Effects of Hostile and Favorable Audience on Performance of High And Low Skilled Basketball Players

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Abstract- The purpose of the present study was effects of hostile and favorable audience on performance of high and low skilled basketball players. Sixty basketball players of Lakshmibai National College of Physical Education, Gwalior and twenty basketball players of Indian Military who were also trained at the college were selected as subjects for this study. The following standardized basketball skill tests were selected as criterion measures: (i) Free throw test: To measure shooting ability. Total Fifteen trials were given. (ii) Dribbling test: To assess dribbling ability. Total number of zones covered in 30 sec. The above selected skill tests were conducted in isolated condition. The scores obtained during the isolated condition were recorded and served as initial performance of the players. On the basis of composite scores, the players were divided into high and low skilled groups. The high and low skilled players were again tested in the above two tests under two hundred and fifty favorable and two hundred and fifty hostile audience on the same playground with same equipments. Each Group = N- 16 players. Presence of coach also acts as strong source of motivation in improving skill performance in basketball. Presence of coach proves to be a better motivating factor in improving the skill performance in basketball in comparison to presence of spectators.

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INTRODUCTION

It has long been a practice in the countries of Eastern Europe to introduce distracting stresses in practice situations in order to habituate athletes to the destruction they will encounter in competitions. Crowd noise, either recorded or live, is among the stressors employed (Cratty and Hanin 1980 Vanek and Cratty 1970). At times these stressors are added gradually as the athlete becomes habituated and after a skill is well learned. At other times the stresses are after a skill is weel learned. At other times the stresses are added all at once and sometimes unexpectedly. In either cases, if these types of stressors are used with good judgment, their effects have been positive. It is likely that this training has direct benefits, as athletes learn and practice their skills under the conditions they will encounter later. Moreover, there are probably other secondary benefits, as is almost always true when special attention is afforded by some individual or group, undoubtedly placebo or special attention effects are operative when an athlete thinks “Look how well these people are training me for competition.

In addition to crowd stress, such stresses as unexpected actions from competitors, from the coach or other player and sudden dislocation of equipment have been used in this context . Sudden shifts in place and time of competition have also been employed in efforts to model the actual stress of competition.

Perhaps no social psychological effect is more important to athletic performance and outcome than the audience or spectator effect. The evidence is clear that there is a significance advantage to playing at home in basketball, football, baseball and ice hockey (Schwartz & Basky, 1977) while many variables might create the

home court advantage phenomenon, none seem to be as important as the presence of a supportive audience.

Keeping in mind the influence of spectators on performance, the present study was undertaken to find out the effects of hostile and favorable audience on performance of high and low skilled basketball players.

PURPOSES OF THE STUDY:

i. To determines the effects of Hostile spectators on the performance of high and low skilled players.

ii. To find out the effects of favorable audience on the performance of high and low skilled players.

iii. To determine the differences in the performance of high skilled players under favorable and hostile audience.

iv. To determine differences in the performance of low skilled players under favorable and hostile audience.

REVIEW OF RELATED LITERATURE:-

Singer (9) conducted a study to find out effect of spectators on athletes and non- athletes performing a grass motor task. Sixteen college athletes and non-athletes were given 10-30 sec practice trials to learn how to balance on a stabilometer. The next day they were allowed three more trials alone and three significantly better on two of the three trials performed in front of the spectators. They also performed better than the athletes through – out the ten practice trials although the tenth and last trial approached but did not yield a significant difference at the .05 level. On two of three trials in the presence of spectators non- athletes performed on the stabilometer at a significantly higher level of skill than athletes. Non athletes generally displayed superior performance to the athletes throughout the trial when practicing alone. However these differences were not significant at the .05 level.

Martens (7) conducted a study to find out effect on performance of learning a complex motor task in the presence of spectators. Forty – eight high and forty-eight low anxious subjects learned a coincident timing task alone or in the presence of an audience. Once the task was learned to a criterion, subjects performed 10 trials alone or in the presence of an audience. Palmar Sweat gland activity was measured by counting the number of active sweat gland from a plastic mold. Absolute error found the mode of learning had no effect on performance. The results indicated that subjects who learned the task in the presence of an audience performed less consistently alone than subjects who performed in the presence of an audience. Palmar sweat gland result showed increased arousal in the presence of an audience. All port (4) noted that when individual worked in the same task in each other presence, their performance was better than when they worked by themselves.

Bergum and Lehr (1) observed that visual vigilance was significantly improved by the presence of a supervisor.

Landers and Mc Cullagh (3) observed that nervousness and activation increased as the size of the audience increased.

Varca (6) conducted a study to find out that home court advantage was attributable to more functionally aggressive play on the part of the home team and dysfunctionally aggressive play on the part of the visiting team. He found significant differences between home and away team on functionally aggressive skills of stealing, blocking, shots and rebounding. The home team was significantly better than the visiting team on the above skills. Additionally visiting team had significantly more fouls than the home team.

METHODOLOGY:

Sixty basketball players of Lakshmibai National College of Physical Education, Gwalior and twenty basketball players of Indian Military who were also trained at the college were selected as subjects for this study. The following standardized basketball skill tests were selected as criterion measures:

1. Free throw test: To measure shooting ability. Total Fifteen trials were given.

2. Dribbling test: To assess dribbling ability. Total number of zones covered in 30 sec.

The above selected skill tests were conducted in isolated condition. The scores obtained during the isolated condition were recorded and served as initial performance of the players. On the basis of composite scores, the players were divided into high and low skilled groups. The high and low skilled players were again tested in the above two tests under two hundred and fifty favorable and two hundred and fifty hostile audience on the same playground with same equipments. Each Group = N- 16 players.

RESULTS AND DISCUSSION:

In order to find out the effects of favorable and hostile audience on performance in two skill tests, analysis of variance was employed. Further post – hoc analysis was also used for each test item. The analysis was also used for each test item. The analysis of variance in presented in Table 1.

Table 1

Anova for the Scores on Two Skill Test in Basketball under Three Different Conditions of High Skilled Basketball Players

Skill Test	Source of Variation	df	SS	MS	'F' Ratio	'F' Prob.
Dribbling test	Between Groups	2	94.291	47.145	9.16*	0.00
	Within Groups	45	231.625	5.147		
Shooting Test	Between Groups	2	50.726	25.363	5.53*	0.00
	Within Groups	45	206.55	4.590		

*Significant at .05 level.

The analysis of variance clearly reveals that performance in dribbling and shooting of high skilled basketball players is not same under three different conditions namely isolated, favorable spectators and hostile spectators since 'F' values obtained are highly significant.

Further post-hoc analysis for the means of two skill test under three different conditions was used. The post – hoc analysis is presented in Table 2.

Table – 2

Post Hoc Analysis for the Means of Two Skill Tests under Three Different Conditions of High Skilled Basketball Players

Skill Test	Means of Three Different Condition			Diff.	C.D.
	Isolated Conditions	Favorable Audience	Hostile Audience		
Dribbling Test	26.4375	28.875	----------	2.437*	1.615
	26.4375	----------	25.562	0.875	1.615
	---------	28.875	25.562	3.312*	1.615
Shooting Test	9.1750	11.500	--------	2.32*	1.52
	9.1750	---------	9.150	0.025	1.52
	---------	11.500	9.150	2.35*	1.52

*Significant at .05 level.

An examination of Table 2 reveals that there are significant differences in the performance of high skilled basketball in the presence of favorable audience condition, whereas no significant differences were found in the performance of two skill tests between isolated and hostile audience condition. When performance of high skilled basketball players was compared between the presence of favorable and hostile audience, significant differences were found on both the skill tests.

Similarly in order to find out differences in the performance of low skilled basketball players under three different conditions, analysis of variance was employed and the results are presented in Table 3.

Table 3

Anova for the Scores on Dribbling and Shooting Ability in Basketball under Three Different Conditions of Low Skilled Basketball Players

Skill Test	Source of Variation	df	S.S.	M.S.	'F' Ratio	'F' Prob.
Dribbling test	Between Groups	2	297.54	148.77	14.17*	0.00
	Within Groups	45	472.43	10.49		
Shooting Test	Between Groups	2	21.166	10.58	2.46*	0.00
	Within Groups	45	193.312	4.295		

*Significant at .05 Level.

The analysis of date clearly reveals that there is significant difference in the performance of low basketball players under three different conditions in the both the test items.

Further post- hoc analysis for the means of two skill test under three different conditions for low skilled basketball players was applied.

Table 4

Post Hoc Analysis for Means of Two Skill Tests under Three Different Conditions for Low Skilled Basketball Players

Skill Test	Means of Three Different Condition			Diff.	C.D.
	Isolated Conditions	Favorable Audience	Hostile Audience		
Dribbling Test	21.0	15.750	----------	5.25*	2.307
	21.0	----------	15.687	5.31*	2.307*
	---------	15.750	15.687	0.062	2.307
Shooting Test	5.0625	3.027	--------	2.035*	1.475
	5.0625	---------	2.1875	2.875*	1.475
	---------	3.027	2.1875	0.846	1.475

*Significant at .05 Level.

An examination of Table 4 clearly reveals that there are significant differences in the performance of low skilled basketball players in both the skill tests between isolated and favorable and between isolated and hostile audience conditions. However no significant differences were found in performance of low skilled basketball players on these two skill tests between hostile and favourable audience. Low skilled basketball players

performed poor in the presence of favorable and poorer in the presence of hostile audience.

DISUCSSION OF FINDINGS:

The results of the study showed significant improvement in the performance of high skilled basketball players in the presence of favorable audience and no improvement in the presence of hostile audience. The results also indicated that high skilled basketball players performed significantly better in the presence of favorable audience than the hostile audience. While low skilled basketball players performed significantly poor in the presence of favorable as well as hostile audience. This may be attributed to the fact that high skilled basketball players had better proficiency in performing these skills more confidence, more participation experience in different competitions and increased level of social facilitation in comparison to low skilled basketball players which might have caused improvement in the Performance of high skilled basketball players.

The decrease in the performance level of low skilled basketball players might be due to their poor proficiency less experience of participation, difficulty of task, the volume of the crowd for the first time, their feeling about the audience and the degree to which the low skilled basketball players might have blocked out verbal epitaphs directed towards them. The findings of the study are further supported by Zajonc (10) and Schwartz and Basky (1977).

CONCLUSIONS:

Within the limitations of the present study, the following conclusions may be drawn:

1- Presence of favorable audience improves the performance of high skilled basketball players.

2- Low skilled players of basketball perform poor in the presence of favorable and hostile audience.

3- Performance of high skilled players is not affected by the presence of hostile audience / spectators.

4- High skilled players perform better in the presence of favorable audience in comparison to hostile audience.

5- Low skilled basketball players also perform better in the presence of favorable audience than the hostile audience but differences are not significant.

IMPLICATIONS OF FINDINGS IN COACHING:

1. Athletes who suffer a performance decrement when playing in front of a hostile and favorable audience should use intervention strategies to reduce anxiety and arousal.

2. Low skilled player's needs to handle with sensitivity. Regardless of how talented they are, low skilled when aroused, tend to make errors. Coaches should encourage beginners to accept errors as necessary for Learning

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