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## **The Relationship Between Sports Injuries and Achievement Motivation Among Adult Basketball Players: A Field Study on Selected Clubs in Batna Governorate.**

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### **Abstract:**

The objective of this study is to investigate the relationship between achievement motivation and sports injuries among basketball players, as well as to explore the role of sports injuries in the decline of performance levels and the loss of motivation to achieve success. The study employed an achievement motivation scale and a questionnaire designed to assess common injuries in basketball, directed at the basketball players under investigation. A descriptive research design was adopted due to its appropriateness for the study, with a purposive sample of 30 players who had previously sustained sports injuries. The data were analyzed using SPSS software, employing the Chi-square ( $\chi^2$ ) test and percentage calculations. The results obtained supported both the partial and the general hypotheses of the study.

**Keywords:** Sports Injuries; Achievement Motivation; Basketball.

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### **1. INTRODUCTION**

Basketball has gained a prominent and high status in developed countries. The practice of basketball offers multiple benefits, including physical, psychological, social, educational, and economic advantages, whether for those engaging in the sport for pleasure or pursuing professional careers. Basketball practice is subject to a training process that focuses on various aspects, including the psychological dimension, which goes hand in hand with other physical, technical, and tactical aspects. Psychological preparation is one of the main pillars of the training process, in addition to other training elements (Jouad Kadhim, 2001, p. 35).

However, the foundations of practicing basketball require significant physical contact, which can result in sports injuries that negatively affect the performance and motivation of athletes to achieve success. Researchers specializing in the field focus on developing achievement motivation among players and aim to eliminate the obstacles that limit or reduce such motivation. Mustafa Ashawi defines motivation as a state of psychological and physiological tension, which may be conscious, driving the individual to engage in activities and behaviors to satisfy certain needs, reduce tension, and restore balance to behavior and overall mental state (Mustafa Ashawi, 1990, p. 83).

### **2. Problem Statement**

Basketball is one of the most popular and widely practiced team sports worldwide. In basketball, sports training is a long and challenging process based on solid scientific principles aimed at training and strengthening basketball players to reach the optimal physical condition for each player, focusing on the complete development of their skills. This goal requires the development of the player's technical, mental, physical, psychological, and moral abilities to achieve the highest possible sports level and, ultimately, the team's desired objectives.

Among these scientific principles is the emphasis on the psychological aspect of the basketball player and working to enhance their motivation to achieve sports excellence. The athlete's performance is influenced by psychological factors, which play a significant and direct role in mastering sports performance and applying it in competitions. Psychological preparation is closely related to physical, technical, and tactical preparation. As a result, psychological preparation is a decisive factor in determining the outcome of players' efforts during competitions, directly influencing victory and superiority (Amer Saeed Al-Khikani, 2011, p. 75).

Focusing on the psychological aspect of athletes helps in developing their motor response, sensory perception, intelligence, mood, and willpower, as well as controlling environmental factors and lifestyle. This can be achieved through prior knowledge of the psychological characteristics of sports activity, in addition to effective management of motivation and incentives, which increases the likelihood of success in sports competitions (Saleh Abdullah Al-Zoghbi, 2001, p. 197).

However, the nature of practicing this sport is not without the occurrence of sports injuries, which are among the most dangerous obstacles athletes face, as they may lead to their departure from the field while still at their peak performance. A sports injury is a significant concern for every athlete, as it negatively impacts athletic performance (Abbas Lounis, 2015, p. 57).

There is no doubt that athletes who have previously suffered injuries, or even those who have witnessed a teammate suffer a serious injury, or have heard about an injury that almost ended a player's career, all live in fear of injury. This fear negatively impacts their motivation to reach the highest athletic levels.

In this study, we aim to find solutions by measuring the variables we seek to define in our topic. From this standpoint, we pose the following question:

What is the relationship between sports injuries and achievement motivation among basketball players?

### **2.1.Sub-questions:**

From this main issue, the following questions arise:

- Is there a relationship between the cause of the injury and achievement motivation for success among basketball players?
- Is there a relationship between the location of the injury and the motivation to avoid failure among basketball players?
- Is there a relationship between the type of injury and the motivation to avoid failure among basketball players?

### **3. Hypotheses:**

#### **3.1.General Hypothesis :**

There is a relationship between sports injuries and achievement motivation among basketball players.



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### **3.2.Partial Hypotheses:**

- Is there a relationship between the cause of the injury and achievement motivation for success among basketball players?
- Is there a relationship between the location of the injury and the motivation to avoid failure among basketball players?
- Is there a relationship between the type of injury and the motivation to avoid failure among basketball players?

### **4. Importance of the Topic:**

The importance of our research can be summarized as follows:

- Clarifying the impact of sports injuries on the psychological aspect of basketball players.
- Understanding the negative effects of sports injuries on basketball players.
- Preserving the mental health of athletes.
- Highlighting the importance of achievement motivation in basketball players.

### **5. Objectives of the Topic:**

- To understand the facts related to sports injuries and achievement motivation.
- To determine the nature of the relationship between sports injuries and achievement motivation among basketball players.
- To emphasize the importance of achievement motivation for players who have been injured and to assist them in overcoming physical and psychological challenges.
- To raise awareness of the psychological effects of sports injuries on athletes.
- To address players' fears of sports injuries.

### **6. Definition of Terms:**

- **Injury:** A harmful change in one or more of the body's tissues, accompanied by physiological, chemical, and psychological reactions resulting from an overpowering internal or external force.
- **Sports Injury:** The exposure of body tissues to external and internal forces during sports activities, resulting in anatomical or physiological

changes in the injured area, which disrupt the function of that tissue (Samia Khalil Mohammed, 2004, p. 5).

- **Motivation:** A state of internal tension that stimulates behavior and directs it toward achieving a specific goal. Generally, it refers to internal forces that contribute to activating behavior and directing it to fulfill the goal (Amer Saeed, 2011, p. 258).
- **Achievement Motivation:** The desire or tendency of an individual to overcome obstacles and to exert effort and struggle in performing difficult tasks efficiently and quickly whenever possible (Abd al-Latif Khalifa, 2000, p. 89).
- **Basketball:** A team sport consisting of 5 players who use their hands to handle a large ball on a rectangular court designed for ball dribbling. The match time is 40 minutes, divided into two halves of 20 minutes each (Ahmed Amin Fawzi, 2004, p. 8).

## 7. Previous Studies:

- **First Study:** A study published in the Journal of Psychological and Educational Studies, Volume 13, Issue 2, June 2020, Pages 141-155, titled "Sports Injuries and Their Relationship with Achievement Motivation among Senior Football Players" by Mourad Ben Omar, Adel Khoukha, and Khaled Joudi. The study aimed to explore the relationship between sports injuries and achievement motivation in football players. The sample consisted of 27 players selected randomly from clubs in the M'sila region. The study used a descriptive approach and employed a motivation scale and questionnaire. The results indicated that:
  - Insufficient warm-ups and tactical and skill-related issues caused injuries, which led to a decrease in motivation for success and failure avoidance.
  - The type of injury negatively affected both motivation for success and failure avoidance.
- **Second Study:** Published in the Journal of Physical Activity, Society, Education, and Health, Volume 3, Issue 1, Pages 64-49, September 26, 2020, titled "The Relationship Between Sports Injuries and Achievement Motivation in Gymnastics among Students of the Physical Education Institute in Chlef" by Ghazali Abdelkader and Makhtari Abdelhamid. This study explored the relationship between sports injuries and achievement motivation among students practicing gymnastics, which is an individual sport that relies on the athlete's ability to perform movements on various apparatuses.



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- **Third Study:** Published in the Journal of Humanities and Social Sciences Research, Volume 8, Issue 27, Pages 423-436, March 10, 2020, titled "The Relationship Between Sports Injuries and Achievement Motivation in Physical Education Classes among Secondary School Students" by Belboul Farid and Ben Dekful Rashid. The study focused on the psychological and physical impact of sports injuries and their effect on motivation in physical education.
- 8. **Exploratory Study:** Before starting the main research, we conducted an exploratory study as the first step to familiarizing ourselves with the fieldwork aspects. This included visiting basketball teams and facilitating contact with coaches and players to understand the subject and gather data through field observations and surveys regarding sports injuries.
- 9. **Time and Spatial Scope:**
  1. **Time Scope:** From January 2020 to April.
  2. **Spatial Scope:** The questionnaire was distributed to senior basketball teams in Batna Province.

### **10. Study Variables:**

The study's variables are:

- **Independent Variable:** Sports injuries.
- **Dependent Variable:** Achievement motivation.

11. **Sample and Selection Method:** The sample consists of 30 players from 7 teams, selected based on purposive sampling, which was aimed at eliminating potential external variables while minimizing bias or unintentional misrepresentation.

**Table 1:** Distribution of Sample Members Across Sports Clubs in Batna Governorate.

| Number of Players | Team Name                              | Number |
|-------------------|----------------------------------------|--------|
| 04                | Chémara Municipal Sports Club          | 01     |
| 01                | Bouzourane Sports Club                 | 02     |
| 05                | Ares Municipal Sports Club             | 03     |
| 04                | Brika Mouloudia Club                   | 04     |
| 07                | Daoudi Saleh University Residence Club | 05     |

|    |                                    |    |
|----|------------------------------------|----|
| 06 | Ras El Ayoun Municipal Sports Club | 06 |
| 02 | Ain Touta Mouloudia Club           | 07 |

**Source:** Prepared by the Researcher.

**12. Methodology:** We used the descriptive method to determine the effect of psychological training on achieving motivational traits, as it is capable of accurately describing phenomena and expressing them in quantitative terms. The descriptive method is one of the main methods relied upon in scientific studies (Jamal Abu Shanab, 2010, p. 28).

### 13. Study Tools:

**13.1. Achievement Motivation Scale:** To comprehensively address the topic, the researcher used the Achievement Motivation Scale developed by "Joe Wells" in 1972. Wells designed a specific qualitative measurement tool for the sports field to assess achievement motivation related to sports competition. The scale includes three dimensions: ability drive, success achievement drive, and failure avoidance drive.

Researcher "Mohammad Hassan Allawi" adapted the scale to include two dimensions:

- Success achievement drive.
- Failure avoidance drive.

**13.1.1. Psychometric Properties of the Scale:** The scale's reliability and validity were confirmed by various researchers who applied it in the Arab environment.

- **Reliability:** The Cronbach's alpha coefficient was calculated.

**Table 2:** Cronbach's Alpha Coefficients for the Achievement Motivation Scale:

| Cronbach's Alpha Coefficient | Dimensions                | Number |
|------------------------------|---------------------------|--------|
| 0.73                         | Success Achievement Drive | 01     |
| 0.80                         | Failure Avoidance Drive   | 02     |

**Source:** Prepared by the Researcher.



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From analyzing the table, we observe that the Cronbach's alpha coefficient for each dimension is as follows:

- The Cronbach's alpha coefficient for success achievement drive was 0.73.
- The Cronbach's alpha coefficient for failure avoidance drive was 0.80.

The reliability coefficients for the two dimensions ranged between (0.73 and 0.80), indicating a high level of reliability, which suggests that the scale is consistent.

**13.1.2. Validity:** Pearson's correlation coefficient was calculated between the items of each dimension and the total score to assess validity.

**Table 3:** Pearson Correlation Coefficients between the Total Score of the Achievement Motivation Scale and the Success Achievement Drive Items.

| Result      | Significance Level | Correlation Coefficient | Item Number |
|-------------|--------------------|-------------------------|-------------|
| Significant | 0.01               | 0.795                   | 02          |
| Significant | 0.01               | 0.830                   | 04          |
| Significant | 0.01               | 0.920                   | 06          |
| Significant | 0.01               | 0.799                   | 08          |
| Significant | 0.01               | 0.933                   | 10          |
| Significant | 0.01               | 0.972                   | 12          |
| Significant | 0.05               | 0.708                   | 14          |
| Significant | 0.01               | 0.887                   | 16          |
| Significant | 0.01               | 0.983                   | 18          |
| Significant | 0.01               | 0.954                   | 20          |

**Source:** Prepared by the Researcher.

**Table 4:** Pearson Correlation Coefficients between the Total Score of the Achievement Motivation Scale and the Failure Avoidance Drive Items.

| Result      | Significance Level | Correlation Coefficient | Item Number |
|-------------|--------------------|-------------------------|-------------|
| Significant | 0.01               | 0.54                    | 01          |
| Significant | 0.05               | 0.693                   | 03          |
| Significant | 0.01               | 0.872                   | 05          |
| Significant | 0.05               | 0.693                   | 07          |
| Significant | 0.05               | 0.659                   | 09          |

|             |      |       |    |
|-------------|------|-------|----|
| Significant | 0.01 | 0.872 | 11 |
| Significant | 0.01 | 0.865 | 13 |
| Significant | 0.01 | 0.923 | 15 |
| Significant | 0.01 | 0.973 | 17 |
| Significant | 0.01 | 0.985 | 19 |

**Source:** Prepared by the Researcher.

From analyzing the tables, we see that the correlation coefficients of the items are statistically significant at the 0.01 and 0.05 significance levels, indicating a positive correlation. This confirms that the scale is valid.

**13.2. Questionnaire:** The researcher developed a questionnaire with three sections (Cause of Injury, Location of Injury, Type of Injury):

- What is the cause of the sports injury?
  - Insufficient warm-up, physical fitness, aggressive play, incorrect technique, previous injury.
- Where did the injury occur?
  - Head, shoulder, ankle, wrist, back.
- What type of injury did you sustain?
  - Dislocation, sprain, fracture, tear, contusion.

**13.2.2. Reliability:** The questionnaire was distributed to a group of players, and after one week, it was redistributed to assess the correlation between the two results.

**Validity:** The validity was established through expert judgment by distributing the questionnaire to specialist professors.

**3.13. Statistical Techniques Used:** The most commonly used three-way method was applied to determine numerical data by extracting percentage values for each question. The three-way relationship formula is as follows:

- **Chi-Square Test ( $\chi^2$ )**
- **Percentage = (Effective Count x 100) / Total Count**



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**14. Field Application Procedures:** In our study on the relationship between sports injuries and achievement motivation among basketball players, we approached the clubs operating in Batna Governorate to collect ideas and information and verify hypotheses.

Through this study, we developed a questionnaire directed to the participants.

**14.1. Study Limitations:** Our study was limited to the aforementioned clubs due to their proximity.

### **15. Results:**

#### **15.1. First Hypothesis:**

- There is a relationship between the cause of injury and success achievement drive among basketball players at the 0.05 significance level.
  - Degrees of freedom = Sample size - 1
    - $30 - 1 = 29$
    - The table value of the correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3491.

**Table 5:** Correlation Coefficients for Success Achievement Drive and Injury Cause Variables.

| Significance Level | Table Correlation Coefficient | Calculated Correlation Coefficient | Variables                               |
|--------------------|-------------------------------|------------------------------------|-----------------------------------------|
| 0.05               | 0.3491                        | 0.961                              | Success Achievement Drive, Injury Cause |

**Source:** Prepared by the Researcher.

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the cause of injury and achievement motivation.

- There is a relationship between the cause of injury and the motivation to avoid failure among basketball players at the 0.05 significance level.
- **Degrees of Freedom** = **Sample Size** - **1**  
This equals 30 - 1 = 29.

The tabulated correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3494.

**Table 06** shows the computed and tabulated values for the variables of failure avoidance motivation and the cause of sports injuries.

| Significance Level | Tabulated Correlation Coefficient | Computed Correlation Coefficient | Variables                    |
|--------------------|-----------------------------------|----------------------------------|------------------------------|
| 0.05               | 0.3494                            | 0.961                            | Failure Avoidance Motivation |
|                    |                                   |                                  | Cause of Injury              |

**Source:** Prepared by the researcher

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the cause of injury and failure avoidance motivation among basketball players.

## Hypothesis 2:

- There is a relationship between the location of injury and achievement motivation among basketball players at the 0.05 significance level.
- **Degrees of Freedom = Sample Size - 1**  
This equals 30 - 1 = 29.  
The tabulated correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3494.

**Table 07** shows the computed and tabulated values for the variables of achievement motivation and the location of sports injuries.

| Significance Level | Tabulated Correlation Coefficient | Computed Correlation Coefficient | Variables              |
|--------------------|-----------------------------------|----------------------------------|------------------------|
| 0.05               | 0.3494                            | 0.979                            | Achievement Motivation |
|                    |                                   |                                  | Location of Injury     |



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**Source:** Prepared by the researcher

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the location of injury and achievement motivation among basketball players.

- There is a relationship between the location of injury and failure avoidance motivation among basketball players at the 0.05 significance level.
- **Degrees of Freedom = Sample Size - 1**  
This equals 30 - 1 = 29.  
The tabulated correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3494.

**Table 08** shows the computed and tabulated values for the variables of failure avoidance motivation and the location of sports injuries.

| Significance Level | Tabulated Correlation Coefficient | Computed Correlation Coefficient | Variables                    |
|--------------------|-----------------------------------|----------------------------------|------------------------------|
| 0.05               | 0.3494                            | 0.951                            | Failure Avoidance Motivation |
|                    |                                   |                                  | Location of Injury           |

**Source:** Prepared by the researcher

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the location of injury and failure avoidance motivation among basketball players.

**Hypothesis 3:**

- There is a relationship between the type of injury and achievement motivation among basketball players at the 0.05 significance level.
- **Degrees of Freedom = Sample Size - 1**  
This equals 30 - 1 = 29.  
The tabulated correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3491.

**Table 09** shows the computed and tabulated values for the variables of achievement motivation and the type of sports injury.

| Significance Level | Tabulated Correlation Coefficient | Computed Correlation Coefficient | Variables              |
|--------------------|-----------------------------------|----------------------------------|------------------------|
| 0.05               | 0.3494                            | 0.950                            | Achievement Motivation |
|                    |                                   |                                  | Type of Injury         |

**Source:** Prepared by the researcher

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the type of injury and achievement motivation among basketball players.

- There is a relationship between the type of injury and failure avoidance motivation among basketball players at the 0.05 significance level.
- **Degrees of Freedom = Sample Size - 1**  
This equals 30 - 1 = 29.  
The tabulated correlation coefficient at the 0.05 significance level with 29 degrees of freedom is 0.3494.

**Table 10** shows the computed and tabulated values for the variables of failure avoidance motivation and the type of sports injury.

| Significance Level | Tabulated Correlation Coefficient | Computed Correlation Coefficient | Variables                    |
|--------------------|-----------------------------------|----------------------------------|------------------------------|
| 0.05               | 0.3494                            | 0.977                            | Failure Avoidance Motivation |
|                    |                                   |                                  | Type of Injury               |

**Source:** Prepared by the researcher

The computed correlation coefficient is greater than the tabulated correlation coefficient at the 0.05 significance level, indicating a relationship between the type of injury and failure avoidance motivation among basketball players.

## **15. Analysis and Discussion of Results:**

From the previous presentation of results, we can deduce the following:

- **Hypothesis 1:** It suggests that the cause of sports injuries affects the achievement motivation of players who have previously suffered injuries during their basketball activities. This influence is seen in the fact that the incidence of sports injuries increases with the difficulty of training. A study by Murad Ben Omar, published in the "Journal of Psychological and Educational Studies" in the June 2020 issue (Vol. 13, No. 2), found that the lack of coach competence, insufficient warm-up, and failure to consider environmental conditions negatively impact achievement motivation in players.
- **Hypothesis 2:** There is a relationship between the location of the injury and achievement motivation in basketball players. Players tend to feel more stressed when practicing or competing in areas where their teammates have previously been injured. This stress stems from a fear of re-injury, which negatively affects their achievement motivation. A study by Abdelkader Ghazali, published in the "Journal of Physical Activity, Sports, Community, and Health" (Vol. 3, No. 1), confirmed that players' fear of re-injury forces them to reduce their enthusiasm and willingness to exert effort during activities, often avoiding physical contact to prevent injury. This hesitation impacts their competitive spirit and, consequently, their motivation to succeed.
- **Hypothesis 3:** The type of injury influences achievement motivation in basketball players. Injuries to the ankle and wrist, in particular, significantly reduce players' performance levels. This is evident as most affected players show a decline in their performance and tend to avoid difficult movements that could expose them to further injury. Both studies by Fadil Balbul and the one in "The Journal of Human and Social Sciences Research" (Vol. 8, No. 27) demonstrate that many players strive to improve their performance despite fears of future injuries. The negative expectations concerning their performance lead to a reduction in their ability to concentrate and focus.

## **16. General Conclusions:**

- There is a relationship between sports injuries and achievement motivation in basketball players.

- There is a relationship between the location of the injury and achievement motivation in basketball players.
- There is a relationship between the cause of injury and achievement motivation in basketball players.
- Sports injuries have an impact on the achievement motivation of basketball players.
- Sports injuries contribute to the decline in the performance level of basketball players.
- The fear of re-injury affects achievement motivation in basketball players.
- Injuries negatively affect achievement motivation in basketball players.

## **16. CONCLUSION:**

This study addresses one of the major problems faced by athletes in general, and basketball players specifically, which is sports injuries and their relation to achievement motivation. This issue burdens both the coach and the athlete alike.

Through this study, we found that sports injuries have a negative impact on the achievement motivation of basketball players who have previously experienced such injuries. This impact is evident in their behavior, performance, competitiveness, and their desire to succeed or avoid failure. It is crucial to address this phenomenon, which begins with awareness of the risks of sports injuries, investigating the causes behind them, and trying to develop preventive measures and treatments. However, the focus of this study is on highlighting the necessity of fostering achievement motivation among basketball players, as this reflection on their behavior and performance is vital to their desire for success and avoidance of failure. Therefore, it is essential to address this issue not only at the elite level but at all levels of play.

We also emphasized the importance of educating athletes about the risks of injury, understanding their causes, and developing preventive and rehabilitative measures, including psychological rehabilitation.

## **17. Recommendations and Suggestions:**

- The necessity of providing specialized psychological coaches for basketball teams in clubs.
- Considering players' psychological motives during sports activities.
- Basketball coaches should be aware of the psychological needs of players.
- Sports federations and institutes should organize ongoing training for coaches, particularly regarding the psychological aspects.



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- Coordination between coaches and psychologists to design specialized training programs.
- Coaches should incorporate psychological training into their training programs.
- Coaches must integrate all aspects of training (physical, technical, and psychological) as physical and technical aspects alone are insufficient for player preparation.
- The importance of developing the relationship between coach and player during training sessions.
- Efforts should be made to enhance players' motivation to engage in sports, emphasizing its role in the development of physical, mental, and psychological health.
- Psychological considerations should be taken into account in every interaction with players.

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