

THE RELATION BETWEEN PSYCHOLOGICAL SECURITY AND PERFORMANCE LEVEL OF PROFESSIONAL BASKETBALL PLAYERS

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Abstract

Through field experience of both researchers, as one of them is a trainer and the other in an international referee (Head of Referees Committee), after having professional players in the Iraqi league, they noticed that it is necessary for a professional player to find psychological security and stability. Due to the critical stage which Iraq witnesses; professional players have some fears from playing in the Iraqi league which may affect their psychological and mental security in competitions, so the researchers decided to study this issue and attempt to identify its reasons and find solutions.

Goal of the Study:

The study aims to identify the relation between psychological security and performance level of professional basketball players in the Iraqi premier league, season 2014 – 2015. The researcher used descriptive surveying method as it is proper to the nature of the study. Sample of the study consists of (14 professional players of professional basketball players) as part of population of the study for the basketball league in season 2014 – 2015 (20 players). Results were treated using some statistical methods (arithmetic mean, standard deviation, and percentage and Pearson correlation coefficient). Among the most important conclusion: (achieving a great percentage of the study sample high level of psychological security in performance) and they recommended that it is important to determine levels of psychological security of professional basketball players.

Keywords: Relation. Psychological. Professional. Basketball. Players.

1. INTRODUCTION:

Variability of sport games and difference in players' abilities create special psychological features for each game. Basketball is one of these games which require having certain features. In addition, the nature of competitions and accompanying events generate different psychological cases from player to another. It is necessary to consider psychological security and competition fears as basic and necessary features that should be taken into account as they represent the brain which operates the rest of physical abilities. Its increases or decreases affect players' performance directly and, as a result, performance and results of the whole team. In addition, the interest in psychological aspects of players is basic for them, so we find basketball players in the match try to adapt their energies and psychological abilities and they cannot be easily stimulated towards negative aspect.

We can identify the concept of psychological security through references in the field of psychology. It is defined as: "the feeling of psychological comfort away from any threat that may affect this relief".

Among important points that should be provided is the need for psychological security as well as self-confidence which plays a great role in reaching individuals the feeling of security in different situations of life which give him self-confidence.

Problem of the Study:

Complex skills, performance difficulties, forming complex kinetic series in defense and attack, mental and psychological attention with high concentration by basketball players lead to psychological stress and mental instability for players during competition in addition to psychological anxiety. All of the previous aspects have a direct effect on performing skills individually or collectively.

Through field experience of both researchers, as one of them is a trainer and the other in an international referee (Head of Referees Committee), after having professional players in the Iraqi league, they noticed that it is necessary for a professional player to find psychological security and stability. Due to the critical stage which Iraq witnesses; professional players have some fears from playing

in the Iraqi league which may affect their psychological and mental security in competitions, so the researchers decided to study this issue and attempt to identify its reasons and find solutions.

The study aims to:

- Identify the relation between psychological security and performance level of professional basketball players in the Iraqi premier league, season 2014 – 2015.

Hypothesis of the Study:

The relation between psychological security and performance level has a positive effect on professional basketball players.

2. METHODOLOGY OF THE STUDY:

The researcher used descriptive surveying method as it is proper to the nature of the study.

Population & Sample of the Study:

The sample of the study consists of (20 professional players of professional basketball players distributed on 10 clubs) as part of population of the study for the basketball league in season 2014 – 2015 (14 players distributed on 10 clubs) after eliminating 6 players whose clubs withdrew from the league in (Duhuk, Al Tadamon & Zakhu) clubs after the end of first stage due to financial crisis in these clubs as shown in table (1):

Table (1): distribution of sample of the study

Serial	Clubs	Players
1	Al Hella	2
2	A Karkh	2
3	Naft Al Janoub	2
4	Naft Baghdad	2
5	Al Minaa	2
6	Police	2
7	Al Kahrabaa	2
Total sample		14 players

Variables of the Study:

Psychological Security Scale:

Both researchers used Psychological Security Scale that aims to determine the amount of psychological security for the sample of the study prepared by Dorothy, F. Hadison, L. and Arabized by Osama Kamel Rateb, 1991. The researchers presented the scale on experts and specialists. They approved all its paragraphs (30 paragraphs). Answer alternatives on these paragraphs range between 5 levels: (agree to a very great extent, agree to a great extent, fairly agree, quite agree, and disagree).

Scientific Basics of Tests:

Validity:

Validity is one of the practical conditions and basics for good testing as it means: “the test measures what was it set for and nothing else”. Measurement validity was determined through finding outlook validity through presenting measure to a group of experts and specialists in sport psychology and educational and psychological sciences. They agreed (100%) on differences of measurements n research.

Reliability:

Reliability is to “give close results or similar results as tests were applied more than once in similar conditions by application on the sample of the study”. Through the distribution of the scale on members of the exploratory sample (4 players) the researchers was able to determine the extent of reliability of the scale. Pearson correlation coefficient was applied between the first application on 10/12/2014 and the second application on 18/12/2014 after redistributing the scale after 7 days with the same conditions of the first application and then the researcher reached high reliability degrees for the scale of the study.

Objectivity:

Objectivity refers that the test is not affected by self-factors of judgment of this test. Objectivity is one of the scientific basics in scientific research including not interfering personal factors and prejudice in setting tests or paragraphs. In research and in order to reach a certain scale's objectivity in this research, it was distributed on the exploratory sample individuals. After discussing variables of the scale about how understood its contents, it was found that all items in the scale are clear and valid.

The Main Trial:

After final preparation of the form and translation into English language, original sample (14 players) was determined. Measurement was applied in its final form and its forms were distributed by direct communication as the application was performed by the researcher and his assistant team. He explained goals of the study to members of the sample with the assertion on the necessity of answering all paragraphs in the scale with honesty. Answering time was about 25 – 30 minutes for each player.

Analysis and Discussion of Results:

Results of the relation between psychological security and performance level of professional basketball players:

Table (2): Arithmetic means, S.D OF psychological security and skill performance level

Statistics		Mean	S.D
Variables			
Psychological security		92.8	0.16
Shooting skill performance	Successful	7.6	2.6
	Failed	10.7	

Table (3) success and failure cases for players with and players without psychological security

Statistics		Number of players	Passed	Failed
Players				
With psychological security		9	78	84
Without psychological security		5	29	57

Table (4): Relation between psychological security and performance level of professional basketball players:

Indicators		R Counted value	R schedule value	Significance
Statistic Variables				
Relation between psychological security and performance level		9	78	Significant

3. DISCUSSING RESULTS:

Table (3) shows that passing case of players with psychological security (9 players) are more than players without psychological security (5 players) due to experience of players in overcoming some difficult conditions they faced during competitions. In addition, the researcher found that most of those players with high passing cases were present in previous seasons in Iraqi season and neighboring countries which gave them experience of facing psychological difficulties especially as most of them play in clubs of governorates which do not contain security and political pressures which may affect their performance level. Moreover, their material outcome may motivate them towards high performance as most of them take very high amounts of money in addition to player's security and safety provided by clubs towards professional players.

As for players without psychological security, they are in a small number in the sample and most of them do not own enough experience in professional career and did not play previously in the Iraqi tournament due to their young ages. Most of these players play in clubs in Baghdad and are exposed to media pressure from time to time which affects their skill performance level. As for table (4) which is about the relation between psychological security and performance level of shooting skill, which is considered the final outcome of most attacking skills, the R value (correlation) was 0.92 which is much more than its schedule value (0.53) and this refers to significance under freedom level of 12 and error percentage of 0.05.

4. CONCLUSIONS:

- 1- A great percentage of the study sample achieved high level of psychological security during performance.
- 2- The research found that professional players in governorate clubs are better than Baghdad clubs in psychological security in performance.

5. RECOMMENDATIONS:

- 1- It is important to determine levels of psychological security for professional and local basketball players.
- 2- It is important to consider psychological aspects of players with the beginning of the season and give it a certain portion of preparation stages.
- 3- Conducting comparative studies and researches in psychological aspects with other variables for professional players.

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