



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2016; 3(4): 68-70
© 2016 IJPESH
www.kheljournal.com
Received: 16-05-2016
Accepted: 17-06-2016

Prathap N
Guest Faculty, University
College of Physical Education,
Bangalore University,
Bangalore, India.

A comparative study of mental toughness among judokas of inter-collegiate and inter-university level

Prathap N

Abstract

The purpose of the study is to compare the mental toughness of Judokas of inter-collegiate and inter-university level. For this study 32 (Thirty-two) subjects were categorized into two sub sections of 16 inter-collegiate and 16 Inter university level judokas, who were randomly selected from different weight categories. Age of all the subjects ranged between 19-25 years. The mental toughness battery constructed by Goldberg (1998) was administered which consists of 30 items with five subscales viz. (a) Rebound ability (b) Ability to Handle Pressure (c) Concentration (d) Confidence (e) Motivation. T-tests were used to compare the mean difference and the level of significance was set at 0.05. After analysis insignificant difference was found in relation to Rebound ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Total Mental Toughness.

Keywords: Judokas, Mental Toughness, Inter College & Inter university level.

1. Introduction

Judo is a combative sport which is very popular in India. Since last two decades the Indian judokas has been performing well in international level. Accomplish success in competition judo Players must achieve an excellent level of physical fitness, physical condition during competition and psychological balance.

Mental toughness is a quality of players to cope up better than your opponents and unshakeable pre service conviction towards same goal despite pressure and adversity. Jones *et al.* (2002) [4] defines that cope better than your opponents with the many demands (Competition, training, and lifestyle) that sports places on a performer. A review of literature pointed to mental toughness as being one of the more important determinants of peak athletic performance. Bull *et al.* (2005) [1] and Connaughton, D (2008) [2] suggested that a thorough understanding of the development of mental toughness requires the integration of context specific factors, such as the individual differences of the athlete as well as the sports setting in which the individual is engaged.

2. Methodology

In the present study 32 male judokas were selected from different colleges under the affiliation of Bangalore University, Bangalore. They were further divided into two categories 16 inter-collegiate and inter university level judokas which age ranged between 19-25 years. This scale is a standardized tool has already been used in many research/psychological investigations. To measure the level of mental toughness of the subjects, the mental toughness battery constructed by Goldberg (1998) [3] was administered which consist of 30 items with five subscales viz. (a) Rebound ability (b) Ability to Handle Pressure (c) Concentration (d) Confidence (e) Motivation. Each dimension measured by six questions, with 'Yes' or 'No' by a tick mark responses. For analysis of data independent group t-tests was used to compare the mean difference and the level of significance was set at 0.05.

3. Results and Findings

The results pertaining to significant difference if any, among judokas were assessed using the t-test and results are presented in the tables.

Correspondence
Prathap N
Guest Faculty, University
College of Physical Education,
Bangalore University,
Bangalore, India.

Table 1: Mean Values, Standard Deviation and T- Test Statistic of Rebound ability in inter- collegiate (N = 16) and inter university level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- collegiate	16	3.687	0.946	-0.1668
Inter university	16	3.625	1.147	

Significant at 0.05 level of significance, $t_{.05}(30) = 2.042$

Table 1 shows that the mean of Rebound ability of inter-collegiate and inter university level judokas was 3.687 and 3.625 respectively, whereas the standard deviation (SD) of Rebound ability of inter- collegiate and inter university level judokas was 0.946 and 1.147 respectively. So the above data indicates that the differences between inter- collegiate and inter university level judokas in regard to Rebound ability are insignificant.

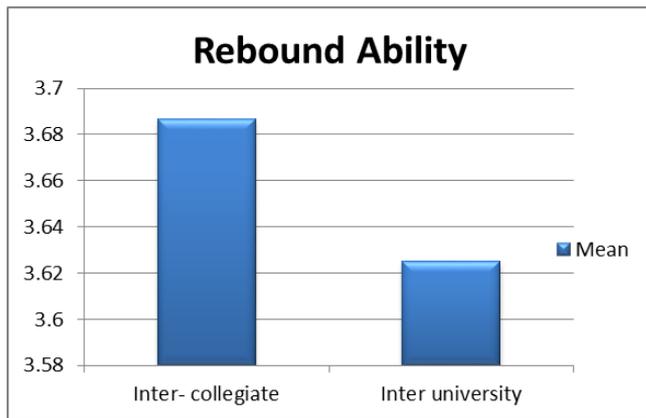


Fig 1: Graphical representation of Rebound ability among judokas.

Table 2: Mean Values, Standard Deviation and T- Test Statistic of Ability to handle pressure in Inter- collegiate (N = 16) and interuniversity level judokas (N = 16).

Groups	N	Mean	SD	t-value
Inter- collegiate	16	3.75	0.856	0.949
Interuniversity	16	4.062	0.997	

Significant at 0.05 level of significance, $t_{.05}(30) = 2.042$

Table 2 shows that the mean of Ability to handle pressure of inter- collegiate and inter university level judokas was 3.75 and 4.062 respectively, whereas the standard deviation (SD) of Ability to handle pressure of inter-collegiate and inter university level judokas was 0.997 and 0.856 respectively, so the above data indicates that the differences between inter-collegiate and inter university level judokas in regard to Ability to handle pressure are insignificant.

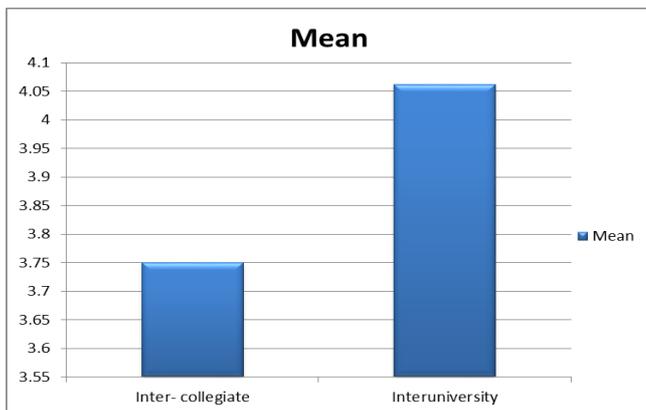


Fig 2: Graphical representation of Ability to handle pressure among judokas

Table 3: Mean Values, Standard Deviation and T- Test Statistic of Concentration of inter- collegiate (N = 16) and inter university level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- collegiate	16	3.625	1.147	0.481
Inter university	16	3.812	1.046	

Significant at 0.05 level of significance, $t_{.05}(30) = 2.042$

Table 3: shows that the mean of Concentration of inter-collegiate and inter university level judokas was 3.625 and 3.812 respectively, whereas the standard deviation (SD) of Concentration of inter- collegiate and interuniversity level judokas was 1.147 and 1.046 respectively. So the above data indicates that the differences between inter- collegiate and inter university level judokas in regard to Concentration are insignificant.

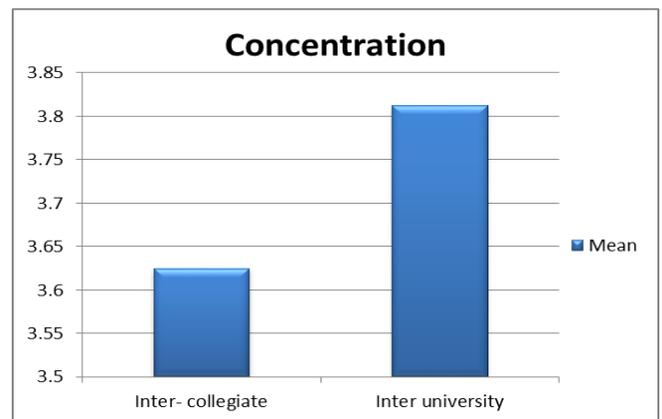


Fig 3: Graphical representation of Concentration among judokas.

Table 4: Mean Values, Standard Deviation and T- Test Statistic of Confidence in inter- collegiate (N = 16) and inter-university level judokas (N = 16).

Groups	N	Mean	SD	t-value
Inter- collegiate	16	3.812	1.108	0.177
Inter-university	16	3.875	0.885	

Significant at .05 level of significance, $t_{.05}(30) = 2.042$

Table 4 shows that the mean of Confidence of inter- collegiate and inter-university level judokas was 3.812 and 3.875 respectively, whereas the standard deviation (SD) of Confidence of inter- collegiate and inter-university level judokas was 1.108 and 0.885 respectively. So the above data indicates that the differences between inter- collegiate and inter-university level judokas in regard to Confidence are insignificant.

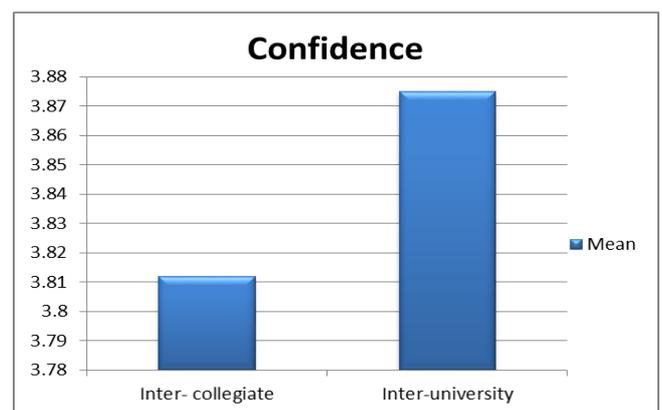


Fig 4: Graphical representation of Confidence among judokas.

Table 5: Mean Values, Standard Deviation and T- Test Statistic of Motivation in inter-collegiate (N = 16) and inter-university level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- collegiate	16	3.687	0.873	1.689
Inter-university	16	4.312	1.197	

Significant at .05 level of significance, $t_{.05}(30) = 2.042$

Table 5 shows that the mean of Motivation of inter- collegiate and inter-university level judokas was 3.687 and 4.312 respectively, whereas the standard deviation (SD) of Motivation of inter- collegiate and inter-university level judokas was 0.873 and 1.197 respectively. So the above data indicates that the differences between inter- collegiate and inter-university level judokas in regard to Motivation are insignificant.

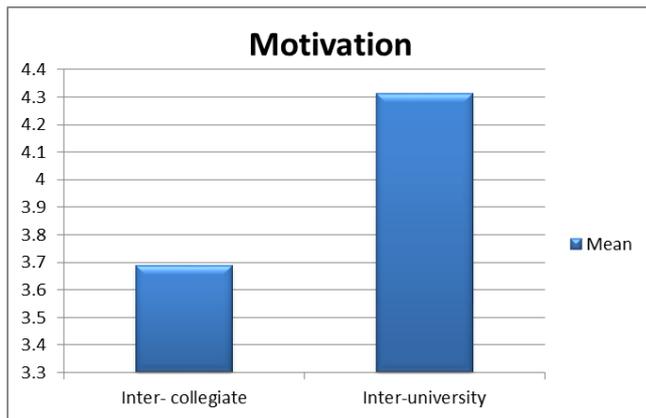


Fig 5: Graphical representation of Motivation among judokas

Table 6: Mean Values, Standard Deviation and T- Test Statistic of Mental toughness in inter- collegiate (N = 16) and inter-university level judokas (N = 16)

Groups	N	Mean	SD	t-value
Inter- collegiate	16	18.937	1.878	0.7009
Inter-university	16	19.5	2.607	

Significant at .05 level of significance, $t_{.05}(30) = 2.042$

Table 6 shows that the mean of mental toughness of inter- collegiate and inter-university level judokas was 18.937 and 19.5 respectively, whereas the standard deviation (SD) of mental toughness of inter-collegiate and inter-university level judokas was 1.878 and 2.607 respectively. So the above data indicates that the differences between inter- collegiate and inter-university level judokas in regard to Mental toughness are insignificant.

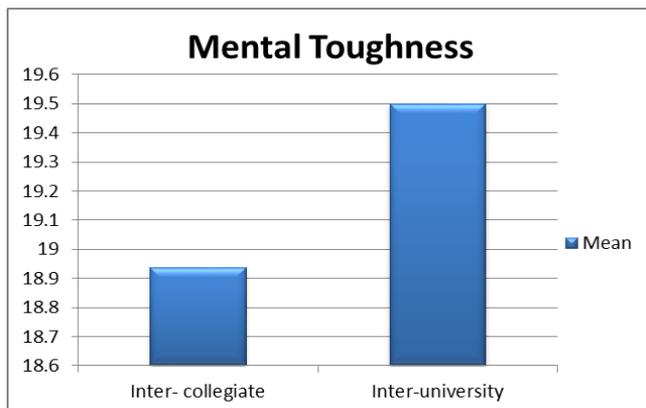


Fig 6: Graphical representation of overall mental toughness among judokas

4. Discussions and Conclusion

It is concluded from the above finding that the insignificant difference is found in Rebound Ability, Ability to Handle Pressure, Concentration, Confidence, Motivation and Total Mental Toughness of male judokas of Inter collegiate and Inter-university level.

This may be due to the sample which were drawn and represent doesn't worry in their physical and mental abilities, there is need for more individualized training to cope up with the mental toughness.

5. References

1. Bull SJ, Shambrook CJ, James W, Brooks JE. Towards an understanding of mental toughness in elite English cricketers, *Journal of Applied Sport Psychology*. 2005; 17:209-227.
2. Connaughton D, Wadey R, Hanton S, Jones G. The development and maintenance of mental toughness: Perceptions of elite performers, *Journal of Sports Sciences*. 2008; 26:83-95.
3. Goldberg AS. *Sports slump busting: 10 steps to mental toughness and peak performance* Champaign, IL: Human Kinetics, 1998.
4. Jones G, Hanton S, Connaughton D. What is this thing called mental toughness? An investigation of elite sport performers, *Journal of Applied Sport Psychology*. 2002; 14:205-218.