

THE EFFECTS OF GOAL SETTING ON BASKETBALL PERFORMANCE

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ABSTRACT

This was an investigative study on the effects of goal setting in basketball. Participants completed a goal setting questionnaire three times during the season to examine how goal setting related to performance levels. Findings revealed that participants high in ability set goals more frequently and found these to be effective. There was positive correlation between frequency of set goals and effectiveness for performance levels over the course of a season. Barriers to goals were overcome through specific plans being set in conjunction with individual requirements of each participant. Engaging in goal setting throughout the season provided participants with opportunities to self-evaluate their own performance levels and that of the team. The investigation supports previous research about the benefits of setting goals to raise performance levels. Future research should look at utilising goal setting with additional mental skills to support participants.