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Building and Applying a Measure of Positive Thinking for the Basketball Premier League Clubs Players in Iraq

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Abstract

Research in general psychology has extensively covered all components of the human psyche, in order to understand the nature of the human psyche in order to explain it and work to develop and enhance it to reach the best positive results and reduce the possible negatives in order to avoid falling victim to failure on the sporting level. The importance of the research lies in the inevitability of the athlete exploiting all available abilities and skills to achieve excellence and ensure victory in the match and then the championship. Because of the multiplicity of psychological skills, it has become necessary for us to determine the psychological skills that the player possesses and the most frequently used ones, and then determine their relationship with other psychological variables and the percentages of their contribution to the variables of positive thinking. Hence, the research problem emerged to extensively study this variable to enhance and develop the psychological aspects of the players due to the great pressures that this team-game requires. The objectives of the research were to build a measure of positive thinking and establish the standard levels among the basketball premier league clubs' players in Iraq for the season (2023-2024). In their study, the researchers relied on the descriptive approach using the survey method, as it suits the nature of the problem and achieves the research objectives. The research population was (144) players from Premier League basketball clubs, and the sample was selected using a comprehensive enumeration method, and their percentage was (100%). The sample was distributed in order to build and design a measure of positive thinking as follows: Initial application sample (exploratory experiment) which consisted of (12) players, at a percentage of (8.33%). The construction sample consisted of (96) players, at a percentage of (66.67%).

Keywords: positive thinking Measure - Basketball Premier League Clubs Players in Iraq.

1. Introduction

The sporting development taking place in various sport activities is nothing but the result of various research, studies, and scientific efforts that have contributed to the wide progress of the sporting movement in various sports, especially in team sports, including basketball. In order to prepare a basketball player effectively, it was necessary to study the psychological aspects that enhance confidence, reassurance, and determination to continue working, reach big goals, and achieve victory in decisive matches. Therefore, we find that positive thinking is shaped by the stimuli of the field, whether it is a sport, social, or professional field. positive thinking is determined according to the degree of effectiveness with which the individual achieves own standards and the social

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responsibility expected of him/her in the specific age and cultural group through communication skills, life skills, upbringing skills, and kinetic skills. Through our follow-up of the work of collective teams, especially basketball teams, we noticed the negligence of the role of psychological variables when preparing players by merely focusing on the physical and skill aspects, forgetting that psychological skills have a significant impact on the positive interaction with match situations on the one hand and with colleagues and competitors on the other hand, and the same is the case with positive thinking and the extent to which it is influenced by these skills and its impact on the final performance of the team.

1.2 Research Methodology: The researchers chose the descriptive approach using the survey method, correlational relations, and comparative studies to solve the research problem because of its suitability to the nature of the problem, as “survey studies are part of the descriptive research methods through which information and data are collected about a phenomenon with the intention of identifying it, studying it, and determining its current situation. The survey method studies reality as it is, as mentioned by Zhaqan Obaidat (1988) (2:2001).

2.2 Research Community and Sample: The research community included players from Premier League basketball clubs in Iraq for the season (2022-2023), more specifically from (Ghaz Al-Shamal, Naft Al-Shamal, Zakho, Kahraba, Al-Naft, Dijlah Al-Jameia, Al-Hashd Al-Shaabi, Al-Shorta, Al-Difaa Al-Jawi, Al-Karkh, Al-Tadhamon, Al-Hilla) clubs. The total number was (144) players. The sample was selected using a comprehensive enumeration method, and their percentage was (100%), as shown in the following table (1):

Table (1)

| S | Sample | Research community | Construction sample No. | Application sample No. | Exploratory experiment sample No. |
|----|--------------------|--------------------|-------------------------|------------------------|-----------------------------------|
| 1 | Ghaz Al-Shamal | 12 | 12 | - | - |
| 2 | Naft Al-Shamal | 12 | - | 12 | - |
| 3 | Zakho | 12 | 12 | - | - |
| 4 | Kahraba | 12 | 12 | - | - |
| 5 | Al-Naft | 12 | - | 12 | - |
| 6 | Dijlah Al-Jameia | 12 | 12 | - | - |
| 7 | Al-Hashd Al-Shaabi | 12 | 12 | - | - |
| 8 | Al-Shorta | 12 | - | 12 | - |
| 9 | Al-Difaa Al-Jawi | 12 | 12 | - | - |
| 10 | Al-Karkh | 12 | - | - | 12 |
| 11 | Al-Tadhamon | 12 | 12 | - | - |
| 12 | Al-Hilla | 12 | 12 | - | - |
| | | 144 | 96 | 36 | 12 |
| | | 100 % | 66.67 % | 25 % | 8.33 % |

2.3 Exploratory Experiment Sample

It consisted from (12) players from Al-Karkh sport club. The players were chosen intentionally with a percentage of (8.33%).

1- Construction Sample of the positive thinking scale:

It included (96) players from 8 clubs (namely; Ghaz Al-Shamal, Zakho, Kahraba, Dijlah Al-Jameia, Al-Hashd Al-Shaabi, Al-Difaa Al-Jawi, Al-Tadhamon, Al-Hilla), which were chosen intentionally with a percentage of (66.67%).

2- Application Sample of the positive thinking scale:

It included (36) players from Naft Al-Shamal, Al-Naft, and Al-Shorta clubs which were chosen intentionally with a percentage of (25%), as shown in Table (1).

1.4 Research Techniques

The tools used in the research should be described to give an indication of the needs of the study.

1.4.2 Information Collection Methods

- 1- Arabic and foreign sources and references,
- 2- Previous studies and research,
- 3- The International Information Network (the Internet),
- 4- Questionnaires,
- 5- Interviews.

2.5 Data Collection Methods

- 1- Measurement: The researchers designed a measure of positive thinking among players of Premier League basketball clubs in Iraq,
- 2- Registration Form.

2.5.1 Data Processing Methods

- 1- Statistical methods,
- 2- Electronic calculation software.

2.5.2 Assistive Devices

- 1- Lenovo computer (x1).
- 2- Manual calculator (Sonny brand) (x1).
- 3- Stationery and office tools (paper and pens).

2.6 Field Research Procedures

2.6.1 Procedures for Designing a Positive Thinking Scale

Scale design procedures are defined as “a set of basic steps that can be followed when constructing a test or scale and how to link the units of measurement to measure the overall aspects of the skills, aspects, or estimated traits” according to Mohammed Hassan Allawi (2003-319).

2.7 Purpose of the Scale: to examine the positive thinking of players of Premier League basketball clubs in Iraq.

2.8 Determining the Scope and Validity of Scale

The selected fields were presented to a group of (15) experts and specialists in educational and psychological sciences and sports psychology, and they were asked to put a mark (✓) in a column if the field is suitable for measuring positive thinking; as well as a mark (✓) in another column if the field is not suitable for our purpose. After counting the fields that received positive support of all experts and analyzing them statistically, the researcher used the (Chi) test to analyze the feedback of experts and specialists, and obtained a good consistency rate as shown in Table (2).

* **The two Researchers Identified** (8) areas for the scale of positive thinking based on theories of consensual behavior, which are: A-Optimism and pessimism,

B- relations, C-Willpower, D-Emotional balance, E-Inner knowledge, F- Faith, G-Free from thinking errors, and H-Feeling of general satisfaction.

Table (2): Calculated Chi Value for Expert Feedback on the Consensual Behavior Scale.

| S | Areas | Experts No. | Suitable | Not Suitable | Calculated Chi value | Significance Level *sig | Statistical significance |
|---|---------------------------------|-------------|----------|--------------|----------------------|-------------------------|-----------------------------------|
| 1 | Optimism and pessimism | 15 | 15 | 0 | 15 | 0.000 | Significant |
| 2 | relations | 15 | 15 | 0 | 15 | 0.000 | Significant |
| 3 | Willpower | 15 | 15 | 0 | 15 | 0.000 | Significant |
| 4 | Emotional balance | 15 | 15 | 0 | 15 | 0.000 | Significant |
| 5 | Inner knowledge | 15 | 2 | 13 | 8.067 | 0.000 | Negatively Significant (Rejected) |
| 6 | Faith | 15 | 6 | 9 | 0.600 | 0.465 | Negatively Significant (Rejected) |
| 7 | Free from thinking errors | 15 | 10 | 5 | 1.667 | 0.326 | Negatively Significant (Rejected) |
| 8 | Feeling of general satisfaction | 15 | 12 | 3 | 5.400 | 0.000 | Significant |

* Based on the above results, the following domains were accepted:

A-Optimism and pessimism. B- relations. C- Willpower. D-Emotional balance.

E-Inner knowledge. F-Feeling of general satisfaction.

2.9 Rating Scale Selection

After the items were identified, the researchers determined the tripartite rating scale for the Consensual Behavior Scale because it gives multiple choices and reduces the degree of guessing. The experts' answers supported this proposed scale with a percentage of agreement (100%), that is, by (15) experts, and this makes the rating scale used valid, as shown in Table (3).

Table (3): Direction and Alternatives for the Items of the Consensual Behavior Scale.

| Direction | Alternatives | | |
|-----------|--------------|-----------|----|
| | Yes | sometimes | no |
| Positive | 3 | 2 | 1 |
| Negative | 1 | 2 | 3 |

The direction of the items for the positive thinking scale was as follows🌀

- 1-Optimism and pessimism: All paragraphs are positive except paragraphs (2-10), which were negative.
- 2- Relationships: All paragraphs are positive except paragraph (6-8), which was negative.
- 3- Willpower: All paragraphs are positive except paragraph (5-9-10), which was negative.
- 4- Emotional balance: All paragraphs are positive except paragraph (5-9), which was negative.
- 5-Internal knowledge: All paragraphs are positive except paragraph (8), which was negative.
- 6-Feeling of general satisfaction: All paragraphs are positive except paragraph (4-6), which was negative.

2.10 Exploratory Experiment: After completing the preparation of the scale, the researchers administered the scale to the exploratory experiment sample consisting of (12) players from

Al-Karkh Club on Sunday (3/19/2023) in order to identify the clarity of items and provided instructions, and to calculate the amount of time required to answer all items. It became clear that there are no ambiguous items. The answering method is simple and easy, and the response time ranged between) 25 -30(minutes).

2.11 Applying the Study Scales to the Construction Sample

As “item analysis is the process of examining or testing individuals’ responses to each item of the test or scale, and this process includes revealing the strength of the item’s distinction and the effectiveness of the alternatives in the test items” Al-Zubaie (1987-74), the scales were tested on 8 clubs (namely; Ghaz Al-Shamal, Zakho, Kahraba, Dijlah Al-Jamiea, Al-Hashd Al-Shaabi, Al-Difaa Al-Jawi, Al-Tadhamon, Al-Hilla); and consequently, on Sunday 15/05/2022, the researchers applied the study scales (positive thinking) to a sample of (96) players from the Basketball Premier League Clubs in Iraq.

2.12 Statistical methods: The researchers used the statistical package (SPSS) and the MS Excel program to obtain statistical information.

3. Presentation, Analysis and Discussion of Results

This chapter deals with the presentation, analysis and discussion of the research results. After the researchers completed collecting the data collected from the scales used in the research (which were placed in the form of tables, given they represent ease in extracting scientific evidence and because they are an appropriate explanatory tool for the research), they managed to carefully examine the hypotheses and objectives of the research in light of the field procedures that were carried out.

3.1 Presenting the Results of Positive Thinking, Consensual Behavior and Some Psychological Skills for Players of Basketball Premier League Clubs in Iraq.

Table (3): Identifying the Results of Positive Thinking of the Basketball Premier League Clubs’ Players in Iraq.

| S | Variable | Arithmetic Mean | Standard Deviation | Hypothetical Mean | T-Value | Freedom Degree | Error rate | Significance |
|---|---------------------------------|-----------------|--------------------|-------------------|---------|----------------|------------|--------------|
| 1 | Optimism and pessimism | 18.083 | 4.044 | 16.000 | 5.919 | 131 | 0.000 | Significance |
| 2 | relations | 19.205 | 4.456 | 18.000 | 3.106 | 131 | 0.002 | = |
| 3 | Willpower | 17.409 | 3.754 | 14.000 | 10.434 | 131 | 0.000 | = |
| 4 | Emotional balance | 16.871 | 3.689 | 14.000 | 8.942 | 131 | 0.000 | = |
| 5 | Inner knowledge | 14.917 | 3.288 | 12.000 | 10.192 | 131 | 0.000 | = |
| 6 | Feeling of general satisfaction | 15.848 | 3.614 | 14.000 | 5.876 | 131 | 0.000 | = |
| 7 | positive thinking | 102.333 | 21.286 | 88.000 | 7.737 | 131 | 0.000 | = |

Results Discussion

The researcher also believes that the rates of optimism and pessimism are good due to the ability of the players to adapt to the atmosphere of the match due to their high ability of responsibility and self-control, and this in turn supported the intellectual frameworks already available to the players towards moving away from hesitation or pessimism, which is considered an obstacle in striving to achieve the goals achieved by Making the right decision is what helps them think positively. Therefore, we find that (optimism paves the way for the release of

energies and abilities, while pessimism hinders them. Optimists exceed their potential and employ it to its maximum limits, while pessimists hinder their energies. In the absence of a firm conviction in the chances of self-success, the individual does not achieve the ability and talent to achieve... Success: The importance of optimists reaches its maximum in professions, situations, and circumstances with high pressure and the need for creativity in managing means. Therefore, every work team and every organization need optimistic leaders to take over its reins. When qualifications and motivations are equal, the optimistic organization is the one that wins. Therefore, in the absence of a firm conviction in the chances of self-success, there is no the individual achieves success, as Muhammad Nehme (2008: 139) describes them: "Any process that the individual wishes to accomplish requires the preparation of an appropriate amount of vital energy, as one raw energy that takes on different forms, some physical, some mental, some emotional, some verbal, and some." Social, therefore, he needs optimism, and the optimist has the desire to succeed in advance, as if he has a certain ability to transform the future into a present that satisfies it, and prepares the necessary energy, starting from the completion of work to the judgments he issues.

The researcher believes that having good relationships improves positive thinking, meaning that a person who thinks positively is often successful in his social, sports, and family relationships, as positive people are able to reduce their conflicts and improve communication, which leads to stronger relationships in general and helps build trust. And enhance the feeling of belonging in their sports environment. Therefore, the coach in charge of the sports training process must raise the level of hope and ambition for the athletes, as well as raise the level of positive thinking, so that he can improve the ability to communicate with his teammates and build good relationships that enhance the athlete's self-confidence to reach the highest levels, especially in team sports that require a goal. Effort to build a strong relationship with his teammates and the ability to communicate with each other inside and outside the playing field. Erich Fromm (1989:154) believes that the ability of the individual to have the independence of his individual freedom in merging and harmonizing with the members of his human race with affection and love achieves the names of the verses of perfection for the individual and the best composition of society in this world. The starting point emphasizes the importance of understanding the relationships and interactions that exist between the individual's psychological powers within and between the elements of his environment in which he lives.

The researcher believes that the percentage of willpower among the players is good, as the effort exerted by the athlete in order to achieve or accomplish an action is the energy that drives athletes to major achievements, as the sources of strength are complete within us, so we must discover them and make optimal use of them and use them to serve the achievement of our success. For the athlete, success or failure depends on the way we use our willpower, our way of positive thinking, and our view of the powers, will, and talents we possess. Atef Amara (2007:62) believes that it is the effort that must be made in order to achieve or accomplish a task, and it is the energy that pushes toward achievement. Willpower is considered one of the greatest human powers. Without it, he cannot accept or refrain from doing an action. It is the energy that makes the action move from the realm of imagination or perception to actual realization, and since undertaking an action requires imagining it first, and then the determination to do it. Achieving it, and then making an effort to do it and accomplish it. The components of will are imagination, followed by determination and effort, then courage.)

The researcher believes that the level of emotional balance among the players is good, as the ability to face challenges, crises, feelings of frustration, and pressures of various kinds is under

control, and this is through the experience they have had during the years of training, as well as the succession of good coaches in promoting the idea of success and competition, and the insistence on presenting the best methods for positive ideas. To reach psychological stability, which the owners of psychoanalytic theory call the principle of emotional stability, which makes him in control of all his different emotions.

Al-Sabaawi (2008: 274) sees “the individual’s ability to confront stressful and threatening life circumstances and deal with them without exposing his mental and physical health to disorder or disease, which is represented by the individual’s ability to control himself and cooperate with human society. He is characterized by optimism, cheerfulness, and freedom from feelings of sin, anxiety, daydreaming, loneliness, and some Thoughts and feelings are also distinguished by the fact that he responds appropriately at the appropriate time and is able to bear responsibility. He possesses the power of self-control and full control over his motives, emotions and feelings, controlling them, dealing with matters with patience and reason, and facing life situations, whether they are happy, sad, or sudden, with activity, calm nerves, good behavior, and acting with purpose. Achieving psychological and social compatibility between himself and others.

The researcher believes that the field of internal knowledge of the players is at a good level, and this is due to the ability that the player possesses through his experiences and relationships that he acquired through his external knowledge, whether social, family, or through sports, which gives him the ability to distinguish what is right and wrong, and this knowledge depends on Personal experience, inferential rules, intuition, and personal judgment make the athlete capable of having mental representations of a positive nature to confront any frustrations during competitions and make them make correct decisions (Kierkegaard) (2005: 13) (The internal cognitive thought process of positive thinking is based on purpose. It is the individual or the greatest cause of life that guides one's inner knowledge through this work Through this process, what leads the internal process of thought to external action is that the individual has a purpose that governs him and drives the process of his daily thought journal (his intellectual agenda), and that his inner knowledge keeps him focused on the goal, and with the goal comes the purpose, which indicates the need to find an appropriate purpose and meaning in his life, and with this he is occupied. Positive thinkers have a purpose and are preoccupied with things in their external and internal environment that fuel their purpose, unlike negative thinkers who fuel the defeat of their purpose. Therefore, purpose can be transformed into action, i.e. (positive thinking is driven internally by its purpose).

The researcher attributes the feeling of satisfaction that appears with this result to the fact that the players of the elite basketball clubs feel that they are able to face difficult circumstances and benefit from their experiences and the specificity of the game, which is a contact game that requires players to face competitors who are distinguished by their large physical structure, in addition to the strength of the opposing team in the game. Competitions that require them to raise their self-confidence and also invite them to think about giving their best, which helps them feel satisfied that they are able to defeat competitors. This feeling also helps players to have a positive outlook on things and to be tolerant of themselves and not blame them too much as a result of the competitive situations that confront them and that confront them. Which increases their ability to deal with acceptance of others, control unwanted emotions, and deal with awareness, which generates a state of patience and optimism for the future and a positive outlook. In addition, the players have shown a tendency towards positive thinking despite the difficult circumstances and the pressures of competition and training, and this indicates the players’ adoption of organized and effective thinking. While dealing with life

situations and the problems they face, Ibrahim (2009:316) described the feeling of contentment (which is unconditional self-acceptance, personal strength, success, self-realization, emotional participation, giving, love, openness to experience, encouragement of affection and moral judgment, Social interaction skills, sense of beauty, tolerance, perseverance, looking towards the future, creativity, wisdom, and spontaneity.

The researcher believes that good positive thinking is due to the nature of the target group - namely the Iraqi basketball Premier League teams, as the role of thinking in the sports field in general and in team games, including basketball in particular, which is characterized by constant and continuous change in playing situations and which requires different responses from the player. And speed in those responses according to the requirements of the immediate situation, as thinking is the basic source and cause of the player's behavior and responses. Muhammad Hassan Allawi (1997: 43) confirmed this meaning, as he believes that "mental processes play an important role in the individual's activity and response during his practice." For various aspects of sporting activity, especially during the implementation and performance of various game plans, and among these processes is the thinking process, which bears the greatest burden during the various tactical responses.

4-Conclusions and Recommendations

4-1 Conclusions

- 1-the positive thinking among the players of the premier basketball clubs in Iraq is good.
- 2- The results showed that there were no statistically significant differences among the players of the Premier League basketball clubs in Iraq, the study sample, in levels of positive thinking.

4-2 Recommendations

- 1-Conducting studies and research related to positive thinking on clubs and other sports institutions.
- 2-Taking advantage of positive trends towards positive thinking to influence the sports community and change misconceptions by holding sports seminars, courses and conferences.
- 3- Emphasizing the importance of paying attention to the psychological aspect by the training staff, especially positive thinking

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((Positive Thinking Scale in its Final form)).

| | Items | yes | sometimes | no |
|----|---|-----|-----------|----|
| 1 | I have the ability to turn my weaknesses into strengths | | | |
| 2 | I believe that the future is promising and bright, especially for the game of basketball | | | |
| 3 | I find that some playing places or arenas annoy me and make my thinking distorted when I face an opponent | | | |
| 4 | I always motivate myself to improve my level and goals | | | |
| 5 | I face my problems and try to find solutions to them | | | |
| 6 | I have hope and optimism in all matters | | | |
| 7 | I feel that my abilities are limited and I cannot perform my best in basketball matches | | | |
| 8 | Having my friends around me and supporting me increases my enthusiasm to achieve the best | | | |
| 9 | I have the ability and ability to gain the respect and appreciation of others | | | |
| 10 | My relationship with God makes me more persistent even in difficult times | | | |
| 11 | I feel bored and upset when I am with my colleagues for a long time | | | |
| 12 | Criticism outside of basketball makes me tense and nervous | | | |
| 13 | I pray and pray to God before every basketball game | | | |
| 14 | I consider others' criticism of me an opportunity to correct some of my behaviors and summarize my game of basketball | | | |
| 15 | I have the ability to learn from my failed experiences | | | |
| 16 | I always plan what I should do | | | |
| 17 | My overthinking, especially in decisive matches, leads me to negative results | | | |
| 18 | I have the ability to achieve my ambitions and goals that suit my game | | | |
| 19 | I feel hopeless when I lose repeatedly | | | |
| 20 | I find it difficult to think when I encounter problems related to my game | | | |
| 21 | I have the ability to control myself in all match conditions | | | |
| 22 | I do not trust others, their opinions, or their thinking regarding my sports career | | | |
| 23 | He is characterized by wisdom and good management | | | |
| 24 | I don't blame myself or blame her a lot when we lose in matches | | | |
| 25 | I can identify the strengths and weaknesses of both basketball games | | | |
| 26 | I can control my actions and behavior | | | |
| 27 | Achieving my goals is one of my priorities | | | |
| 28 | I look for solutions to every problem and find out what its causes are | | | |
| 29 | Difficulties do not hinder me from developing myself | | | |
| 30 | I often have negative thoughts that hinder my progress | | | |
| 31 | I enjoy exercising because it makes me feel myself and achieve my goals | | | |
| 32 | I think my lack of luck makes me feel unsure of myself | | | |
| 33 | I feel good about my basketball life | | | |
| 34 | I am afraid of the past because it is full of failure | | | |