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A PSYCHOLOGICAL TOOL FOR TRANSFORMING SETBACKS INTO SUCCESSES

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ABSTRACT:

Psychology explains that mental toughness is based on a quality known as hardiness. Hardiness is the ability to control whatever happens to the players during the game, either positive or negative. It is also the ability to commit themselves to playing and coping with change. Sports psychology stresses the need to get rid of the negative thoughts and disbelief in the head as they can significantly hinder the ability to perform on the playfield. To improve

mental game the players should learn to control their thoughts.

KEYWORDS: mental toughness, psychology stresses.

INTRODUCTION:

The capability to control the thoughts allows to get focused and develop self-confidence which helps to bring thoughts to reality on the play field. Psychological factors like mental strength, self-confidence, determinations are usually the determining factor between success and failure. The difference between the best and the good athlete is the quality and extent of their psychological preparation and how well these athletes apply their skills

MENTAL TOUGHNESS

Mental toughness is a key psychological variable related to perseverance and success in performance domains. MT and its

development have been explored across a range of contexts and across different sports. Mental toughness is a measure of individual resilience and confidence that may predict success in sport, education and the workplace. As a broad concept, it emerged in the context of sports training, in the context of a set of attributes that allow a person to become a better athlete and able to cope difficult training and difficult competitive situations and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sports commentators, and business leaders. Mental toughness is just as important for players as physical fitness. Mental toughness is a skill and it can be developed alongside with physical skills. Players with high levels of mental

toughness do way better and increase their chances of a successful career than their colleagues who don't train mentally. Improving the mental toughness simultaneously improves the confidence on the play field which will allow the players to play their maximum potential.

SETBACKS

Failure is not the alternative to success. It is something to be avoided, but it is also only a temporary setback on a bigger, more significant course instead of permanent obstacles. Every body encounters failure at some point or another. Attaining the state of mental toughness means to have a combination of discipline and confidence. Developing self-confidence has to do with maintaining a positive mental

game and attitude that keeps an athlete 100 % focused irrespective of whether they fail or not. An individual who is an average athlete and has mental toughness will be more successful than an individual who has natural talent but who is not mentally tough. A team or player that lacks self-confidence will always play below par. Making a list of positive accomplishments can also be a way of developing mental toughness. Realizing the many things that one has succeeded in will allow to carry over those successful thoughts and memories into building the confidence. It was reported that failure in sport provided opportunities to develop inner resources to perform and cope better in future situations.

IMPORTANCE OF MENTAL TOUGHNESS

Mental toughness is just as important for players as physical fitness. Developing mental toughness gives players the motivation and tenacity to make sure they complete the goals they have set. Irrespective of the physical attributes that athletes may possess, the athlete that is 'tougher' mentally will most times succeed. Mental Toughness differentiates the best from the rest when physical, technical and tactical skills are equal. Coaches, as well as the athletes themselves, should combine the two elements of mental training and technical training so they will enhance the chances of establishing a consistent peak performance in every game. Therefore, it is imperative to include mental skills training in practice so that talented players can give their best performance at all time no matter what. Somebody without mental strength can have every one of the normal gifts or capacity and not make it to the extent that somebody with mental sturdiness with normal capacity. Mentally tough behaviors are more directly observable than the cognitions, attitudes and effects that accompany such behavior. For example, an individual who continues to persevere and achieve their goals in situations so adverse they would ordinarily be expected to falter and fail, would almost ubiquitously be described as demonstrating mental tough behaviour. The way to mental durability is applying reliably the attributes of self-inspiration, uplifting outlook, profound restraint, serenity enduring an onslaught, and being enthusiastic and good to go. Consistency is significant. Through applying these characteristics every day of the week, will actually want to arrive at new levels in anything that tries the singular look for whether it be a game, playing an instrument, coding a PC application or composing a book. Psychology has seen a shift from people viewing stress and trauma in a negative light and has also explored the positive effects that can be experienced following highly stressful or traumatic events. The examination proposes not really the injury supports Post-awful development (PTG), however the mental handling and full of feeling commitment following an encounter that prompts impression of good change and/or learning. (Tedeschi and Calhoun, 2004a). Not surprisingly, studies specifically investigating MT in sport have predominantly focused on sports related trauma and challenge (Howells and Fletcher, 2015: Sarkar et al., 2015: Collins et al., 2016). It has been suggested that traumatic events including serious illness, injury and bereavement almost always produce lasting emotional damage but not everyone confronted with such events reacts the same way with varying responses whereby some people are debilitated and others are only minimally affected and then gradually recover. Furthermore, gaining a psychological benefit after experiencing a negative event is believed to be a common occurrence and will act as a form of future proofing against subsequent events. (Bonanno, 2008).

CONCEPTUALIZATION OF MENTAL TOUGHNESS IN THE ATHLETES

Arunima Sinha, was a public level volleyball player who was pushed from a showing train to certain looters in 2011 while she was opposing them. Accordingly, one of her legs must be excised underneath the knee and is the primary Indian handicapped person to climb Mount Everest. Her aim was to climb all the continents' highest peaks and hoist the national flag of India. She has already done six peaks: Everest in Asia, Kilimanjaro in Africa, Elbrus in Europe, Kosciuszko in Australia, Aconcagua in Argentina and Carstensz Pyramid (Puncak Jaya) in Indonesia. Sandeep Singh, is an Indian professional field hockey player and an ex-captain of the Indian national team. On 22 August 2006, Singh was seriously injured after being hit by an accidental gunshot in Shatabadi train, while on his way to join the national team due to leave for the World Cup in Germany two days later. He was almost paralysed and

on wheel chair for two years of his life. Singh not only recovered from that serious injury, but also established himself again in the team. Leander Paes, the first Indian and only tennis player to compete at seven Olympic Games. He was awarded the highest sporting honour by the government of India, the Rajiv Gandhi Khel Ratna in 1996, the Arjuna Award in 1990, the Padma Shri award in 2001. In 2003 diagnosed with parasitic infection which attacks the central nervous system. He has recovered and consistently playing and winning in many tennis championships. He is the recipient of the 3rd Highest Civilian Award the Padma Bhushan in January 2014 for his outstanding contribution to tennis in India. Yuvraj Singh, is an Indian international cricketer, who plays all forms of the game. In 2011 Yuvraj was diagnosed with a cancerous tumor, mediastinal seminoma, a germ-cell tumour located between his two lungs. and underwent chemotherapy treatment. Yuvraj's cancer showing full signs of remission, he aimed at resuming cricket at the World Twenty20. In 2012, Yuvraj was conferred with the Arjuna Award, India's second highest sporting award by the Government of India. In 2014, he was awarded the Padma Shri, India's fourth highest civilian honour. Deepika Mehta, a mountaineering enthusiast, in 1997, had an accident during a rock climbing adventure trip in Dehradun, where she took a 30 feet fall, breaking most of her bones. Doctors predicted there was no way she would be able to walk without the help of crutches. Now she is a well known yoga teacher and professional fitness expert. She is been performing prana of, Dance all over the world. Yuva Dayalan, former international badminton player (Ranked 2nd in India) was forced to stop playing due to an attack of pneumonia. He took up yoga seriously as a therapy to cure himself and transformed his profession in Yoga. He has been confronted with Yoga Kalanidhi, Yoga Suryan, Yoga Baskara, Yoga Chandran and Chinese World Masters Doubles Champion, Singles & Mix Doubles Runner-Up. Martina Navratilova, is a former Czechoslovak and later American professional tennis player and coach. In September 1982, an acute attack of toxoplasmosis. On April 7, 2010, Navratilova announced that she was being treated for breast cancer. In 2012 she was named one of the "30 Legends of Women's Tennis: Past, Present and Future". Venus Ebony Starr Williams, is an American professional tennis player who is currently ranked world No. 5 in the WTA singles rankings. In 2011, diagnosed of Sjögren's syndrome, a little-known autoimmune disorder that causes fatigue and joint pain. In 2017: Australian Open, Wimbledon & WTA Finals finalist and return to the top 5. Hugh Herr, is an American rock climber, engineer, and biophysicist. In January 1982, after having ascended a difficult technical ice route in Huntington Ravine on Mount Washington in New Hampshire, Herr and a fellow climber Jeff Batzer were caught in a blizzard and became disoriented, ultimately descending into the Great Gulf where they passed three nights in -29 degree temperatures. Both of Herr's legs had to be amputated below the knees. As a result of using the prostheses, Herr climbed at a more advanced level than he had before the accident, making him the first person with a major amputation to perform in a sport on par with elite-level, able-bodied persons. Philip Alfred Mickelson, is an American professional golfer. He has won 42 events on the PGA Tour, including five major championships: three Masters titles, a PGA Championship. In 2010 he has revealed that he is being treated for psoriasis and psoriatic arthritis, a condition that causes the immune system to attack the body's joints and tendons and which left him in so much pain he couldn't walk for the rest of his life — both diseases are incurable. Weekly shots of a drug to lower his immune system have brought the disease under control and he has won the open championship 2013.

CONCLUSION

The achievements of athletes and other sportspersons takes a physical form. However, such successes require not only physical fitness but also mental toughness. Mental toughness is what propels people to attempt to rise above their constraints. Often the grounds for mental toughness preparation is some form of setback. This is why it is crucial to view failures as a means towards success. If one has mental toughness then failures will not deter them but instead provide a platform to strengthen their resolve. Such a display of mental toughness can be seen in the mentioned above great sportspersons. Therefore, it is concluded that mental toughness holds an irreplaceable place in the mind and life of a sportsperson. Mental toughness takes on from setbacks to success.

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