



## A COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN INDIVIDUAL GAMES PLAYERS AND TEAM GAMES PLAYERS

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### ABSTRACT :

*The purpose of the study was to compare the mental toughness of players of team games and individual games. For the said objective 30 players from team games and 30 players from individual games of L.N.I.P.E., Gwalior , were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on handling pressure ( 20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. For*



*the analysis of data, collected by administering the questionnaire to all the subjects, t-test was employed at 0.05 level of significance. The result of the study concluded that there was statistically significant difference in mental toughness between the players of team games and individual games of L.N.I.P.E., Gwalior. This clearly depicts that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games.*

**KEY WORDS:** *Mental Toughness, Team Games, Individual Sports, Stressors.*

### INTRODUCTION

"Mental toughness" is normally used colloquially to refer to any set of positive attributes that helps a person to cope with difficult situations. Mental toughness is one of the psychological dimensions that is considered important in performance, achievement and excellence across many domains of life. Mental toughness is a term used throughout the sporting world it resides in common vocabulary of coaches, athletes, fan, and commentators across sporting context. With regards to sport, mental toughness is a term that coaches, athletes and sport psychology consultants use when discussing psychological factors that differentiate between successful and less successful athletes. Players, whether from team games or individual games, are constantly under stress and anxiety while competing in tournaments, they struggle for each point and often put their best efforts to get success. In sports competition, there are situations that require the utmost concentration to face difficult circumstances. It is always questionable that which players, team games or individual game, possess better mental toughness. In the scientific and sport community, mental toughness is viewed as one of the most important attributes that will lead to a successful athletic performance. At the highest level it is often the mental game which separates the elite performers from the good performers. In sport there has been very little scientific attention focusing around mental toughness and this is seen as very surprising considering that it became necessary to compare mental toughness between players of team games and players of individual games of L.N.I.P.E., Gwalior.

**METHODS**

For the purpose to compare the mental toughness, 30 players from team games and 30 players from individual games of L.N.I.P.E., Gwalior who have participated at CBSE Nationals, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. For the analysis of data, collected by administering the questionnaire to all the subjects, t-test was employed at 0.05 level of significance.

**RESULTS**

To find out the significant differences in mental toughness between players from team games and players from individual games of L.N.I.P.E., Gwalior t-test was employed at 0.05 level of significance. The statistical analysis of data pertaining to the mental toughness is given below:

**Table - 1**  
**Significant Differences between the Players of Team Games and Players of Individual Games**

Groups	Mean	S.D.	D. Difference between Mean (DM)	't' ratio
Players of Team Games	41.52	7.60	5.7	3.27*
Players of Individual Games	34.66	5.1		

't' 0.05 (58) = 2.00

It is clearly evident from table No. 1 that there was significant difference in mental toughness between the players of team games and individual games of L.N.I.P.E., Gwalior, since the calculated 't' value 03.27 was found to be more than tabulated value 2.00 at 0.05 level. Thus, data provides sufficient confirmation to ensure that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games of L.N.I.P.E., Gwalior.

**DISCUSSION AND CONCLUSIONS**

Findings of the study show that there was significant difference in mental toughness between the players of team games and individual games of L.N.I.P.E., Gwalior. This clearly indicates that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games of L.N.I.P.E., Gwalior. This may be attributed due to the reality that the players of team games get themselves occupied more to prepare mentally for various competitions and participate in competition as a team which develops team cohesion in them and it also helps them to distribute the pressure of the competition. Hence it is necessary to train players of individual games more than the players of team games to enhance the mental toughness. These outcomes may be utilized to develop the various training plans.

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