



ISSN: 2249-894X
 IMPACT FACTOR : 5.7631 (UIF)
 UGC APPROVED JOURNAL NO. 48514
 VOLUME - 8 | ISSUE - 8 | MAY - 2019



A COMPARATIVE STUDY ON MENTAL TOUGHNESS BETWEEN SUCCESSFUL AND LESS-SUCCESSFUL FIELD HOCKEY PLAYERS

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ABSTRACT:

The purpose of this study was to evaluate and compare the psychological variable- mental toughness between professional and non-professional field hockey male players. To achieve the purpose of the study, forty (n=40)

players were selected as a subjects, out of which twenty (n=20) from SAI (Successful players), and twenty (n=20) from private hockey club (less-successful players). The age of all subjects ranged from 16 to 21 years. The subject selected was tested, with Dr. Alan Goldberg Mental Toughness Questionnaire (Goldberg A.S., 1998), which measured mental toughness parameters - Rebound ability, Ability to handle pressure, Concentration, Confidence and Motivation. The data collected put into descriptive analysis analysis to compare the mental toughness between Successful and Non-successful field hockey players. T test was applied to determine the significance of difference and direction of difference in mean score of variables and the level of significance was set at 0.05. The results of the study showed that, there is a significant difference in the mental toughness between successful and less-successful field hockey players. Further the study concluded that, the successful hockey players have average to moderate skill in mental toughness. The less-successful field hockey players need to start putting more time into the mental training area.

KEYWORDS: Mental toughness, Rebound ability, Ability to handle pressure, Concentration, Confidence and Motivation.

1. INTRODUCTION

Mental toughness is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve (Jones, Hanton, & Connaughton,

2002). "Having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure". In a present scenario most of the junior athletes are not have particular aim about their training, the dedication level was

not up to the mark to accept the challenges of the training, psychological abilities plays a major role to keep the athletes active towards training. Hence, assessing psychological variable, i.e., mental toughness is much needed at the junior level to put light on psychological training

1.1. PURPOSE OF THE STUDY

The purpose of the present study was to investigate and compare the mental toughness between successful and less-successful field hockey players.

1.2. OBJECTIVE OF THE STUDY

To find out the significant differences between successful and less-successful field hockey players on selected psychological variable.

2. METHODOLOGY

For the study, the forty (n=40) players were selected as a subjects, out of which twenty (n=20) from SAI (Successful players), and twenty (n=20) from private hockey club (less-successful players). The age of all subjects ranged from 16 to 21 years. The subject selected was tested, with Dr. Alan Goldberg Mental Toughness Questionnaire (Goldberg A.S.,1998). The questionnaire is covered total of 30 questions and which measured six variables (Rebound ability, Ability to handle pressure, Concentration, Confidence and Motivation). The data collected put into descriptive analysis analysis to compare the mental toughness between Successful and Non-successful field hockey players. T test was applied to determine the significance of difference and direction of difference in mean score of variables and the level of significance was set at 0.05.

3. THE ANALYSIS OF DATA

To identify the difference between successful and less-successful field hockey players, the data was analyzed by statistical technique T test. The level of significance was set at 0.05.

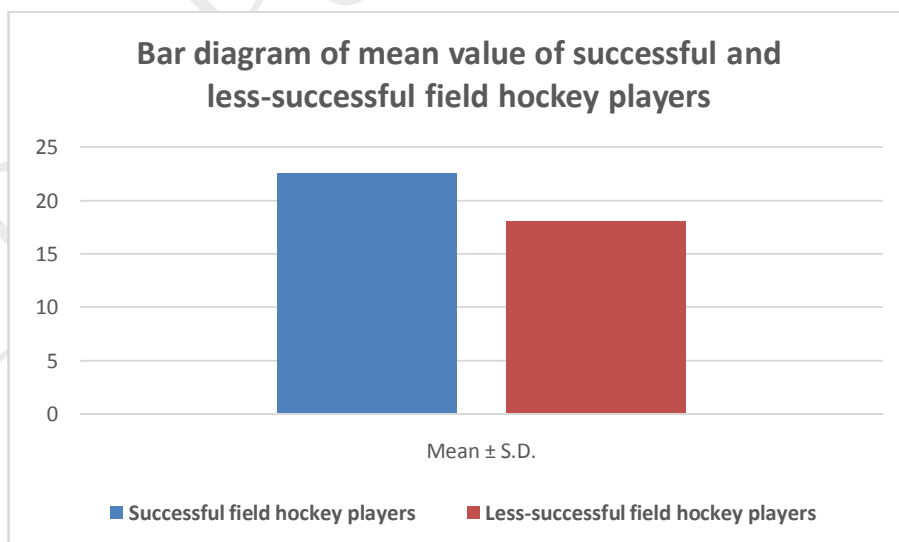
4. RESULT AND DISCUSSION

The data collected to achieve the objective of the study was statistically analyzed and results are presented in the following table.

Table - Showing the mean value, standard deviation and 't' score of Mental toughness of successful and less-successful field hockey players.

Sl.No.	Group	Sample size	Mean \pm S.D.	't' value
1	Successful field hockey players	20	22.6000 \pm 2.23371	5.874*
2	Less-successful field hockey players	20	18.1000 \pm 2.48998	

* Significance at 0.05 level



The table shows there is a significant difference between successful and less-successful field hockey players on selected psychological variable. It is clear from the above table that calculated 't' value of 5.874 which is significant at 0.05 level of confidence.

5. CONCLUSION:

On the basis of result the following conclusion were drawn_

- a) There was a significant difference in the mental toughness between successful and less-successful field hockey players.
- b) According to Dr. Alan Goldberg mental toughness questionnaire scale; A score of 26-30 indicates strength in overall mental toughness, A score of 23-25 indicates average to moderate skill in mental toughness. And scores of 22 or below mean that they need to start putting more time into the mental training area (Goldberg A.S., 1998).
- c) Hence, the successful hockey players have average to moderate skill in mental toughness.
- d) Less-successful field hockey players need to start putting more time into the mental training area.

REFERENCES"

- Jones, Hanton, & Connaughton, 2002, p. 209, "What Is This Thing Called Mental Toughness? An Investigation of Elite Sport Performers" *Journal of Applied Sport Psychology*
- Goldberg A.S., (1998) *Sports Slump Busting: 10 steps to Mental Toughness and Peak Performance*, Champaign, IL: Human kinetics, p. 164.