

Characteristics Of Bridge Players In Israel

CHARACTERISTICS OF BRIDGE PLAYERS IN ISRAEL: THE ROLE OF MOTIVATION AND USE OF COGNITIVE STRATEGIES

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Background

- Bridge is one of the most commonly played games in the world
- Currently, there are approximately 8,500 bridge players in Israel, who are members of the Israel Bridge Federation (IBF)
- There are about 100,000 players non-federation members
- No other research has been conducted among bridge players in Israel



Background


- Previous research showed that older adults play games for five main reasons:
 - ✓ Mental and physical fitness
 - ✓ Continuity
 - ✓ Competition
 - ✓ Temporal structure
 - ✓ Belonging



Background

- **Cognitive strategies** are involved in activities that require thinking, planning and decision making
- Using these strategies increases the chances of success in executing actions, improves learning, and the ability to solve problems

(Toglia, Rodgers & Polatajko, 2012)



Research Aims

1. Characterize a sample of bridge players in Israel
2. Explore their motivation for playing bridge
3. Explore the cognitive strategies used: *before, during, and after* the game
4. Describe the relationships between player characteristics, motivations, cognitive strategies, and player records

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Methods and measures

Demographic questionnaire	Player's record
<ul style="list-style-type: none"> Age Gender Education Etc. 	<ul style="list-style-type: none"> Player's ranking Years playing bridge Competitions

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Bridge Motivational Factors Checklist (BMFC)

BMFC

- 8 statements related to the reason for playing bridge
- Each statement is rated on a scale from 1 (disagree) to 5 (agree very much)
- Exploratory factor analysis revealed 3 factors: Improvement, ...

Example questions:

- I play Bridge to develop thinking skills
- My social connections cause me to continue playing bridge
- Playing bridge improves my health
- Playing bridge improves my mood

(Based on Judge & Punch, 2019)

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Bridge Cognitive Strategies Questionnaire (BCSQ)

BCSQ

- 24 items representing bridge playing related cognitive strategies
- Items are rated on a scale of 1 (do not use at all) to 7 (use all the time)
- Exploratory factor analysis revealed 3 factors of strategy use:

Example questions:

- Create a Memo-page for "quick refresh" of agreements and conventions with partner.
- To use information from opponents bidding (or lack of bidding) in order to plan lead/defense/play.
- Analyze played hands to learn from personal mistakes, misunderstandings with partner and partnership


(Based on Toglia, Rodger, & Syrotak, 2012)

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Results

Participants

- 462 adults aged 19-91 years (M = 68.7, SD = 9.28)
- 315 Males = 64.5%; 147 Females = 35.5%
- 57% were born in Israel and 43% had immigrated to Israel
- 95% live independently in the community, 5% live in assisted living
- 37% work, 63% retired or do not work
- 75% have an academic degree



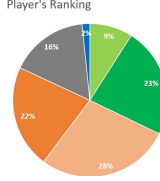
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Participants

Player's record

- Players were registered in the bridge federation since 1971
- Years playing bridge ranged from 1 to 49 years (M=13.16, SD=10.55)
- Number of national competitions ranged from 1 to 480 (M=84, SD=63)

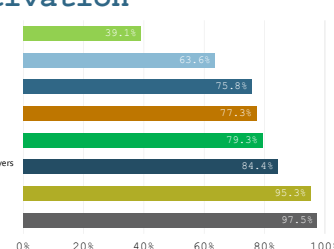
Player's Ranking



Ranking	Percentage
Registered Player	16%
Vice Master	14%
Master	23%
Senior Master	22%
Life Master	28%
Grand Life Master	9%

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Example results - Motivation



Statement	Percentage
I want to play with family members	39.1%
I feel that it reduces stress in my daily life	63.6%
I want to meet other people	75.8%
I want to challenge my brain	77.3%
It enhances my health	79.3%
I want the social interactions with other Bridge players	84.4%
I heard it is a fun game	95.3%
It enhances my mood	97.5%

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Motivation

- No differences were found in the motivation factors to play bridge between men and women
- Statistically significant differences were found between the player's ranking and motivation factors in:



"I want to challenge my brain"

Life Master < Registered Player **
Life Master < Vice



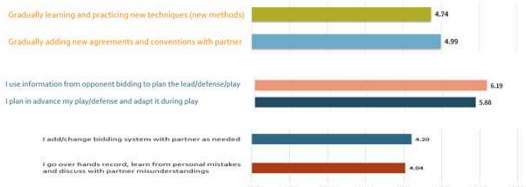
"I want to meet other people"

Life Master < Registered Player *
*p<.05, **p<.01,
***p<.001

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Playing Cognitive Strategies

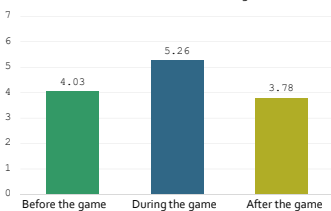
Strategies most used before, during, and after the game (don't use at all to always use)



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Playing Cognitive Strategies

Mean use of strategies



In the sample:

- Using of strategies during the game is statistically significantly higher than using strategies before or after the game ($p < .001$)
- Using of strategies before the game is statistically significantly higher than using strategies after the game ($p < .001$)

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Descriptive findings - playing strategies

Comparison between ranking levels



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Conclusions

- Almost all participants (97.5%) reported that playing bridge enhances their mood and 64% reported that bridge reduces stress in their daily lives
- Low ranking players are motivated by more leisure and social factors
- High ranking players are more motivated by the drive to compete and win
- High ranking players use more cognitive strategies during the game compared to low ranking players

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ONE CAN NEVER SPEND TOO MUCH TIME Playing BRIDGE

or eating ice cream...



Thank you!

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