Original Research Paper

Physical Education

COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN INDIVIDUAL GAME AND TEAM GAME PLAYERS

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ABSTRACT Following a review of the literature, it has been found that participants of individual and team games exhibit various psychological characteristics. As a result, the researcher decided to compare the mental toughness of players in individual games and team games. The "independent sample t test" was used to determine the significant differences between Individual Game and Team Game players and to test the hypotheses. The level of significance was set at 0.05. Descriptive statistics were used to characterstic the Mental Toughness between Individual Game and Team Game Players. Using the purposeful sampling technique, 60 players who had represented LNIPE Gwalior and are between the ages of 18 and 25 were selected for the current study. Each of the two games, Individual Game and Team Game, had 30 players. The Dr. Goldberg Sports Psychological Inventory, developed in 1998, was used to examine the five characteristics of mental toughness: reboundability, pressure handling, concentration, confidence, and motivation. According to the study's findings, team game players had a higher level of mental toughness than individual game players, with individual game players showing a substantial difference in mental toughness. The three mental toughness traits of handling pressure, concentration and confidence, showed a substantial difference between Individual Game and Team Game participants, with Team Game players scoring higher in both. There was one trait where Individual Game Players scored higher than Team Game Players, namely reboundability, but this difference was not statistically significant and motivation is same in team players and individual players. In individual sports, there is only one conceivable result—winning or losing—and there is never a tie, but in team sports, all three outcomes are possible, so there is less pressure on the Team Game players. As a result, we can infer that Team Game players are better at handling pressure. We can conclude by saying that because Team Game players performed well on most measures of mental toughness and because Team Game environments have a positive impact on people's mental toughness, it is clear from this study that Team Game players have higher mental toughness levels.

KEYWORDS :

INTRODUCTION

Many sports began as games using balls and instruments in the middle ages and later. Preparation for hunting, war, and defence made Javelin throwing, fencing, shooting, boxing, and wrestling crucial for survival. In the middle centuries, knights' tournaments often ended in death. Many historians argue the British were the founders of organised sports. At the beginning of the 19th century, games were introduced in class, and by the middle of the century, championships were established at colleges and universities, such as the famous race between Oxford and Cambridge. British Amateur Athletic Association was founded in 1880. As said, Baron Coubertin founded the Olympic Games (Harries, 1994).

Sports psychology draws on biomechanics, physiology, kinesiology, and psychology. It examines how mental factors affect execution and how game and training affect mental and physical aspects. Connected Sports Psychology may include work with athletes, coaches, and parents on injury, recovery, communication, team building, and career advancement. Variation exists. A study of top performance writing shows that successful competitors tend to have more self-confidence, a more task-oriented focal point of fixation, a lower chance of getting distracted, a greater capacity to keep anxiety at manageable levels, a more positive distraction with sport (imagery and thoughts), and more assurance and responsibility than less successful competitors. Coleman Griffith is credited with being the first to apply mental standards to sports performance when he worked for the Chicago Cubs in 1938. (Cox, 2007).

Two or more people work together in a team sport. Athletics involves rival teams. Any game or two players working together to achieve an objective. Groups compete in an activity. Basketball, volleyball, handball, cricket, kabbadi, kho-kho, and hockey. Solitary sports are played solo. Individual sports pit one person against another, not a team. Individual sports without teammates include golf, bowling, and tennis. Mental toughness is a key to success in many disciplines. Trainers, athletes, supporters, and sports spectators use "mental toughness." Mental toughness compares successful and less successful athletes psychologically. Sport requires mental toughness. It's used by coaches, athletes, fans, and pundits. Sport psychology requires mental toughness (Bull, Shambrook, James, & Brooks, 2005). Based on available literature, scholar's own understanding, and expert opinion, the present inquiry seeks to determine the mental toughness of team

sport and individual sport participants and it was hypothesized that there would be significant difference in mental toughness of team and individual sport.

METHODOLOGY

A total of 60 university players were chosen as the study's subject, including 30 players for individual games and 30 for team games. For this investigation, a technique called purposeful sampling was employed. Track & Field, Badminton, Basketball, and Football were chosen as the Individual Game and Team Game for data gathering. The patients' mental toughness was assessed using the mental toughness questionnaire developed by Dr. Allan Goldberg in 1998. This sport-specific survey was used to gauge general mental toughness. There are thirty questions on it. The questionnaire consists of five subscales: motivation, confidence, concentration, pressure handling, and reboundability.

Every right response earns one point, while every incorrect response receives zero. This questionnaire has a score range from 0 to 30. Any one of the five subscales with a score of 6 shows a remarkable strength in that area. A score of 5 indicates strong skill, whereas a score of 4 or lower suggests a mental deficit that needs to be fixed. A score of 26 to 30 indicates strong mental toughness overall. 23 to 25 points suggest a moderate to above-average level of mental toughness. If you receive a score of 22 or lower, you should start spending more effort on your mental preparation.

To increase the respondents' cooperation, the researcher met them in person, described the goal of the study, and provided them with explicit instructions on how to respond to the questions. The booklet containing the survey questions and answers was distributed by the researcher. The full questionnaire was given out by the researcher in person, face to face. The participants carefully read each item in the instructions, proceeded through the steps, and then indicated their answers. The subjects' completed questionnaires were all gathered, and they were all scored in accordance with the scoring key. Descriptive statistics were utilized to analyze the mental toughness score, and the "independent sample t test" was performed to determine the significant differences between participants in the Individual Game and Team Game. The level of significance was established at 0.05 to test the hypotheses.

RESULTS AND FINDINGS

Table1 Mean, Standard Deviation T-Ratio of mental toughness between Individual Game and Team Game players

Variable	Game	subjects	Mean	SD	't'
Reboundability	Individual	30	2.8000	1.37465	0.044*
	Team	30	2.3667	.99943	
Ability to Handle Pressure	Individual	30	3.4667	1.63440	1.072*
	Team	30	3.9000	1.49366	
Concentration Ability	Individual	30	3.5667	1.63335	-0.446*
	Team	30	3.7333	1.22990	
Level of Confidence	Individual	30	4.3667	1.24522	-1.567*
	Team	30	4.8333	1.05318	
Motivation	Individual	30	4.4333	.93526	0.69*
	Team	30	4.4333	1.13512	

* 0.05 level of Significance
Tab. t (n-2) 1.68

Table 1 revealed that the mean and standard deviation for Reboundability of Individual Game Players and Team game players i.e Track & Field, Badminton, Basketball and Football. The obtained mean and standard deviation for Reboundability of Individual game players was (2.80 ± 1.37), and Team game players was (2.36±.999). Table reveals that there was significant difference in Reboundability which was found between (t=0.044,p <0.05) Individual game players and Team game players. Individual game players incur significantly less Reboundability than Team game players, which means that Team Game players have higher level of Reboundability than Individual Game players.

Further revealed that the obtained mean and standard deviation for Handling Pressure of Individual game players were (3.46 ± 1.63), and while the mean and standard deviation for handling pressure of Team Players was (3.90±1.49). Table reveals that there were significant difference in Pressure Handling which was found between Individual game players and Team game players.

The above table also revealed that the obtained mean and standard deviation for Concentration ability of Individual game players was (3.56 ± 1.63), and while the mean and standard deviation for concentration ability of Team players was (3.73 ±1.22). Table reveals that there was significant difference in Concentration which was found between (t= -0.446 ,p<.05) Individual game players and Team game players.

Further table revealed The obtained mean and standard deviation for level of confidence level of Individual game players (4.36 ± 1.24), and while the mean and standard deviation for confidence level of Team players was (4.36 ± 1.24). Table reveals that there were significant difference in Confidence which was found between (t=-1.567,p< 0.05) Individual game players and Team game players. Individual game players incur significantly less Confidence than Team game players, which means that Team Game players have higher level of Confidence than Individual Game players.

Table also revealed the obtained mean and standard deviation for motivation of Individual game players (4.43 ± 0.935), and while the mean and standard deviation for motivation of Team players was (4.43 ±1.13). Table 4.10 reveals that there is significant difference in Motivation which was found between (t=0.69,p <.05) Individual game players and Team game players.

CONCLUSION
From the findings of the study we can conclude that there was significant difference in Mental Toughness between Individual Game and Team Game players whereas Team Game players possess a higher level of Mental Toughness than Individual Game Players. Also there was a significant difference between Individual Game and Team Game players in terms of three attributes of mental toughness which are Handling pressure, concentration and Confidence with Team Game players attaining higher scores in both. There was one attribute in which Individual game players showed higher level of reboundability than the Team Game Players but this difference was not significant but the motivation is same in team players and individual players.

From literature it can also be observed that in individual sports, the outcome is either winning or losing and there isn't tie, but in team sports all three results are possible hence there is less pressure on the Team Game players so we can Conclusions and Recommendations

conclude that the better pressure handling ability of Team Game players is due to this fact. Finally, conclude that as the Team Game players scored high in most of the attributes of Mental Toughness and the Team Game settings influence better Mental Toughness of individuals hence in this study we can see that the Mental Toughness of Team Game players is higher.

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