



Analysis of Mental Toughness on Cricket Football and Hockey Men College Level Players

KEYWORDS

Mental Toughness, Focus, Competitive desire, Resiliency and Self Confidence.

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ABSTRACT *The best athletes need to be both physically and mentally tough in order to produce successful performance. There is evidence that mental toughness involves the use of various psychological skills enable the best performers to outperform others. To achieve the purpose of the present study (N=45) college men level players were purposively selected from cricket (15), football (15) and hockey (15) Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore, Tamil Nadu. Their age ranged from 20 to 25 years. The players were being tested on mental toughness questionnaire developed by loehr (1992) variables namely focus, competitive desire, resiliency and self confidence. The selected criterion variables mental toughness was collected and treated with one way ANOVA. If obtained 'F' ratio was significant scheffe's post hoc test was used. The level of confidence was fixed at 0.05. The study results showed that the cricket players are better mental toughness, focus, competitive desire, resiliency and self confidence compared with football and hockey players.*

INTRODUCTION

Mental toughness describes the bundle of qualities that include an unusually high level of resolution, a refusal to be intimidated, an ability to stay focused in high pressure situation, the capacity for retaining an optimum level of arousal throughout a competition, an unflagging eagerness to compete when injured, an unyielding attitude when being beaten, a propensity to take risk when rival shows caution and an flexible, perhaps obstinate insistence on finishing a contest rather than concede defeat. The mentally tough competitor is self –motivated and self directed. He does not need to be pushed from outside as he is controlled from within. The player is in total control of his emotions. He is positive and realistic about his goals and success. The individual is generally calm and relaxed under pressure situations. The person is also mentally alert, focused, confident and responsible for his actions. He is ready for action, usually energetic and determined. The purpose of the study was to find out analysis of mental toughness on hockey football and cricket men college level players.

METHODOLOGY

To achieve the purpose of the present study (N=45) college level men players were purposively selected from hockey (15), football (15) and cricket (15) Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore, Tamil Nadu. Their age ranged from 20 to 25 years. The players were being tested on mental toughness questionnaire developed by **loehr (1992)** questions contains total 18 numbers the participants are asked to read a statement and then circled the number that corresponded best to them. A five point scale was used, with 1 indicating that an athlete strongly agreed (more mental tough), 2- agree, 3-neutral, 4- undecided disagree and 5 indicating that he strongly disagreed with statement (less mentally tough). The variables namely mental toughness, focus, competitive desire, resiliency and self confidence. The selected criterion variables mental toughness was through standard questionnaire given to subjects collected data and treated with one way ANOVA. If obtained 'F' ratio was significant Scheffe's post hoc test was used. The level of confidence was fixed at 0.05.

Table-I

One Way Analysis of Variance on Mental Toughness of Cricket Football and Hockey Men College Level Players

Vari-ables	Crick-et	Foot-ball	Hock-ey	Group	Sum of Squares	df	Mean Square	'F'
Focus x σ	1.53	0.40	0.66	Be-tween	10.53	2	5.265	4.95*
	1.64	0.50	0.48	Within	44.66	42	1.063	
Com-peti-tive x Desire σ	2.20	0.73	1.0	Be-tween	11.644	2	5.822	4.42*
	1.10	1.09	1.19	Within	55.33	42	1.317	
Resil-iency x σ	1.40	0.46	0.33	Be-tween	10.13	2	5.067	6.939*
	1.18	0.51	0.72	Within	30.66	42	0.730	
Self Confi-dence x σ	2.80	1.60	1.80	Be-tween	12.40	2	6.20	3.699*
	1.69	0.82	1.20	Within	70.40	42	1.676	

*Significant Table value $P \leq 3.23$ With df 2 & 42

It is clear from the table-I that the obtained ($F = 4.95, p < 0.05$) showed significant difference in focus among the college level players. It is clear from the table-I that the obtained ($F = 4.42, p < 0.05$) showed significant difference in competitive desire among college level players. It is clear from the table-I that the obtained ($F = 6.939, p < 0.05$) showed significant difference in resiliency among inter collegiate players. It is clear from the table-I that the obtained

($F = 3.699, p < 0.05$) showed significant difference in self confidence among college level players.

Table-II
SCHEFFE'S POST HOC TEST FOR THE PAIRED MEAN DIFFERENCE AMONG THE CRICKET FOOTBALL AND HOCKEY COLLEGE LEVEL PLAYERS

Cricket	Football	Hockey	Mean Dif-ference	C.I
FOCUS				
1.53	0.40	-	1.13*	0.95
-	0.40	0.66	0.26	
1.53	-	0.66	0.87	
COMPETITIVE DESIRE				
2.20	0.73	-	1.47*	1.06
-	0.73	1.0	0.27	
2.20	-	1.0	1.20*	
RESILIENCY				
1.40	0.46	-	0.94*	0.79
-	0.46	0.33	0.13	
1.40	-	0.33	1.07*	
SELF CONFIDENCE				
2.80	1.60	-	1.20*	1.16
-	1.60	1.80	0.20	
2.80	-	1.80	1.00	

*Significant

From Table 2, the Scheffe's post hoc test showed significant difference among the groups on focus, competitive desire, resiliency and self confidence at 0.05 level of confidence. Thus, it is concluded that cricket players found to be better than football and hockey players mental toughness among the men college level players.

Figure-1
MEAN VALUES OF FOCUS ON MEN COLLEGE LEVEL CRICKET FOOTBALL AND HOCKEY PLAYERS

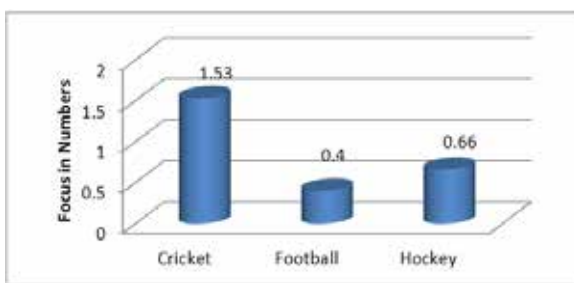


Figure-2
MEAN VALUES OF COMPETITIVE DESIRE ON MEN COLLEGE LEVEL CRICKET FOOTBALL AND HOCKEY PLAYERS

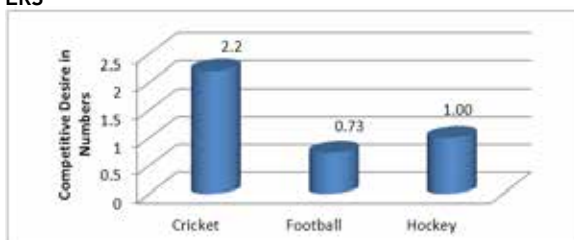


Figure-3
MEAN VALUES OF RESILIENCY ON MEN COLLEGE LEVEL CRICKET FOOTBALL AND HOCKEY PLAYERS

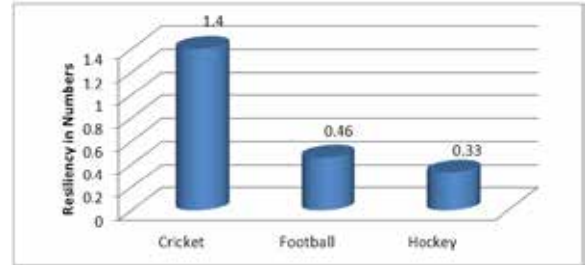
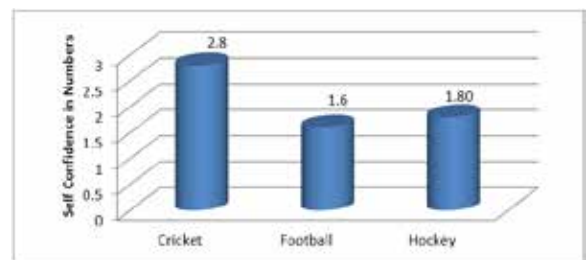


Figure-4
MEAN VALUES OF SELF CONFIDENCE ON MEN COLLEGE LEVEL CRICKET FOOTBALL AND HOCKEY PLAYERS



DISCUSSION ON FINDINGS

It is evident in this study that significant different in mental toughness noticed in comparison among the men college level cricket, football and hockey players. These results were also in line with the previous literature that practical implications focus on the advocacy of mental toughness and hardiness training to improve sports performance. (Jim and Michael (2009)) and Results revealed a significant relationship between mental toughness and gender, age, and sporting experience. However, achievement level and the type of sport an athlete participated in were significantly associated with mental toughness. (Adam (2009), and employed an attempt to reveal a holistic understanding of mental toughness in the context of Australian Football. mental toughness in Australian Football can be considered as a buffer against adversity but also as a collection of enabling factors that promote and maintain adaptation to other challenging situations. (Daniel et al. (2008). Twelve English cricketers identified as being among the mentally toughest during the previous 20 years were interviewed. Analysis of the focused interview transcripts identified the critical role of the player's environment in influencing 'Tough Character,' 'Tough Attitudes,' and 'Tough Thinking.' The global themes are presented in a mental toughness framework that has been used to disseminate the findings to the cricket coaching and playing population in England (Stephen et al., (2005). Total mental toughness and its six components predicted coping and coping effectiveness in relation to the self-selected stressor. In particular, higher levels of mental toughness were associated with more problem-focused coping, but less emotion-focused and avoidance coping. Coping effectiveness was influenced by the coping strategy employed by the athletes (Mariana et al. (2009)

CONCLUSIONS

Based on statistical results the following conclusions are drawn

- The cricket players' more mental toughness compared

with football and hockey players.

- The football players' also mental toughness compared with hockey players.
- The cricket players' better focus, competitive desire, resiliency and self confidence between football and hockey players.

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