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## A Comparative Study on Mental Toughness for Male and Female Kho-Kho Players of Haryana

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### Abstract

The purpose of the study was to study the mental toughness between male and female Kho- Kho players of Haryana. For this purpose, total 30 Kho-Kho players (15) male and (15) female players with the age group of 19 to 24 years were selected as subjects. For the study only Rewari district from Haryana was selected for the study. To assess the level of subjects with regard to their mental toughness, Mental Toughness Inventory (MIT) developed by Middleton *et al.* (2005) was used. To find out the significance of mean differences between male and female Kho- Kho players' test was applied. The level of significance was set at 0.05level. The data obtained after scoring the questionnaires is to be statistically analysed on computer through Statistical Package for Social Science (SPSS) version 16.0.

**Keywords:** Mental toughness, Male, Female, Kho-Kho, Haryana.

### Introduction

Mental Toughness surface to an individuals and inner derive to succeed particularly when the going is challenging. It explains when it is possible to place two individuals in to the same working environment and see that one find it difficult to cope with pressure and one thrives. Mental toughness also illustrates a strong link between stress management & peak performance development where the latter can't be achieved without performer.

### Objective of the study

- ❖ To find out the significant difference between male and female Kho- Kho players on mental toughness.
- ❖ To study the mental toughness between male and female Kho- Kho players.

### Method and Procedure

#### Number of variables

- Total 30 Kho- Kho players (15) male and (15) female players with the age group of 19 to 24 years were selected as subjects.

#### Selection of variables

- Mental toughness inventory

#### Tool used to measured

- To assess the level of subjects with regard to their mental toughness, Mental Toughness Inventory (MIT) developed by Middleton *et al.* (2005) was used.

#### Statistical Procedure

- To find out the significance of mean differences between male and female Kho- Kho players' test was applied. The level of significance was set at 0.05level. The data obtained after scoring the questionnaires is to be statistically analysed on computer through Statistical Package for Social Science (SPSS) version 16.0.

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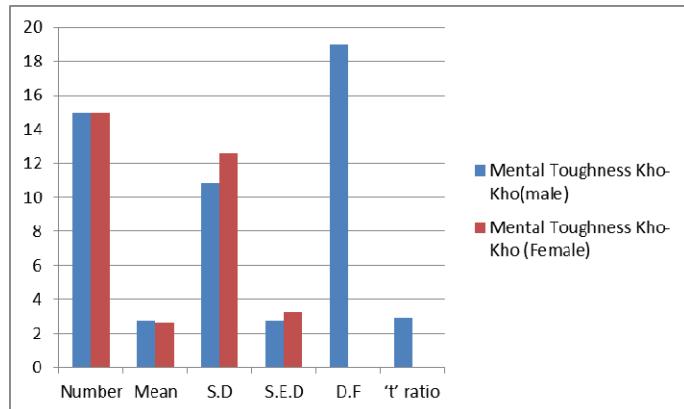
## Result and Interpretation

**Table 4.1:** Significance of mean differences of mental toughness between male and female Kho-Kho players

Variables	Game	Number	Mean	S.D	S.E.D	D.F	't' ratio
Mental Toughness	Kho- Kho(male)	15	2.72	10.80	2.79	19	2.91
	Kho-Kho (Female)	15	2.58	12.59	3.25		

Significant at 0.05 levels

The table 4.1 depicts that the mean and S.D. for male Kho-Kho players were 2.72 and 10.80, whereas the female Kho-Kho players were having the mean and S.D. value 2.58 and 12.59 respectively. The male Kho-Kho players were found to have comparatively high mean score as compare to the female Kho-Kho players which indicate that male Kho-Kho players is mentally tough as compare to female Kho-Kho players.



**Graph 4.1:** Graphical representation of mental toughness between male and female Kho-Kho players

### Discussion on hypothesis

- ✓ First hypothesis stated that there would be no significant differences between male and female Kho-Kho players high in their mental toughness level. These results show that no significant difference; therefore the hypothesis has been partially accepted.

### Conclusion of the study

- ✓ The male Kho-Kho players were found to have comparatively high mean score as compare to the female Kho-Kho players which indicate that male Kho-Kho players is mentally tough as compare to female Kho-Kho players.
- ✓ There is no significant difference observed between male and female Kho-Kho players on the variable of mental toughness.

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