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## A comparative study between male batsman and bowler in regard to selected psychological variables namely self-confidence and motivation

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### Abstract

The present study deals with a study of psychological variable of first class male cricket players. The study conducted on 30 subjects taken from India using purposive sampling technique. The present study was done on male subjects only. The need of understanding the aspect of mental toughness of sports person is a main difference of winning and losing of equal level. Now a day's sports psychologists are rigorously working and exploring this area of study to create maximum opportunity to win competition under toughest situation. Mental toughness in the current century is gaining importance and hence after extensively reviewing the literature in the field of physical education and in consultation of the guide and experts in this field mental toughness was selected as the variable for the study and sub-variables are self-confidence, motivation, the mental toughness questionnaire was used for the collection of the relevant data. The questionnaire is a standardized test and had been used worldwide by the several researchers. The questionnaire displays a high reliability and validity coefficients. For collecting the required data, the questionnaire was administered to 17 first class batsman and 13 first class bowlers of India. The data was collected from first class male cricket players of India. The collected data was analysed using appropriate statistical technique like, descriptive statistics followed by Independent Sample 't' test at the level of significance was set at 0.05 level. The results revealed that no significant difference have been observed in self-confidence (.654), motivation (1.010).

**Keywords:** Psychological variables, male batsman and bowler, self-confidence and motivation

### Introduction

Athletes' success or failure is multifactorial. It depends on the combination of many factors including physical, tactical, technical and psychological factors. Psychological factor is usually the determinant that differentiates a winner and a loser in sports (Brewer, 2009) <sup>[1]</sup>. For example, Weinberg and Gould (2003) <sup>[3]</sup> indicated that mental ability contributed over 50% in athletes' success when competing against the opponents. In addition, Gould, Hodge, Peterson, and Petlichkoff (1987) stated that mental toughness was the most important for success in wrestling (rated as 82%). In a study involving ten Olympians, they reported mental toughness is one of the highest ranked psychological characteristics that determine at successful performance (Gould, Dieffenbach, & Moffett, 2002) <sup>[5]</sup>. However, despite its frequent use, the term mental toughness remains subjective. Specifically, it is often used to describe a broad term that reflects the ability of an athlete to cope effectively with training and competition demands in an effort to remain resilient (Bull, Shambrook, James, & Brooks, 2005; Connaughton et al., 2008; Fourie & Potgieter, 2001; Jones, Hanton, & Connaughton, 2010; Telwell, Weston, & Greenlees, 2005) <sup>[2, 4]</sup>.

The mental toughness and found mental toughness is a comprehensive term which may further be sub divided into six variables. High performance in sports is a collective outcome. Important of mental toughness in sports can be easily understood if we try analyze the role of variables in the performance. According to the James Loehr, a renowned sport psychologist, mental toughness is defined as the ability to consistently maintain an ideal performance stay during the heat of competition (Loehr, 1986). Since then, Goldberg (1998) has defined mental toughness as the ability to stand tall in the face of adversity, and being able to rebound from repeated setbacks and failures.

Sub variables of mental toughness are as follows:

### Self confidence

The first important variable in mental toughness is self-confidence which primarily refers to as having a positive and realistic perception of ourselves and our abilities. A lack of self-confidence, on the other hand, is characterized: by self-doubt, positivity, submissiveness, over-conformity, and isolation, sensitivity to criticism, distrust, and feeling of fear.

Individuals who are high in confidence have the self-belief to successfully complete tasks, which may be considered to difficult by individuals with similar abilities. But with lower confidence less conflict individuals are also likely to be less persistent and may make more errors.

For example, individuals, at one end of the scale will be able to make setbacks externally and self-generated in their stride. They keep their heads when things go wrong and it may even strengthen their resolve to do something. At the other end individuals will be unsettled by setbacks and will feel undermined by these. Their heads are said to “drop”.

**1. Confidence (abilities)** - individuals scoring highly on this scale are more likely to believe that they are truly worthwhile person. They are less dependent on external validation and tend to be more optimistic about life in general.

**2. Confidence (interpersonal)** - individuals scoring highly on this scale tend to be more assertive. They are less likely to be intimidated in social setting and are more likely to push themselves forward in groups. They are also better able to cope with difficult or awkward people.

### Motivation

#### “Motivation is an urge to push towards a goal”

The term motivation denotes the factors and process that derive people to action in various situations. The study of motives involves the checking of reasons, why people select certain things to do, why they perform with interest in certain task and why. They continue in working or performing for longer time.

The origin of motivation lies in drives and needs of each individual. They are propelling agents, which pushes the individuals forward to achieve something.

Motivation is often simply defined as the direction and intensity of effort. When coaches and athletes refer to “being/getting motivated” they mean directing high intensity towards a related. In trying to better understand motivation, we need to recognize that intensity varies as does the direction or focus of our efforts. The motivation can well understand by its three classifications:

#### 1. Intrinsic motivation

Engaging in an activity purely for the pleasure and satisfaction derived from doing it; the activity is an end in and of itself. For example: “I am motivated to practice because I want to improve skills”.

#### 2. Extrinsic motivation

Engaging in the activity only as a mean to an end. “I am motivated to get a medal” or “I want to please my parents/coaches”.

#### 3. A motivation

There is no relationship between action and outcome. The athletes experience no good reason to continue train. “No

matter how hard I train I don't get any better. ([http://www.self.uws.edu.au/conferences/2004/.](http://www.self.uws.edu.au/conferences/2004/))

Motivation implies the inherent reason to spur people to action in order to attain a certain objective. The fuller the motivation, the greater and long-lasting the enthusiasm and initiation of the athletes, the stronger and more determined will be the will, and the higher the mood fighting spirit. Normally, all athletes have a certain motivation for going into sports. But this needs to be prodded and cultivated. Low motivation must be guided and led to higher, nobler levels; short-term, transient motives should be led to longer-range permanent motives. (FIVB. Coaches Digest. Federation International de Volleyball.1997.p-184.).

### Selection of the subjects

For the purpose of the study 30 male subjects which comprised of 17 batsmen of first class cricket and 13 bowlers of first class cricket from India, were selected as subjects for the study. Only those players were taken who were convenient to researcher.

### Selection of variables

Having scholars own understanding and extensive discussion with the experts and supervisor the psychological variables i.e. Mental toughness Questionnaire (MTQS-2006) was eventually selected for the present study. The sub variables of Mental Toughness Questionnaire are as follows:

- i) Self-Confidence
- ii) Motivation

### Reliability of data

Reliability of subjects and data were arranged by scholar's competency and thorough understanding.

### Procedure and administration of questionnaire

The questionnaires of mental toughness were administered among the 30 male players which comprised of 17 first class batsman and 13 bowlers. The research scholar made personal visit to the match venue of first class players and also made personal visit to the home of first class cricket players, before visiting to the home researcher took time on call for the collection of data. The purpose of the study was clearly explained to the respondent before administrating the questionnaire, the researcher very clearly explained the technique and procedure of responding to the questionnaire. When the subjects were ready and have understood the same, the subjects were asked to fill the questionnaire in presence of the researcher and sufficient time to fill the questionnaire was providing to the subjects. In case if any ambiguity felt by the subject about any question in the questionnaire, was clarified by the scholar. The subjects were asked to read the instructions carefully before responding to various questions. Responses to the test item were mark directly on the test booklet. After completing the questionnaire, the subject returned the questionnaire completed in all respect to the research scholar. The researcher thanked the subjects for their whole hearted participation in filling the questionnaire. The scholar ensured that the data collection will be kept confidential and will be used for interpreting and analysing the data for the present study.

### Description of the questionnaire

#### Mental toughness questionnaire (MTSQ)

The questionnaire consists a total number of 48 questions

which represents 6 variables. To evaluate the mental toughness among players selected, mental toughness questionnaire in sports developed by Dr. Sandeep Tiwari & Ms. Jyoti Solanki was employed. This mental toughness test was scientifically authenticated by the authority by establishing its reliability, validity along with developing norms and was developed on subjects of Indian origin. The questionnaire consists of 48 statements these are responded on a five-point scale from strongly disagree to strongly agree. The 48 statements have been categorized into six sub scales namely self-confidence, motivation, attention control, goal setting, visual & imaginary control and attitude control.

**Collection of data**

The data was collected from 30 males (17 first class batsman and 13 first class bowlers). First class cricket players who played for India and questionnaire administered were collected back when they were duly filled by subjects.

**Statistical technique**

For analysing the data the following statistical techniques were employed.

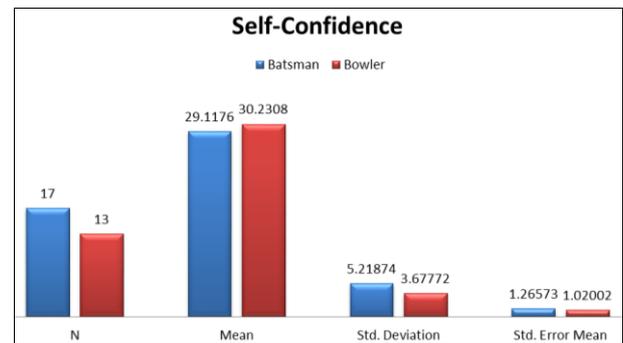
- a) Descriptive statistics
- b) 't' test was used to compare the mental toughness in the Batsmen and Bowlers male first class cricket players of India.

**Results**

**Table 1:** Descriptive statistics for variable self-confidence in first class male batsman & bowler

Variable	Player	N	Mean	Std. Deviation	Std. Error Mean
Self-confidence	Batsmen	17	29.1176	5.21874	1.26573
	Bowler	13	30.2308	3.67772	1.02002

From table: - 1 It can be seen that the mean  $\pm$  standard deviation values for the variable self-confidence of male first class batsman & bowler were found to be  $29.1176 \pm 5.21874$  and  $30.2308 \pm 3.67772$  respectively. Its graphical representation can be seen in figure. 1.1



**Fig 1:** Graphical representation of variable self-confidence of first class male batsmen & bowlers.

**Table 2:** Significance of Mean difference on scores in self-confidence of first class male batsmen & bowlers

		t-test for equality of means			
		Mean Difference	t	sig.(2-tailed)	DF
Self-confidence	Equal variances assumed	1.113	.654	.519	28
	Equal variances not assumed	1.113	.685	.499	27.86

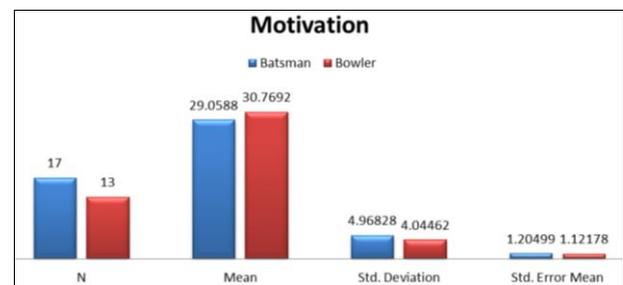
Table 2. Depicts the value for independent sample t-test between male first class Batsmen and Bowlers which shows that there is no significant difference for the variable self-confidence as the value is found to be .654 which is not significant at 0.05 level.

**Table 3:** Descriptive statistics for variable Motivation in first class male batsmen & bowlers

Variable	Player	N	Mean	Std. Deviation	Std. Error Mean
Motivation	Batsmen	17	29.0588	4.96828	1.20499
	Bowlers	13	30.76692	4.04462	1.12178

From table: -3. It can be seen that the mean  $\pm$  standard deviation values for the variable motivation of first class male batsmen & bowlers were found to be  $29.0588 \pm 4.96828$  and

$30.76692 \pm 4.04462$  respectively. Its graphical representation can be seen in figure 2.1.



**Fig 2:** Graphical representation of variable motivation in first class male batsmen & bowlers.

**Table 3:** Mean difference on scores of motivation in first class male batsmen & bowlers

		t-test for equality of means			
		Mean Difference	t	Sig. (2-tailed)	DF
Motivation	Equal variances assumed	1.710	1.010	.321	28
	Equal variances not assumed	1.710	1.039	.308	27.85

Table 3 Depicts the value for independent sample t-test between male first class Batsmen and Bowlers which shows that there is no significant difference for the variable Motivation as the value is found to be 1.010 which is not significant at 0.05 levels.

**Conclusion of the study**

Based on the finding of the study, scholar's own

understanding and based on available literature the following conclusion were drawn.

1. The mean and SD of the batsman for the variable self-confidence, motivation are found to be  $29.1176 \pm 5.21874$ ,  $29.0588 \pm 4.96828$ ,
2. The mean and SD of the bowler for the variable self-confidence, motivation, are found to be  $30.2308 \pm 3.67772$ ,  $30.7692 \pm 4.04462$ ,

3. No significant difference has been observed in self-confidence (.654), motivation (1.010),
4. Batsman and bowler both have same self-confidence, motivation, that shows they encompass a feeling of trust in one's abilities, qualities and judgments, which leads them to better player.

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