



ATTRIBUTES OF PERSONALITY TRAIT INFLUENCING TRACK AND FIELD ATHLETES

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ABSTRACT

The study has been done with the aim of investigating the relationship of two personality trait, mental toughness and hardiness of track and field athletes. This study was done on one hundred and seventy-seven track and field athletes. The method of data collection was through survey and questionnaire of hardiness and mental toughness were used for the study. The data was analyzed by Pearson parametric correlation test. The findings resulted from data analyzed represented that there is no significance relationship between hardiness and mental toughness.

KEYWORDS : Mental Toughness, Hardiness, Personality and correlation.

INTRODUCTION

Performance of optimal sports always depends on an individuals physical and psychological component. One mostly sees that decisive components between success or failure is either millimeters or micro- seconds, or both. Psychological components could be the only difference for an athletes success, especially when top performers of similar physical ability, have reached their optimal physical limits. One can assume that a competitor with greater control over its mind emerges as the victor (Wieser & Thiel, 2014).

An individual's characteristic style of behaving, thinking, and feeling" is defined as personality by (Schacter, et al., 2009). The broadest and most integrative branch of the psychological sciences appears to be Personality psychology (Buss, 1992). To have a more unified and integrative approach toward behavior and psychological process of individuals is demanded because of recent calls for integration in psychology. Personality psychology has also been addressed because of this incorporation (Mayer, 2005) (Mischel & Shoda, 2008). Close associations to the concept of the term "positive psychology" by (Seligman & Csikszentmihalyi, 2000) are the ideas of mental hardiness (Suzzane, 1979) and mental toughness (Golby, et al., 2003).

While trying to find a link between nerve-wracking life events and the inception of illness the concept of "hardiness" was first presented by (Suzzane, 1979). The study testified on two groups of personalities who braved alike nerve-wracking life events, one group became ill after their nerve-wracking experience whilst the other remained fit. The reason which suggested why the personalities responded differently to alike nerve-wracking events was behaviour distinction, best defined as hardiness. The personalities who remained fit exhibited more hardiness than the personalities who fell ill, was found in the study. The personality concept of hardiness arose from existential psychology: an opinion that suggests that meaning in life is produced through the decisions people make. It is composed of the "three C's - Commitment, Control and Challenge" (Suzzane, et al., 1982). Commitment is the predisposition to be involved with people and events, rather than to be isolated and detached (Salvatore, 2002). Control is the belief that one can influence outcomes, rather than feeling powerless to change anything. Finally, Challenge is the attitude that change is not only inevitable, but beneficial, and that it offers incentives to learn and develop, rather than serving as a threat.

(Clough, et al., 2002) proposed a model of mental toughness, conceptualising it more like a personality trait. (Golby J, 2007) identified mental toughness as a crucial attribute for success in sport. There are seven components to mental toughness, such as confidence, constancy, control, determination, self-belief, positive cognition and visualisation.

Mental toughness has been described as one of the most used but least understood terms in applied sport psychology (Graham, 2002). Numerous articles investigating successful sport performers have cited mental toughness as a vital component. Definitions and characteristics of mental toughness have been proposed by many authors, leading to a diverse range of positive psychological characteristics being associated with mental toughness. Unfortunately, most of the explanations have emanated from anecdotal evidence and personal accounts. This was highlighted by Jones (2002) who concluded that the knowledge base regarding mental toughness lacked scientific rigor and was replete with contradiction, ambiguity, and conceptual confusion.

Objective

The aim of the study is to investigate the relationship of two personality trait, mental toughness and hardiness of track and field athletes.

METHODOLOGY

Total 177 track and field athletes were selected as the participants for the study. The age of the participants was 17-30 years and training age was more than 5 years.

Instruments

Hardiness: Hardiness scale developed by Kobasa, 1985 with the aim of providing a scale to measure hardiness. This scale consists of 12 items covering the three conceptually important facets of commitment, control and challenge. And each item has four options as following: "strongly disagree, mildly disagree, mildly agree, strongly agree". In scoring for each item the values of 0, 1, 2 & 3 has been applied, respectively. The score range in this questionnaire is from 0 to 18. Gaining a high score in this scale shows a high hardiness in person.

Mental Toughness: To evaluate the mental toughness among track and field athlete's mental toughness questionnaire in sports developed by Tiwari, Sharma, and Solanki (2006) was employed. This mental toughness test was scientifically authenticated by the authority by establishing its reliability, Validity along with developing norms and was developed on subject of Indian origin. The 48 statement questionnaire have been categorized into seven sub-scale namely confidence, Motivation control, attention control, Goal setting, Visual and imaginary, Attitude control.

Data Analysis

In this study with regard to the nature of study and reviewing the previous researches and with the aim of investigating the extent of correlation between hardiness and mental toughness, the parametric test of Pearson correlation was used.

RESULTS

With regard to Table 1, the extent of obtained correlation (.178) it can be concluded that there is no meaningful relationship between personality trait hardiness and mental toughness.

Table 1 Pearson Correlation

		Hardiness	Mental Toughness
Hardiness	Pearson Correlation	1	.102
	Sig. (2-tailed)		.178
	N	177	177
Mental Toughness	Pearson Correlation	.102	1
	Sig. (2-tailed)	.178	
	N	177	177

DISCUSSION

The study that has just been considered with the aim of evaluating the relationship between two variables of personality i.e hardiness and mental toughness in track and field athletes. The result showed that there is no significant relationship between these two variables statistically. Hence, hardiness and mental toughness were found to be negatively related to each other.

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