



A STUDY ON MENTAL ABILITY OF RURAL & URBAN PLAYERS

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KEYWORDS :

INTRODUCTION

Many coaches are becoming aware of the importance of developing mentally tough performers and are designing programs to develop it in their athletes. One of the most significant problems in designing these programs is the inconsistency in the definition and description of mental toughness. Weinberg et al. (2011) concluded that mental toughness is a characteristic, many believe to be important for success in sport; many coaches view mental toughness as a quality that must be considered in the recruitment of athletes. In fact, Gould et al. (1987) views it as the most important psychological attribute in determining success. Middlenton et al. (2004) concluded that athletes from a variety of sports and proposed that the mental toughness is strong determination in the face of adversity. Clough et al. (2002) used four C's to describe mental toughness. They have suggested that challenge, commitment, control and confidence are central to mental toughness. While variability among the definitions exists, mental toughness related with the skillful demonstration of collection of psychological skills. Jones et al. (2002) defined mental toughness as the natural or developed psychological edge that enables you to generally cope better than your opponents with the many demands 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. The training of sports psychology programmes is key to success as Kureger (1984) and Loehr (1982, 86) defined in their studies. Bull et al. (2005) have suggested that the characteristics of mental toughness in a global sense might be distinct from how it is understood in a particular sport. Gould et al. (2002) suggested that mental toughness in Olympic champions plays a significant contributor to sports performance enhancement. Similarly, it is possible that constituents of mental toughness differ in particular sports. No doubt, extensive work has been reported in the area of mental toughness during last decades and the concept has diversified applications in various fields of human activity. But the present study particularly applied on female team game players belongs to rural and urban colleges, which actually is an attempt to explore the possibility of, there could be significant differences between them.

METHOD

A sample of sixty (N=60) female team game players, of age ranging from 19 to 25 years, which includes thirty (N1=30) players from rural and thirty (N2=30) players from urban colleges, which actually participated in various inter-college competitions of Punjabi University, Patiala, Punjab, INDIA. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study.

Mental toughness was measured by applying mental toughness questionnaire developed by Goldberg (1998), which consists of 30 items measuring the mental toughness in five areas. Data was analyzed using SPSS Version 16.0 (Statistical Package for the Social Sciences, version 16.0, SPSS Inc, and Chicago, IL, USA). Independent samples t-test was used to test if population means estimated by two independent samples differed significantly. The level of significance was set at 0.05.

Analysis of Data

Table-1. Mean values (\pm SD), standard error difference of the mean and test statistic t of Mental Toughness between college level Rural and Urban female team game players.

VARIABLES	Rural		Urban		Mean Difference	SEDM	t-value	Sig.
	Mean	SD	Mean	SD				
Rebound Ability	3.27	0.98	3.87	0.82	0.6	0.23	2.57	0.013
Ability To Handle Pressure	4.37	0.93	3.67	0.84	0.7	0.23	3.05	0.003
Concentration	3.70	0.79	4.20	0.66	0.5	0.19	2.64	0.011
Confidence	4.37	0.72	3.77	1.01	0.6	0.22	2.65	0.010
Motivation	4.23	0.93	3.50	0.78	0.73	0.22	3.30	0.002
Mental Toughness (Total)	19.97	1.97	19.00	1.68	0.97	0.47	2.04	0.046

Table 1 presents the mean scores of college level rural and urban female team game players with regard to Mental Toughness. The rural female team game players when compared to urban, have exhibited significant ($p \leq 0.05$) differences with regard to Rebound Ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Overall Mental Toughness.

Findings

Findings of the present study showed that rural female team game players have exhibited statistically significant better with regard to ability to handle pressure, confidence, motivation and mental toughness (total), when compared to urban female team game players. However, urban female team game players have exhibited statistically significant better with regard to rebound ability and concentration than their counterpart; rural female team game players. Present research findings are partially in line with the study of Singh, J. et al. (2012), they concluded that there was significant differences between foreigner professional footballers and Indian non-professional footballers on the account to rebound ability, ability to handle pressure, confidence, motivation and mental toughness (total).

Ramesh Chand Yadav (2014) also revealed in his study that mental toughness of national female volleyball players is higher than the national female Kabaddi players. Rajender Singh and Rajesh Kumar (2011) concluded in their study that All India intervarsity soccer players exhibited significantly differed in mental toughness than their counterpart; inter-collegiate soccer players.