



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(5): 182-184  
© 2017 IJPESH  
www.kheljournal.com  
Received: 15-07-2017  
Accepted: 20-08-2017

**Dr. Ajay Kumar**  
Assistant Professor of Physical  
education, SGGs Khalsa College  
Mahilpur, Punjab, India

## A comparative study of mental toughness between team sports and individual sports

**Dr. Ajay Kumar**

### Abstract

The purpose of this study was to compare the mental toughness of players of team sports and individual sports. For the purpose investigation 50 male team sports and 50 male individual sports (Total=100 players) were selected as subjects of the study. Their age was ranged 18 to 25 year. Find out mental toughness in team sports and individual sports of Punjab. The collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statement based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true and false. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant. The result of the study concluded that there was statistically significant difference in mental toughness of the players of team sports and individual sports of Punjab. It is clear that the mean mental toughness between of the player of team sports is significantly higher than the mean mental toughness of the individual sports.

**Keywords:** Mental Toughness, team sports, individual sports, analysis etc

### Introduction

Mental toughness is a measure of individual spirit and confidence that may predict success in sport, education and the workplace. As a broad concept, it emerged in the situation of sports training, in the context of a set of attributes that allow a person to become a better athlete and able to cope difficult training and difficult competitive situations and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sports commentators, and business leaders.

"Mental toughness" is normally used colloquially to refer to any set of positive attributes that helps a person to cope with difficult situations. Coaches and sport commentators freely use the term mental toughness to describe the mental state of athletes who persevere through difficult sport conditions to succeed. For example, it is often simply applied as a default explanation for any victory, which is highly difficult as an attribution. Criticisms about the use of this unfocused approach abound (for example, Moran (2012) <sup>[12]</sup>).

Competitive sports are being focused upon by the researchers of different scientific fields in order to expose the possibility to know the different variables which influence it. According to sports sciences, experts, there are many factors that affect optimal performance levels and an athlete, s smooth execution. One of these factors is the individual, s mental abilities (Gonzalez, 2006). However there are many mental factors that effect on athletes, performance but mental toughness be considered as one of most important factors. As some of experts believe that at least 50% of the athlete, s mental success is due to mental toughness (Loehr, 1986) <sup>[10]</sup>. Gucciardi (2008) <sup>[5]</sup> defines that mental toughness is cope and withstand pressures and sports challenges. In fact, the presence of this factor results in a psychology advantage because this factor enables the individuals to better stability, concentration, and self-confidence than their opponent and have a good ability of control and coordination under stressful conditions (Jones *et al.*, 2002) <sup>[7]</sup>. It seems that mental toughness has an intellectual discipline because the person response under pressure and is calm and energetic too. So people with mental toughness can create and reinforce a positive energy in them at critical situations (Loehr, 1986) <sup>[10]</sup>. Mental toughness has three factors: reliability, stability, and control.

### Correspondence

**Dr. Ajay Kumar**  
Assistant Professor of Physical  
education, SGGs Khalsa College  
Mahilpur, Punjab, India

Reliability factor means the ability of self-esteem and self-confidence especially under stressful conditions and exposure with challenges such as sports competitions. Stability factor means having the courage and athlete, s ability and his/her determination exposure with the needs of training and competition and his/her willingness to take responsibility for training and competition goal setting. The nature of control factor means the individual, s ability in control of conditions too (Jones *et al.*, 2002) [7]. The people who believe that they have control over different events in their lives in comparison of other they feel better sense about themselves and they can overcome the difficulties and risks also they can better perform the cognitive tasks (Jones *et al.*, 2002) [7]. Therefore, mental toughness helps athletes that they are more focused and more determined than their opponent under pressure and difficult circumstances and also they will show more self-confidence and control (Jones, 1995). The results of studies about the relationship between mental toughness and type of sport on athletes of international, national, provincial, and academic competitions show.

**Procedure and Methodology**

In the present study a sample of 50 male team sports and 50 male individual sports (Total=100 players) of Punjab. The collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statement based on handling pressure (20

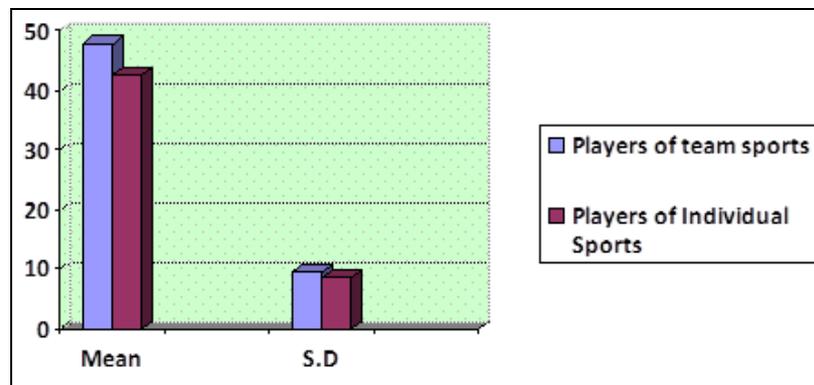
questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true and false. For the analysis of data, collected by administering the questionnaire to all the subject’s t- test was employed at 0.05 level of significant.

**Results and Discussion**

To find out the significant difference in mental toughness between of players of team sports and individual sports. The analysis of data, collected by administering the questionnaire to the entire subject’s t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to mental toughness is given below. Finding of the study show that all there was significant the players of team sports and individual sports of Punjab. It is clearly indicates that mean mental toughness of the players of team sports is significantly high than the mean mental toughness of the players of individual sports of Punjab player. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to enhance mental toughness. These outcomes may realize to develop the various training plans.

**Table 1:** Significant Difference between the players of Team Sports and Players of Individual Sports.

Groups	Mean	S.D	Difference between Mean (DM)	‘t’ ratio
Players of Team sports	47.8	9.56	5.3	2.65*
Players of Individual Sports	42.5	8.5		



t) 0.05 (98) = 2.00

Table present there was significant difference in mental toughness between the players of team sports and individual sports of Punjab. The SD values of these two groups were 9.56 and 8.5 respectively. These values demonstrated the intra-groups variability among the subjects. Since calculated ‘t’ value 2.65 was found to be more than tabulated value 2.00 at 0.05 level. Thus data provides sufficient confirmation to ensure that the mean mental toughness of the players of individual sports of Punjab

**Conclusions**

The results of the study are concluded as follows: This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to enhance mental toughness. These outcomes may realize to develop the various training plans.

**References**

1. Clough PJ, Earle K, Sewell D. Mental Toughness. The Concept and its Management. In: Cockerill, I. (Ed.), Solutions in Sport Psychology. London: Thomson. 2002, 32-45.
2. Crust L, Swann C. Comparing two measures of mental toughness. Personality and Individual Differences. 2011; 50:217-221.
3. Gucciardi DF. The relationship between developmental experiences and mental toughness in adolescent cricketers. Journal of Sport and Exercise Psychology. 2011; 33(3):370-393.
4. Gucciardi DF. Measuring mental toughness in sport: A psychometric examination of the Psychological Performance Inventory-A and its predecessor. Journal of Personality Assessment. 2012; 94:393-403.
5. Gucciardi DF, Gordon S, Dimmock JA. Towards an understanding of mental toughness in Australian football.

- Journal of Applied Sport Psychology. 2008; 20:261-281.
6. Jones G. Psychological preparation in racket sports. London: E and FN Spun Publications, 199.
  7. Jones GG, 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.
  8. Jones G, Hanton S, Connaughton D. A framework of mental toughness in the world's best performers. *Sport Psychologist*. 2007; 21(2):243-264.
  9. Kamlesh R. *Psychology in Physical Education and Sports*. Metropolitan book Company, New Delhi, 1998.
  10. Loehr JE. *Mental toughness training for sports; achieving athletic excellence*. Lexington: Stephen Greene Publications, 1986.
  11. Martens ML. *Sports Competitive Anxiety, Human Kinetics Publication Champaign, Illinois*, 1977.
  12. Moran AP. *Sport and Exercise Psychology: A Critical Introduction (2nd ed.)*, 2012.
  13. Routledge.
  14. Singh A, Bains J, Brar SR, Rathee N. *Essentials of Physical Education*. Kalyani Publishers. 2005, 284-285.
  15. Skinner CE. *Essentials of Educational Psychology*. Asia publishing House, New Delhi, 1961.
  16. Thelwell RC, Such BA, Weston NJV, Such JD, Greenlees IA. *Developing mental toughness: Perceptions of elite female gymnasts (PDF)*. *International Journal of Sport and Exercise Psychology*. 2010; 8(2):170-188.
  17. Woodworth RS. *Psychology*, Methuen. London, 1945.
  18. <http://en.wikipedia.org>