achievement motivation scale developed by Rao's (1973) is used in the present investigation. The scale consists of 20 items with two alternative statements. The items are scored according to scoring key provided in the manual and higher score on the scale reveals the higher strength of motivation and vice-versa.

### **2.Self-confidence Questionnaire (SCQ):**

The self confidence questionnaire is developed by M. Basavanna (1971). This questionnaire consists of 100 items. The add-even split half reliability was calculated and reliability co-efficient as corrected by the Spearman Brown properly formula was found to be 0.94.

### **3.Socio-Economic Status (SES):**

The SES scale is constructed by Dr. Rajeev Lochan Bhardwaj (1989). This scale consists 7 items (areas) like family, social, education, professional, property, monthly income and caste perspective. The reliability of the test has been calculated by test and re-rests method. The scale was administered on a sample of 68 students and was re-administered on the same sample. The correlation between two scores was calculated by Spearman Brown formula and was found to be 0.76.

## **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.'t' test to compare the sample sub groups.
- 2.Correlation – 'r' to examine the relationship between the variables.

## **RESULTS AND DISCUSSION:**

### **Comparison of Sample Subgroups:**

One of the major objectives of the present study has been to assess the influence of SES on the performance of Basketball players selected randomly from various district terms. It is believed that SES, a social factor exerts its influence on sports performance. SES is a combination of education income and occupation. The higher of these factors will speak of higher SES level and vice-versa. Thus higher SES provides more opportunities for the development of sports skills in the players, those belonging to high SES group.

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

In the present study SES is treated as an independent variable. The sample of the study includes various women district team players who are classified into two groups of SES based on SES criteria. Accordingly there are 68 women players classified equally into two SES categories. The performance of the sample in Basketball game is assessed as Basketball shooting performance (score). A skillful Basketball player is one who performs higher Basketball shooting performance and secures higher scores.

The performance of Basketball players belonging to different sample subgroups can be

assessed by computing the mean scores in basketball shooting performance. This procedure enables to assess 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 basketball shooting and points scoring of the players belonging to different levels of SES groups and are presented in tables.

**Table 1**  
**Basketball performance in two levels of SES**

SES		Basketball Shooting Score
<b>High</b>	M	15.28
	SD	5.03
	N	34
<b>Low</b>	M	9.86
	SD	2.13
	N	34
<b>t-value</b>		17.80**

\*\* Significant at 0.01 level.

Table –2 presents mean, SD and t-values of Basketball performance in two levels of SES. It can be observed that the mean score of high SES players is 15.28 in Basketball shooting and the mean score of low SES group is 9.86. This clearly reveals that the performance of high SES group is higher than that of low SES. The t-value of 17.80 is significant at 0.01 level which indicates that there are significant differences in Basketball shooting between two groups of SES.

Therefore the Basketball performance is significantly influenced by the SES the player belongs to. It is the higher SES level that produces significantly different performance by way of providing more avenues to players that makes more skillful and achievement. On the contrary, a player with low SES is deprived of all amenities and hence performs significantly low in the given Basketball shooting performance.

Therefore SES is a strong determinant of sports performance: higher the SES greater is the sports performance. Similarly the Basketball performance in securing scores is significantly higher in high SES group (12.04) than the low SES (8.66). The t-value of 8.15 is significant at 0.01 level which clearly reveals that there are significant differences in Basketball performance between two SES groups. Again, the high SES group has surpassed the low SES group significantly. Thus the results highlight the fact that SES is a prime factor in Basketball performance of the players. The earlier studies reviewed lend support to the finding of the study.

An attempt has been made in the present study to examine the relative status of the whole sample on achievement motivation and self confidence. Because achievement motivation and self confidence are the two psychological variables which have been considered as independent variables in the study. It is believed that achievement motivation is a strong factor which activates players for the exhibition of excellent sports performance in the given competition. It is this motive to achieve that unfurls the wings of accomplishment. Therefore, it is accepted that players with high achievement motivation display better achievement in Basketball performance than those with low achievement motivation.

Similarly self confidence, a psychological factor, plays major role in achieving higher



performance. Self confidence is evaluation of one’s own ability and acting upon it. It is perceived value of a person in applying his abilities in actions. Therefore, a highly self confident player always excels a low self confident player in the given sports activity. Therefore, the whole sample has been categorized in to two groups on achievement motivation and self confident scales respectively based on criteria of classification. Accordingly, there are 34 players with high achievement motivation and 34 with low achievement motivation and there are 34 players with high self confident level and 34 players with low self confidence. The data so classified were subjected to statistical analysis and mean score SD’s and t-values were calculated and are presented in the table 2 and 3.

**Table 2**  
**Basketball performance in two categories of achievement motivation**

<i>Achievement Motivation</i>		<b>Basketball Shooting Score</b>
<b>High</b>	M	14.16
	SD	5.04
	N	34
<b>Low</b>	M	3.77
	SD	1.71
	N	34
<b>t-value</b>		28.27**

\*\* Significant at 0.01 level.

Table 2 gives Mean, SD 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 (14.16) than those of low achievement motivation (3.77) in Basketball shooting scores. This reveals that high achievers have higher performance than the low achievers. The t-values of 28.27 are significant at 0.01 level that indicates significant differences between the two sample subgroups in Basketball shooting performance. Thus achievement motivation is a strong factor in increasing the Basketball shooting performance. Similarly high achieving players have scored significantly higher points (12.04) than their counterparts (3.80). The t-value of 19.94 is significant beyond 0.01 levels. 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. As a result of this they generally surpass their counterparts in any sports activity. Graph 2 explains the same. Several earlier scholars have also noticed that high achievement motivation is the “seat of success” of the player in any sort of activity.

**Table 3**  
**Basketball performance in two categories of Self confidence**

<b>Self Confidence</b>		<b>Basketball Shooting Score</b>
<b>High</b>	M	16.42
	SD	5.07
	N	248
<b>Low</b>	M	13.82
	SD	1.82
	N	352
<b>t-value</b>		7.87**

\*\* Significant at 0.01 level.

Table 3 demonstrates the Mean, SD 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 (16.42) than the low self confident group (13.82) in Basketball shooting. The t-value of 7.87 is significant at 0.01 level which indicates that there are significant differences in Basketball shooting scores between the two sample subgroups. Similarly in point scoring the high self confident players have significantly higher mean (14.09) than the low self confident players (10.81). The t-value of 8.86 is significant at 0.01 level to indicate profound difference in scores gaining between two groups. Thus it appears that in Basketball shooting performance 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. This is indeed a fact worldwide.

**Relationship between Independent Variables:**

Furthermore attempts have been made in this section to examine the relationship between independent variables like, Achievement motivation, Self confidence and SES and Basketball performance. For the purpose correlation test has been carried out and correlation co-efficient (r-values) are presented in Table 5.

**Table 5**  
**Correlation co-efficient (r-values) of variables**

Variables	r-values
Achievement Motivation and Basketball Shooting Scores	.76**
Self Confidence and Basketball Shooting Scores	.66**
SES and Basketball Shooting Scores	.87**

\*\* Significant at 0.01 level.

Table-5 presents r-values between the independent and dependent variables of the study. It can be observed that the correlation co-efficient for achievement motivation and Basketball shooting scores, Self confidence and Basketball shooting scores and SES and Basketball shooting scores are all significant at 0.01 level. Thus the significant r-values clearly indicate that there is a positive and significant relationship between these independent variables and Basketball shooting scores performance. Thus the psychological factors like achievement motivation and self confidence are the significant correlates of Basketball performance. Similarly, the social variable like SES is found to have a positive relationship with performance of Basketball shooting of district players.

**CONCLUSIONS:**

- There is significant difference in both Basketball Shooting scores between the two samples groups of SES: High SES women player have displayed significantly scored higher than their counterparts.
- There is a significant difference in Basketball performance in two categories of achievement motivation: High achievement motivation group has outscored the lower achievement motivation group.
- There is a significant difference in the Basketball performance between the two sample groups of Self confidence: High self confident players have significantly higher performance in Basketball Shooting scoring in Basketball game than their counterparts.

- There is a positive and significant co-relation between Achievement motivation, Self confidence SES and Basketball performance in Basketball shooting.

#### **SUGGESTIONS:**

- The results of the study would have been still more promising and pronouncing if statistical procedures like multiple analyses and multiple regression analysis were employed to assess the contribution of each independent variable to the dependent variable. This requires a further extended investigation that will be taken-up.
- Had the study compared the other sports skills along with the present performance, it would have been still wider.
- The study has not taken the other team events for comparison which would have been more suitable for comparison of sports performance in relation with the psychological factors studied, which will be taken up in future research extension.
- The study was carried out in the backward area like Dharwad drawing sample from various taluka teams and therefore the findings of the study are capable of strengthening the sports performance and sports skills in the form of “Sports package” to be used by the coaches, and trainers in this backward region of Dharwad.

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