Study on some personal characteristics of female basketball players
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Introduction
Examination of personal characteristics and typologization of behaviour in sports activity is of a great importance for
the reach of optimal effect in training and competitive processes (Zheliazkova, 2000). Interaction between
coach/trainer and athletes depends on the individual peculiarities of every one competitor (Zheliazkova, Mileva,
2003). At the same time in the team sports examination and establishment of total adjustment, using definite criteria,
is of great significance. In this way the coach can do prognostic assessment of the behaviour of his team.

Methods
Purpose of the study are some personal characteristics of female basketball players and their influence on the team
play. Object of the examination are 20 elite female basketball players of Bulgarian sports clubs “Levski-Spartac” and
“Slavia”. The concrete method used for diagnostic is W. Stephenson Q-sorting out test for behaviour studies. By this
test is examined the behaviour on the basis of three dichotomies: dependence - independence, sociability -
unsociability, acceptance of struggle - unacceptance of struggle. The test consists of 20 items. It is also used for
individual and team examinations, as well. Results are treated statistically by variation analysis – means (M) and
standard deviation (SD) for the different scales determined.

Results
It is established that in accordance with the three main scales (dependence - independence, sociability -
unsociability, acceptance of struggle - unacceptance of struggle) highest is the mean value in the dependence
-independence scale (M=12.94 and SD=1.88) (table 1). This means that the corresponding type behaviour can be
accepted for presentable but it is not enough to affirm that the basketball players as a whole are stably oriented to the
tendency dependence. The established tendency is considered to be a result of the specificity and the features of
basketball as a sport and its team character.

With regard to the dichotomy sociability - unsociability the mean is 11.88, SD=2.49. So, a tendency to sociability is
available but it is not outlined clearly. It is supposed this is due to the comparatively monotonous and uniform
environment in which the basketball players operate and develop themselves. They are aside of the varied external
influences and social interactions and activities. They are isolates in the frame of the training process.

With regard to the third scale acceptance of struggle - unacceptance of struggle is seen the tendency of
avoidance of struggle in both of the teams (M=8.94, SD=2.19). Sport supposes constant overcome of difficulties and
efforts of the will for the purpose. In front of the basketball competitors emerge new unforeseeable situations and
this imposes struggle and self-imposition as a person and an athlete. This is the first side of the problem. The second
one is that in team sport as basketball this can be dangerous if positions are not defended and submitted to the
general purposes. The examined teams are the best in Bulgaria, so the provocation for overcoming other teams by
them is lacking.

Discussion/Conclusions
The established tendencies can serve to the coach in the training process as premise for more exact diagnostics and
analysis of the activity and the behaviour of the basketball competitors. This is opportunity for the sports pedagogue
to control the behaviour of the players by use of effective methods and means for pedagogical interaction.

References