



The Role of Sports Psychology in Enhancing Motivation and Performance of Beginner Basketball Athletes: a Sports Science Approach

I Putu Agus Dharma Hita ¹

¹ Universitas Pendidikan Ganesha, Indonesia

Corresponding Author: I Putu Agus Dharma Hita, E-mail; putuagusdharma22@gmail.com

Received: May 21, 2024	Revised: July 06, 2024	Accepted: July 06, 2024	Online: July 21, 2024
ABSTRACT This research aims to explore the role of sports psychology in enhancing the motivation and performance of novice basketball athletes. Utilizing a literature review method, we investigated literature related to intrinsic motivation, self-confidence, psychological techniques, and social support in the context of sports. The results of the analysis indicate that intrinsic motivation, self-confidence, and social support play crucial roles in shaping the mental state and performance of athletes. Psychological techniques, such as visualization and relaxation, have also been proven effective in enhancing athlete performance. The practical implication of this research is the necessity of integrating sports psychology methods into training programs for novice basketball athletes to enhance their motivation and performance on the field. Keywords: <i>Motivation, Performance, Novice Basketball, Sports Psychology</i>			

Journal Homepage <https://journal.ypidathu.or.id/index.php/ijnis>

This is an open access article under the CC BY SA license

<https://creativecommons.org/licenses/by-sa/4.0/>

How to cite:

Hita, D, A, P I. (2024). The Role of Sports Psychology in Enhancing Motivation and Performance of Beginner Basketball Athletes: a Sports Science Approach. *Research Psychologie, Orientation et Conseil*, 1(2), <https://doi.org/10.55849/rpoc.v1i2.923>

Published by:

Yayasan Pendidikan Islam Daarut Thufulah

INTRODUCTION

Basketball is one of the most popular sports enjoyed by various groups, including in Indonesia (Wood, 2020). For beginner athletes, starting a career in basketball requires not only proficient physical skills but also strong psychological support. This is because an athlete's success is not solely determined by physical ability alone but also by the mental condition and motivation underlying their actions on the court. This is where the role of sports psychology becomes crucial in shaping and enhancing the motivation and performance of beginner basketball athletes (V. Singh et al., 2023).

Sports psychology, as a discipline studying how psychological factors influence athlete performance, offers various approaches to assist athletes in managing pressure, improving focus, and developing intrinsic motivation (Hardy et al., 2018). Intrinsic motivation, stemming from within the individual, is key for athletes to continue practicing and striving for excellence, even in the face of challenges and obstacles (Hita et al., 2023).

Without strong motivation, many beginner athletes may lose direction and spirit when facing defeat or injury, ultimately halting their career journey (Bompa et al., 2019).

Furthermore, sports science emphasizes the importance of balancing physical and mental training. In this context, a holistic approach that combines physical training with psychological techniques such as visualization, relaxation, and goal setting can yield more optimal results (Aoyagi et al., 2018). Research indicates that athletes equipped with good psychological skills tend to have higher mental resilience, the ability to bounce back from failure, and are better able to handle competitive pressure (Ramadan et al., 2021). This is highly relevant for beginner basketball athletes who are still in the early stages of self-development and their sports careers.

The sports psychology approach also encompasses the development of athletes' self-concept and self-confidence (Sighinolfi, 2020). For beginner basketball athletes, strong self-confidence can be a major driver to take initiative, implement risky strategies, and face more experienced opponents. Additionally, social interaction with coaches, teammates, and even opponents can influence athletes' mental state. Positive social support and constructive feedback from the surrounding environment can boost athletes' enthusiasm and motivation in training and competition (Conti et al., 2019).

However, despite the widely recognized role of sports psychology, its implementation in beginner athlete training programs is often overlooked (Cheng, 2020). Many coaches and sports institutions focus more on technical and physical aspects, while mental aspects do not receive balanced attention. Therefore, this research aims to highlight the importance of integrating sports psychology into beginner basketball athlete development programs and explore various effective methods to enhance their motivation and performance (Park et al., 2020).

Through this literature review, it is hoped that appropriate approaches in sports psychology can be identified for adoption by coaches and sports institutions to support the development of beginner athletes. Thus, athletes can not only achieve high performance but also grow holistically as physically and mentally strong individuals. Implementing the right psychological strategies can be the key to unlocking each athlete's full potential, enabling them to shine on the court and bring pride to themselves and the sports community around them.

RESEARCH METHODOLOGY

This research employs a literature review method to explore the role of sports psychology in enhancing motivation and performance among beginner basketball athletes. The research stages begin with identifying and gathering relevant literature from various sources, including academic journals, books, scientific articles, and other reliable sources discussing related topics (Sugiyono, 2016). The primary focus is on research published within the last five to ten years to ensure the data used is recent and relevant.

Once the literature is gathered, content analysis is conducted to identify main themes and sub-themes related to the role of sports psychology in athlete motivation and performance. This stage involves critical reading, note-taking, and categorizing

information based on topics such as intrinsic motivation, self-confidence, psychological techniques, and social interactions in the context of sports. Subsequently, the results of this analysis are synthesized to obtain a comprehensive understanding of how sports psychology approaches can be applied in the training of beginner basketball athletes and their impact on enhancing their motivation and performance. These synthesis results are then summarized to draw conclusions and practical recommendations for coaches and sports institutions.

RESULT AND DISCUSSION

As a research utilizing literature review method in sports science, the findings of this study are organized by summarizing the main discoveries from relevant literature. Comprehensive analysis has been conducted to understand the role of sports psychology in enhancing motivation and performance among beginner basketball athletes.

1. **Intrinsic Motivation as the Primary Driver of Achievement:** The main finding from the literature review is that intrinsic motivation plays a key role in enhancing the performance of beginner basketball athletes. This motivation drives athletes to practice diligently, overcome obstacles, and persevere in the face of failure. The implication is that coaches and team managers need to focus on building intrinsic motivation through rewarding achievements, creating supportive environments, and providing space for self-exploration (Marheni et al., 2019).
2. **The Importance of Proper Goal Setting:** Literature review studies indicate that clear and measurable goal setting is crucial in enhancing athlete motivation and performance. Specific, measurable, achievable, relevant, and time-bound goals provide clear guidance for athletes to work hard and maintain their focus in achieving excellence (Carvalho et al., 2018).
3. **Psychological Techniques to Enhance Performance:** Various psychological techniques, such as visualization, relaxation, and stress management, have proven effective in improving the performance of beginner basketball athletes. By training their mindset and emotional responses, athletes can enhance the quality of their training, increase mental resilience, and minimize the impact of competitive pressure (Robert S. Weinberg, 2015).
4. **Social Support and Self-Confidence:** Positive social interaction with coaches, teammates, and support from the environment can strengthen athletes' self-confidence and provide additional motivation to achieve excellence. Developing solid team relationships and emotional support from close individuals play a crucial role in building mental toughness and strong optimism (Weinberg & Gould, 2023).

By summarizing these findings, this research provides deep insights into how sports psychology approaches can be integrated into beginner basketball athlete training programs to enhance their intrinsic motivation and performance on the court.

In the world of sports, the balance between physical and mental aspects is the key to success for athletes, especially for beginners. Stepping into the basketball arena, a sport

that demands speed, accuracy, and high physical endurance, beginner athletes are often confronted with more complex challenges than just mastering basic techniques (Zhou, 2022). This is where sports psychology opens new doors for athlete potential development and performance enhancement. Through an in-depth understanding of motivation, self-confidence, and other psychological techniques, sports experts can guide beginner athletes towards their peak performance, not only in terms of physical ability but also in strong mental capabilities and unwavering resilience (Dali & Parnabas, 2018).

Intrinsic motivation, which grows from within the individual, plays a central role in shaping the behavior and performance of beginner basketball athletes. The internal drive to achieve goals, the desire to grow and explore one's potential, and the satisfaction derived from personal achievements are the main drivers behind dedication and commitment in training (Nicholls, 2021). However, this motivation does not always arise naturally; often, athletes require external assistance, such as support from coaches or teammates, to nurture enthusiasm and the desire to progress. Therefore, it is essential for coaches and support staff to understand the dynamics of intrinsic and extrinsic motivation and how to effectively develop them in the context of coaching beginner athletes (Nanda & Dimiyati, 2019).

In addition to motivation, self-confidence is also an essential aspect in the development of beginner basketball athletes (Lima et al., 2020). Belief in one's abilities not only affects athletes' performance on the field but also influences their attitudes towards training and competition. Athletes with high levels of self-confidence tend to take more risks, remain calm under pressure, and are more capable of inspiring themselves in the face of failure (V. Singh et al., 2023). Therefore, building strong self-confidence is a primary goal in sports psychology approaches. Through various techniques, such as providing positive feedback, gradual success experiences, and visualization of achievements, athletes can sharpen their self-confidence and become more assured in facing challenges on the field (Sighinolfi, 2020).

Furthermore, other psychological techniques, such as visualization and relaxation, also contribute significantly to improving the performance of beginner basketball athletes (Zayed et al., 2018). Through visualization exercises, athletes learn to visualize themselves performing movements or achieving goals successfully, thus preparing their minds for actual actions on the court (R. Singh, 2022). Meanwhile, relaxation techniques help athletes control stress and anxiety levels, which often disrupt their focus and concentration. By mastering these techniques, athletes can improve the quality of their training, enhance their performance in games, and face competitive pressure with more calmness and confidence (Pic et al., 2019).

Finally, social support also plays a crucial role in shaping the mental state and motivation of beginner basketball athletes (Neil et al., 2012). Positive relationships with coaches, teammates, and even family and friends outside the court can provide the emotional support needed for athletes to face challenges and failures. With a solid support network, athletes feel more valued, supported, and motivated to strive for the highest achievements.

Overall, the role of sports psychology in enhancing the motivation and performance of beginner basketball athletes is crucial. Through a deep understanding of motivation, self-confidence, psychological techniques, and social support, coaches and support staff can help athletes optimize their potential and achieve success on and off the court (Nicholls, 2021). Thus, a holistic approach that integrates physical and mental aspects is key to shaping resilient, dedicated athletes who can shine in the world of basketball.

CONCLUSION

Thus, it can be concluded that sports psychology plays a very important role in enhancing the motivation and performance of beginner basketball athletes. Through a deep understanding of intrinsic motivation, self-confidence, psychological techniques, and social support, athletes can optimize their potential and achieve maximum performance on the field.

ACKNOWLEDGEMENT

We would like to express our gratitude to all parties who have supported this research. Without the assistance and support from all parties, this research would not have been possible. Thank you for the contributions and cooperation provided.

REFERENCES

- Aoyagi, M. W., Cohen, A. B., Poczwadowski, A., Metzler, J. N., & Statler, T. (2018). Models of performance excellence: Four approaches to sport psychology consulting. *Journal of Sport Psychology in Action*, 9(2), 94–110.
- Bompa, T., Blumenstein, B., Hoffmann, J., Howell, S., & Orbach, I. (2019). *Integrated periodization in sports training & athletic development: Combining training methodology, sports psychology, and nutrition to optimize performance*. Meyer & Meyer Sport.
- Carvalho, H. M., Gonçalves, C. E., Collins, D., & Paes, R. R. (2018). Growth, functional capacities and motivation for achievement and competitiveness in youth basketball: an interdisciplinary approach. *Journal of Sports Sciences*, 36(7), 742–748.
- Cheng, X.-M. (2020). Excellence of trainer and psychological wellbeing lead to the higher performance: Evidence from Chinese basketball players. *Revista de Psicología Del Deporte (Journal of Sport Psychology)*, 29(4), 1–12.
- Conti, C., Di Fronso, S., Pivetti, M., Robazza, C., Podlog, L., & Bertollo, M. (2019). Well-come back! Professional basketball players perceptions of psychosocial and behavioral factors influencing a return to pre-injury levels. *Frontiers in Psychology*, 10, 436536.
- Dali, M. S. Bin, & Parnabas, V. A. (2018). The effects of self-talk on free throw performance and the level of anxiety among male novice basketball players. *Malaysian Journal of Movement, Health & Exercise*, 7(1), 73–87.
- Hardy, L., Jones, G., & Gould, D. (2018). *Understanding psychological preparation for sport: Theory and practice of elite performers*. John Wiley & Sons.
- Hita, I. P. A. D., Lestari, N. A. P., Dewi, M. S. A., Astuti, N. M. I. P., & Fatmawan, A. R. (2023). Media Kartu Bergambar: Apakah Berpengaruh Terhadap Peningkatan Keterampilan Anak Sekolah Dasar Dalam Bermain Bola Basket? *Jurnal Marathon*,
-

-
- 2(1), 16–23. <https://jurnal.untan.ac.id/index.php/marathon/article/view/66267>
- Lima, A. B., Nascimento, J. V., Leonardi, T. J., Soares, A. L., Paes, R. R., Gonçalves, C. E., & Carvalho, H. M. (2020). Deliberate practice, functional performance and psychological characteristics in young basketball players: A bayesian multilevel analysis. *International Journal of Environmental Research and Public Health*, 17(11), 4078.
- Marheni, E., Purnomo, E., & Cahyani, F. I. (2019). The role of motivation in increasing achievement: Perspective sports psychology. *2nd International Conference on Sports Sciences and Health 2018 (2nd ICSSH 2018)*, 59–62.
- Nanda, F. A., & Dimiyati, D. (2019). Psychological skills of Indonesian basketball athletes in Asian Games 18. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 8(1), 37–43.
- Neil, R., Wilson, K., Mellalieu, S. D., Hanton, S., & Taylor, J. (2012). Competitive anxiety intensity and interpretation: A two-study investigation into their relationship with performance. *International Journal of Sport and Exercise Psychology*, 10(2), 96–111. <https://doi.org/10.1080/1612197X.2012.645134>
- Nicholls, A. R. (2021). *Psychology in sports coaching: Theory and practice*. Routledge.
- Park, S.-H., Lim, B.-S., & Lim, S.-T. (2020). The effects of self-talk on shooting athletes' motivation. *Journal of Sports Science & Medicine*, 19(3), 517.
- Pic, M., Lavega-Burgués, P., Muñoz-Arroyave, V., March-Llanes, J., & Echeverri-Ramos, J. A. (2019). Predictive variables of emotional intensity and motivational orientation in the sports initiation of basketball. *Cuadernos de Psicología Del Deporte*, 19(1), 241–251.
- Ramadan, G., Gani, A. A., Haryanto, A. I., Samin, G., Fataha, I., & Kadir, S. S. (2021). Effect of Kinesthetic Perception, Eye-Hand Coordination, and Motivation on Lay Up Shoot. *Gorontalo Sport Science*, 1(1), 14.
- Robert S. Weinberg, D. G. (2015). Foundations of Sport and Exercise Psychology. In *Journal of Sport and Exercise Psychology* (Sixth Edit, Vol. 20, Issue 3). Human Kinetics. <https://doi.org/10.1123/jsep.20.3.336>
- Sighinolfi, L. (2020). Sport psychology in basketball: performance under pressure. *Basketball Sports Medicine and Science*, 983–994.
- Singh, R. (2022). *Sports psychology*. KK Publications.
- Singh, V., Rajpurohit, R. S., Das, R., Bhutia, T. N., & Pawan Bisht, P. (2023). Sports Psychology: Exploring the Origins, Development, and Increasing Demands in Sports and Exercise Sciences. *International Journal of Indian Psychology*, 11 (2). <https://doi.org/10.25215/1102>.
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Weinberg, R. S., & Gould, D. (2023). *Foundations of sport and exercise psychology*. Human kinetics.
- Wood, W. (2020). *Athlete basic psychological needs and coaches' contribution to their satisfaction: a case study of a high-performance sports team: a thesis presented in partial fulfilment of the requirements for the degree of Doctor of Philosophy in Sport & Exercise Science at Massey University, Albany, New Zealand*. Massey University.
- Zayed, K. N., Ahmed, M. D., Van Niekerk, R. L., & Ho, W. K. Y. (2018). The Mediating Role of Exercise Behaviour on Satisfaction with Life, Mental Well-being and BMI among University Employees. *Cogent Psychology*, 5(1), 1–13. <https://doi.org/10.1080/23311908.2018.1430716>
- Zhou, M.-Y. (2022). Sport psychology in coaching: Improving the personality traits and
-

thinking skills of basketball players. *Thinking Skills and Creativity*, 46, 101115.

Copyright Holder :

© I Putu Agus Dharma Hita et al. (2024).

First Publication Right :

© Research Psychologie, Orientation et Conseil

This article is under:

