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## Assessment on mental toughness for male and female boxers of Haryana

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### Abstract

The purpose of the study was to study the mental toughness between male and female boxers of Haryana. For this purpose, total 80 footballer boxers (40) male and (40) female players with the age group of 17 to 21 years were selected as subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. For the study only Bhiwani SAI center and Hisar SAI center 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 boxers players 't' test was applied. The level of significance was set at 0.05 level. 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, Haryana.

### Introduction

During the past two decade sports psychology has emerged as a legitimate field of scientific enquiry and studies has been conducted extensively on why the individual level of performance is increasing day by day. Studies are being conducted on the fluctuation in performance level in practice and in competition. In spite of having the right technique, right exercises, right meals and right equipment, it was felt that psychological factor is one important aspect which helps the player perform better under pressure situations. Players and coaches often described the crucial psychological factor the resulted in a momentum shift during a game or explained an important loss as a function of influential forces of game location. Variations in performance of player when examined scientifically were found related to Mental Toughness.

Mental toughness is more than just mental. It's also physical and emotional. In order to be mentally tough on the field, you must have talent and be in peak physical condition. Your technical skills have to be sharp. It is also important to recognize that the physical, emotional and mental sides of yourself affect each other.

### 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

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Inventory (MIT) developed by Middleton *et al.* (2005) was used.

### 3.4 Statistical Procedure

- To find out the significance of mean differences between male and female boxers players 't' test was applied. The level of significance was set at 0.05 level. The data obtained after scoring the questionnaires is to be statistically analysed on computer through Statistical Package for Social Science (SPSS) version 16.0.

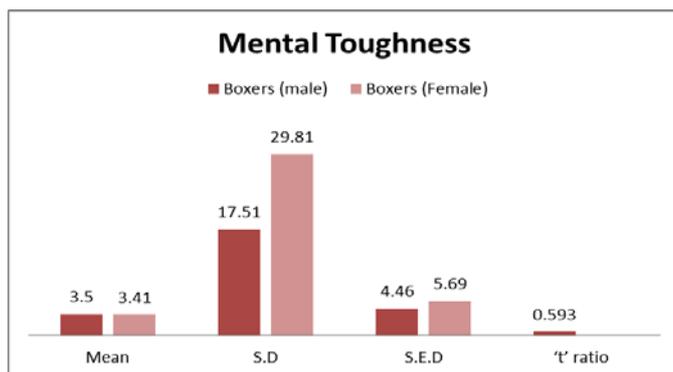
### Result and Interpretation

**Table 1:** Significance of mean differences of mental toughness between male and female boxers of Haryana

Game	Number	Mean	S.D	S.E.D	't' ratio
Boxers (male)	40	3.50	17.51	4.46	0.593
Boxers (Female)	40	3.41	29.81	5.69	

Significant at 0.05 levels

The table 4.1 depicts that the mean and S.D. for male boxers players were 3.50 whereas the female boxers were having the mean value 3.41, respectively. The male boxers were found to have comparatively high mean score as compare to the female boxers which indicate that male boxers players is mentally tough as compare to female boxers of northern SAI centers of boxing.



**Graph 1:** Graphical representation of Significance of mean differences of mental toughness between male and female boxers of Haryana

### Discussion on hypothesis

- ✓ First hypothesis stated that there would be no significant differences between male and female boxers 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 boxing players were found to have comparatively high mean score as compare to the female football players which indicate that male boxing players is mentally tough as compare to female boxing players.
- ✓ There is no significant difference observed between male and female boxers on the variable of mental toughness.

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