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Impact of socio - economic status on mental toughness among cricketers

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Abstract

Positive mental attitude leads to achieve set goal, and improved performance in sports and game and develops perseverance in team cohesiveness, which may be determined by various interrelated aspects, which can predict the future assessment and achievement in their respective field accordingly. The Socio-Economic Status is obviously a blending of two status, would therefore, be a ranking of an individual by the society he or she lives in, and in terms of his/her material belonging, cultural possessions along with the degree of respect, power and influence wields. Hence, education, occupations play a significant role in the society. The study intended to examine and explore the relationship between Socio-economic Status and Mental Toughness of cricketers. For the present study descriptive survey research method was used and selected 40 (male=20 female=20) U-17 registered players of Cricket Association of Bengal (CAB), as the sample population. Modified Socio-Economic Status Scale developed by Kuppuswamy (2018) was used to collect the data regarding players Socio-economic Status and to assess the mental toughness; Scott Barry Kaufman questionnaire was used. The data have been analysed through applying Pearson's Correlation Coefficient and t-test as statistical techniques. The findings of the study showed that there is a positive correlation between Socio economic Status and Mental Toughness among cricketers, it was found that significant difference is present in SES between cricketers. It was further revealed that there is no significant difference in Mental Toughness between cricketers.

Keywords: Cricketers, Mental Toughness, Relationship, Socio-economic Status

Introduction

Humans life depends upon many situations and on different aspects, which are abundant to various prospect of life, whether it is Socio-economic condition or Mental status; it acts as a warhead to an individual's perception about his/her own health conditions. Being a part of social gatherings, financially sound condition with peaceful mind leads to an individual in a very comfort region where his/her lifestyle becomes satisfied in all respect.

It is important for person, to have positive attitude, and pertained a good relationship with their surroundings to achieve their set goal, and it is only possible when there will be excellent relationship existing between socio-economic status and mental status. However, socio-economic condition depends on various factors like, education, occupation, etc and, whereas mental toughness seeks to get the account of hardiness and capacity of the mind to sustain with fear, toughness, hard circumstances, which can be overcome smoothly.

Mental Toughness characteristics have emerged such as mindset, self believe, attention control, optimistic thinking, handling challenge etc. These facets are said to facilitate the achievement of one's goals when faced with both positively and negatively.

Continuously engaging in Sports and games brings the best version of one's self requires dedication, determination, mental toughness, to achieve the result. In cricket, the cricketers have to deal with various factors, where their mental hardiness needs to be tougher, even though barriers won't make any differences for the one who possess great will power, attention, over situation.

Socio-economic Status: According to Parson *et al.* (2001), "Socio-economic Status (SES) is the term used to distinguish between people's relative position in the society in terms of family income, political power, educational background and occupational prestige".

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Mental toughness: Mental toughness is "Having the natural or developed psychological edge that enables you to: generally, 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 your opponents in remaining determined, focused, confident, and in control under pressure-" Jones, Hanton, & Connaughton, 2002, p. 209. "Mental toughness is the mind's ability to focus on solutions, especially in the face of adversity." —Dr. Jason Selk. A lack of mental toughness is the biggest enemy of athletes. It may cause players to give up, give in, tank the match, and give less. The level of athletic success is in direct proportion to level of mental toughness.

Review of related literature: Lot of studies have been done by the researchers previously to examine and analyse Socio-economic Status as a contributing factors. A glance at the available literature reveals a variety of characteristics and attributes ranging from self-belief to personal values, as well as others such as physical toughness and perseverance that have been placed under the banner of mental toughness.

A study of socio economic status and psychological factors potentiates the playing ability among low and high performers of state level football players. S. Chandrasekaran *et al.* 2010^[7] studied the influence of socio economic status and psychological factors. One hundred and fifty men football players in the age of 20 to 25 years were selected from Tamil nadu state level men football tournament held at Chennai in 2008-09. The selected subjects were randomly divided into three equal groups of each fifty members. The resulted study shows the effect of socioeconomic status and psychological factors on state level football players. Socioeconomic status pertain the player's life with community, education, income and occupation to meet out their ability in playing game and aplomb performance. In this study, psychological factors such as anxiety and aggression moderate the performance of game in player's team.

Relationship between developmental experiences and mental toughness in adolescent cricketers. Daniel F. Gucciardi, 2011^[6] investigated the contribution of positive and negative youth sport experiences to self-reported mental toughness among youth-aged cricketers. A sample of 308 male cricketers aged between 13 and 18 years self-reported mental toughness using the Cricket Mental Toughness Inventory with 187 of these cricketers also documenting their exposure to a variety of positive and negative developmental experiences. Analyses revealed that both positive and negative development experiences were related to mental toughness, with positive experiences evidencing largely positive relations, and negative experiences evidencing largely an inverse relationship, although there were some exceptions to this generalization.

Mental toughness in higher education: Relationships with achievement and progression in first-year University sports students. Crust *et al.* (2014)^[4] revealed significantly and suggested that a measure of mental toughness could be a useful tool for identifying students at risk of failing and dropping out of under graduate study.

Objective of the study:

1. To examine the Socio-Economic Status of male and female cricketers.
2. To measure mental toughness of male and female cricketers.
3. To study the correlation between Socio-Economic Status

and Mental Toughness.

4. To investigate the difference in Mental Toughness in respect to different Socio-economic category.

Hypothesis

H0-1: There will be no significant correlation between Socio-economic Status and Mental Toughness of Cricketers.

H0-2: There would be no significant difference in Mental Toughness among Cricketers in relation to their Socio-economic Status.

H0-3: There will be no significant difference in Mental Toughness between male and female Cricketers.

H0-4: There will be no significant difference in Socio-economic Status between male and female Cricketers.

Methodology

Sample: In the present study, 40 (male=20 female=20) U-17 years registered players of Cricket Association of Bengal (CAB), have been selected as the sample population by using Simple Random Sampling Technique.

Tools: For present study, two questionnaires were used and administered to the participants. Modified Socio-Economic Status Scale developed by Kuppaswamy (2018) was used to collect the data regarding players Socio-economic Status, whereas Scott Barry Kaufman (2014) questionnaire was used to assess the Mental Toughness.

Collection of data: The data were collected with the help of research scholars, in the presence of a cricket coach and two assistants under the direct supervision of the researcher. Clear instruction regarding the method of answering the questionnaire was given by the researcher. The subjects were asked to tick the statement giving their personal information and then to answer the questions. Time was not restricted, but they completed it within 30 minutes.

Statistical Techniques: The data was analysed with the help of t-test and Pearson's coefficient of correlation as a statistical techniques.

Data Analysis

Table 1: Relationship between Socio-economic Status and Mental Toughness

Variable	N	Mean	S.D	r-value	Significance Level
SES	40	14.15	4.126	0.2584	0.05
MT	40	65.3	4.658		

In Table 1 - The Pearson's coefficient of correlation "r" is found 0.2584, which shows that a positive but low or moderate correlation exists between SES and Mental Toughness. Critical value of "r" (table value) at 0.05 level with 38 degree of freedom (df) is 2.02. As the calculated value of "r" is less than the table value of "r", hence, null hypothesis 1 is accepted.

Table 2: Difference in Mental Toughness between Upper-Middle and Lower-Middle Class

Variable	N	Mean	S.D	t-value
UM	17	18.12	2.39	6.735
LM	13	12.92	1.61	

The Table 2 - shows that the t-value 6.735, which revealed that there is significant difference in Mental Toughness between Upper-middle class and Lower-middle class of Cricketers. Hence, null hypothesis is rejected.

Table 3: Difference in Mental Toughness between Upper-Middle and Upper-Lower Class

Variable	N	Mean	S.D	t-value
UM	17	18.12	2.39	11.57
UL	10	9.00	.816	

The Table 3 - shows that the t-value 11.57, at 0.05 level, greater than the table value, revealed that there is significant difference in Mental Toughness between Upper-middle class and Upper-lower class of Cricketers. Hence, null hypothesis is rejected.

Table 4: Difference in Mental Toughness between Lower-Middle and Upper-Lower Class

Variable	N	Mean	S.D	t-value
LM	13	12.92	1.61	7.034
UL	10	9.00	.816	

The Table 4 - shows that the t-value 7.034, which revealed that there is significant difference in Mental Toughness between Lower-middle class (Mean 12.92) and Upper-lower class (Mean 9.00). Hence, null hypothesis is rejected.

Table 5: Difference in Mental Toughness between Male and Female Cricketers

Variable	N	Mean	S.D	t-value
Male	20	65.1	4.77	-.268
Female	20	65.5	4.66	

Table 5 - shows that calculated t-value is -.268, which is not significant in Mental Toughness between male and female cricketers. Critical value of "r" (table value) at 0.05 level with 18 degree of freedom (DF) is 2.10. As the calculated value is less than the table value, hence null hypothesis is accepted.

Table 6: Difference in Socio-economic Status between Male and Female Cricketers

Variable	N	Mean	S.D	t-value
Male	20	15.7	4.50	2.498
Female	20	12.6	3.25	

The Table 6- shows that the t-value 2.498, which revealed that there is significant difference in SES between male and female Cricketers. Critical value of "r" (table value) at 0.05 level with 18 degree of freedom (DF) is 2.10. As the calculated value of "r" is greater than the table value, hence null hypothesis is rejected.

Conclusion

1. The study shows a positive correlation exists between Socio-economic Status and Mental Toughness which indicates that Mental Toughness was contributed by SES but not only the single factor affects Mental Toughness of cricketers.
2. The study also shows that there is significant difference in Mental Toughness among different Socio-economic Status group. The difference in MT between Upper - middle SES and Lower-middle SES cricketers shows medium level of difference whereas the difference between Upper-middle SES and Upper-lower SES shows

huge level of difference, and in case of Lower-middle SES and Upper-lower SES also shows medium difference in Mental Toughness.

3. The present study further shows that there is no difference in Mental Toughness between male and female, and it suggest that proper mental hardiness, mindset is essential for sports, equally important for players without differentiating between gender.
4. The study further shows that there is no difference in Mental Toughness between male and female, and it suggest that proper mental hardiness, mindset is essential for sports, equally important for players without differentiating between gender.
5. The parents should re-examine the financial support to players such support is viewed as the contributor towards the players sports performance.
6. At last, it is recommended that the government should create job opportunity and help the people to raise their Socio-economic Status which may have positive impact upon player's performance and success.

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