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## Psychological Integration and Its Relationship with Certain Offensive Skills in Basketball Among Students

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### ABSTRACT

*This study aims to develop a psychological integration scale for students at the College of Physical Education and Sports Sciences, assess their level of psychological integration, and determine the type of correlational relationship between psychological integration and certain offensive basketball skills. The researcher employed survey and correlational approaches within a descriptive method. The research population consisted of thirty male and female fourth-year students enrolled in the morning study program at the University of Samarra's College of Physical Education and Sports Sciences during the 2024-2025 academic year. The sample was selected randomly and comprised fifteen male and female students. The psychological integration scale was applied to the sample, along with tests measuring three offensive basketball skills: high dribbling, chest pass, and set shooting. Data were analyzed using appropriate statistical methods including arithmetic mean, standard deviation, and Pearson's simple correlation coefficient. The results revealed: (1) a high level of psychological integration among the students, and (2) a statistically significant correlational relationship between psychological integration and the performance of certain offensive basketball skills among students.*

Keywords: Psychological integration; Offensive skills; Basketball

### ABSTRAK

Penelitian ini bertujuan untuk mengembangkan skala integrasi psikologis bagi mahasiswa Fakultas Pendidikan Jasmani dan Ilmu Olahraga, menilai tingkat integrasi psikologis mereka, serta menentukan jenis hubungan korelasional antara integrasi psikologis dengan keterampilan ofensif tertentu dalam bola basket. Peneliti menggunakan pendekatan survei dan hubungan korelasional dalam metode deskriptif. Populasi penelitian terdiri dari tiga puluh mahasiswa laki-laki dan perempuan tahun keempat yang terdaftar dalam program studi pagi di Fakultas Pendidikan Jasmani dan Ilmu Olahraga Universitas Samarra tahun akademik 2024-2025. Sampel dipilih secara acak dan terdiri dari lima belas mahasiswa. Skala integrasi psikologis diterapkan pada

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sampel, bersama dengan tes yang mengukur tiga keterampilan ofensif bola basket: dribbling tinggi, operan dada, dan tembakan bebas. Data dianalisis menggunakan metode statistik yang sesuai meliputi rata-rata aritmetika, standar deviasi, dan koefisien korelasi sederhana Pearson. Hasil penelitian menunjukkan: (1) tingkat integrasi psikologis yang tinggi di antara mahasiswa, dan (2) hubungan korelasional yang signifikan secara statistik antara integrasi psikologis dengan kinerja keterampilan ofensif bola basket tertentu di antara mahasiswa.

Kata Kunci: Integrasi psikologis; Keterampilan ofensif; Bola basket

## **INTRODUCTION**

Topics that have a direct impact on developing and improving athletic performance are considered among the most important areas of scientific research in the field of physical education (Podrigalo et al., 2025; Sutehall & Pitsiladis, 2025). They represent a central axis of scientific studies in sports sciences and serve as a true indicator of societal progress and the soundness of its intellectual and human approach. Such progress is a natural reflection of modern technical methods and tools used in scientific studies and research (Balcells et al., 2013). These human and cognitive studies have contributed significantly to advancement and excellence through the adoption of modern methods and approaches grounded in several sciences related to sport, most notably sports psychology, which has played a major role in the development of athletic games (Peter O'Donoghue, 2010).

Psychological integration is one of the fundamental concepts closely related to the student's personality, mental health, and adaptive relationship with the surrounding physical and social environment (Jabbarov et al., 2024; Shipunova et al., 2019). Students differ in their physical and mental abilities as well as in their personal capabilities across various fields (Markian, 2016). Psychological integration is of great importance in achieving healthy psychological growth, and its positive effects are reflected in individuals' psychological balance and their ability to attain a high level of integration across various aspects of life, behavior, and activity. Psychological integration also involves the student's ability to adjust her behavior and habits when confronted with problems or situations (Pahwa & Kriegel, 2018).

It is a type of constructive psychological growth that shows psychological maturity and aids the learner in breaking bad habits. According to Mukhlid Ni'mah Haroun (2023), it enables direct confrontation of challenges and issues, facilitates the execution of necessary skills throughout the learning process, and acts as a key criterion of mental health. It also represents a moment of completion in personality formation.

Basketball is considered one of the team sports in which success fundamentally depends on the players' mastery of the basic skills of the game. It is one of the sports activities that has achieved a prominent position among athletic games, becoming one of the most popular sports worldwide. Basketball is also included as a core subject in colleges of physical education, with particular emphasis on its basic skills, especially offensive skills (Patterson et al., 2025; Vencúrik et al., 2021; Zhang et al., 2022).

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Psychological integration is defined as "the achievement of internal and external harmony and consistency among the different aspects of personality, and the realization of integration between them" (Ibn Maqсад Al-Abdali, 2017).

Accordingly, the importance of this study lies in examining psychological integration and its relationship with certain offensive basketball skills among fourth-year students at the College of Physical Education and Sports Sciences, University of Samarra. Psychological integration is regarded as one of the distinguishing features of a modern, well-developed personality.

Research Problem: Is there a correlational relationship between psychological integration and certain offensive basketball skills among students?

Research Objectives:

1. To determine the psychological integration level of fourth-year University of Samarra College of Physical Education and Sports Sciences students.

2. To determine the kind of link between offensive basketball abilities and psychological integration among fourth-year students at the University of Samarra's College of Physical Education and Sports Sciences.

Research Hypothesis: There is a statistically significant relationship between psychological integration and certain offensive basketball skills among fourth-year students at the College of Physical Education and Sports Sciences, University of Samarra.

## METHOD

The researcher used the survey methodology and correlational relationship in the descriptive method, as this approach is suited to the nature of the issue being studied.

Research Population and Sample: For the academic year 2024-2025, fourth-year morning study students at the University of Samarra's College of Physical Education and Sports Sciences made up the research population. There were thirty students in all. After excluding five students who participated in the pilot study, fifteen individuals were chosen to represent the research sample.

**Table 1.** Distribution of Research Sample

Category	Total Population	Pilot Study	Research Sample
Male and Female Students (4th Year)	30	5	15
Percentage	100%	16.6%	50%

Research Tools and Equipment: The researcher used the following tools, instruments, and means: one stopwatch; one portable computer (Dell); one handheld calculator; a basketball court; five basketballs; five chairs; a measuring tape; colored adhesive tape; a non-elastic rope; Arabic and foreign references; tests and measurement scales; and stationery supplies.

Psychological Integration Scale: The researcher used the Psychological Integration Scale developed by Zahraa Mohammed Hadi (2019), which consists of 44 items representing 7 domains. The response alternatives were (Always, Sometimes, Never), with response weights of (3-2-1), respectively.

Offensive Basketball Skills Tests:

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Three standardized offensive basketball skills tests were selected in cooperation with the supervisor based on a review of available sources: (1) high dribbling, (2) chest pass, and (3) set shooting.

Dribbling Test (Mohammed Mahmoud Abdel-Dayem & Mohammed Sobhi Hassanein, 2012): High-start dribbling with change of direction between 6 markers over a distance of 13.5 meters, back and forth. The time taken to perform the task is recorded; the shorter of two attempts is used.

Chest Pass Test (Ali Saloom Jawad, 2004): The test consists of passing and receiving the ball from a distance of 7.5 meters against concentric circles on a wall. Ten successive direct chest passes are performed. Scoring: 3 points for the small circle (45 cm), 2 points for the medium circle (98 cm), and 1 point for the large circle (150 cm). Maximum score: 30 points.

Set Shooting Test (Mohammad Mahmoud Abdel-Dayem & Mohammad Sobhi Hassanein, 1999): Shots taken from behind the free-throw line. Each participant is given 10 attempts: one point per successful shot. Maximum score: 10 points.

Pilot Study: A pilot study was conducted on 5 fourth-year morning-study students on Monday, 4/3/2025 to verify scale clarity, reliability, and procedural applicability.

Main Experiment: The psychological integration scale and skill assessments were administered to the research sample of fifteen students on Tuesday, March 18, 2025.

Statistical Methods: Data were processed using the Statistical Package for the Social Sciences (SPSS). Statistical techniques employed: arithmetic mean, standard deviation, and Pearson's simple correlation coefficient.

## RESEARCH RESULTS

**Table 2.** Psychological Integration Scale Results.

Variable	N	Arithmetic Mean	Hypothetical Mean	Std. Deviation
Psychological Integration	15	153.0066	110	16.0333

Based on table 2 the values of the arithmetic mean, hypothetical mean, and standard deviation for the Psychological Integration Scale were determined. The results showed that the arithmetic mean reached 153.0066 points, while the hypothetical mean was 110 points. The standard deviation amounted to 16.0333 points. These results indicate that the research sample enjoys a high level of psychological integration when compared to the hypothetical mean of the scale.

**Table 3.** Offensive Basketball Skills Performance Results

Offensive Skills	Unit Of Measurement	Arithmetic Mean	Std. Deviation
Dribbling	Second	13.0946	1.0073
Passing	Grade	23.0300	2.540
Shooting	Grade	5.200	1.0398

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Based on the results in Table 3, All offensive skills achieved arithmetic means and standard deviations based on the results of the tests. The arithmetic mean of the dribbling skill reached 13.0946 with a standard deviation of 1.0073. The arithmetic mean of the passing skill was 23.0300 with a standard deviation of 2.540. The arithmetic mean of the shooting skill reached 5.200 with a standard deviation of 1.0398.

**Table 4.** Correlational Relationship between Psychological Integration and Offensive Basketball Skills

Indication	Psychological Integration	Offensive Skills	Std. Deviation
Psychological	0.78	Dribbling	1.0073
Psychological	0.74	Passing	2.540
Psychological	0.79	Shooting	1.0398

Based on Table 4 Correlational Relationship between Psychological Integration and Offensive Basketball Skills, the correlation value between Psychological Integration and Dribbling ability is 0.78 with a standard deviation of 1.0073. The relationship between Psychological Integration and Passing was 0.74 with a standard deviation of 2.540. Meanwhile, the correlation between Psychological Integration and Shooting was 0.79 with a standard deviation of 1.0398.

## DISCUSSION

The researcher attributes the high level of psychological integration to the fact that the students possess characteristics reflecting self-harmony, internal integration, and positive psychological adjustment. Educational and academic institutions play a fundamental role in psychological socialization, as they represent an effective tool in building an integrated and psychologically well-adjusted personality. This is achieved through involving students in various activities within their organizational environment, which enhances psychological integration and fosters friendly relationships with peers.

Individuals with a high level of psychological integration tend to have greater self-confidence, a stronger sense of responsibility, and a positive ability to perceive and interpret situations. Moreover, psychologically integrated individuals are less susceptible to frustration, are more capable of satisfying their needs and desires, exhibit greater harmony with others, and demonstrate flexibility and adaptability in modifying their behavior when facing new situations and problems.

The researcher attributes the significant correlational relationship between psychological integration and offensive skills to the fact that students who possess a high level of psychological integration tend to integrate their efforts in satisfying their educational needs to achieve better performance outcomes. They could establish healthy relationships with others and interact positively with them, in addition to satisfying psychological needs related to self-esteem, respect, adjustment, and compatibility. This is supported by Mustafa et al. (2015) and Mustafa Hussein Bahi et al. (2019), who confirmed that psychological integration helps individuals succeed in their work regardless of its nature.

This finding is also consistent with the study of Ayah Haitham Khazal (2024), in which the researcher concluded that the sample members possessed a good degree and

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high level of psychological integration and psychological stability during skill performance. Psychological integration was found to have a positive and effective impact on the performance of the jump shot skill in basketball among the sample members.

## CONCLUSIONS AND RECOMMENDATIONS

Based on the study findings, the following conclusions were drawn: (1) The level of psychological integration among the students was high and statistically significant. (2) The presence of educational experiences and pedagogical as well as psychological knowledge among students contributes to supporting psychological integration. (3) The results showed a statistically significant correlational relationship between psychological integration and certain offensive basketball skills among students.

Based on the conclusions, the researcher recommends: (1) Paying greater attention to developing psychological integration using diverse programs and methods, due to its significant impact on sports skill performance and academic achievement. (2) Activating the role of educational institutions in enhancing psychological integration among their students. (3) Conducting specialized tests to assess the level of psychological integration among students and giving these assessments importance commensurate with their impact on various aspects of preparation, education, and sports skill development.

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