

SATISFACTION IN MINI-BASKETBALL PLAYERS¹

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Summary.—Among the factors that influence adherence to the practice of a sport, special attention should be paid to fun and the sensation of well-being that it generates. This study sought to verify the reasons that cause mini-basketball players to feel enjoyment when they practice this sport. A satisfaction questionnaire was administered to 94 9- to 11-yr.-old players. The results show that they feel good and have fun when they please parents, coaches, and friends, and when they feel competent and have the possibility of participating more in their team's game. The latter serves as a reference to bring about the review of competitive systems and the game styles that coaches in this age category promote.

Participation in sport seems to have exceptional intrinsic value for players, such as enjoyment, learning and improving skills, doing something at which one is good, being with friends, and experiencing success. Winning is neither the only nor the most common reason for participating. The fun development of the activity, without involving direct external satisfaction, is by itself both the objective and the reward, provoking in the subject feelings of competence and self-realization (Duda, 1996). For a child to choose to start and to stay in a sport, it has to offer some attraction or be able to satisfy some of his or her needs (Duda & Nicholls, 1992; Ommundsen, Roberts, Lemyre, & Miller, 2005). Therefore, it is interesting to know the reasons that encourage beginning and remaining in a sport. The objective of the present study was to discover what children enjoy and what makes them feel good when they practice mini-basketball.

METHOD

Sample

Ninety-four mini-basketball players from Andalusian provincial teams (Spain), consisting of 48 boys and 46 girls belonging to four boys' teams and four girls' teams, participated in this study.

Procedure

The researchers created a questionnaire on the basis of the one proposed by Cervelló (1996). It was administered to the players after the first game that each team played in the Provincial Teams Tournament. After preparation of the questionnaire, it was presented to experts so that they could express their

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opinions and suggest corrections. It was then evaluated by professors and basketball coaches as well as by linguists. After this evaluation, the phrasing of some of the statements in the questionnaire was modified to make them more comprehensible to the age group (9 to 11 years). A pilot test was done. The questionnaire was given to 40 mini-basketball players from the La Zubia Basketball Club, Granada, Spain. The questionnaire was administered twice to the group of children 1 wk. apart. Later the reliability of the questionnaire was calculated. The Spearman-Brown correlation was above .89 for each item. Internal consistency was .90 (Cronbach alpha).

RESULTS

The results obtained for each item of the questionnaire are shown in Table 1. As the subjects were so young, a scale from 0 to 100 was established for them to score fun and well-being. The rating the players assigned to each item is shown in Table 1.

TABLE 1
MEAN RATINGS OBTAINED FOR EACH ITEM

How much fun do you have and how good do you feel when ...	Rating										
	0	10	20	30	40	50	60	70	80	90	100
1 ... you learn new movements?	0.0	0.0	1.1	1.1	6.4	13.8	4.3	2.6	15.7	21.0	34.0
2 ... you and your team win games?	0.0	0.0	0.0	1.1	0.0	6.4	4.3	2.1	5.3	13.8	67.0
3 ... you understand new game situations?	0.0	0.0	0.0	5.3	5.3	5.3	8.5	4.6	6.3	27.0	37.7
4 ... you do better than the others?	1.1	0.0	0.0	2.6	5.3	1.6	7.4	8.5	17.4	19.8	36.3
5 ... the games seem easy to you?	17.4	10.1	4.3	2.1	3.2	2.2	3.2	9.6	22.3	6.4	19.2
6 ... the games are a challenge?	1.1	0.0	1.1	2.1	2.1	9.6	6.4	8.5	13.8	11.7	43.6
7 ... you put in a lot of effort?	2.1	0.0	0.0	0.0	3.1	6.4	2.1	4.3	9.6	18.1	54.3
8 ... you improve your technique?	1.1	1.1	0.0	2.0	1.1	1.1	2.1	9.6	13.8	17.0	51.1
9 ... you please your coach?	0.0	2.1	0.0	2.1	1.1	2.1	3.2	8.5	14.9	17.1	48.9

(continued on next page)

TABLE 1 (CONT'D)
MEAN RATINGS OBTAINED FOR EACH ITEM

How much fun do you have and how good do you feel when ...	Rating										
	0	10	20	30	40	50	60	70	80	90	100
10 ... you please your parents?	0.0	0.0	0.0	2.1	0.0	2.1	4.3	4.2	14.0	21.3	52.0
11 ... you please your friends?	0.0	0.0	1.1	1.1	2.1	2.1	3.2	6.4	14.8	21.3	47.9
12 ... you do well?	1.1	1.1	0.0	1.1	0.0	1.1	0.0	8.4	13.8	22.3	51.1
13 ... you touch the ball more and participate more in your team's play?	0.0	0.0	0.0	0.0	0.0	8.5	4.3	7.4	13.8	17.0	49.0
14 ... you shoot more often?	0.0	1.1	0.0	4.2	6.4	7.4	4.3	8.5	2.2	18.1	29.8
15 ... you play longer in the games?	0.0	0.0	0.0	3.2	3.2	13.8	3.2	6.4	1.6	22.3	37.3
16 ... you do new things?	0.0	0.0	0.0	1.1	2.1	5.3	4.3	6.4	9.6	12.7	58.5

As indicated, 34.0% of the players enjoyed and felt very good (giving the maximum score) when they learned new movements, with 92.1% of ratings in excess of 50. Likewise, 89.4% also felt good and enjoyed themselves (rating higher than 50) when they understood new game situations, that is, when they felt they had achieved a certain mastery of the task. This is one of the two success markers in sport (Duda, 1996; Duda & Nicholls, 1992). The other marker, that of competitiveness, is expressed in Item 4, in which 91% said they enjoyed themselves (rating higher than 50) when comparing themselves to others and felt that they themselves did better. Further, 36.3% felt very good (rating of 100) when they demonstrated that they were better than others. This fact was also assessed in Item 6 in which 43.6% of the players indicated that they felt good and enjoyed themselves very much when the games were a challenge for them.

Two-thirds (67.0%) of the players felt very good when they won games. This is the item to which the greatest percentage of players granted the maximum score; however, although victory was something that made the child feel good, it was necessary for the coach to minimize the importance of the result as a criterion of success and failure. This is a fundamental rule to increase the child's fun (Duda, 1996). When asked if they felt good when they pleased their coach, 80.9% of the players indicated values above 70, similar to pleasing parents (87.3%) and friends (84%), which corroborates the importance of the "primary sport family" in sport initiation. A high percentage of players rated fun

and feeling good (ratings over 70) when they participated more in the team's play during a game (87.2%), when they played more time (76.6%), when they shot more baskets (76.6%), and when they did new things (87.2%). These results vindicate the proposals to modify mini-basketball rules that have been made frequently in recent years, such as those by Piñar (2005).

It can be concluded that, in general, mini-basketball players enjoy themselves more and feel better the more they please their parents, coaches, and friends, the higher their level of competition, and the greater their participation in their team's games, which allows them more chances to practice their skills.

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