

## PSYCHOLOGICAL SKILLS OF BASKETBALL ATHLETES BY PERSPECTIVE GENDER: STUDY INDONESIAN ATHLETES IN ASIAN GAMES XVIII

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### Abstract

The study aims to identify the differences in the psychological skills of the male and female Indonesian basketball teams in the Asian Games XVIII. The sample that had been involved in the study was 24 athletes, comprised of 12 males and 12 females. The instrument that had been implemented within the conduct of the study was The Psychological Skills Inventory for Sports (PSIS-R-5) (Mahoney et al., 1987). The data were analyzed, using the SPSS 12 software. The results of the study show that the psychological skills of the male athletes belonged to the "High" category with a mean score of 145.25 and, those of the female athletes also belonged to the "High" category with a mean score of 134.25. It might be concluded that There were significant differences between the male and the female athletes ( $p < 05$ ). The results of this study are expected to contribute references or evaluations for the coaches, the managers, and all of the stakeholders who have been involved in the Indonesian basketball affairs to improve the achievements of the basketball athletes through the psychological skills on the aspects of team significance for the male Indonesian basketball athletes and the aspects of mental preparation for the female Indonesian basketball athletes. The improvement on the achievements through the psychological skills on these aspects are important to pursue to support the Indonesian basketball athletes for dealing with the Asian competition and the global competition.

**Key words:** Indonesian basketball athletes, gender, psychological skills, sport psychology.

### Introduction

In sports games, many factors might influence the success of an athlete. In addition to possessing good physical and technical factors, success in a sports game is also influenced by good psychological skills (Demirci & Phytanza, 2021; Dosil et al., 2014; Phytanza, Burhaein, & Pavlovic, 2021). Good psychological skills influence the success of athletes in numerous sports (Burhaein, Ibrahim, et al., 2020; Robert S. Weinberg. & Dainiel Gould, 2018). The results of a study by Van Rossum (1996), explained that the coaches argued that among psychological skills two psychological skills must be mastered by athletes to support their success, namely winning mentality and self-confidence. Concerning the statement, mental training is a strategic technique that might assist an athlete in achieving success in sports (Durand-Bush & Salmela, 2002; Phytanza, Burhaein, & Pavlovic, 2021). Similarly, Menegassi et al. (2018) emphasized that motivation is an important aspect in the training program because motivation is the implementation of efforts that can improve the development of success in athletes and at the same time these two psychological factors may be a reference in differentiating successful athletes

and unsuccessful athletes (P. Purwanto, Lumintuarso, et al., 2021; Sheldon et al., 2013).

In sports, motivation becomes an important factor for an athlete to achieve success; without the presence of motivation, the athlete performance will be less optimum. The results of a study by Engan & Sæther (2018), confirm that the stress level of the level-2 basketball players is higher than that of the level-1 basketball players due to the high control toward their performance and development in the field. Basketball players who are at the level of elite athletes (especially level-1) have low-stress levels, this is because they have good stress management and are accompanied by psychological coach assistance. So stress is one of the important psychological factors for improving performance when competing. For example, in Norway athletes playing in level-2 leagues are stressed to study stress management theory to improve mental and competitive performance (Burhaein, Tarigan, Budiana, Hendrayana, Phytanza, Lourenço, et al., 2021; Chang et al., 2012; Phytanza et al., 15 C.E.). Watt, Klep, & Morris (2018), imagery means using all your senses (eg, seeing, feeling, hearing, tasting, smelling) to

practice your practice in your mind. Over the years coaches have popularized imagery training which is valuable for increasing motivation and performance and motivation of athletes.

Good psychological skills are also necessary for basketball. Basketball is a team game that certainly requires teamwork (Burhaein, Tarigan, Budiana, Hendrayana, Phytanza, Demirci, et al., 2021; Mumpuniarti et al., 2021; Sheldon et al., 2013). The objective of basketball is to score as many points as possible to the opponent team's ring to win the game. The psychological skills of basketball athletes Emotional Intelligence (EI) and competitive concern become one of the highly influential factors for athletes in achieving success in Iran (Boroujeni et al., 2012; P. Purwanto, Nopembri, et al., 2021; S. Purwanto & Burhaein, 2021). Similarly, Bourbousson, Poizat, Saury, & Seve (2010), state that team coordination in basketball relies on the framework of action theory, and its focus is how the players might be connected to other activities that influence the game results. In the United States of America good psychological skills are highly necessary and influential for the performance of basketball athletes in achieving their success (Burhaein et al., 2022; Burhaein, Tarigan, Budiana, Hendrayana, Phytanza, Lourenço, et al., 2021; Sheldon et al., 2013). Basketball athletes in Ukraine, there they are required to have good psychological qualities which is an important aspect because it will contribute to improving the mental performance of athletes in competing (Burhaein, Demirci, Lourenço, Németh, & Phytanza, 2021; Komarudin, 2015; Rovniy & Pasko, 2017).

In the world of sports throughout the United States of America, the conditions of the competition that takes place in the male basketball athletes significantly influence the mood and the performance concern during the game (Hoover et al., 2017; Putra et al., 2021). Concerning the statement, Robert S. Weinberg. & Dainiel Gould (2018) explains that there have not been differences in the psychological skills between individual sports and teamwork sports from the perspective of game motivation; motivation is indeed an important factor for the success of both the individual sports athletes and the teamwork sports athletes.

Based on the studies of the experts above, it can be concluded related to psychological aspects that are important to be considered by an athlete, especially in the sport of basketball. These psychological aspects include motivation, self-confidence, anxiety control, mental preparation, team signification, concentration (Robert S. Weinberg. & Dainiel Gould, 2018; Sibarani & Manurung, 2021; Sulistianoro & Setyawan, 2021). This psychological aspect will also be determined by gender differences, thus attracting a correlation in the psychological aspect with gender.

In every sport, the discussions on gender differences are always interesting to review. Katsikas,

Argeitaki, & Smirniotou (2009) state that, psychological skills are one of the aspects that support the success of athletes in Athena. Psychological skills show gender differences, especially between men and women. So gender is also an important factor in psychological skills that must be taken into account in all sports. A study in Hella explained that the skills of male athletes in high-energy sports (eg, basketball, soccer, swimming) scored higher in terms of psychological skills than female athletes despite the same amount of experience in the sport (Burhaein, Phytanza, & Demirci, 2020; Karamousalidis, Bebetos, & Laparidis (2006). Thibault et al. (2010) assert that sex is the main factor that influences the best performance of the world record in France. Furthermore, they state that females will not jump, swim, or ride as faster as males will. Based on this research, it can be concluded that male athletes tend to have better psychological skills than female athletes, although gender is not the only factor because it can also be caused by different anatomy and physiology and further with cultural experience factors.

In addition, Shrivastava (2013) explains that in Indonesia the male judoka has higher sport psychological skills on the aspects of dealing with difficulties, performing under pressure, undergoing mental preparation, gaining concentration, being concern-free, displaying faith, and displaying motivation in comparison to the female judoka. Not to mention, in England male and female athletes have a "High" category in terms of mental determination, which predicts the attribution of control after the competitive failures (Dosil et al., 2014; Jannah et al., 2021; Meggs & Chen, 2018). The fundamental psychological skills in sports include Motivation, Confidence, Anxiety Control, Mental Preparation, Team Significance, and Concentration (Phytanza & Burhaein, 2020; Robert S. Weinberg. & Dainiel Gould, 2018). The fundamental psychological skills that the male students have in the elementary school age are higher than those that the female students have in Spain (Navarro-Patón et al., 2018; Phytanza, Burhaein, Lourenço, et al., 2021; Phytanza, Mumpuniarti, et al., 2021).

The conditions of the psychological skills from the perspective of gender also apply to basketball athletes. In the United States of America, the mental determination and the performance of male basketball athletes are better and influential for their game performance (Newland et al., 2013; Pramantik, 2021; Prasetya, 2021). Under the same tone, Tamban & Banasihan (2017) state that in the Philippines the psychological characteristics of the male basketball athletes are lower on the aspects of adherence toward the rules of the game, the openness toward changes, and social confidence. On the contrary in India, the male basketball players have a very high mean score in terms of mental in comparison to the female basketball players (Irawan

& Prayoto, 2021; Kumar, 2016; Sutopo & Misno, 2021). Fradejas & Espada-Mateos (2018) explain that in Spain the psychological characteristics of basketball athletes in terms of stress management, performance evaluation influence, mental capacity, and team cohesion are higher for male athletes than the female athletes.

The results of the studies that have been elaborated above show that the review on the psychological skills from the perspective of gender between the male athletes and the female athletes have been conducted in basketball. However, the findings that are related to the diversity on the gender-based performance have still been limited especially for Indonesian basketball athletes. Up to date, a comprehensive study on psychological skills, which cover the aspects of motivation, self-confidence, anxiety control, mental preparation, team significance, and concentration, has never been done. In a more specific context, through the conduct of the study, a comparison of the psychological aspects between the Indonesian male basketball athletes and the female Indonesian basketball athletes who compete in the Asian Games XVIII 2018 will be provided based on gender.

Slightly review the achievements of Indonesian basketball athletes before the participation of the 2018 XVIII Asian Games in terms of gender. The first achievement of Indonesian men's team basketball itself is one of the basketball sports teams that are very accomplished in the Southeast Asian International games such as Southeast Asian Games (Sea Games), and Southeast Asia Basketball Competition (SEABA). The success can be seen from the acquisition of silver medals that can be donated to the 2017 Sea Games International Championships in Malaysia. While in other international events in Southeast Asia, the 2018 SEABA championship in Myanmar, the Indonesian men's basketball team was able to donate a silver medal. In the International Championship in Southeast Asia (Sea Games and SEABA) the sport of basketball is always included in the list of sports that are expected to donate medals.

Not much different from the achievement of Indonesian men's basketball athletes, Indonesian women basketball athletes have also always been a mainstay in the International Championship in the Southeast Asia region (Sea Games, Asean University Games). Evident in its participation in the 2017 Sea Games championship in Malaysia the Indonesian women's basketball team was able to contribute bronze, while at another southeast Asian championship, the ASEAN University Games (AUG) 2018 in Naypyidaw, Myanmar Indonesian women's basketball athletes were able to donate silver medals.

Based on the urgency of the problem from the theoretical gap and the conditions on the field, this study aims to identify differences in the psychological skills of the male and female Indonesian basketball

teams in the Asian Games XVIII.

## Methods

### *Research Design*

The method that had been adopted in the study was the retrospective causal-comparative design or the ex-post facto design (Fraenkel et al., 2012). In the context of the study, the study itself was the research that strived to uncover the characteristics of the psychological skills in the Indonesian basketball athletes who competed in the Asian Games XVIII 2018 in Indonesia.

### *Participants*

In the conduct of the study, the sampling technique that had been adopted was the purposive sampling technique (Fraenkel et al., 2012), with the following criteria: (1) the samples should be the athletes who had passed the selection process; and (2) the samples should hold the letter of statement to join the Asian Games XVIII 2018 that had been held in Indonesia. Then, the number of the samples who had been involved in the study was 24 people, comprising of 12 male Indonesian basketball athletes and 12 female Indonesian.

Indonesian men's and women's basketball athletes have the best quality evidenced by their high experience. In general, athletes have experience including:

1. Athletes (men & women) are active (professional) players in the Indonesian basketball league (NBL) Liga 1 competition in the last 2-3 years.
2. Athletes have individual achievements by being nominated for the best (professional) player list in NBL league competitions in the last 2-3 years.
3. Athletes have individual achievements by being nominated for the list of best players on regional and national teams in the last 2-3 years.
4. Athletes have the achievements of teams with a minimum of top 10 champions in the NBL Liga 1 Indonesia 2-3 years ago.
5. Athletes have had team achievements with titles in non-league regional (provincial) and national team competitions in the last 2-3 years.

### *Instrument and Procedures*

This research instrument is a test of the psychological abilities of soccer athletes. One instrument that researchers have often used over the past 10 years in measuring the psychological abilities of sportsmen is the psychological skills inventory for sports (PSIS-R-5) scale (Milavic et al., 2019; Josko Sindik, 2014; Joško Sindik et al., 2013). The instrument that had been adopted was the PSIS-R-5 scale, which had been adopted from Mahoney, et al. (Mahoney et al., 1987). Therefore, before the instrument is used, several steps are carried out first. In the first step, the instrument was translated by an English expert into *Bahasa Indonesia* (Indonesian Language). Then, in the second step, the instrument that had been translated was validated by three experts. The three experts are sports psychologists,

basketball game experts, and sports test and measurement experts. The three experts provide a record of the best improvement of the intrusion including: (1) instruments by the context of sports psychology in athletes of various countries, (2) instrument items by the context of the basketball, (3) instruments that are worthy of tests and measurements in basketball athletes of various countries because the validity and reliability values have met the standards, and (4) the instruments have been equipped with the interpretation of scores or categorization of results.

These experts provide validation and notes on improvements to each item of the instrument with the provisions of Aiken's V analysis.

The last stage is reliability testing, the instrument was tested on 76 athletes whose characteristics were similar to those of the respondents, and yet the 76 athletes were not part of the respondents. This instrument consists of 44 items that uncover 6 aspects of psychological skills namely: (1) motivation (8 items); (2) confidence (8 items); (3) anxiety control (8 items); (4) mental preparation (6 items); (5) team significance (7 items); and (6) concentrations (7 items).

The results of the reliability and the validity test for the Indonesian version of the psychological skills instrument Are presented in Table 1.

Table 1. Instrument Validity and Reliability from the Test Results.

Psychological Skills	Total Items	Coefficient of Validity (Aiken's V)	Coefficient of Reliability (Cronbach's Alpha)
Motivation	8	0,679	0,792
Self-Confidence	8	0,636	0,775
Anxiety Control	8	0,779	0,914
Mental Preparation	6	0,839	0,921
Team Signification	7	0,665	0,803
Concentration	7	0,731	0,856

Source: Data Primer

The results in Table 1 showed that the psychological skills instrument that had been adopted was valid and reliable. The experimental instrument therefore might be implemented in the study toward the Indonesian basketball athletes who participated in the Asian Games XVIII 2018, which had been held in Indonesia. On the contrary, the associations on the aspects of the psychological skills might be explained as follows: (1) 1 = never; (2) 2 = very seldom; (3) 3 = occasionally; (4) 4 = often; and (5) 5 = frequent.

The criteria for the psychological skill instruments of the athlete as a whole can be seen in Table 2. Then for each aspect of psychological skills athletes can be seen in Table 3 (motivational aspect), Table 4 (confidence aspect), Table 5 (anxiety control aspect), Table 6 (team importance aspect), Table 7 (concentration aspect).

Table 2. Psychological Skills Instrument Criteria.

No	Score Range	Category
1	159,59 - 190	Very High
2	129,20 - 159,59	High
3	98,80 - 129,20	Moderate
4	68,41 - 98,80	Low
5	38 - 68,41	Very Low

Table 3. Psychological Skills Criteria Aspects of Motivation.

No	Score Range	Category
1	33,59 - 40	Very High
2	27,20 - 33,59	High
3	20,80 - 27,20	Moderate
4	14,40 - 20,80	Low
5	8 - 14,40	Very Low

Table 4. Psychological Skills Criteria Aspects of Self-Confidence.

No	Score Range	Category
1	29,41 - 35	Very High
2	23,80 - 29,41	High
3	18,20 - 23,80	Moderate
4	12,59 - 18,20	Low
5	7 - 12,59	Very Low

Table 5. Psychological Skills Criteria Aspects of Anxiety Control.

No	Score Range	Category
1	25,2 - 30	Very High
2	20,4 - 25,2	High
3	15,6 - 20,4	Moderate
4	10,8 - 15,6	Low
5	6 - 10,8	Very Low

Table 6. Psychological Skills Criteria Aspects of Team Importance.

No	Score Range	Category
1	16,81 - 20	Very High
2	13,60 - 16,81	High
3	10,40 - 13,60	Moderate
4	7,19 - 10,40	Low
5	4 - 7,19	Very Low

Table 7. Psychological Skills Criteria Aspects of Concentration.

No	Score Range	Category
1	25,2 - 30	Very High
2	20,4 - 25,2	High
3	15,6 - 20,4	Moderate
4	10,8 - 15,6	Low
5	6 - 10,8	Very Low

Data Analysis

The data analysis technique that had been implemented in the study was the descriptive quantitative technique. The objective of implementing the descriptive quantitative technique was to uncover the general psychological skills of basketball athletes. In addition, another data analysis technique had also been implemented namely the t-test. The t-test was implemented to compare the psychological skills between the male basketball athletes and the female basketball athletes. The t-test was conducted by using the SPSS Version 22 software.

Results

*The Psychological Skills of the Male Indonesian Basketball Athletes*

The characteristic of the psychological skills in the male basketball athletes is that the mean score of their psychological skills is 145.25 and therefore their psychological skills belong to the "High" category. Despite this characteristic, one aspect of their psychological skills belongs to the "Very High" category namely motivation. This finding might be consulted in Table 8 below.

Results and Discussions

Table 8. The Psychological Skills of the Male Indonesian Basketball Athletes in the Asian Games XVIII 2018.

No	Aspects	Mean Score (Range 1 – 5)	Score	Category
1	Motivation	4.33	34.67	Very High
2	Self-Confidence	3.96	27.75	High
3	Anxiety Control	3.54	24.83	High
4	Mental Preparation	3.51	21.08	High
5	Team Significance	3.31	13.25	Moderate
6	Concentration	3.94	23.67	High
	Total		145.25	High

In addition to motivation which has held the "Very High" category, there are also four other factors that have held the "High" category namely: (1) self-confidence; (2) anxiety control; (3) mental preparation; and (4) concentration. On the contrary, there is one aspect that has held the "Moderate" category and this aspect has been the lowest aspect from all of the psychological skills namely team significance.

*The Psychological Skills of the Female Indonesian Basketball Athletes*

The characteristic of the psychological skills in the female basketball athletes is that the mean score of their psychological skills is 134.25 and therefore their psychological skills belong to the "High" category. Despite this characteristic, one aspect of their psychological skills belongs to the "Very High"

category namely motivation. This finding might be consulted in Table 9 below.

Table 9. The Psychological Skills of the Female Indonesian Basketball Athletes in the Asian Games XVIII 2018.

No	Aspects	Mean Score (Range 1 – 5)	Score	Category
1	Motivation	3.87	31.00	High
2	Self-Confidence	3.56	24.92	High
3	Anxiety Control	3.54	24.83	High
4	Mental Preparation	2.86	17.17	Moderate
5	Team Significance	3.70	14.83	High
6	Concentration	3.58	21.50	High
	Total		134.25	High

In addition to motivation which has held the "Very High" category, there are also four other factors that have held the "High" category namely: (1) self-confidence; (2) anxiety control; (3) team significance; and (4) concentration. On the contrary, there is one aspect that has held the "Moderate" category and this aspect has been the lowest aspect from all of the psychological skills namely mental preparation.

*Comparison of the Psychological Skills between the Male Indonesian Basketball Athletes and the Female Indonesian Basketball Athletes from the Perspective of Gender*

To analysis the psychological skills based on gender, a t-test should be performed. The results of the t-test using SPSS calculation show that  $t_{count} = 2.220$  with Sig. value = 0.037. Since the Sig. value = 0.037 < 0.050, it might be inferred that the results of the t-test have been significant. The inference is supported by the results that have been displayed in Table 4 below. In terms of mean score, it is apparent that there have been differences between the male Indonesian basketball athletes and the female Indonesian basketball athletes who compete in the Asian Games XVIII 2018, see Table 10.

Table 10. The Psychological Skills of the Indonesian Basketball Athletes from the Perspective of Gender in the Asian Games XVIII 2018.

Gender	N	Mean	SD	T	P-Value
Male	12	145.25	13.916	2.220	0.037
Female	12	134.25	10.046		

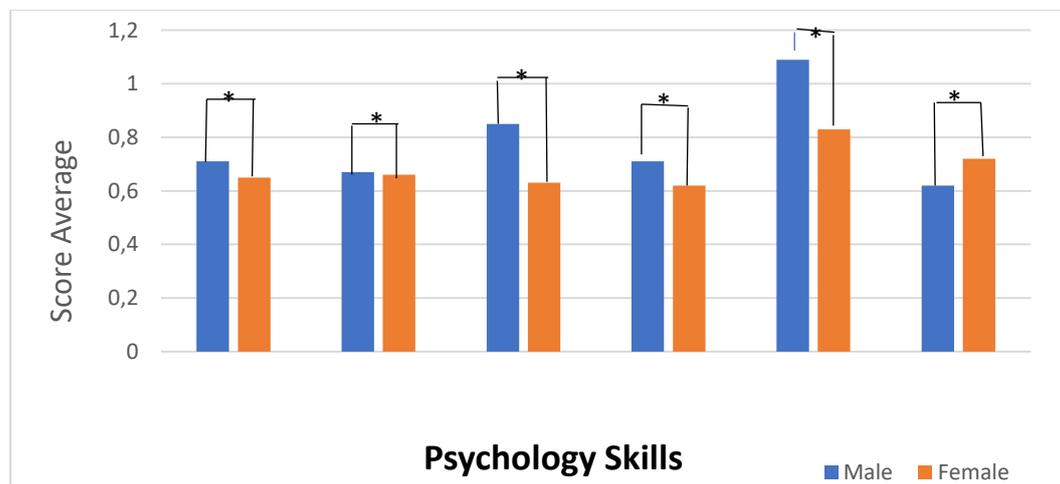


Figure 1. The Psychological Skills of the Indonesian Basketball Athletes from the Perspective of Gender

In Figure 1, it is clear that there have been six aspects under the study namely: (1) motivation; (2) self-confidence; (3) anxiety control; (4) mental preparation; (5) team significance; and (6) concentration.

From the perspective of gender, the results of the study show that the psychological skills have been significantly different between the male Indonesian basketball athletes and the female Indonesian basketball athletes in each aspect and overall aspects.

## Discussion

The mean score for the psychological skills of the male Indonesian basketball athletes is 145.25, which belongs to the "High" category, while the mean score for the psychological skills of the female Indonesian basketball athletes is 134.25, which also belongs to the "High" category. The results of the t-test show that the  $t_{\text{count}} = 2.220$  with the Sig. value = 0.037. Since the Sig. value = 0.037 < 0.050, it might be explained that there have been significant differences in the characteristics of the psychological skills between the male Indonesian basketball athletes and the female Indonesian basketball athletes who have been competing in the Asian Games XVIII 2018. Thus, the implication is that the hypothesis within the study, namely that the psychological skills of the male Indonesian basketball athletes are higher than those of the female Indonesian basketball athletes, might be accepted although the psychological skills of both genders have belonged to the "High" category.

The results of this study are also supported by the results of the study by Karamousalidis et al. (2006), which state that male athletes score higher psychological skills than female athletes despite the same sports experiences. With regards to the statement, Katsikas et al. (2009) state that in addition to the psychological skills that support the success of an athlete, gender is also an important factor that should be counted in all sports throughout Athena. The mental determination and performance that the male basketball players have are better than the mental determination and performance that the female basketball players have and, not to mention, both the mental determination and the mental performance highly influence the performance during a game (Newland et al., 2013).

Furthermore, Shrivastava (2013) explains that in India the male athletes possess higher sports psychological skills in certain aspects namely dealing with difficulties, performing under pressure, undergoing mental preparation, gaining concentration, being anxiety-free, showing confidence, and displaying achievement motivation than the female athletes. On the other hand, Parnabas (2015) states that the male athletes earn the lowest score on the anxiety in performing sports in comparison to the female athletes and this situation certainly impacts the performance and the success of the athletes. However, the male basketball players have a very high mean score on the psychological aspects in terms of mental in comparison to the female basketball players (Kumar, 2016). According to Miçooğullari & Kirazci (2016), male basketball players have higher and more positive team participation, team cohesion, and self-confidence level in comparison to the female basketball players.

Still, regarding the psychological skills between the male and female basketball players, Deaner, Balish, & Lombardo (2016) argue that the motivation that has been internalized in the male athletes who

participate in sports games is higher than the female athletes. According to Fradejas & Espada-Mateos (2018), the psychological characteristics that the male athletes have, such as stress management, performance evaluation influence, mental capacity, and team cohesion, earn higher mean scores than the psychological characteristics that the female athletes have. Furthermore, the analysis results within a study by Navarro-Patón et al. (2018) assert that the variables of the psychological skills that the boys have are higher than the variables of the psychological skills that girls have during elementary school degree about age, gender, and education.

Then, Tamban & Banasihan (2017) explains that in the Philippines the psychological characteristics of the male basket athlete are lower on the aspects of adherence to the law of the games, the openness toward changes, and the social trust. She further states that male basketball athletes have a lower level of relaxation in comparison to female basketball athletes. It seems that for the male basketball athletes competitiveness and aggressiveness are the high aspects within their hierarchy. Overall, the results of this study, altogether with the results of the other studies that have been previously elaborated, might be useful for the basketball athletes and the basketball coaches so that they will be more familiar with the aspect of competitiveness anxiety and these results might also be useful for the parties who have been involved in the basketball (Burhaein, Tarigan, et al., 2020; Karamousalidis et al., 2006).

Many literature reviews on the psychological skills from the perspective of gender have been performed especially throughout the countries with advanced sports science majoring in sports psychology (Parnabas, 2015; Phytanza & Burhaein, 2020). However, up to date such studies have not been able to describe clearly the results of the comparison that have been attained. Specifically, there has not been any review that displays consistent results on the more comprehensive aspects within the comparison on the psychological skills between the male and the female Indonesian basketball athletes who compete in the Asian Games XVIII 2018. The more comprehensive aspects intended in the study consist of motivation, self-confidence, anxiety control, mental preparation, team significance, and concentration.

## Conclusion

The mean score for the psychological skills of the male Indonesian basketball athletes is 145.25 with the "High" category and, at the same time, the mean score for the psychological skills of the female Indonesian basketball athletes is 134.25 with the "High" category as well. The results of the t-test show that the  $t_{\text{count}} = 2.220$  with the Sig. value = 0.037. Since the Sig. value = 0.037 < 0.050, it might be explained that there have been significant differences between the male Indonesian basketball athletes and the female Indonesian basketball athletes who have competed in the Asian Games XVIII 2018.

The male Indonesian basketball athletes possess higher and more comprehensive psychological skills in the aspects of motivation, self-confidence, anxiety control, mental preparation, team significance, and concentration in comparison to the female Indonesian basketball athletes.

The results of this study are expected to contribute references or evaluations for the coaches, the managers, and all of the stakeholders who have been involved in the Indonesian basketball affairs to improve the achievements of the basketball athletes through the psychological skills on the aspects of team significance for the male Indonesian basketball athletes and the aspects of mental preparation for the

female Indonesian basketball athletes. The improvement on the achievements through the psychological skills on these aspects are important to pursue to support the Indonesian basketball athletes for dealing with the Asian competition and the global competition.

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#### Conflict of Interests

All authors state that there is no conflict of interest in this study.

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