



# Ego Strength and It's Relationship with the Accuracy of Basketball Shooting Performance among the Players of the University of Kirkuk Team

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**Abstract:** The current study aimed at determining the level of ego strength as well as the accuracy of basketball jump shooting of a sample of basketball players of the Kirkuk University team. In this quest, the study seeks to determine the correlation between these two variables as regards the sampled participants. The methodology used in this study is descriptive with a correlational approach that best suits the nature of the research. The sampled population was assembled in a random fashion from the basketball players at Kirkuk University for the academic year 2024/2025. It was ensured here that the selected participants, who were 14 in total, represent different colleges and departments. Results demonstrated a significant positive relationship between both variables addressed in the current study, i.e. ego strength and shooting accuracy in basketball. This tells us that the role of psychological factors in improving skill performance is of paramount importance. Players with high levels of ego strength were found to displaying greater focus and an improved ability in order to deal with competitive pressures. The study came up with a set of recommendations the main of which is that psychological training programs should be part of the training plans of basketball teams. This is orde enhance players' ego strength and improve their ability to deal with competitive pressures. Moreover, the study could also recommend that players' concentration skills and self-confidence should be developed using mental strategies such as mental visualization.

**Keywords:** Ego Strength, Accuracy, Shooting, Basketball, Players

## Introduction

Basketball is considered a team sport in which a high level of physical and mental skills is prerequisite. In this type of sports, the success of any player is contingent upon number of interrelated factors. These range from skill and fitness, to psychological traits. Shooting is considered one of the most important skills in the sport of basketball and this is because it plays a decisive role in not only scoring points but also winning games. There are a number of aspects of which the player needs to possess in order to perform competitively. These include concentration, self-confidence as well as emotional control.

Among the psychological factors that affect a player's performance, ego strength is an important determinant. It plays a key role in how a player deals with difficult situations

on the court. Ego strength refers to an individual's ability to adapt to challenges, control emotions, and make appropriate decisions under pressure. It reflects their level of psychological maturity and emotional stability (Ali, 2021).

A player with high ego strength is more capable of facing pressures, overcoming fears, and maintaining his or her performance in difficult competitive conditions. This reflects positively on his or her shooting accuracy. In light of the challenges facing players in competitive environments, the current study derives its importance from assessing the correlational status between ego strength and shooting accuracy among the players recruited for the study. The aim here is to gauge the impact of psychological factors on skill performance. This may contribute to developing training programs aimed at enhancing the psychological aspects of players. It thus improves their technical level and achieves the best results in sports competitions (Hussein et al., 2024).

Shooting in basketball is one of the most basic skills that determine the efficiency of the technical performance of players. It requires a high level of concentration and accuracy to achieve success in matches. One of the psychological factors that may affect shooting accuracy is ego strength. It reflects a player's ability to maintain self-confidence, control their emotions, and adapt to the pressures they face during competitive performance (Hassan, 2023).

Ego strength is an important psychological component of athletic performance. It contributes to a player's ability to make the right decisions under pressure and maintain mental equilibrium in critical situations. Therefore, this study looks into how much ego strength and shooting accuracy of Kirkuk University basketball players are related. The goal is to determine the extent to which psychological factors influence skill performance in this sport.

### **Research Problem**

Through the researcher's field observations in the field of training, teaching, and sports management for coaches and teachers, it was found that there is an issue related to the difficulty of determining the strength of the dynamic source of one of the personality components. This component contributes to the satisfaction of the individual's needs based on the satisfaction of the ego's demands. The researcher will seek to solve this issue by finding the correlation between ego strength and shooting accuracy in basketball at The University of Kirkuk.

### **Objectives of the Study**

- a. Determining the level of ego strength among basketball players at The University of Kirkuk.
- b. Determining the accuracy of the basketball jump shot among the research sample.
- c. Assessing the correlation between ego strength and basketball jump shot accuracy in the research sample.

### **Hypothesis Tested in the study**

There does exist a significant correlation between ego strength of basketball players sampled in the current study and their jump shot accuracy.

## Research Domains

- a. Human domain: Kirkuk University basketball players registered for the academic year 2024/2025.
- b. Temporal domain: the period between 11/11/2024 and 30/12/2024.
- c. Spatial domain: College of Physical Education and Sport Sciences, University of Kirkuk.

## Methodology

The researcher used the descriptive method with a correlational approach due to its suitability for the nature of the research.

## Research Population and Sample

The community of study was randomly selected from the basketball players at The University of Kirkuk for the academic year 2024/2025, distributed among colleges and departments. The sample assembled for the study was randomly selected from 14 players representing the Kirkuk University national team.

## Tools and Materials Used

- a. Arabic and foreign sources.
- b. Observation.
- c. Tests and measurements.
- d. The Internet.
- e. Ego strength scale.

## Tools Used in the Research:

- a. A standard basketball court.
- b. Standard basketballs.
- c. Video camera (Sony).
- d. Photographic camera (Nikon D7100).
- e. Measuring tape.
- f. Medical scale.
- g. Stopwatch.
- h. Two whistles.

## Fieldwork Procedures Performed

- a. Basketball Free-throw Test (Al-Nuaimi, 2002, p. 34)
  - i. Objective of the Test: Measuring the free-throw accuracy.
  - ii. Tools Needed: Basketball board, basketball, whistle.

## Performance Specifications:

Each tester has (20) attempts from the free-throw line. The tester must perform the free-throws using any shooting method, provided that the shots are performed in four groups. Each group has (5) shots, and each group is followed by all players until the second group starts, and so on (Al-Nuaimi, 2002).

After finishing, the next player starts, and the sequence continues until the turn comes again to do the throws set again. The process is repeated until the player completed (20) throws in total (Ibid).

a. Conditions:

Prior to setting off the test as a trial, the tester is free to make some adjustments. Every tester is assigned twenty throws. It is necessary here to aim behind the free-throw line.

b. Scoring

Regardless of whether the hit goes in or off the basket, each successful hit is given one point. If the ball is deemed a miss, there is no point awarded for that. (20) points is the highest possible score. The player gets one point for each throw that is successful.

c. Ego Strength Scale (Abbas, 2011, p. 287):

The ego strength scale includes (28) items distributed over (6) areas. This includes (18) positive items, namely items No. (1, 2, 3, 6, 7, 10, 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 23, 26). It also includes negative items (10) items, namely (4, 5, 8, 9, 11, 17, 24, 25, 27, 28). The response axes on the scale are (always – sometimes – rarely). The response keys for the positive items are (always 3 – sometimes 2 – rarely 1). The response keys for the negative items are (always 1 – sometimes 2 – rarely 3). The statement "I train continuously in order to be a good player" corresponds to item (7) of the original scale. The statement "the problems I face make me forget how to deal properly with others" corresponds to item (16) of the original scale (Zacharakis, 2020).

### **Exploratory Experiment:**

Using three members of the sampled players taken off the main experiment, the researcher ran an exploratory experiment. This was done on Monday, 11/11/2024, at the College of Physical Education and Sport Sciences / Kirkuk University at 10:30 am. The Ego Strength Scale was distributed, and then we conducted a basketball jump shot test. The aim of this experiment was to:

- a. Recognize the errors and obstacles that may face the experiment.
- b. Evaluate the validity of the tools used in the tests.
- c. Measure the efficiency of the support staff and their understanding in carrying out the measurements and tests.
- d. Determine the time taken to complete the test.

### **The Main Experiment:**

The researcher conducted the main experiment on the members of the research sample on Tuesday, 3 December 2024. The ego strength scale form was distributed to the participants. After completing all the statements, the researcher prepared the necessary tools and supplies for the basketball shooting accuracy test. This test was carried out at the courts of the College of Physical Education and Sport Sciences/Kirkuk University at 10:30 am. All variables and results were documented in preparation for statistical processing (Cabarkapa, 2022).

### **Statistical Methods:**

The statistical package SPSS was used to process and obtain the results of the study.

## Result and Discussion

### An overview of the correlation between ego strength and shooting accuracy in basketball jumpers among the research sample.

**Table 1.** The results of the correlation between ego strength and basketball jump shooting accuracy in the research sample

Variable	Error rate	Correlation coefficient	valuet	Standard error	Standard deviation	Arithmetic mean	Significance Level
Ego strength scale				1.564	5.639	69.153	Significant
Basketball Shooting Accuracy	0.000	0.627	32,770	0.455	1.641	15,769	

## Discussion

A glance at the results of Table (1) reveals a correlation between the players' ego strength and their free-throw shooting skill in basketball, based on arithmetic means and standard deviations, it was found that a significant correlation can be noticed between the above-mentioned research variables. The researcher attributes these results to the fact that the players, during their training period at the training facilities, practiced many basic skills. They also studied the field of sports psychology, which enriched their memory with information about the performance of those skills. This indicates the convergence of ego strength among the members of the research sample, as there were no clear differences between them. This convergence, along with the significant significance between the research variables, is normal in the context of sports, especially as it contributes to meeting the needs of players. This is confirmed by what Sigmund Freud, the founder of psychoanalytic theory, pointed out that the human personality consists of the hey, the ego, and the superego (Ahmed & Mohammed, 2010).

The player seeks to achieve his or her desires to win, distinguish and develop the level and maintain social values through conscience in moral values. He certainly seeks to see what he can achieve and how to reach this level through communication with training and self-confidence. He seeks to satisfy his or her repressed desires to be within the virtual real life. One of the sources stated that the ego is "a controlling force characterized by reality and trying to control the tendencies of God, which is part of the soul grew from It is fun and differentiated and has been refined through social interaction" (Saber & Ibrahim, 2022). Administrative performance is of great importance within any institution trying to achieve its goals as well as success and progress as the final product. It represents the conscious part of the soul and plays the role of mediator between the demands of the Lapidoo, and the rules of the middle (Goldschmied, 2019).

It often suffers from anxiety as a result of the conflict between the demands of the individual Lapidian and the demands of the outside world. It tries to modify behavior to preserve oneself, and the function of the ego is the authority to supervise behavior and carry out the task of self-preservation by recognizing external stimuli (Al-Dahiri, 2008).

All players, regardless of the nature of their performance, whether individual or collective, have a high strength of I. This pushes them to pursue their desires through the alignment between their feelings and their awareness of situations. Some sources have pointed out that the ego represents "the center of feeling, external and internal sensory perception, and mental processes." Freud saw it as the executive engine of personality. The ego works according to the principle of reality, as it contributes to self-preservation and the achievement of its value. It also contributes to achieving social harmony, and it grows and develops through the educational experiences that the individual goes through from childhood to adulthood (Mahmoud & Matar, 2007). The ego is "the framework through which man sees himself, and determines his or her patterns of behavior." It regulates behavior in such a way as to ensure the satisfaction of these needs and desires within the limits determined by society (Al-Ansari et al, 2007).

Experience plays an important role in raising the level of ego strength, as it helps in raising the level of ambition of individuals stemming from their self-confidence. The level of psychological stress for those with longer experience is lower than for those with less experience (Al-Shanwani & Ali, 2018).

Through the ego, the student can agree between mental processes and cognitive processes. Thus, they can resolve the conflict between the desires required and the conscience accountant within the real lives environment. One of the sources pointed out that the ego is "the center of feeling and perception of external and internal sensory and mental processes and supervisor of movement and management and responsible for the defense of personality and compatibility and resolve the conflict between the demands of God and the superego and reality" (Saleh, 2008). This confirms what the researcher said about the concept of the ego and its role in achieving the desires of junior games. It is a relatively fixed feature, derives its source from "God", and shows its impact on behavior, while the mind is its school, the outside world its book, and the conscience is its constituent (Wagner, 2024).

The ego is the focus of psychological life, as it represents the potential energy that controls the voluntary aspects through the compatibility between sensory perception and motor performance. It relies on self-realization and self-esteem in the face of conflicts and avoiding pressures. This is done according to the responses emanating from the inner "Alhu" and "superego." Their strength varies between increase and decrease depending on the requirements of "Alho" and the possibility of satisfying it, and the dictates of the "superego" of control and accountability (Shaabani, 2020).

## Conclusion

1. One of the findings that this study produced is a positive correlation between both variables considered with a significant level in terms of statistics. What this finding indicates is that the role of psychological factors in enhancing skill performance is of the essence.
2. Ego-strong players are well-placed to keep themselves focused to handle pressure emanating from competition, which heightens their shooting ability.
3. The study can also conclude that Ego strength is a key psychological indicator that helps players in becoming self-assured and emotionally stable in competitive settings.
4. As for players with poor ego strength, they were found to be struggling to regulate pressure, which can lead to them aiming less accurately, particularly during the intense stages of a game (Lee, 2021).

## Recommendations

1. The study calls for addressing a need to integrate psychological training programs as part of the training plans designed for basketball teams. The purpose behind this is i) enhancing the ego of players and ii) improving their ability to deal with competitive pressures.
2. It is important to enhance the skills of concentration and self-confidence in players and this can be achieved by employing mental strategies such as mental visualization and impulse control exercises (J, 2021).
3. It is also important to nurture cooperation between coaches and sports psychologists in order to develop integrated training methodologies that can in turn develop both psychological and technical aspects.
4. The study can also recommend the performing of periodic tests as these serve to i) measure the ego strength of players and ii) link them to their levels of performance in aiming. This in turn helps in furthering their psychological and skill development (Smajla, 2020).

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