



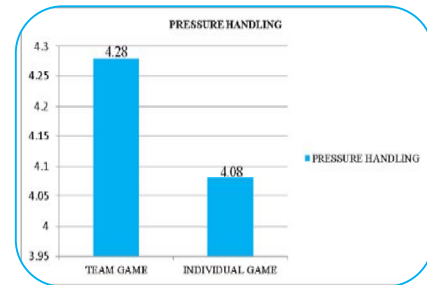
COMPARISON OF MENTAL TOUGHNESS AMONGST TEAM GAMES PLAYERS

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ABSTRACT:

Mental toughness is the ability to overcome the pressure of resiliency. It provides unshakable determination and conviction towards the goal despite pressure or adversity. Competitive sports are affected by magnitude of factors. Sports persons realize that there is more to competition than simply learning the physical skills. Mental skills or mental toughness pays vital role in the completive sports. The aim of the presents study is to evaluate the mental toughness status of university level sports persons and find of difference between the Players of different games namely Handball, Hockey, Basketball, and Netball under study. Descriptive and comparative (ANOVA) followed by post-hock test were employed to test the null hypothesis in the present study. Result of the comparative (ANOVA, post hoc LSD) statistics shows statistically significance ($p < 0.05$) difference among the sports person of different sports understudy in majority of the sub variables of mental toughness. On the basis of present study it could be concluded that the mental toughness has great influence on the sports performance.



KEYWORDS: *Mental toughness, sports persons, netball, handball, basketball, hockey.*

INTRODUCTION:

Mental toughness is a notion in sport psychology that has received a lot of attention in recent years. It tends to be associated with ability to overcome with pressure of resiliency. It is multi-dimensional and consists of twelve components, including: - self-efficiency, potential, mental self concept, task familiarity value, personal bests, goal commitment, perseverance, task focus, positively stress minimization and positive comparisons. Mental toughness is defined as an unshakable perseverance and conviction towards some goal despite pressure or adversity. This conceptualization of mental toughness provides a platform from which instruments of measurement be developed.

Many things are left to chance in sports because they are predictably unexpected. When athletes enter the competitive arena, they quickly understand that there is more to it than just learning physical talents. It's one thing to have the physical and mental abilities; it's quite another to be able to put them to use when necessary. Every athletic competition is a contest of control-control of the sensitive mind-body connection, which is evident in the competitive arena.

Performance in competitive sports is affected by many factors, the sports person during the process of training realizes that it is not only physical skill which counts for competitive performance. Along with physical skill, mental skill is also a prerequisite for competitive sports. It has been realized by sports personnel that to get victory a trained mind is also necessary along with trained body. Proper

mental training along with physical training will provide opportunity for player to be consistent in his/her performance.

It has been noted that importance of psychology in sports has increased in search of "winning edge" & "to cope up with stress of competition". Mental make-up of sports person is very important in competitive sports. One of the mental skills to important in competitive sports is mental toughness.

Mental toughness is defined as the ability to maintain one's ideal performance level in the face of adversity in competition. Good technique and mental skills are required to perform to one's full ability. Players that generate a special atmosphere within themselves perform consistently. Ups and downs in performance are often directly traceable to psychological ups and downs.

Mental toughness is a quality that both athletes and coaches regularly identify as important to great sports performance. However, until recently even sport psychologists did not agree on a definition. Developing this important quality is only now becoming more completely understood. Mental toughness is many things and rather difficult to explain, its qualities are sacrifice and self-denial, also, most importantly.

Being mentally tough is having the psychological edge that allows one to perform at peak maximum effort efficiency during the demands that are placed on them during training, practice or competition. Specifically, when the demands are greatest, or the conditions become adverse.

Mental toughness is a skill that should be possessed by all serious competitive players. It appears to be a concept that most people are familiar with and apply to people's actions in a variety of situations. It's a complicated idea, especially when it comes to understanding why some people appear to have it in varied degrees or none at all. Coaches and players will be interested in determining the exact characteristics of mental toughness as well as the many contexts in which it manifests. With this knowledge, it may be feasible to provide some advice on how to help players improve mental toughness.

METHOD

160 subjects were selected in the present study. Total samples were further divided into four groups, 50 from each group namely hockey, netball, handball, and basketball players from Nagpur, India. The mental toughness and its sub variables were assessed with the help of mental toughness questionnaire prepared by Dr Sandeep Tiwari. To assess Mental toughness of university level sports persons Mental toughness questionnaire prepared by Dr Sandip Tiwari was used the questionnaire consists of 48 statements which are categorized: under six variables namely – (SC) Self Confidence (8 statements), Motivation (10 statements), Attention Control (10 statements), (GS) Goal setting (8 statements), (VIC) Visual and Imagery Control (6 statements) & (ATC) Attitude control (6 statements).

ADMINISTRATION OF TEST

The scholar personally met all the respondents and explained the importance of his work and requested cooperation from them. The players agreed to be the part of the study and to extend full cooperation. The questionnaires were handed over to them and were asked to return it within 15 days of time. After 15 days players who did not respond were again contacted & persuaded to cooperate all the player selected returned the questionnaire duly filled.

SCORING

The scoring of the questionnaire was based on five point Likert scale where the responses extent from strongly disagree to strongly agree the minimum score that can be obtained on the sub variable of Self Confidence is 8 and a maximum of 40, Motivation 10 minimum and 50, Goal Setting minimum 8 and maximum 80. Visual & Imagery minimum 6 and maximum 30, Attitude Control minimum 6 and maximum 30. In order to identify the weakness and strong points of the sports person the 6 sub variables scored included in the Mental Toughness Questionnaire in sports must be calculated. To assess the overall Mental Toughness of a sports person it is essential to total the score of

all the six sub-scale. Thus, a minimum score of 48 and maximum score of 240 can be obtained by a respondent.

STATISTICAL ANALYSIS

To draw the meaningful conclusion the descriptive (mean, standard error, and standard deviation), comparative (ANOVA, post hoc LSD) and correlation (Pearson's correlation) statistics were employed to analyze the data.

RESULT:

Table 1: Showing the comparison of mental toughness and sub variable of mental toughness among hockey, netball, handball, and basketball players.

variable	Hockey	Netball	Handball	Basketball	ANOVA
	Mean \pm SE	Mean \pm SE	Mean \pm SE	Mean \pm SE	F (<i>p</i> -value)
Self confidence	30.2 \pm 0.50	31.35 \pm 0.59	29.15 \pm 0.82	30.50 \pm 0.35	4.92 (<i>p</i> <0.05)
Motivation	33.05 \pm 1.07	40.15 \pm 1.18	34.00 \pm 0.85	35.25 \pm 0.42	5.01 (<i>p</i> <0.05)
Attention Control	37.30 \pm 0.46	37.65 \pm 1.02	34.55 \pm 0.76	35.80 \pm 0.73	3.29 (<i>p</i> <0.05)
Goal Setting	32.75 \pm 0.58	33.30 \pm 0.62	21.90 \pm 0.70	21.80 \pm 0.31	4.37 (<i>p</i> <0.05)
Visual Control	22.00 \pm 0.78	24.50 \pm 0.62	23.60 \pm 0.55	24.30 \pm 0.18	8.69 (<i>p</i> <0.05)
Attitude Control	24.90 \pm 0.52	24.40 \pm 0.35	23.60 \pm 0.55	24.30 \pm 0.32	0.98 (NS)
Mental Toughness	30.03 \pm 1.32	31.89 \pm 1.32	28.68 \pm 1.32	30.15 \pm 1.32	3.74 (<i>p</i> <0.05)

Above table depicted the summary of characteristics of self-confidence, motivation, attention control, goal setting, visual control, attitude control, and mental toughness of hockey, netball, handball, and basketball players. Above table distinctly supports that the self-confidence of netball players were highest (31.35 \pm 0.59) and handball players (29.15 \pm 0.82) were lowest amongst the studied groups. The hockey and basketball players didn't not differ significantly.

Similarly, in motivation dimension of mental toughness netball players showed higher motivation (40.15 \pm 1.18) than that of other studied groups of players and hockey players (33.05 \pm 1.07) were found to be lowest motivation amongst the studied groups. In attention control dimension of mental toughness hockey and netball players were found to be higher than that of handball and basketball players. Handball and basketball players did not differ significantly.

The goal setting of hockey and netball players were found to be significantly higher than that of handball and basketball players. Hockey players and netball players did not differ in goal setting dimension of mental toughness. Similarly, handball and basketball players did not showed difference in goal setting. The visual control of basketball and netball players were found to be higher than that of hockey and handball players.

Result of the attitude control showed insignificant difference amongst the group. The mental toughness of netball (31.89 \pm 1.32) players was found to be significantly (*p*<0.05) higher than that of other studied groups and handball players depicted lowest mental toughness in the present study.

DISCUSSION

At the beginning it was hypothesized that insignificant difference will be witnessed in mental toughness and its sub variables amongst the hockey, netball, handball, and basketball players. Result of the study found significant difference in all sub variable of mental toughness and mental toughness of players. The attributes of mentally tough performers have been identified unshakeable self-belief to

achieve competition goals. Unshakeable self-belief in players make them better than the rest. Insatiable desire to succeed, ability to bounce back from setbacks, thrive on pressure, remain focused despite personal issues, remain focused despite competition issues etc make them difference from rest. These traits could be used to construct proficiency profiling instruments to determine specific psychological skill training needs (Treuer and Reynolds; 2017). While an inestimable amount of mental toughness is undoubtedly caught, some of it can also be taught (coached). Research with gifted and talented school children (Csikszentmihalyi, 1990; Gagne, 2003) and athletes (Cote, 1999; Baker et al., 2003) has highlighted the important psychological attributes associated with mental toughness. Mental toughness is a skill that can be developed by repetition and habit. It involves using one's mind to achieve victory over one's environment. Mental Toughness is essentially giving oneself the right messages in critical times stress, hence allowing one to withstand great strain without breaking. It's never a good idea to lose your cool or break down during a long practice or strenuous workout.

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