

Psychological Factors Influencing Performances: A Case Study Of Vishesh Bhriguvanshi

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Abstract

The researcher through this case study explores the psychological factors behind Vishesh Bhriguvanshi's achievements as the youngest captain of an Indian Basketball team and an Arjun awardee. The researcher also focuses to investigate the personality of Vishesh Bhriguvanshi as a player since he is the role model for many players. Therefore, the present study may help new budding sportsperson to know more about the youngest Basketball captain. Methodology: - The data collected through interview and questionnaire method from Vishesh Bhriguvanshi acted as a primary source. Researcher applied the three questionnaires. The first questionnaire was Factors influencing sports career developed by M.L Kamlesh, followed by 'Competitiveness, Win orientation and Goal orientation made by Gill and Dzewaltowski and Mental toughness test developed by Alan Goldberghas. Result: By applying the questionnaires, the data was collected which was analyzed. The results obtained revealed that Vishesh Bhriguvanshi is basically reliant on internal factors like game superiority, practice and his own playing abilities and hardly depends on external factors like monetary support, coaching, fortune or political approaches. Further, on the basis of gathered data it was found that he has high sports orientation and mentally tough.

Keywords: Sports orientation, Mental Toughness

Introduction

Psychological factors are incredibly vital in a player's performance. Confidence, focus, resilience and mindset greatly impact their abilities, influencing decision-making, adaptability, and overall performance, often making the difference between success and failure in competitive scenarios. A case study delving into the psychological factors influencing a player's performance is invaluable. Through meticulous examination of an athlete's mental state, including aspects like mental toughness, resilience and focus, such a study illuminates the intricate interplay between the mind and athletic prowess. It provides a roadmap to understand how mental fortitude impacts decision-making, adaptability to pressure, and overall performance on the field or court. By uncovering these insights, such case studies not only aid in optimizing an individual player's potential but also contribute significantly advancing sports psychology, shaping training methodologies, and enhancing performance across the spectrum of competitive sports.

Vishesh Bhriguvanshi is a trailblazer in Indian basketball, heralded as one of the country's most prominent and accomplished players. Born on September 13, 1991, in Varanasi, Uttar Pradesh, Bhriguvanshi's journey to success is a testament to preserverance and dedication. Known for his exceptional skill set, leadership qualities, and versatility on the court, Vishesh has been a pivotal figure in elevating the standard of basketball in India. In 2008, he became the member of Indian Basketball team and continued to be the regular player till now being the captain of the team. His achievements, including representing India at multiple international tournaments like the Asian Games and FIBA Asia Cups, underscore his invaluable contributions to the sport's growth within the country. As the youngest captain of the Indian national team and role model for aspiring basketball players, Vishesh Bhriguvanshi continues to inspire a new generation of athletes while leaving an indelible mark on Indian basketball history.

Vishesh Bhriguvanshi was born on 13th September 1991 in Varanasi, Uttar Pradesh. He has one elder brother, Vibhor Bhriguvanshi who is also a National level Basketball coach. His

father Shri. Pramod Kumar was a biology Lecturer and a warden in Uday Pratap Intercollege, Varanasi. His mother Late Veena Kumari was the Principal of Arya Kanya Inter college, Mirzapur. His parents being from educational background wanted him to get into the studies but Vishesh was inclined towards sports. Just at the age of 10, he played his first tournament i.e district basketball championship. In 2004, He got selected for mini Nationals. In 2008, he became the part of National basketball team. In 2010, he became the captain of Indian team being the youngest captain in the Indian history of basketball. He was conferred by Arjun award in the year 2000. He got knee surgery twice but despite encountering two knee injuries, he has successfully returned to the court, displaying enhanced strength and unwavering determination.

Methodology

A case study has been designed to examine the psychological factors affecting the performance and achievements of Vishesh Bhriguvanshi.

Subject

Captain of Indian basketball Team, Vishesh Bhriguvanshi was selected as a subject for this study.

Technique of Data Collection

The information was gathered from primary sources such as Interview with Vishesh Bhriguvanshi. The researcher contacted the subject for the interview and conducted interview several times with the prior appointments with him. The interview was aimed to gather data about his family, childhood memories, education, sporting career and his achievements.

Standardized tools

The focus was to collect in-depth information of the subject. Psychological Standardized questionnaires were applied by the researcher to gather the data such as

Inventory of Factors influencing sports career

M.L Kamlesh designed the Inventory of Factors influencing sports career which consisted of 20 questions where 10 questions (1, 4, 6, 10, 11, 16, 17, 18, 19, 20) were related to internal factors whereas other 10 questions (2, 3, 5, 7, 8, 9, 12,13,14,15) were related to external factors. All 20 questions were on a Likert –type

5-point scale where each question has five options i.e. strongly agree (4), agree (3), undecided (2), disagree (1) and strongly disagree (0).

Table 1- Norms and Standards for Inventory of Factors influencing sports career

Dependence	Internal Factors	External Factors
Extreme	33 or above	25 or above
Moderate	Around 30	Around 17
Poor	27 or below	15 or below

Sports Orientation Questionnaire

This questionnaire was developed by Gill and Dzewaltowski. The questionnaire comprises of 25 questions to examine the Competitiveness, Win orientation and Goal orientation of the subject. 13 statements were related with Competitiveness, 6 statements associated with goal orientation and 6 statements were connected with win orientation. The score of each item ranged from 5 to 1 (A=5, B= 4, C=3, D = 2, E = 1).

Mental Toughness Questionnaire

The Mental Toughness questionnaire was constructed by Alan Goldberghas which was applied on the subject to measure the level of mental toughness. The reliability quotient of the questionnaire is reported to be 0.79. The questionnaire consists of sixty items, which were categorized in 4 groups: handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has 2 responses, true or false. The subject has to tick any one option on the basis of the feeling he usually feels before the competition. One can score maximum 60. The classification criteria of scoring are mentioned below:

Table 2- Norms and standards for Mental Toughness Questionnaire

Raw/Mean Score	Classification
55 – 60	Mentally- Tough

48 – 54	Pretty Solid Mentally
40 – 47	Average Mental Toughness
Below 40	Need Mental Toughness Exercise

Table 3- Score of the subject obtained in Inventory of Factors influencing sports career

S. No	Name of Variable	Score
1	Internal Factors	31
2	External Factors	5

Table 4- Score of the subject obtained in Sports Orientation Questionnaire

S. No.	Name of Variable	Score
1	Competitiveness	64
2	Win Orientation	29
3	Goal orientation	28

Table 5- Score of the subject obtained in Mental Toughness Questionnaire

S. No	Name of Variable	Score
1	Handling pressure	17
2	Concentration	10
3	Mental rebounding	9
4	Winning attitude.	6

Results

Table 3 indicates the results of Inventory on Factors Influencing Sports Career which reflects that Vishesh Bhughvanshi's performance is predominantly influenced by internal factors like his game proficiency, consistent practice, and inherent abilities as he scored 31 for internal factors. Conversely, external factors such

as financial support, quality of equipment, coaching, luck, and political influence played a minimal role, as he scored only 5 points for external factors.

Table 4 represents the results of Sports Orientation Questionnaire which shows that Vishesh Bhriguvanshi demonstrates exceptional competitiveness, achieving an impressive score 29 in win orientation and 28 in goal orientation. His overall high sports orientation is a testament to his strong commitment to excellence in sports.

Table 5 implies that Vishesh Bhriguvanshi exhibited remarkable mental toughness in the assessment, securing scores of 17 in handling pressure, 10 in concentration, 9 in mental rebounding, and 6 for winning attitude. With a total score of 42 in the Mental Toughness Questionnaire, it is evident that he excels in handling pressure, maintains an average concentration level during competitions, demonstrates a high level of mental rebounding, and possesses a strong winning attitude.

Conclusion: Vishesh Bhriguvanshi is an individual whose success hinges on internal drive rather than external circumstances. His determination and focus on achieving his goals showcases a strong sense of purpose and ambition. He possesses a remarkable mental fortitude, allowing him to overcome challenges with resilience and steadfastness. Bhriguvanshi's unwavering commitment to his objectives underscores his reliance on internal strengths and unwavering determination in pursuing his aspirations. Despite facing two instances of knee injuries, he has made a resilient comeback on the court, showcasing increased strength and determination.

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