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## Comparative study of mental toughness between male sports person and para male sports person

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### Abstract

The aim of the present study was to compare the mental toughness between male sports person and Para male sports person. Total hundred (n=100) player was selected for study as sample. The samples were further divided into groups of 50 each. The first group consisted of male sports person and the second group of Para male sports person. The data was collected by using simple random sampling technique of sports person and Para sports person, and age of the subjects were 18 to 28 year. In order to assess the mental toughness of sports person and Para sports person by Sandeep Tiwari. The data was collected tabulated and subject to statistical analysis. Descriptive analysis was done by computing means, standard deviations and t-test. The result revealed that there is significant difference found between the male sports person and male Para sports person.

**Keywords:** Mental toughness, sports person and Para sports person.

### Introduction

The term mental toughness has been described by various psychologists generously and in positive way as they say that mental toughness is the ability which help us to cope with complicated and difficult situation. In this way it is an extremely controversial term. In Sports, we use to say that the athlete who keeps on trying to achieve his or her goal in any favourable or unfavourable condition or circumstances are termed as mentally tough athlete. Hence, in sporting terms it describes the mental state of a sportsperson. Sports scientist working on this field worked hard scientifically and more precisely to define mental toughness as a psychological construct.

Kobasa (1979, 1988) defined mental toughness as "A set of ideas about self and the environment which are comprised of three elements including commitment, control and challenge. A person who is highly committed believes in the meaning of what he is doing and who he is. People who have high degree of control over their bodies can predict the life occurrences and are able to affect what is around them. The individuals who are highly combatant and challenging can skilfully take advantage of the negative and positive opportunities and consider them as security for themselves not as threats.

Smith and Smoll (1989) defined mental toughness as the ability to deal with stress and adversity in a way that performance does not suffer under conditions that place high physical and psychological demands on the athletes.

Mental toughness was defined by Goldberg (1998) as capacity to face adversity and able to bounce back from repeated failures.

Fourie and Potgieter (2001) definition of mental toughness comprise of motivation level, coping skills, confidence maintenance, cognitive skill, discipline and goal directedness, competitiveness, possession of prerequisite physical and mental requirements, team unity, preparation skills, psychological hardiness and ethics.

Jones, Hanton, and Connaughton (2002) <sup>[1]</sup> defined mental toughness as "having the natural or developed psychological edge that enables an athlete generally, to cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than the opponents in remaining determined, focused, confident, and in control under pressure."

Clough *et al.* (2002) defined mental toughness in the perspective of self-confidence and self-

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belief. He opined that mentally strong or tough means that a person possesses superior self-confidence and self-belief in his/her abilities. This confidence and self-belief make him to choose and set goals that are realistic and pursue those goals without being affected by adverse conditions.

Fletcher and Fletcher (2005) included coping skills in relations to environmental stressors in their definition of mental toughness.

Gucciardi, Gordon, and Dimmock (2008) defined mental toughness as enduring attributes which enables an athlete to cope with adverse circumstance and perform well. They also defined mental toughness as maintaining a certain performance level even when game situation is easy or against a weak opponent.

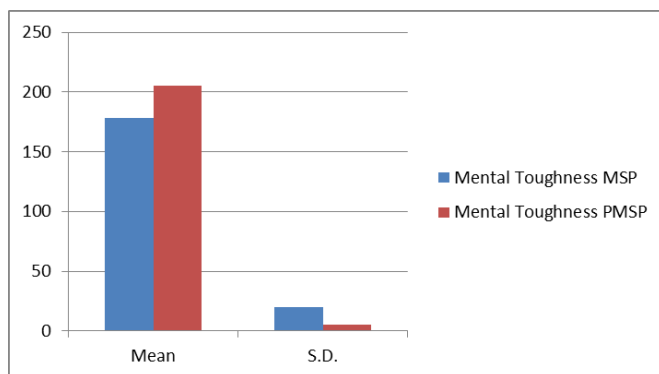
Mental toughness in general terms encompasses some positive psychological attributes that absorbs the effect of stressful situations so that one can perform at its best with consistency (Clough, Earle, & Sewell, 2002). "A set of personal characteristics which is used to guard against life pressure constitutes mental toughness" (According to White 2001), According to Jones (2002) <sup>[1]</sup> defined mental toughness as developed mental edge that enables an athlete to maintain focus, confidence, determination and control consistently.

## Methodology

**Table 1:** Mean and S.D. of Mental Toughness between Male Sportspersons and Para male Sports Person

Groups of Sports Person	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Male Sports Person	50	177.92	19.90164	2.81452	172.2640	183.5760
Para Male sports person	50	205.06	5.21149	.73702	203.5789	206.5411

The above table revealed that a significant difference in means of mental toughness scores of male Sports Person and Para male Sports Person. The reported mean scores on mental toughness value of Para Male Sports Person.



**Fig 1:** Graphical Representation of Mental Toughness between Male Sportspersons and Para male Sports Person

## Conclusion

The result of the study reveals that there is significant difference found between the male sports person and male Para sports person.

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## Selection of Subjects

For this study researcher selected 100 male sports person. 50 sports person and 50 Para sports person) and age ranged between 18 to 28 years selected as randomly.

## Selection of variables

For the present study the researcher selected mental toughness variables.

## Criterion Measures

In order to assess mental toughness sports person and Para sports person by Sandeep Tiwari.

## Administration of Questionnaire

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

## Statistical Techniques

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independents 't' test were applied to analyse the data.

## Results and Discussion

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