ROLE AND SIGNIFICANCE OF PSYCHOLOGICAL FACTOR IN PREPARING CHILDREN IN BASKETBALL GAME.

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Abstract: Psychological training, which is an important component of the sports training process, should be a constant concern of coaching for obtaining the best performance.
The approach of training and psychological support of athletes has as starting point the need to increase the capacity of psychical and of adaptation to requests for limits on specific activities, and as the final the realization of psychic "skills" that will meet those needs in terms of reliability of psycho-behavioural systems.
The purpose of this study, was to improve athletic performance by enhancing the networking between people in the preparation and leading of the team in each of the training sessions of analysis and motivating the action of youth basketball. The research was conducted during an year, meantime the subjects (n 14, age 14-16) were tested in terms of motor during the initial and the final testing.
It was found after 6 months of application of the new methodology of work, a significant improvement in results from free throws tests, quick throws and little marathon. Mental states experienced of children, can be overcome, only if he has the adequate training or if circumstances helped.
Key words: training, learning, players, performance.

Introduction

Sport, due to the competitiveness factor, may generate negative emotions and distress. Athletes are in a tough competition with themselves or with strong opponents, being confronted with the situation of overcoming their condition. The manifestation of these emotions, particularly negative ones, is a problem of the highest interest for both athletes and trainers.[7] Basketball, as a team game, it constitutes an important branch of sports activity, representing a manifestation of the exercise, with particular educational value on the personality of young people. Game content and complexity of procedures for implementing official games have improved with constancy through the creative capacity of players and coaches that have adopted and used the results of basic and applied research in the field of major science and humanities, who founded and improve continuously the specific methods on realization of the training process in basketball game.Communication, learning and leadership will be effective to the extent that the psycho-behavioural mechanisms will be well known by coaches, managers and athletes themselves. The ability of performance in the game of basketball is manifested in actual values of efficiency and performance through the accumulation achieved over the years of training and development in the competitions due to skill and targets that are considered as the main favourable / limiting factor of high level performance. Overall performance is regarded "as a result of activity beyond the common level, higher [1]. Sports performance cannot be regarded only as a result, often expressed by a figure because it would mean to empty its very rich content.[2] Characteristic particularities of attitudes are structural components of the human personality, resulting largely from education and social influences.[3]

The main feature attributed by the author, to the attitudes consists of, "and held relatively steady availability of human psychic system to perceive and judge the reality and react in a certain way to it.

The approach of training and psychological support of athletes has as its starting point the need to increase the psychical capacity and adaptation to requests for limits on specific activities, and as the final realization of psychic "skills" that will meet those needs in terms of reliability of psycho-behavioural system.[5]

The mental state experienced by the athlete are the most diverse, some normal, usual, common, but other, less natural and exceeding the capacity of balancing the competitive situation on the ground. These mental states experienced by the athletes can be overcome only if he has an adequate training or if circumstances helped.[6]

The process of sportive training aims to match it to requests, but requests not only physical but also mental and psychosocial. Adaptation of the athlete is the mentally adaptation to the socio-cultural system and social sports.

In studying of the psychological priorities that determine sports performance is put an emphasis on motivational aspects of behaviour of the athlete. Most often, the coach is the people who makes direct contact with the possibilities and register of sportsman reasons and intervene positively in the preparation and achieving the success.[8]

Mental preparation aims and achieves the development of the capacity for self-mental states and conducts training and competition. Athlete's personality by its particularities will determine the aspects, particular dynamic shapes and forms of mental health.

Inquiries in workouts are more stressful than those in competition, especially in terms of monotony and effort of polishing of the technique and tactics: boredom, saturation, anger, conflict states with colleagues or coaches are the most common[.9]

Method

We started from the premise that addressing the psychological component in training of children and small juniors increases the chances of asserting the somatic and motric capacities and skills, which are expressed by higher individual motric indexes, which will result in positively influencing individual performance and increasing the yield of the team.

The independent variable was the system that the methods and means of action that we implemented in the experiment. In this case: exercises for educating – development of motric skills, learning and strengthening technical elements and procedures and individual tactical actions and, especially, the collective and motion games. The used means were those known, but in their implementation has always had been in regard he human relations within the team, stimulating the collaboration between children.

The dependent variable is the results that were achieved by the use of the independent variable. In the case studied by me are the performances of men's team CSS Craiova, juniors II. The experiment was longitudinal type and lasted six months, during which there have been applied means of work that targeted the group cohesion, were held sessions after each workout for analysis and motivation.

The tests used for the experiment:

Test no. 1 Free throws - marking the 10th consecutive baskets from the free throw line; each player is allowed 3 tries. Rating scale: Excellent - **100%;** well - **90-80%;** good - **70-60%;** satisfying- **50%;** unsatisfying - below 40%

Test no. 2 Dribbling suicido / small marathon dribbling suicido (84m) / small marathon – if it's used the regulation field (28m long) will go 84m in alternated dribbling with right and left hand. At small ranges may be made the necessary corrections. It starts in dribbling with right

hand from the bottom line to the free throw line, etc.

Assessment Scale (boys): excellent- under 21 sec; very well- 21 to 22.5 sec; well- 22.5 to 24 sec; satisfying- 24 to 25.5 sec; unsatisfying- over 25.5 sec

Test no 3 Quick Throws - players are split evenly on the two boards, placed at the line of 6.25 in favourite position to throw; Player obligation is to mark from the respective position, if successful benefiting from a free throw; managing both tests totalling 1 pt.; exercise ends when one player totals the number of points indicated by the coach (depending on the time of exercise- 3pct = 5 minutes, 11 pt. = 15 minutes, etc.); where he misses the free throw scored is cancelled resuming with another throw in another favourite position; I chose for my experiment scored the variant 11 points in 15 minutes. Scale rating: excellent - end of exercise (11 pts.) before the end of the time allowed, very well –time limit- 9-10; well - between 7-8 pts.; satisfactory - between 5-6pct; unsatisfactory - under 4 pts.

Workout regimen 4 / week;

Two tests were carried out before the application of work programs and after 6 months at the end of the experiment. Data were statistically validated calculating the arithmetic average, standard deviation, minimum and maximum value.

Statistical analysis of the data was carried out through the program SPSSv.21. Differences of materiality of the averages was $p < 0.05$.

Results

Table 1 - The results recorded in the initial and final testing

	Proba1Ti	Proba1Tf	Proba2Ti	Proba2Tf	Proba3Ti	Proba3Tf
Average	5.14	6.28	23.01	22.55	5.42	6.57
Stdv	1.79	1.85	1.38	1.26	1.78	1.74
Min	3	3	21.20	21.15	3	4
Max	9	10	26.02	25.50	10	11

Table 2 Pairs Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Free balls 1-Free balls 2	-1.14	1.027	0.272	-1.79	-0.549	-4.16	13	0.001
Small marathon T11-Small marathon T2	0.453	0.519	0.138	0.153	0.753	3.266	13	0.006
Speed balls T1-Speed balls T2	-1.146	0.534	0.146	-1.448	-0.83	-8.00	13	0.001

Analysing the data obtained can be observed significant improvements in all three motric tests applied. Thus, at the free throwing test it is recorded at the initial testing an average of 5.14 ± 1.79 throws and 6.28 ± 1.85 at final testing throws. Applying Paired Samples Test yielded a value of t (-4163), degrees of freedom (13) and bidirectional level of significance (p <0. 05). As the significance level is 0.001, this difference is significant. The confidence interval ranging between -0.54 and -4.16, because it does not pass through 0, the difference of average of values is statistically significant at the 5% bidirectional significance.

In small marathon is registered a time of 23.01 ± 1.38 seconds for the first test and 22.55 ± 1.26 seconds in the second. Applying Paired Samples Test yielded a value of t (3.26) degrees of freedom (13) and bidirectional level of significance (p <0.05). As the significance level is of 0.006, this difference is significant. The confidence interval ranging between 0153 and 0753 and since not passing through 0, the difference of average values is statistically significant at 5% significance bidirectional level, which validates the proposed work programs.

In the third sample is obtained a result of 5.42 ± 1.78 throws in the initial testing and final testing 6.57 ± 1.74 throws.

Discussion

The exercise triggers difficulty states becoming more diverse, with very interesting content and events. Attention, interest, motivation for training, commitment, communication (relations with colleagues and coach), boredom, saturation, dissatisfaction, frustration, or disappointment that occur during centralized training sessions are all post-behavioural manifestations. Mental athlete training for the workout is just as important as his preparation for the competition.

The basis of human behaviour be it knowledge or practice is always a combination of motives such as necessities, attraction, attitudes or actions.

Sport has educational effects most favourable leading to improve the psychic, so necessary in the sporting life and extra-sportive; adverse effects are more difficult to detect the junior age because of each individual personality is in formation and advancing on performance scale experiences changes depending on the requirements of steps taken. Developing mental qualities, bringing educational and valuable contributions to the multilateral personality of children and youth by educating collective team spirit, conscious discipline training, development and education initiative, will educate combativeness under the control of reason, ethics training of the moral value.[10]

The paper highlights the importance of psychological factor in work performance in men's basketball team. It highlights the key role of psychological preparation for sport and performance.

The role of the coach is extremely important in determining and influencing the psychological factor. It would take a rethinking of the insistence with which some organizers ask for more competitive situations, more wins at any cost, even for lower ages, losing sight of the effects of competition in the formative plan of personality athletes.

The art of directing psychic factor in the formation of the personality of the sportsman involves initiation endless exercises, dominion, control and improvement through educational activities rationally planned and carefully coordinated with the whole process of development of athletes personality.

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