



## Comparative Study Of Mental Toughness Among Kabaddi Players Of Different Level

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### ABSTRACT

*This study examined the mental toughness and its influence on performance outcomes in competition. For this study 72 Male Kabaddi Players of different level competing in All India Invitational Kabaddi Tournament Organized by Sahyog Krida Mandal, (Registered Sports Organization, Registration no. JN 1531/94) at Shridham, District Narsinghpur, Madhya Pradesh was selected as sample. The Sample was further divided in two groups as per performance outcomes in competition one is successful kabaddi players as their team had won the first, second and third place and other one is non successful kabaddi players as their team had not won any place in All India Invitational Kabaddi Tournament 2010. Psychological Performance Inventory (PPI; Loehr, 1986) was administered to measures the mental toughness to the both group in this study. Analysis of the fundamental areas of mental toughness revealed that the successful kabaddi players scored significantly higher on all subscale of mental toughness and significant differences were observed between two groups (successful and non-successful) on all subscale of mental toughness ( $p=0.05$ )*

**Keywords : Mental Toughness, Kabaddi, Psychological Preparation.**

### Introduction

Kabaddi is aptly known as the "GAME OF THE MASSES" due to its popularity, simplicity, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires mental toughness as well as an ability to concentrate and anticipate the opponent's moves. Most coaches and athletes acknowledge that anything between forty and ninety percent of sporting success is due to mental factors (Williams, & Krane, 2001).

According to Loehr (1982), mentally tough athletes respond in varying ways which enable them to remain feeling relaxed, calm and energized because they have learned to develop two skills; firstly, the ability to increase their flow of positive energy (i.e. using energy positively) in crisis and adversity, and secondly, to think in specific ways so that they have the right attributes regarding problems, pressure, mistakes and competition. (Jones, Hanton, & Connaughton, 2002.)

A factor often associated with successful performance in competition is mental toughness. Mental toughness can be considered as a mental skill factor. Some research findings has identified mental skills as a psychological construct that distinguishes between more and less successful performance across a number of sports; for example, golf

(Thomas and Over, 1994), and equestrian, (Meyers et al., 1998). Mental toughness and its importance in competitive sports have been documented in literature (see Goldberg, 1998; Hodge, 1994; Tunney, 1987; Williams, 1988). Study by Kumar, S G (2001) on Indian Kabaddi players reported a need to develop "negative energy control", "attention control", and learn "imagery techniques". Loehr, J (1986) suggests that given the raw talent, the mental and emotional control needed for consistent performance is learned. Chaitanya B.S (2002) in her study with Indian volleyball women reported that imagery training imparted to the trainees facilitated "attention control" and better "visualization" abilities among the players. Soman M & Roy, J (2004) studied junior Indian kabaddi players and found that there is room for improvement in controlling negative energies and <attention control > besides enhancing self confidence.

Therefore, in this study the researcher have considered the seven fundamental attributes of mental toughness suggested by Loehr (1986), specifically, the mental toughness attributes include (1) self-confidence (i.e. belief that one can perform well and be successful), (2) negative energy control (i.e. to cope with negative emotions such as fear, anger, frustration and temper for achieving success), (3) attention control (i.e. stay focused and to perform well), (4) visualization and imagery control (i.e. creating positive mental images), (5) motivation level (i.e. the energy and willingness to persevere), (6) positive energy control (i.e. energized with fun, joy and satisfaction), and (7) attitude control (i.e. habits of thought and unyielding).

**Methodology**

**Participants**

Total 72 male Kabaddi players took part in this study. All participants were participating at different level (National, State, Club etc) Kabaddi players from the recognized sports club like Oil and Gas Corporation of India (ONGC), Border Security Force (BSF), Railway Police Force (RPF), Indian Tibet Border Police, (ITBP), Central Industrial Security Force (CISF) and Services. The sample included 36 high achiever (Successful) Kabaddi Players (N=36) as their team had won the first, second and third place in this tournament and 36 low achiever

(Non - Successful) Kabaddi players as their team could not win the place (N=36). The sample was selected by random sampling technique. Sample was taken from the venue of All India Invitational Kabaddi Tournament Organized by Sahyog Krida Mandal, (Registered Sports Organization, Registration no. JN 1531/94) at Shridham, District Narsinghpur, Madhya Pradesh (India), the data was collected one day prior to the Tournament.

**Instrument**

**Mental toughness: Psychological Performance Inventory (PPI; Loehr, 1986)** a 42 items self report inventory with seven subscales, designed to measure factors that reflect mental toughness in an athlete were administered to the athletes. Each subscale consisted of six items measuring the seven fundamental areas of mental toughness viz. self-confidence (e.g., "I believe in myself as a player"), negative energy control (e.g., "I can remain calm during competition when confused by problems"), attention control (e.g., "I can clear interfering emotion quickly and regain my focus"), visualization and imagery control level (e.g., "Before competition, I picture myself performing perfectly"), positive energy control (e.g., "I can keep strong positive emotion flowing during competition"), and attitude control (e.g., "I am a positive thinker during competition"). The responses are indicated on a 5- point Likert type scale where 1=Almost always, and 5=Almost never)

**Performance measure:** Winning a place in the All India Invitational Kabaddi Tournament was considered as successful performance outcome for the purpose of this study.

**Data analysis**

Descriptive statistics were computed for all measures assessed, The mean, standard deviation along with t test has been applied to check the differences between samples mean of two groups viz. high achievers and low achievers Kabaddi players. The criterion for statistical significance was set at 0.05 level of confidence.

**Results**

Table 1 - Descriptive Statistics of Successful Kabaddi Players (n= 36)

Mental Toughness	Mean	Standard Deviation
Self Confidence	16.80	1.22
Negative Energy Control	16.53	1.28
Attention Control	15.27	1.09
Visual / Imagery Control	15.30	1.62
Motivational Level	16.69	1.64
Positive Energy	16.13	1.79
Attitude Control	16.52	1.25

Table 2 - Descriptive Statistics of Non - Successful Kabaddi Players (n= 36)

Mental Toughness	Mean	Standard Deviation
Self Confidence	15.10	1.27
Negative Energy Control	14.50	1.67
Attention Control	13.88	1.75
Visual / Imagery Control	14.11	1.99
Motivational Level	14.30	1.62
Positive Energy	13.86	1.58
Attitude Control	14.44	1.64

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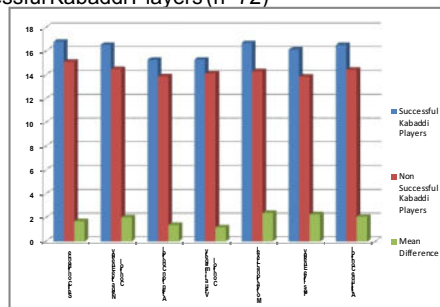
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Table-3 - Comparison of Mental Toughness Successful and Non-Successful Kabaddi Players (n=72)

Mental Toughness	Mean Difference	df	t- ratio
Self Confidence	1.70	70	3.54
Negative Energy Control	2.03	70	2.44
Attention Control	1.39	70	2.35
Visual / Imagery Control	1.19	70	2.47
Motivational Level	2.39	70	5.55
Positive Energy	2.27	70	5.67
Attitude Control	2.08	70	4.42

Tab. t.05 (2, 70) = 1.98

Fig.1 Comparison of Mental Toughness Successful and Non-Successful Kabaddi Players (n=72)



**Discussion**

Analysis of the fundamental areas of mental toughness revealed that the successful kabaddi players scored significantly higher on all subscale of mental toughness and significant differences were observed between two groups (successful and non-successful). The finding of our research is also supported by Kuan, G., Roy, J. (2004) who also observed significant differences between athletes (medalist and non medalist) in self confidence (p=0.001) and negative energy control (p=0.042).

The another study carried by Bortoli and Robazza (1997) and Stephaniel L and Stolz has clearly shown that in the motor and sport domain, the confidence which subject places on his own capacities is one of the most important factors affecting performance also found that there is a significant increase in the performance of individuals with higher self-confidence. The results of this experiment clearly showed that affecting some one's confidence will affect their performance.

In our case also successful kabaddi players were reported more self confidence than non successful kabaddi players't 3.54 is significant at 0.05 level of significance.

The finding of our study is also supported by the Golby and Sheard (2003) who studied mental toughness at different levels of rugby league and reported that the athletes scored significantly higher on two of the seven mental toughness subscales (negative energy control and attention control).

**Conclusion**

At high level sport competitions it is difficult to beat the opposition by raw physical talent and game skill alone but sport performance is depend upon mental preparation and psychological Strength so mental preparation must be done along with physical preparation for upcoming competition. The mental training may include setting up short- term goals, building confidence and control the negative thoughts. Present study is focusing on the implication and importance of psychological training by understanding affects of wrestler's mind on their sports performance may beneficial for achieving maximum potential in sports.