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## Psychological hardiness among team and individual game players

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### Abstract

Aggression is instrumental in achieving performance objectives, but objectives can have both positive and negative consequences depends on the level, type of aggression and for what objectives one is using aggression. The present study aims at comparing psychological hardiness among the athlete of team and individual games. For the study interuniversity players 50 (18-28age) team (Kho-Kho, Handball, Basketball, Softball, Baseball, and Volleyball) and 50 individual game players (Power lifting, Boxing, Taekwondo, Badminton, Chess, Judo, Weightlifting and Yoga) were selected conveniently. The data was collected using Singh, A. K. Psychological Hardiness Scale. Descriptive statistics revealed the mean value for team and individual game  $99.70 \pm 10.20$ ,  $98.72 \pm 9.04$  respectively, and the result of independent sample t-test showed insignificant difference as the calculated t value  $-0.508$  was found smaller than the tabulated value 1.984 at 0.05 level of significance for 98 degree of freedom.

**Keywords:** Psychological hardiness, team and individual games, independent sample t-test

### Introduction

Psychological hardiness, cognitive hardiness, or personality hardiness in the literature is the personality features of an individual where an individual remain healthy under life stress, related to those who established health problems. Psychological hardiness as defined by the earlier research's as a personality structure encompassing the three related general dispositions of control, commitment and challenge that encounter with stressful situations. The commitment disposition was defined as a propensity to include oneself in the activities in life and having a frank interest in and interest about the surrounding world (things, activities other people). The control disposition was defined as empathy to believe and act as if one can affect the actions taking place around oneself by one's own effort. Finally, the challenge personality was defined as the confidence that changes, rather than constancy, is the normal mode of life and constitutes motivating opportunities for personal growth rather than threats to security. Lately, Maddi has characterized hardiness as a combination of three attitudes (control, commitment and challenge) that deliver the courage and motivation needed to turn stressful conditions from potential calamities into opportunities for individual growth. While admitting the prominence of the three core dimensions, Bartone considers hardiness as something more global than mere attitudes

### Control

Which is measured by the absence of weakness that an individual feels, refers to the belief that one can control or influence existences in one's life, that individual efforts can amend stressors so as to cut them into a more controllable, or that a likelihood exists between one's actions and external events. Essentially, this notion taps or signifies the level to which persons see themselves as having an internal locus of control which, as noted earlier, has been proved to be a critical module in the elevation of resilience among children proposes that a sense of control is established early in life as infants learn that intents are correlated with voluntary movements. Gradually, a general expectation is produced in the child that his/her actions have a important impact on situational outcomes. In disparity, vulnerability results from non-contingencies and a sense of uncontrollability. The extent to which one perceives stressors as changeable is inclined by one's attributional style or level of optimism.

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### Commitment

Commitment is a promise to oneself or to others and capacity to feel actively involved with others and a faith in the truth, value, and reputation of one's self and one's experience. Adverse conditions are eventually seen as significant and interesting. Individuals high on this dimension are devoted to various aspects of their life counting interpersonal relationships, family, and the self. Measured or shown by the absence of isolation, commitment is reflected in one's capacity to become involved, rather than feeling estranged. From an existential point of view, this dimension represents a fundamental sense of one's accountability, worth and purpose which protects against faintness while under hardship. Despite philosophical advices regarding what is "meaning", the true spirit of the term becomes vibrant when we, as individuals, are able to attribute ourselves to a larger entity.

### Challenge

Challenge, reproduces the belief that change is not something which brings havoc to individual security, but rather a opportunity for individual growth and development. Specified by the nonappearance of a necessity for security, it signifies the person's positive attitude toward change and the faith that one can yield profit from success as well as failure. Doubts adjoining possible errors and the feelings of humiliation which are commonly a concern of making them, present a problem to overcoming challenges and, thus, personal growth these fears frequently lead to evasion behavior which continues the fear and prevents the individual from opposing and overwhelming

Groups	N	Mean		SD	Range		Skewness	
		Stat	Std. error		Min.	Max.	Stat.	Std. error
Team Game	50	99.70	1.28	10.20	37		.761	.337
					84	121		
Individual Game	50	98.72	1.44	9.04	55		.918	.337
					76	131		

The descriptive statistics calculated above on the basis of mean value  $99.70 \pm 10.20$  for team games and  $98.72 \pm 9.04$  for individual games revealed the players of the team games were psychologically hard, but to ensure whether difference is significant independent sample t-test was applied. Further the normality of the data was calculated using skewness which revealed the data was asymmetrical and was positively skewed which means most of the data in the observations was below the mean.

### Comparison of Psychological Hardiness between team and individual game players

The result of the independent sample t-test found insignificant difference in psychological hardiness between the players of team and individual games, as the calculated t value -.508 was found smaller than the tabulated value 1.984 at 0.05 level of significance for 98 degree of freedom.

### Discussion of the hypotheses

The study was conducted with the aim to determine whether there is any difference exists between two different natures of sports i.e. players of team and individual games in the selected psychological variables i.e. psychological hardiness. The hypothesis of significant differences in psychological hardiness between the players of team and individual games was tested and the data does not support hypothesis hence could not be accepted.

the challenge. Parents and adults must generate an environment that supports within the child the belief that not only are mistake and failure are to be expected, they are satisfactory and provide an chance for learning and growth (Brooks, 1994).

### Objectives

- To study psychological hardiness in the players of team and individual games.
- To compare psychological hardiness between team and individual game players.

### Hypothesis

- There might be significant difference in psychological hardiness between team and individual game players.

### Methods and materials

The comparative study was conducted on conveniently selected 100 male inter university players equally 50 from both team (Kho-Kho, Handball, Basketball, Softball, Baseball, and Volleyball) and individual (Power lifting, Boxing, Taekwondo, Badminton, Chess, Judo, Weightlifting and Yoga) games of age group 18-28 years. The data was collected using psychological hardiness scale developed by Singh, A. K. The data was interpreted using descriptive and independent sample t-test at 0.05 level of significance using SPSS.

### Analysis and Interpretation

### Conclusion

On the basis of the findings it has been concluded that both the groups i.e. team and individual game players were not significantly differ psychological hardiness.

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