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Analysis of mental toughness among the players of five different contact sports groups

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Abstract

The present study was aimed to identify the mental toughness of players of five different contact sports. The contact sports were handball, football, wrestling, boxing and judo. 50 players of each five games were selected who have competed at inter-college levels. They were between the age levels of 19 to 27 years. To determine level of Mental Toughness among the subjects, Mental Toughness battery constructed by Goldberg *et al.* (1980) was administered. One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. Test of mental toughness consists with 30 items with five sub scales. The investigator measured all the sub variables with questionnaire than find out the differences of total mental toughness of the players of different five contact games. The findings show that significant differences were found among the players of five different contact sports groups on the variable of Mental Toughness.

Keywords: mental toughness, handball, football, judo, boxing and wrestling

Introduction

Sport psychology specialist work with athletes who hold extensively differing values and beliefs about their sporting and everyday life. Athletes need the psychological inputs from an expert and the critical observations of other meritorious performers so as to comprehend the basic principles of sports psychology. Van Raalte *et al.* (1992) ^[10], concluded that athletes were not affected by individual perceptions or experience based on sport psychology. Athletes who had been previously involved in psychological consultation did not observe the other athletes who lacked psychological based experience and neither did the competitors who had no exposure to sport psychological based perceptions. Sport psychology has changed and advanced to the point where its application has become an important component in the peak performance of athletes in various fields and at many levels of competitive activity.

Psychological variables are universally acknowledged as being foremost provider to generous success in sports J. Singh and S. Singh (2011). Therefore the athletic ability and physical fitness are understandable parts of that list, but another variable that commonly surfaces when these top mark athletes and programmes are studied is mental toughness (Ness, 1977). Clough *et al.* (2002) ^[3] explain that mentally strong individual have a high level of an unshakable faith and sense of self-belief which pedals the goals, then the particular individuals be able to comparatively unaltered by misfortune and struggle. In team game sports psychological issues play a crucial role for enhancing performance and maximizing health benefits of athletes. So many Scientific studies evidence shows that more participation in sports can prove to be psychological asset and also further helpful in lifelong activities regardless of whether the participation has been Competition oriented (Matsumoto & Konno, 2005). While considering the paramount importance of psychological variables with regard to combat sports the investigators focused to analyze the major role of mental toughness and other psychological variables. Mental toughness is perceived to be the most important determinant of success in sports. It is usually to do with an athletes's ability to focus, ability to rebound from failure, ability to cope with pressure, determination to persist in the face of adversity and mental resilience. Mental toughness can be defined as the natural or developed psychological edge that enables one to cope better than one's competitions with the demands of performance and to remain more determined, focused, confident and in control. The most important attribute of

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mental toughness is an unshakable belief in one's ability to achieve the competitive goals. So mental toughness is related with self-belief and self-confidence, which can be developed through training. With mental toughness the players play with profound intensity, total concentration

Procedure and Methodology: The present research was entitled as "Analysis of Mental Toughness among the players of five different sports groups" To achieve these purpose total 50 subjects male players for each game were selected, who have participated at Inter- college level of Punjabi university. The age of all subjects were ranged from 19 to 27 years. To check the mental toughness of recruited subjects, Mental Toughness battery (Goldberg 1980) was used in this study.

After the collection of relevant data, it was processed and analyzed with descriptive statistics. Statistical Analysis One Way Analysis of Variance (ANOVA) was employed to compare the different five groups of contact sports. For testing the hypotheses, the level of significance was set at 0.01.

Results and Findings

Table 1 gives the summary table of the analysis of variance of the total mental toughness of the players of five different sports groups. Table 2 shows the means, SDs and SEs of the scores of the total mental toughness of players of the five sports group.

Table 1: Summary Table of ANOVA of score of total Mental Toughness

Variable	Source of variance	Ss	df	Ms	F-ratio	Significance level
Mental Toughness	Between	1623.30	4	405.83	58.31	P<.01
	Within	1705.36	245	6.96		
	Total	3328.66	249			

Table 2: Means, SDs of scores of total dimension of Mental Toughness

Statistics	Football	Boxing	Wrestling	Handball	Judo
M	17.82	15.68	17.30	23.22	17.86
SD	2.49	3.16	2.31	2.38	2.76
SE	0.35	0.45	0.33	0.34	0.39

It can be seen from Table 1 and Table 2 significant differences were found with regard to the total dimensions of mental toughness among the players of different five contact sports groups at the level of significance ($p > 0.01$).

As per the above table, F ratio was found to be 58.31 which is significant at 0.01 level which means that there are significance differences in the mean scores of mental toughness among the players of five different sports groups. The highest mean score were obtained by the handball group ($M=23.22$) whereas the lowest mean score was in the case of boxing players ($M=15.68$); whereas the football players ($M=17.82$), wrestling ($M=17.30$) and judo ($M=17.86$) got almost the same level of scores. Handball players have been found to be more mentally tough, as it is a game where toughness is required both physically and psychologically. On the other hand, boxing game is a game which is aggressive and contact game. The other three games of football, wrestling and judo have the average level of mental toughness.

According to the manual of the test, a score of 26-30 indicates strength in overall mental toughness. Scores of 23-25 indicates average to moderate skill in mental toughness. Scores of 22 or below are that one needs to start pulling more time in to the mental training area. According to the results of the present study, only boxing group has the moderate skill in mental toughness; whereas all of the other groups are getting less score which means that they need training to enhance their mental toughness.

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