



Analysis of Mental Toughness of Team and Individual Sports Players

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ABSTRACT

Role and importance of Psychology in sports is well established fact but presently the mental toughness has emerged an area of interest and investigation for many Research scholars. Mental toughness is considered as one of important and decisive factors in sports and competitions. The present study was conducted to assess and compare mental toughness level of Team and individual sports of university level. Fifty male of team sports and equal number of individual sports players were selected purposively for the study from the universities and colleges of Delhi NCR. To collect the data standardized Questionnaire Develop by Allen Goldberg (2004) was used. Findings revealed that university level players were having low level mental toughness level. Findings suggested that university level player need to be oriented and trained in mental toughness skills.

KEYWORDS

Mental toughness, Team sports, Individual sports

Introduction

Sports is the integrated from of play emerging out of human intersection and prevailing in society since ancient era. Now a day's sports have become an inseparable part of human life. Sports can be categories as team sports and individual sports. A team sport consist of two or more players facing each other e.g. example basketball, cricket hockey etc. while individual sport represents those games where only the individual player participants from both sides e.g. include Tennis, chess, boxing, archery etc. Psychology is the study of mind and human behavior and particularly in sports is very helpful to understand player's behavior, their aggression, killing instinct, mental toughness etc. These psychological variables are useful to develop a match temperament and team cohesion which could leads to desired result in sports competitions.

Mental toughness is the state of a player or team which helps in performing consistently in any difficult circumstances. Some time it is refers as positive attributes and thoughts which help the player and team to work better physically and mentally and increase the chance of winning a competition. Many a times a team won because of higher level of mental toughness in comparison to the opponent team. Mental toughness is the result of continued effort, self-discipline, confidence, focus on the present, successful, stress management and controlled thought. If we look into all the factors mentioned above, they demonstrate the mental health and mental power of the player or team while playing.

If a player is average player, but has mental toughness, he can win successively as compared to a player with low mental toughness. Hence we can say that mental toughness is the result of constant practice and controlled mental and physical reaction.

According to Gould et al (1987) shows that coaches felt the importance of being mentally tough achieving success in sports. The importance of mental toughness in making of a champion athlete has also been emphasized by many scholars Norris (1999) Gouls, Hodge, Peterson and Petlichkoff (1987), and Gould, Eklund and Jackson (1993a), Williams (1998), and Gould, Dieffenbach, and Moffet (2002).

Material and Methods

The purpose of the study was to assess and compare the

mental Toughness level of Team and individual sports players of university level.

Objective of the study

The objectives of the study were as follows:-

To find out the mental toughness level of team game players of University level.

To access the mental toughness level of Individual sports player of University level

To compare the mental toughness level of team and individual sports players.

Selection of variables

After investigating the literature the mental toughness and following sub variable were selected for the study.

Mental toughness Sub variable

Reboundability

Ability to handle pressure

Deal with concentration

Deal with Confidence

Deal with Motivation

Selection of the tool

Questionnaire on mental toughness developed by ' Allen gold-berg(2004)' was selected to collect the data.

Selection of participants

Fifty male players of individual sports and fifty players of team sports players of university level were purposively selected from Amity University, Noida, colleges of Delhi NCR region e.g. Shyam lal college Delhi, and MCPS College and ITS College, Mohan Nager, Gaziabad.

Data collection

Research scholar has collected the data by personally visiting to various universities in Delhi NCR Region during Jan to March, 2016. Prior permission was taken from the authorities

and the participants to collect the data. All the participants were briefed about the objective of the study before filling up the questionnaire. Questionnaire was served personally to all the participants of the study.

Statistical Technique

To statistically analyze the data mean and Mann-Whitney U test were used. The level of significance was kept at 0.05 lev-

el.

Result and Discussion

Data was analyze with the help of mean and Mann-Whitney U test. The results of the study have been presented in the following tables.

Results.

Table 1: Comparative Analysis of Mental toughness of Individual and Team sports players

Variable	Group	N	Mean	Mean rank	Sum of rank	Mann-Whitney U	Z	Asymp. Sig. (2-tailed)
Deal With Reboundability	Individual Sports	50	2.7800	50.15	2507.50	1232.5	0.124	.901**
	Team Sports	50	2.8600	50.85	2542.50			
Deal With Ability To Handle Pressure	Individual Sports	50	3.0200	44.96	2248.00	973.0	1.952	.050*
	Team Sports	50	3.6000	56.04	2802.00			
Deal With Concentration	Individual Sports	50	3.3600	50.86	2543.00	1232.0	0.128	.898**
	Team Sports	50	3.2400	50.14	2507.00			
Deal With Confidence	Individual Sports	50	3.5600	41.14	2057.00	782.0	3.345	.001*
	Team Sports	50	4.3000	59.86	2993.00			
Deal with motivation	Individual Sports	50	3.8800	49.39	2469.50	1194.5	0.397	.691**
	Team Sports	50	4.1200	51.61	2580.50			
Total Mental Toughness	Individual Sports	50	16.6	43.43	2171.50	896.500	2.451	.014*
	Team Sports	50	18.12	57.57	2878.50			

***Significant at 0.05 level p<0.05 ** Not Significant at 0.05 level p>0.05**

Table 1 revealed that the mean scores of dealing with reboundability, dealing with the ability to handle pressure , dealing with

concentration , dealing with confidence and dealing with motivation of the Individual sports players and team sports were 2.78 and 2.86 , 3.02 and 3.6, 3.3 and 3.2 , 3.5 and 4.3 respectively.

Findings of the study revealed that amongst all the sub variables of the mental toughness there was no significant difference between the individual sports players and team sports players specifically in deal With reboundability, deal with concentration and deal with motivation, as obtained Mann-Whitney U values of these sub variables were 1232.5, 1232.0 and 1194.5 respectively which was statistically insignificant at 0.05 level. But on the other hand the findings disclosed that the obtained Mann-Whitney U values of dealing with ability to handle pressure and deal with confidence were 973.0 and 782 respectively, which were statistically significant at 0.05 level. Therefore it was concluded that team sports players were better that individual sports Players in ability to handle pressure and to deal with confidence.

The mean score of Total mental Toughness level of the Individual sports players and team sports were 16.6 and 18.1 respectively. Findings of the study revealed that there was statistical significant difference between the individual sports players and team sports players in Total mental toughness level, where Mann-Whitney U value 896.5 was found statistically insignificant at 0.05 level. Therefore it was concluded that the Team sports players have better Mental toughness that the Individual Sports players.

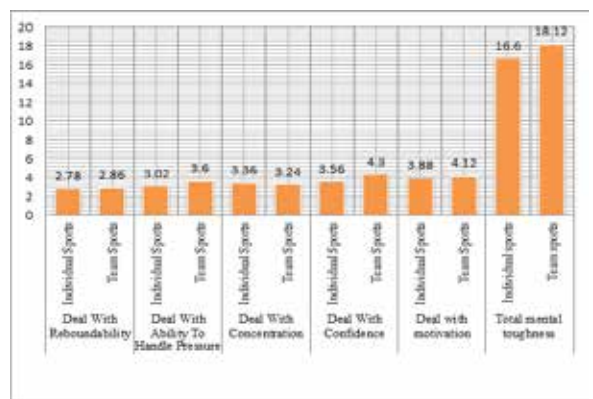


Figure 1. Mean Score of Sub variables and total Mental Toughness

Discussion

Mental toughness is a state of player or team in which they can perform consistently and achieve success. Mental toughness is also known as the mental skill factor most frequently cited as a significant contributor to sports performance enhancement

As per the norms developed by the Allen Gold Berg (2004) in mental toughness questionnaire the findings revealed both

the team and individual sport players have low score in mental toughness level. These findings indicated that university level players should be oriented in mental toughness skills. University players need to be engaged in mental training to improve upon their mental toughness and mental skills. Alen Goldberg, 1987; and many other studies Sheard, 2009; Golby and Sheard, 2004; indicates that high mental toughness is required to achieve success in sports competitions.

However the findings of the study indicated that there was statistically significant difference between the Total mental toughness level between team and individual sports players. These findings are in line with the study of Valiollah Kashani and et al., 2011. Findings disclosed that mental toughness level in different types of sports players were found significant. Another study by Allen R. Nicholas & et al., 2013 indicated significant association between the mental toughness level of gender, age and sporting experience.

As per the norms (Alen Goldberg) the result indicated low level of score in deal with reboundability and deal with concentration. But in deal with motivation the team sports players have good level of score than individual players. Overall these result may be due to lack of experience, lack of mental training, in the selected university level players, who served as the sample for the study. These findings are in line with the other studies Rakesh tomar and Sandeep Tiwari (2012); Perry et al. (2013); Robabeh Rostami (2015); Chrisna Janse Van Rensburg (2015). These studies together indicate that there was no significant difference in mental toughness level of different sports players on the basis of sports type.

In the other sub parameter of mental toughness such as Ability to handle pressure and deal with confidence, as per the norms the both the team and individual sports players were having low level of score. However there was significant difference between the team sports players and individual sports players in Ability to handle pressure and deal with confidence. Therefore it is concluded that the team sports players handle the pressure better than the individual sports players and they deal the situation in more confidently than the individual sports player. These findings are consistent with the study of Kahn, L Arif, 2013. Findings indicated that there was a significant difference in the sub variables of the mental toughness of different level of players.

Conclusions

Within the limitation of the study and on the basis of the findings and discussion following conclusion are drawn.

Team sports players and Individual sports players have low level of Total mental toughness.

Team sports players were superior from the Individual sports players in terms of ability to handle pressure and deal with confidence.

Team sports and individual sports players were similar in other sub variables of mental toughness, such as Dealing With Reboundability, Deal With Concentration and Deal with motivation

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