

COMPARATIVE STUDY OF MENTAL TOUGHNESS OF INDIVIDUAL SPORTS AND TEAM GAME PLAYERS

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ABSTRACT

To analyse the Psychological component i.e. mental toughness between team game and Individual sports of Haryana sportspersons and also compare it. This was a cross-sectional and experiment study. Mental toughness level was assessed of 500 subjects (250 males and 250 females) aged 17–28 years from different colleges and Universities of Haryana. Personal styles and performance questionnaire was used to collect the data. The results of the study showed that significant difference in mean values of male players of team games and Individual sports male in mental toughness was found and our hypothesis was accepted. The results of the study also showed that significant difference not found in mean values of female players of team games and Individual sports and our hypothesis was accepted.

Keywords: Mental toughness, Team Games, and Individual Sports.

INTRODUCTION

Sport is becoming an integral part of human life. From very simple beginning it has now become highly organized activity of human society. The success and failure of an athlete is dependent on the combination of physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. Competitive sports demand a high level physical ability, and at the same time, they require a sharp mental focus. In today's competitive world it is very difficult to stay mentally tough and perform under tremendous pressure. (Clough, Earle, Sewell 2002; Sharma, Shukla & Sharma 2013). 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 (Mattie, 2009). Mentally tough people have a high sense of selfbelief and an unshakable faith that they control their own destiny, these individuals can remain relatively unaffected by competition and

adversity (Stonkus, & Royal 2015; Yadav 2012; Newland, Newton, Finch, Harbke, Podlog, 2013; Omar-Fauzee, Saputra, Samad, Gheimi, Asmuni, & Johar 2012). Many experts propose numerous attributes to clarify the nature of mental toughness, like not letting adverse situations affect performance, rebounding from failures, possessing superior mental skills, having the ability to cope with pressure and being resilient (Middleton, Marsh, Martin, Richards & Perry 2004). More physical and mental energy is needed and for this it is essential to be mentally tough hence mental toughness is on high demand. It is essential to be aware of the importance of sport psychology to assist athletes to perform sport skills better. There are also variety of factors in sport disciplines and competition in terms of the type of sports because athletes experience specific psychological behaviors (Bal, & Singh 2014; Balaji & Simson Jesudass 2011). The demands in team sports are different from that of individual sports. The nature of sports makes an individual to behave in a certain manner. In group sports like football, basketball, handball and others the nature of these sports causes the athletes to commit many fouls during competition, as a result they experience negative emotion and show problematic behaviour. In contrast in individual sports, athletes depend on to their individual abilities (Gupta, 2013). In individual sports, performance criteria is one dimensional while in group sports performance depends on the teammates performance. In team sports, athletes are involved with teammates and spend a lot of time practicing with teammates and have more interaction with one another, in contrast in individual sports athletes spend a lot of time alone in practicing. In some of individual sports athlete have more time for mental skills practice and they do so in a quiet environment while distraction and loss of concentration are part of the team sports (Gymbrah, 2013). Recently, sport psychologist researchers who try to understand the psychological factors and their impact on performance in the sport have drawn much attention to the concept of mental toughness. The evolving basis of knowledge to achieve victorious mental toughness (including cognitive, affective, and behavioural components) is seen as multidimensional and an important psychological structure.

Objectives of the Study:

The objective of the present study was as follows: -

1. The study was conducted to know the psychological variables (mental toughness) of team games and Individual sports male players.
2. The study was conducted to know the psychological variables (mental toughness) of team games and Individual sports female players.

3.

Hypotheses of the Study:

The Hypotheses of the study are as follows.

1. There will be no significance difference of Psychological variables (toughness) between team games and Individual sports male players.
2. There will be no significance difference of Psychological variables (toughness) between team games and Individual sports female players.

Selection of the Subjects:

For accomplish the study total 500 participant age ranged 18 to 27 years were randomly selected further divided into Male (N=250) and Female (N=250).

Design of the Study:

The design of the study was based on random group design. The subjects were selected randomly from different selected match practice group.

Selection of variables:

For the present study Psychological variables i.e. mental toughness, Personal styles and performance questionnaire developed by (Cherry, 2005) was used.

Collection of the Data.

The necessary data related with mental toughness was collected after the competition in respective games and sports.

Statistical analysis

To compare the Mental toughness variable of team games and Individual sports 't' test was used with the latest software of Statistical Package for Social Science. The level of significance was set at 0.05 level of confidence.

RESULTS OF THE STUDY**TABLE-1**

**MEAN DIFFERENCE OF PSYCHOLOGICAL VARIABLES (MENTAL TOUGHNESS)
BETWEEN TEAM GAMES AND INDIVIDUAL SPORTS MALE PLAYERS**

Groups	Mean	S. D.	d. f.	S.E.D.	't'
Male Team Games (N=130)	36.66	7.23	268	.931	-0.87
Male Individual Sports(N=140)	36.73	5.38			

Not significant at 0.05 levels of significance

Table: 1 represent the mean value of male players of Team Games and Individual Sport in psychological variable of was **36.66** and **36.73** respectively and the SD value of team games and Individual sport male players in Mental Toughness was **7.23** and **5.38** respectively. The standard error difference was also finding out with the reading of **.931**. The 't' was calculated as **-0.87**, which was not significant at .05 level of significance. The results of the table showed that significant difference in mean values of male players of team games and Individual sports male in mental toughness was found and our hypothesis was accepted.

TABLE-2

MEAN DIFFERENT OF PSYCHOLOGICAL VARIABLES (MENTAL TOUGHNESS) BETWEEN TEAM GAMES AND INDIVIDUAL SPORTS FEMALE PLAYERS

Groups	Mean	S. D.	d. f.	S.E.D.	't'
Female Team Games (N=120)	37.36	6.03	.635	.055	1.992
Female Individual Sports (N=110)	35.75	6.07			

Not significant at 0.05 levels of significance

Table: 2 represent the mean value of female players of Team Games and Individual Sport in psychological variable of was **37.36** and **35.75** respectively and the SD value of team games and Individual sport female players in mental toughness was **6.03** and **6.07** respectively. The standard error difference was also finding out with the reading of **.055**The 't' was calculated as **1.992**, which was not significant at .05 level of significance. The results of the table showed that significant difference in mean values of female players of team games and Individual sports female in mental toughness was found and our hypothesis was accepted.

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