



A COMPARATIVE STUDY ON MENTAL TOUGHNESS BETWEEN INDIVIDUAL AND TEAM SPORTS PLAYERS

Ashwini K. N.

Physical Education Teacher , Govt. High School, Vanivilasapura
Hiriyur Taluk, Chitradurga District , Karnataka .

ABSTRACT:-

The main aim of the study was to compare the mental toughness between individual and team sports female players. To achieve this aim of the study sixty player (individual-30, team sports-30) were randomly selected as subjects from Dakshina Kannada district, Karnataka state. This study was related to 5 components of mental toughness that is, reboundability, and ability to handle pressure, concentration ability, and level of confidence, motivation. Mental Toughness Questionnaire (Dr. Alan Goldberg, 1998) was used to measure the mental toughness of the subjects. Mental Toughness Questionnaire was distributed to the players before the competition. The data collected was analyzed with mean, standard deviation and 't' Value by using SPSS software 16.0 version.

KEYWORDS: mental toughness , physical development of sports persons.

INTRODUCTION :

Mental toughness is the ability to consistently maintain an ideal performance state during the heat of competition (Loehr, 1986). The mental toughness is deals with the mental ability and physical development of sports persons. Mental toughness depends on a player's ability to quickly leave the mistakes and failures behind. Hanging onto the already committed mistakes will get that particular player into big trouble, performance wise. Jones et. al., (2002), defined mental toughness as a natural ability or developed through psychological training to win over the opponent from a few aspects (competition, training and life style) depending on the needs of the particular sport.

According to Loehr (1986), mental toughness is the ability to consistently maintain an ideal performance state during the heat of competition. Alan Goldberg (1998), described mental toughness as standing tall in the face of adversity and as the ability to rebound from repeated setbacks and failures.



A lack of mental toughness is the biggest enemy of athletes. Lacking mental toughness causes athletes to give up, give in, tank the match, and give less. The level of your athletic success is in direct proportion to your level of mental toughness. To be mentally tough, you must be willing to do what most athletes don't do.

OBJECTIVE OF THE STUDY:

The objective of the study was to to compare the mental toughness between individual and team sports female players.

METHODOLOGY:

The purpose of the study was to compare the mental toughness between individual and team sports female players. To achieve the purpose of the study sixty player (individual-30, team sports-30) were randomly selected as subjects from Dakshina Kannada district, Karnataka state. Individual players were selected from sprint events, long distance events, jumpers and throwers, whereas team sports players were selected from volleyball, handball and football. This study was related to 6 components of mental toughness that is, reboundability, and ability to handle pressure, concentration ability, and level of confidence, motivation and special strength. Mental Toughness Questionnaire (Dr. Alan Goldberg, 1998) was used to measure the mental toughness of the subjects.

STATISTICAL TECHNIQUE:

Descriptive statistical techniques Mean, Std. Deviation and t't Value was applied by using SPSS 16.0 version.

RESULTS:

The purpose of the study was to compare the mental toughness between individual and team sports female players.

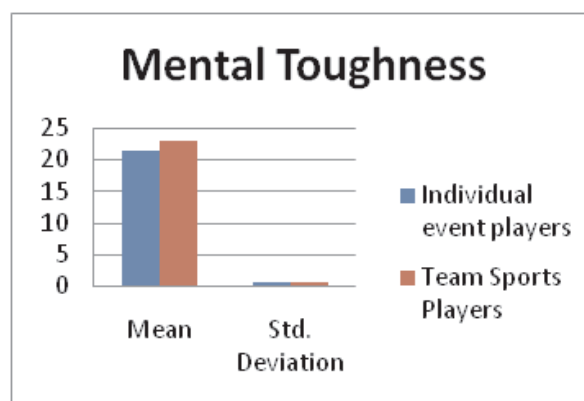
Table-1 shows that Mean, Std. Deviation and 't' Value of mental toughness of individual and team sports female players.

Mental Toughness	N	Mean	Std. Deviation	t' Value
Individual event players	30	21.33	.46	3.28*
Team Sports Players	30	22.83	.47	

*0.05 significance level

According to table-1, the mean value of Individual event players and Team Sports Players were 21.33 and 22.83 respectively. Std. Deviation of Individual event players and Team Sports Players were .46 and .47 respectively. The 't' value of mental toughness of the selected subjects were 3.28, which was greater than the critical value of 't'. Hence, it was found that, there was a significance difference between individual and team sports players related to mental toughness. The results had been presented graphically in figure-1.

Figure-1 Comparison of mental toughness of individual and team sports female players.



CONCLUSIONS:

Within the limitation of the present study, and on the basis of the findings, the following conclusions have been drawn.

1. There is a significance difference between individual and team sports players related to mental toughness.
2. In Team Games athletes are involved with teammates and spend a lot of time practicing with teammates and have more interaction with one another hence the better Reboundability, Motivation and Pressure Handling ability can be attributed to this particular fact wherein the teammates motivate each other and also help them to come out of setbacks. As per findings of this study it is concluded that mental toughness is one of the important variable in sports psychology. It is necessary to train players of team sports to enhance mental toughness. These outcomes may realize to develop the various training plans.

REFERENCE:

1. Goldberg A.S., (1998) Sports Slump Busting: 10 steps to Mental Toughness and Peak Performance, Champaign, IL: Human kinetics, p. 164.
2. Loehr J.E (1986), Achieving Athletic Excellence: Mental Toughness Training for Sports, Massachusetts: The Stephen Greene Press, pp. 10-18.
3. Jones Graham, Hanton S, &. Connaughton D. (2002). What is this thing called Mental Toughness? An investigation of elite sport performers, Journal of Sport Psychology, 14.205-218.