

An Assessment On Superstitious Beliefs Among National Level Basketball Player

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Abstract

Superstition is defined as a collection of unreasonable beliefs about the cause and the effect, i.e. the conviction that the future is affected by certain actions without any logical casual relationship. It is important to make a difference between superstitions and prejudices, defined as certain attitudes which are not based on rational arguments or experiences but are results of one's subjective opinion and generalization. The purpose of the study was to investigate the superstitious beliefs among the national level basketball players. The data for the study comprised of 381 national and state level basketball players between the age group of 15 to 35 participated in youth junior and senior national championship between 2011 to 2014. To achieve the purpose of the study 157 no. of boys 224 no. of girls whole heartedly participated during their participation in national championship approved by basketball federation of India. The average age of the students were under 16 in youth, under 18 in junior, and above in senior. The data for this study collected from the sample with the Superstitious Ritual questionnaires (SRQ) (Bleak & Frederick, 1998), which will measure superstitious beliefs, behavior and rituals. It was hypothesized that there will be significant difference in superstitious beliefs among different age groups of national level basketball players. The data pertaining to Superstitious Beliefs was tested using multivariate Analysis of Variance (MANOVA) and Analysis of variance (ANOVA) for analyzing the differences exist between grouping variables. The ANOVA results reveals that the dependent variable, Team rituals found significant differ between groups viz.; youth, junior and senior. The pair wise comparison shows that, the male Basketball players is having highest superstitions beliefs. The study also concluded that the players belonging to youth category are more superstitious compared to juniors and seniors.

Key Words: Basketball Players, Superstitious Beliefs

Introduction

In postmodern society sports is elevated to the position of religion, where one strives for perfection and success. So it's a kind of celebration of man's physical strength according to Dan O Brian. Understanding and enhancing sports performance is an important goal for sports psychologists, coaches, trainer and athletes themselves. Considerable research has focused on the prior psychological state of the athlete as a predictor of subsequent sport performance. Finding effects of the factor, superstitious beliefs will enable the player to deliver an objectively better performance during games. On numerous studies of superstitious beliefs among players, none has been found to be related directly to the performance of the national level basketball players in India. Superstitious beliefs are transmitted by social interaction (Swanson 1971). Thus research is necessary to provide scientific documentation on why and how and in what form these interaction occur within basketball situations. Some findings of research prove that athletic identity and locus of control can be significant predictors of superstitions. It will be ideal to go for an investigative study in the field of basketball among the national level players and see how far it is

prevailing in the behavior of national players. Superstitions have accompanied mankind from the prehistoric past into the electronic age of today. It appears that superstitions have been part of man's cultural heritage and have pervaded all aspects of his overt and covert behavior. It is no surprise then that superstitious beliefs can also be found in conjunction with man's sporting heritage. Use of superstitious behaviors in sport is a widely accepted practice in athletes from all sports and across cultures (Womack 1992). Although these behaviors are prevalent, a limited number of research studies have examined superstitious behaviors or rituals, their perceived effectiveness, or the underlying determinants of these behaviors. The present study addresses this area using a survey methodology.

Methodology

The data for the study comprised of 387 national and state level basketball players between the age group of 15 to 35 participated in youth junior and senior national championship between 2011 to 2014. To achieve the purpose of the study 157 no. of boys 224 no. of girls whole heartedly participated during their participation in national championship approved by basketball federation of India. The average age of the students were under 16 in youth, under 18 in junior, and above in senior. The data for this study collected from the sample with the Superstitious Ritual questionnaires (SRQ) (Bleak & Frederick, 1998), which will measure superstitious beliefs, behavior and rituals. The superstitious ritual questionnaire consisted of 45 questions separated into 7 categories.

1. Clothing and Appearance
2. Fetish
3. Pre-game / Meet
4. Game / Meet
5. Team Rituals
6. Prayer
7. Coach

The points for grading were

Not at all affective	-	1
To a lesser extent	-	2
Sometimes	-	3
To a greater extent	-	4
Very effective	-	5

The respondents were asked to round the grade

The present scale asked each athlete to indicate whether or not he/she used each superstitious behavior listed and also asked the respondents to indicate the degree of effectiveness of each ritual used for him/her. Effectiveness was measured using a 5 point liker scale with 1 (not at all effective) to 5 (very effective). A total superstitious behavior score was created by summing the number of rituals used per participant. It was hypothesized that there will be significant difference in superstitious beliefs among different age groups of national level basketball players. The data pertaining to Superstitious Beliefs was tested using multivariate Analysis of Variance (MANOVA) and Analysis of variance (ANOVA) for analyzing the differences exist between grouping variables. Testing of hypothesis level of significance was set at .05 level.

Results of the study

Table 1

Multivariate Tests on the Independent Variables

Multivariate Tests^a							
Effect		Value	F	Hypothesis df	Error df	Sig.	Partial Eta Squared
GENDER	Pillai's Trace	0.051	1.979 ^b	10	366	0.035	0.051
	Wilks' Lambda	0.949	1.979 ^b	10	366	0.035	0.051
	Hotelling's Trace	0.054	1.979 ^b	10	366	0.035	0.051
	Roy's Largest Root	0.054	1.979 ^b	10	366	0.035	0.051
GROUP	Pillai's Trace	0.19	3.852	20	734	0	0.095
	Wilks' Lambda	0.815	3.952 ^b	20	732	0	0.097
	Hotelling's Trace	0.222	4.051	20	730	0	0.1
	Roy's Largest Root	0.193	7.076 ^c	10	367	0	0.162
a. Design: Intercept + GENDER + GROUP + GENDER * GROUP							
b. Exact statistic							
c. The statistic is an upper bound on F that yields a lower bound on the significance level.							
d. Computed using alpha = .05							

The result of MANOVA analysis shows that, the independent variable gender does not have significant main effect (Wilk's $\lambda = .949$ $F = 1.979$ (10,366), $p < .035$). The observed power of partial ETA squared is .051, it also shows that, this independent variable (gender) accounting only 5.1% of variability in dependent variables. In the case of second independent variable group (Youth, Junior and Senior), all the tests indicate the multivariate effect is statistically significant for the current data (Wilk's $\lambda = .815$, $F = 3.952$ (20,732), $p < .000$). This significant F indicates that, there are significant main effect between groups on selected dependent variables. The observed power of partial ETA squared is 0.097, it also shows that, this IV (Group) accounting only 9.7% of variability among dependent variables. Interaction effect of gender and group indicate the multivariate effect is statistically significant for the current data Wilk's $\lambda = .015$, $F = 1.831$ (20, 732), $p < .015$). There is significant interaction effect between gender & group there on the selected dependent variables. The observed power of partial ETA squared is .048, it also shows that the interaction accounting only 4.8% variability along dependent variable.

Table 2

UNIVARIATE ANOVA ON EFFECT OF GROUP (YOUTH, JUNIOR AND SENIOR) WITH DEPENDENT VARIABLES ON PLAYERS FROM VARIOUS LEVELS

Dependent Variable	Type III Sum of Squares	Df	Mean Square	F	Sig.	Partial Squared	Eta
Clothing & Appearance	0.11	2	0.055	0.093	0.911	.000	
Fetish	0.407	2	0.204	0.213	0.809	.001	
Pre Game/Meet	4.047	2	2.023	2.252	0.107	.012	
Game/ Meet	0.556	2	0.278	0.257	0.774	.001	
Team Rituals	21.879	2	10.94	9.241*	.000	.047	
Prayer	9.433	2	4.717	5.209*	0.006	.027	
Coach	0.112	2	0.056	0.046	0.955	.000	

*Significant at .05 levels

The ANOVA result reveals that, the dependent variables Team Rituals ($F = 9.241, p < .047$) and Prayer ($F = 5.209, p < .027$) found significantly differ between groups viz; youth, junior and seniors. All other dependent variables were not found significant. Pair wise comparison and post hoc test (LSD) was performed on following dependent variables found significant (Team rituals and prayer) effect in independent variable Group (Youth, Junior and Senior).

Table 3

PAIR WISE COMPARISON ON THE DEPENDENT VARIABLES

Pairwise Comparisons							
Dependent Variable	(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
						Lower Bound	Upper Bound
Team Rituals	Youth 3.842	Junior	.488*	.165	.003	.163	.813
		Senior	.623*	.145	.000	.337	.909
	Junior 3.354	Youth	-.488*	.165	.003	-.813	-.163
		Senior	.135	.136	.319	-.131	.402
	Senior 3.219	Youth	-.623*	.145	.000	-.909	-.337
		Junior	-.135	.136	.319	-.402	.131
Prayer	Youth 4.057	Junior	.318*	.144	.028	.035	.602
		Senior	.410*	.127	.001	.159	.660
	Junior 3.738	Youth	-.318*	.144	.028	-.602	-.035
		Senior	.091	.119	.443	-.142	.324
	Senior 3.647	Youth	-.410*	.127	.001	-.660	-.159
		Junior	-.091	.119	.443	-.324	.142
		Junior	.026	.137	.853	-.244	.295

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments).

The superstitious beliefs fifth sub scale team rituals, which includes four statements like staking hands, team cheer, unprepared if no pep talk, and pep talk important for good performance. The results indicate that, players belonging to youth category having the highest mean score of 3.842 and differ significantly with juniors (MD= 0.488) and seniors (MD=0.623). The results also indicate that senior category players having the lowest mean score of 3.219 and not differ significantly with junior category players. Rituals are used in sports for various tasks like building up an appropriate emotional state for the completion, creating a specific situation for the performance of the subsequent action, procedure, approach etc. The results overall indicate that, players belonging to the youth category are more serious about performing team rituals at the same time senior players are not much serious about this act compared to other categories may be due to their more experience and confidence in playing situations. The superstitious beliefs sixth subscale prayer, includes four statements like pray for success before each game, afraid luck will run out if no prayer, team has team prayer, important for team to pray together. The results indicate that players belonging to youth category having the highest mean score of 4.057 and differ significantly with junior (MD=0.318) The result also indicate that senior category players are having the lowest mean score of 3.64 and not differ significantly with junior category (MD=0.091).The results overall indicate that players belonging to youth category are more serious about performing prayer before the competition compare to other two categories.

Conclusions

1. Team rituals found significant differ between groups viz.; youth, junior and senior.
2. The pair wise comparison shows that, the male Basket ball players is having highest superstitions beliefs.
3. The study also concluded that he players belonging to youth category are more superstitious compared to juniors and seniors.

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