

## A COMPARATIVE ANALYSIS OF SELECTED PHYSICAL VARIABLE OF NATIONAL LEVEL BASKETBALL PLAYERS FROM DIFFERENT ZONES OF INDIA

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### ABSTRACT

Sports would be the most lasting activity for a lot of humans. Health and wellness indicates the degree of intensity of their human body to carry out the daily activities and also to overcome coping with abrupt changes in everyday life. The purpose of physical education would be to take care of the reach of the bodily capacity throughout the development and growth of both varying systems i.e. circulatory system and gastrointestinal tract from the torso. Physical instruction signals physical endurance, stamina, and increase, structurally in addition to functionally. The body plays with the very prominent part in muscle solidity that will be vital within our complex present day life. Additionally, participation in orderly health and exercise programs reduces the tension and pressure into a larger degree. That is, but perhaps not an impeachment of health and exercise evaluation batteries. Majorly the batteries really have been both unique and take evaluations which possess some definite usefulness. However, it really is our view that the majority of the evaluations in the batteries usually do not function physiological exercise aims. Physical wellbeing ought to be of important prominence to every individual presence. The Descriptive Statistics values for the flexibility and speed for players from different Zones.

**Keywords:** Physical Variable, Basketball Players And India.

### I. INTRODUCTION

The field of physical education and sports are international discipline. They develop international understanding and universal brotherhood in the present politically conflicting lives. Sports movements are considered one of the major adhesive forces for developing world peace. It may also as one of effective mean in solidifying national integration and developing national character. Sports have become the media of international relationship between the countries. Sports in the present day have become extremely competitive, previous records are being broken whenever there is competition. It is not mere participation or few days practice that brings an individual victory, but the continuous hard work of training right from childhood, a strong physiological variables may influenced.

The selection of course of action among option is all that is important and necessary. This way one can identify and choose alternatives based on values and preferences. This process is nucleus of management and opens new vistas for implementation of the decision. The decision making is not confined to a single individual but to different coaches, referees, players and spectators etc. Different players take different decision taking into consideration the circumstances and its outcome. The decision taken by a player on the spot encounters sports environment with familiar actions (Orasanu & Connolly, 1993). There is a great dissimilarity in decision making in the laborites and the real world. Some internal as well as external dynamics comes into play when situation itself changes. One can conclude that an element of variability must be kept in mind while studying sports decision. Decision making is an integral part of everyday life. It is related to time and situation. It is decision as a judgment and final resolution of conflicting needs (Johnson 2006). Decision making is an important aspect of all sciences based professions where specialist applies their technical know-how in a particular area. Decision making is like facing different degrees of uncertainty. This decision making reduces uncertainty and doubts. The decision making has different aspects of the thinking of the coach as autocratic, delegative and participation and it is found ultimately that the circumstances of decision making are colored by the attributes of the problem (Lopez, 1977). However, an athlete should be encourage making a decision by evaluating every option and relent mistake which may not occurred time and again. The coaching of an athlete is of paramount importance in this respect. The traditional style of coaching is generally disliked and questioned as it is not

going to do any good to his performance nor will it sharpen his reflexes (Myers, 1962). It is well advised that a coach should never use directive style of coaching. If coach is to answer every query or problem of the athlete, he will never learn to address issues himself. He needs to learn and practice decision making. If this denied, he will not get the opportunity to learn and practice decision making. The coaches who use an athlete centered approach definitely have a good chance of developing athlete with self-awareness and hence can compete in the enhances determination (Voight, 2002). However decision making is more natural to certain athletes who can embark upon making their own decision. Those athletes who are not natural decision makers generally indulge in quality assessment. The decision making skill depend more on behavior style and power to take more vital actions than others. But with the phenomenal and ever increasing popularity of psychological variables in the past few years, there is a lack of study on this particular discipline, for this purpose that the present study of Decision Making is proposed and undertaken using the sample from female basketball players.

## II. REVIEW OF LITERATURE

**Sohrabi et.al,2011** Study was to compare clinical pattern symptoms of personality between athletes in contact and non-c variables were assessed with Millon Clinical Multiaxial Invent Eyesenck personality questionnaires. Subjects consisted of 200 male (18-30 years) who selected from 4groups of colleges teams (box, karate, swimming, gymnastic) in the West- Azerbaijan in Iran. Mannova test was used for statistical analysis. Results demonstrated that contact sport players had high scores in the histrionic, narcissistic, antisocial, negativism and sadistic scales, but in schizoid scale acquired low scores in comparison of non-contact sport players and there were not significant differences among groups in personality factors. According to the results of this study r is concluded that, the groups are distinguished significantly in the majority of variables indicating that contact athletes present differentiated psychological characteristics in comprise non-contact athletes.

**MirheidariLamiaet. al. 2011** This study was to investigate the effect of trait personalitytraits and motivation factors on the rate of volunteer's athletic participation in The University of country. In this study population were students that were active in different sport fields in Islamic Azad University thirteenth region, 429 subjects were selected by simple random sampling way. SMS-6 questionnaire, NEO questioner and questioner made by researcher were used for gathering information about voluntarily rate and individual profiles. Descriptive and inferential statistics were used for analyzing data. A significant correlation between voluntarily rate factor and motivation factors such as internal control, external control and internal motivators was observed. Also, there was a significant correlation between voluntarily rate factor and personality traits factors such as extroversion and conscience.

**JaliliFatemehet. al. 2011** Study was to investigate and identify personality dimensions of individual and team athletes and to compare the level of social skills and mental toughness of individual and team athletes with non-athletes. 210 high school students of Tehran City (70 individual athletes, 70 team athletes, and 70 non-athletes) participated in the research. The participants were asked to fill out the "Social Skills" and "Mental Toughness" questionnaires as well as Eysenck Personality Scale. Various statistical indices and method were applied for data l analysis including mean, standard deviation, and t-test. The results indicated that there is a significant difference between individual athletes, team athletes, and non-athletes in mental toughness, social skills, and personality dimensions. It can be concluded from the results that personality characteristics of individual and team athletes are different from non-athletes.

## III. SELECTION OF SUBJECTS

For this purpose of selection of the subjects was undertaken by the scholar with the objective to assess the selected physical and psychological variables of national level female Basketball players. Twohundred (200) Basketball players of national level from all four zones i.e. east, west, north, and south, Fifty (50) players from each zone were selected as subjects having age ranging from 18 to 30 years.The major aim of this sampling technique was to formulate the objectives of the study.

## IV. SELECTION OF VARIABLES

The availability of tools for investigation were given privacy and along with it the legitimate time was calculated which could be devoted for tests. The opinion of the experts was taken into consideration for the

entire study. After due analysis of the criteria in mind following variables flexibility and speed were selected for the present study.

**A. Flexibility**

**Table No. 4.1:** Descriptive Statistics of Flexibility for National Level Basketball Players from Different Zones

Variables	North Zone		South Zone		East Zone		West Zone	
Flexibility	Mean	SD	Mean	SD	Mean	SD	Mean	SD
		11.13	3.70	11.56	2.89	10.65	2.13	10.10

Table no. 4.1 clearly depicts the Descriptive Statistics values for the Flexibility for players from different Zones (i.e. North, South, East & West), which shows that Mean and Standard deviation for North, South, East and West Zone are found to be 11.13±3.70, 11.56±2.89, 10.65±2.13 and 10.10±2.61 respectively.

**B. SPEED**

**Table No. 4.2:** Descriptive Statistics of Speed for National Level Basketball Players from Different Zones

Variables	North Zone		South Zone		East Zone		West Zone	
Flexibility	Mean	SD	Mean	SD	Mean	SD	Mean	SD
		11.13	3.70	11.56	2.89	10.65	2.13	10.10

Table No. 4.2 clearly depicts the Descriptive Statistics values for the Speed for players from different Zones (i.e. North, South, East & West), which shows that Mean and Standard deviation for North, South, East and West Zone are found to be 7.09±0.48, 7.02±0.52, 7.11±0.44 and 7.04±0.51 respectively.

**V. CONCLUSION**

Basketball psychology is the study of a person’s behaviour in basketball or sports-related activity. It is a specialization that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise. The mental game coach will apply this information to enhance the individual and team’s performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, concentration, and confidence, using rituals, attribution training, awareness and control. There are many psychology tools you can apply in basketball. Some basketball psychology tools are mentioned above, but most successful sports psychologists/ mental game coaches will evaluate each individual to determine their learning style and needs; then develop a custom mental game plan.

Within the constraints and the limitations of the present study the following conclusions were enumerated. No significant difference has been found among the Players from different zones for the selected physical and psychological variables. A Significant relationship has been found in the selected physical and psychological variables with performance for the Players from different zones. The result shows that the National level players from different zone were having almost similar physical and psychological state of mind. The results also shows that selected physical and psychological variables have a significant role in performance of the players.

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