Volume : 2 | Issue : 5 | May 2013 • ISSN No 2277 - 8160

Research Paper | Physical Education

Compparision of Mental Toughness Variables Among Kho-Kho and Kabaddi Players

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INTRODUCTION

Every nation wants to show its supremacy by challenging other nations in sports. This challenge stimulates, inspires and motivates all the nations to sweat and strive for excellence through greater strength, endurance, flexibility, speed and coordination in skills in sports world. There are numerous factors like physiological, psychological, mechanical, anthropometrical and technical preparation to build up the athletes for higher level of competitive sports.

Mental toughness is defined as an unshakeable perseverance and conviction towards some goals despite pressure or adversity It is 'winning the contest with yourself… the ultimate challenge" Mental toughness is the ability to consistently sustain one's Ideal performance state during adversities in competition.

Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency mental toughness is the ability to consistently sustain one's optimum performance state during adversities of the game. Adversities are the true test of one's "nerves" consistency is the ultimate yardstick of a champion performing with the Maximum potential is the core of the mental toughness.

STATEMENT OF THE PROBLEM:

The purpose of the study was to compare the mental toughness variables of the Kho-Kho and Kabaddi players i.e., self confidence, negative energy, attention control, visualization and imaginary control, motivation, positive energy and altitude control.

DELIMITATIONS:

For the purpose of the study 25male Kabaddi players and 25 male Kho-Kho players were selected, those who were selected for special training by the sports Authority of Gujarat for Kho-Kho and Kabaddi Academies of Junagadh District. The subject's age ranged between 16 and 23 years. The psychological variables selected for this study are self confidence, negative energy, attention control, visualization and imaginary control, motivation, positive energy, and attitude control.

LIMITATIONS:

The difference that exists among the subjects due to varied socio-cultural, economical and religions factors were also not considered. The general mood, and understanding of the questionnaires at the time of responding to the questionnaires may effect the answer and this was considered as limitation. The accuracy and reliability of the subject's responses were considered s limitation.

METHOD AND PROCEDURE OF THE STUDY
SELECTION OF SAMPLE:

Since the primary purpose of the study was comparison of mental toughness variables among the kho- kho and Kabaddi players.25 male Kabaddi players and 25 male Kho-Kho players were selected as subjects from Guntur District.The subject were talented Kho-Kho and Kabaddi players selected for special training. The selected subject's age ranged from 16 to 23 years.

DATA COLLECTION:

The necessary data was collected by administering standardized test. The description of Questionnaire, administration of questionnaire and scoring the mental toughness of players was assessed by standardized inventory (Questionnaire) constructed by James E. Loehr.

The questionnaire contain seven categories as self confidence negative energy attention control, visualization and imagery control, motivation level, positive energy and attitude control.

PROCEDURE OF THE STUDY:

Before the test was administrated to the subjects the investigator with regard to the purpose of the study and method of answering were well explained systematically. The investigator distributed questionnaire to the subjects both in Telugu and English for their response. Each and every question was read out and explained so that subjects could easily understand the same.

To help you get a clear idea of your mental strengths and weakness relative to the seven variables just reviewed place on (ı) tick mark in one of the five spaces for each of the items in choices are almost always, often, sometimes, seldom and almost never. Select whichever one best fits your interpretation of the items as it relates to the game. Your response is simply an estimate. Be as open and honest as you can with yourself and respond to each item, as it pertains to you in the right here and on text. Only one opinion for each item is permitted. The subject studied the instructions and answered the statement reflecting their opinion by on his choosen answer. The duly answered questionnaires were collected back and scored as per the methods of respective scales.

The inventory consists of 42 items which are related to self confidence, negative energy, attention control, visual and imagery control, motivation level, positive energy, and attitude control. The inventory was scored with help of scoring. Key the rating scale with five different angles has been given to subjects to choose the response are put tick mark (ı) on his choosen answer. The item number 1, 8, 15, 22, 29, 36 measures self confidence item number 2, 9, 16, 23, 30, 37 measures negative energy.

The item number 3, 10, 17, 24, 31, 38 measures attention control The item number 4, 11, 18, 25, 32, 39 measures visual and imagery control, item number 5, 12, 19, 26, 33, 40 measures motivation level, item number 6,13, 20, 27, 34, 41 measures positive energy. And item number 7, 14, 21, 28, 35, 42 measures attitude control.

The inventory consists of direct and indirect questions. Direct questions score according to existing procedure (i.e, 1,2,3,4,5) and indirect questions score in reverse order (i.e, 5,4,3,2,1).

ANALYSIS OF INTERPRETATION AND RESULTS OF THE STUDY:

The data collected on mental toughness of Kho-Kho and kabaddi players were analysed Statistically to identify significantly differences, if any by applying independent't' test. The level of confidence was set at .05 level, which was considered appropriate for this study. The analyses of the data reveal that there was no significant difference between Kho-Kho and Kabaddi players in mental toughness. In the self confidence and attitude control Kho-Kho players were significantly better than Kabaddi players. In the remaining five variables Negative energy, Visualization imaginary control, Attention Control, Motivation Level, Positive Energy there was no significant difference between Kho-Kho and Kabaddi players among all the variables in attention control Kabaddi players are better than Kho-Kho players but not up to the significant level.

Investigator found there is no significantly difference between Kho-Kho and Kabaddi players on selected mental toughness variables. However investigator found difference in some of the variables between Kho-Kho and Kabaddi players, but there are not at significant level. According to the data Kho – Kho players have more self confidence and attitude control compare with Kabaddi players whear as kabaddi players have more attention control than Kho-Kho layers the investigator felt that since the Kho-Kho game doesn't involves more aggression and it involves more rules and regulation than Kabaddi may be a reason for better attitude control than kabaddi.

In psychological aspects self confidence is more essential for every players, but it may very player to player and event to event and it also depend lot of psychic factors. In kabaddi the playing area is lesser than Kho-Kho field. And when raider enters into opponent court all seven players will be alert in order to face the raiders attack. Raider will be more attentive to face the attack of anties, more over challenge takes places face to face between anti and raider, where as Kho-Kho when attacker, attacking defender the remaining players on the field or less attentive.

More over in Kho-Kho attack take from behind. So this may be a reason for pure attention control in the Kho-Kho players than Kabaddi players. Finally researcher would like to advice coaches, physical trainers to concentrate more on attention control through standard means and methods.

FINDINGS OF THE STUDY:

The results of study felicitate to the following conclusions.

There were no significant difference Kho-Kho and Kabaddi players in mental toughness. Kho-kho players were significantly better than kabaddi players in self confidence and in attitude control. There was no significant difference between kho-kho and kabaddi players in negative energy, visualization imaginary control, Attention control, Motivation Level and Positive energy.