

Needs Satisfaction and Sports Commitment of Basketball Student Athletes: Towards A Comprehensive Basketball Training Program

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Abstract:

This Study Examines The Link Between Basic Psychological Needs Satisfaction And Sports Commitment Among 150 Basketball Student-Athletes At Yantai Nanshan University, China. Grounded In Self-Determination Theory, It Investigates How Competence, Autonomy, And Relatedness Influence Commitment.

Results Showed Athletes Had Moderate To High Levels Of Both Needs Satisfaction And Commitment. A Strong Positive Correlation Was Found, Indicating That Fulfilling These Psychological Needs Significantly Enhances Commitment. While Age And Year Level Caused Some Variation In Needs Satisfaction, Commitment Levels Remained Consistent Across All Groups.

The Findings Confirm That Supporting Athletes' Autonomy, Competence, And Relatedness Is Crucial For Sustaining Their Engagement. Based On This, A Comprehensive Basketball Training Program Is Proposed To Strengthen These Psychological Factors And Foster Long-Term Athlete Development.

Keywords: Self-Determination Theory, Basic Needs, Sports Commitment, Basketball, Motivation.

I. Introduction

Basketball Is A High-Demand Sport That Requires Not Only Physical Endurance And Technical Skill But Also Strong Psychological Resilience And Motivational Consistency. Among Student-Athletes, The Ability To Sustain Long-Term Engagement In Basketball Hinges On More Than Just External Rewards Or Performance Outcomes—It Is Closely Tied To The Fulfillment Of Their Psychological Needs. Grounded In Selfdetermination Theory (Sdt), Basic Psychological Needs—Namely Autonomy, Competence, And Relatedness—Are Considered Essential For Fostering Optimal Motivation And Sustained Commitment In Sports Contexts. When These Needs Are Adequately Satisfied, Athletes A Re More Likely To Exhibit High Levels Of Sport Commitment, Marked By Persistent Effort, Emotional Investment, And A Desire To Remain Involved In Their Sport Over Time.

This Interplay Between Basic Needs Satisfaction And Sport Commitment Is Especially Crucial Among Student-Athletes Who Must Balance Academic Responsibilities With The Rigorous Demands

Of Training And Competition. A Deeper Understanding Of How Psychological Needs Impact Athletes' Motivation And Commitment May Provide Important Insights For Coaches, Educators, And Sport Psychologists In Creating Supportive Environments That Enhance Both Athletic Performance And Personal Development.

II. Research Methodology

The Research Adopts A Descriptive, Comparative, And Correlational Methodology, Distinguished By Its Clear Definitions, Comprehensive Documentation, Thorough Analysis, And A Nuanced Understanding Of Contextual Interactions. According To Rachmat And Kusuma (2023), Descriptive Research Is Designed To Systematically Identify And Analyze The Key Characteristics, Behaviors, And Attributes Of Phenomena In Their Natural Settings. The Primary Objective Is To Create Detailed Profiles Of Specific Entities Or Gain A Deeper Understanding Of The Current Situation, Thus Establishing A Solid Foundation For Future Studies.

Expanding On The Work Of Rachmat And Kusuma (2023), Descriptive Research Is Essential In The Social Sciences And Psychology, As It Provides A Rich Understanding Of Natural Patterns And Behaviors. This Approach Allows For The Collection Of Precise, Unbiased Data On The Beliefs, Actions, And Traits Of Target Populations, Offering Valuable Insights Into Societal Trends.

Furthermore, Suharto And Wijaya (2024) Stress The Significance Of Comparative Methods In Pinpointing The Crucial Variables That Influence Outcomes Across Different Groups Or Contexts. They Argue That Correlational Analysis Is Vital For Revealing Potential Causal Connections Between Variables, Thus Strengthening The Explanatory Power Of Research Designs. In This Study, Correlational Analysis Will Be Used To Explore The Relationships, Contributing To The Development Of Theoretical Frameworks And Practical Intervention Strategies.

The Descriptive-Comparative-Correlational Methodology Applied In This Investigation Offers A Comprehensive Framework For Analyzing Complex Relationships Between Variables And Their Contexts. By Integrating The Insights Of Suharto And Wijaya (2024) With The Foundational Principles Proposed By Rachmat And Kusuma (2023), This Approach Enhances The Depth And Reliability Of The Findings, Providing A Strong Basis For Future Research And Practical Applications In Related Fields.

This Study Aimed To Investigate The Basketball Athletes' Assessment Of Their Basic Needs Satisfaction And Their Commitment To Basketball.

This Research Approach Allows The Researcher To Numerically Analyze, Compare, And Correlate The Relationships Amongst The Dependent Variables Included In The Study.

By Utilizing This Approach, The Researcher Was Able To Assess Differences And Relationship In The Basketball Athlete Respondents' Assessment Of Their Basic Needs Satisfaction And Their Demographic Data Such As Sex, Age, And Number Of Years As Basketball Athlete.

Also, The Researcher Was Able To Find Any Significant Difference Or Relationship In The Basketball Athletes' Self-Assessment Of Their Basic Needs Satisfaction To Basketball And Their

Demographic Data Such As Sex, Age, And Number Of Years As Basketball Athlete. The Basketball Athletes' Assessment Of Their Commitment To Basketball Was Then Correlated.

All The Above Discussions On The Descriptive Research Method Suited The Nature Of Research That This Present Study Would Do; Hence This Method Was Adopted.

Iii. Results and Discussion

The Basketball Student-Athletes Reported A Moderate To High Level Of Satisfaction (Composite Mean = 2.99) Across All Dimensions Of Basic Psychological Needs.

Among These Needs, Factors Related To Autonomy (Specifically "Internal Perceived Locus Of Causality - Iploc" And "Choice") Were Rated The Highest.

Scores For Competence And Relatedness, While Still Positive, Were Comparatively Lower, Suggesting These Are Areas With Potential For Improvement.

The Athletes Also Demonstrated A Moderate To High Level Of Commitment (Composite Mean = 3.01) To Their Sport.

A Statistically Significant Positive Correlation ($R = .44$) Was Found Between Basic Needs Satisfaction And Overall Sports Commitment. This Is The Core Finding Of The Study, Indicating That Athletes Whose Psychological Needs Are Better Fulfilled Are More Committed To Basketball.

The Analysis Also Revealed That While Age And Year Level Caused Some Variation In How Needs Were Satisfied, They Did Not Significantly Affect The Overall Level Of Commitment.

In The Discussion, These Results Are Interpreted Through The Lens Of Self-Determination

Theory (Sdt). The Strong Link Between Need Fulfillment And Commitment Supports The Theory's Claim That Satisfying The Needs For Autonomy, Competence, And Relatedness Is Essential For Fostering Sustained Motivation And Engagement.

The Key Conclusion Is That To Enhance Long-Term Athletic Commitment, Training Programs And Sports Environments Must Be Designed To Actively Nurture Athletes':

Competence (Feeling Effective And Skilled),

Autonomy (Feeling A Sense Of Choice And Volition),

Relatedness (Feeling Connected To Coaches And Teammates).

Overall, The Findings Highlight That The More Basketball Players' Basic Needs For Competence, Autonomy, And Relatedness Are Fulfilled, The More Committed They Become To The Sport. The Results Emphasize The Importance Of Creating A Supportive Environment That Nurtures Skill Development, Fosters Meaningful Relationships, And Encourages Player Autonomy To Sustain Long-Term Sports Commitment And Motivation Among Student-Athletes.

Iv. Conclusion

The Study Concludes That Basketball Student-Athletes Experience A Moderate To Satisfactory Level Of Both Basic Psychological Needs Fulfillment And Sports Commitment. The Core Finding Is A Significant Positive Relationship Between These Two Constructs: The More Athletes' Fundamental

Needs For Competence, Autonomy, And Relatedness Are Satisfied, The Stronger Their Commitment To The Sport Becomes.

Primary Drivers Of Commitment: The Athletes' Commitment Is Primarily Sustained By The Opportunities For Involvement That Basketball Provides. It Is Reinforced By A Sense Of Personal Investment And Social Constraints

Role Of Demographics: While Age And Academic Year Level Influence How Athletes Experience Specific Psychological Needs (E.G., Younger Students Feel More Competent And Connected, Older Students Feel More Autonomous), These Demographic Factors Do Not Significantly Alter The Overall Level Of Sports Commitment.

Theoretical And Practical Implications: The Findings Strongly Support Self-Determination Theory (Sdt), Confirming That Its Core Principles Are Applicable And Vital In The Athletic Context. Practically, This Means That To Foster Long-Term, Resilient Commitment:

Coaches And Sports Programs Must Intentionally Create A Supportive Environment.

This Environment Should Systematically Nurture Athletes' Confidence And Mastery (Competence), Provide Meaningful Choices And Volition (Autonomy), And Build Strong Team Bonds And A Sense Of Belonging (Relatedness).

In Essence, The Research Argues That Enhancing Athletic Commitment Is Not Just About Better Physical Training, But About Psychologically Nurturing The Athlete. The Proposed Comprehensive Basketball Training Program At The End Is A Direct Recommendation To Address These Psychological Factors And Improve Long-Term Athlete Development And Retention.

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