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PECULIARITIES OF THE WILLPOWER OF YOUNG BASKETBALL PLAYERS

Abstract: *the peculiarities of the willpower construct components of young basketball players (16–18 years old) were studied. The study used a questionnaire to evaluate the nine components of the willpower construct. It was found that the scores of most willpower components of young basketball players who achieved higher mastery were significantly higher than those of peers who trained together but had lower athletic achievements.*

Keywords: *willpower, basketball players, self-control, young people.*

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СПЕЦИФИКА СИЛЫ ВОЛИ МОЛОДЫХ БАСКЕТБОЛИСТОВ

Аннотация: *изучены особенности волевых характеристик юных баскетболистов (16-18 лет). В исследовании использовалась анкета для оценки девяти компонентов силы воли. Было обнаружено, что баллы по большинству компонентов силы воли молодых баскетболистов, достигших более высокого мастерства, были значительно выше, чем у сверстников, которые тренировались вместе, но имели более низкие спортивные достижения.*

Ключевые слова: молодежь, баскетболисты, сила воли, самообладание.

Introduction. Чумаков (2003) points out that the act of will in a person's activity has a socio-psychological component, manifested in leadership skills, social courage, and the ability to organize a task. Miller et al. (2012) propose to define the concept of will as the ability and power to perform activities that a person does not even want. Baumeister and Tierney (2012) proposed the use of the term willpower.

According to Miller et al. (2012), willpower (as well as its deficiency) can spread within a team because people tend to reflect the behavior of those with whom they are socially related.

Some researchers (Napolitano & Job, 2018) as well as Baumeister and Tierney (2012) emphasize that self-control can be called willpower. Napolitano and Job (2018) found a positive relationship between life satisfaction and self-control. The stimulus does not completely determine a person's will, as the person himself is the owner of his decisions and is therefore responsible for them. The results of the study (Bernecker, 2016) showed that the achievements and expectations of university students are related to whether they believe whether their willpower is a limited resource or their willpower is an unlimited resource. Those who believe that willpower is an unlimited source, have higher academic achievements, pursue their goals more persistently, and associate their progress with subjective well-being. The study revealed that psychological intervention may encourage subjects to apply the theory of unlimited willpower to themselves.

The authors of the meta-analysis (Carter et al. 2015) conclude that power resources are not limited.

Research methods and organization. Young basketball players aged 16–18, divided into two groups, were studied. The basketball players were selected to play for the national teams (group A) and the basketball players were candidates for the national teams but were not invited to the national teams after the selection camps (group B). There were 24 players in each group.

The study used a diagnostic questionnaire of personality willpower characteristics (Чумаков, 2006). The questionnaire is designed to measure nine components of will construct: responsibility, initiative, decisiveness, autonomy, independence, patience,

perseverance, vigor, attentiveness, and purposefulness. The questionnaire contains 78 statements to which the respondents must answer YES or NO. Respondents are given points for certain positive and negative responses. The suitability of the methodology was verified using Cronbach's alpha coefficient calculation (Чумаков, 2006).

Statistical analysis. SPSS – 22.0 software packages were used for data processing. Before statistical analysis, the normal distribution of quantitative variables was tested using the Shapiro – Wilk test at $p < .05$. Analyzing the distributions of the scale variables, it was found that the distributions of all variables were not significantly distant from the normal distribution, therefore parametric criteria were chosen for the analysis. The Mean values and standard deviations of response estimates were calculated and Student's *t*-test was used to compare two independent samples. Significance level $p < .05$ was adopted in the analysis.

Results. Data on the personality willpower components for young basketball players group A and group B are provided in Table 1.

Table 1

Estimates of components of willpower characteristics for basketball players group A and group B

Sub-scale	Group A (<i>n</i> = 24)		Group B (<i>n</i> = 24)		<i>t</i> -test <i>df</i> = 46	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Responsibility	5.11	.721	5.01	.834	.987	>.05
Initiative	5.41	.546	4.34	.728	2.314	<.05
Decisiveness	5.68	.457	4.66	.653	2.842	<.05
Autonomy	5.88	.351	3.80	.859	3.211	<.05
Patience	5.49	.684	5.89	1.256	-1.112	<.05
Perseverance	5.44	.431	4.88	1.024	2.321	<.01
Vigor	5.56	.367	5.47	.428	.752	>.05
Attentiveness	5.55	.592	5.62	.614	.523	>.05
Purposefulness	5.58	.853	5.43	.723	1.118	<.05

Notes. (M , SD) – mean and standard deviation; t – Student criterion; p – significance level; df – degree of freedom.

The mean values of the willpower components of group A, such as initiative, decisiveness, autonomy, perseverance, and purposefulness, were statistically significantly higher than those of group B. The mean of the patience component of the willpower construct of group B alone was statistically significantly higher than the mean and the differences are insignificant. Although, interestingly, the mean of the attentiveness estimate of the group B component is higher than that of group A, thus in contrast to the statistically significant differences.

Conclusions. Young basketball players selected for national teams have higher averages for many components of the willpower construct than former national team candidates but would not be invited to the national team. Young basketball players should more focus on developing willpower qualities. Coaches should pay attention to this as well.

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