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Survey on mental toughness of orphanage students

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Tamboli and Sandipraj S Autade**

Abstract

This research paper presents the results of a survey conducted with the primary aim of assessing the mental toughness of orphanage students in Gautambudha Nagar, Uttar Pradesh, by analysing their psychological resilience, coping mechanisms, and emotional stability. A structured survey was conducted with 100 orphanage students (both boys and girls) aged 14 to 17 years. The study utilized Dr. Alan Goldberg's (1998) standardized questionnaire, which evaluates key components of mental toughness, including confidence, handle pressure, concentration, motivation, and reboundability in challenging situations. The study's findings provide valuable insights into how orphanage students perceive and manage stress, setbacks, and high-pressure situations. This study contributes to the growing body of research on adolescent mental health, particularly in institutionalized settings. By identifying strengths and areas for improvement in the mental toughness of orphanage students, the research informs the development of mental health programs, skill-building workshops, and resilience-training initiatives. The findings underscore the importance of fostering a supportive environment that enhances psychological strength, ultimately enabling orphanage students to navigate life's challenges more effectively.

Keywords: Chronic low back pain, Interferential current electrotherapy, physiotherapy, rehabilitation

Introduction

Mental toughness is crucial for orphanage students, helping them navigate emotional, social, and academic challenges. Dr. Alan Goldberg's Mental Toughness Questionnaire provides a structured way with 30 questions with option of T / F (True/False) to assess reboundability, ability to handle pressure, concentration, level of confidence and motivation. These students often face adversity, including loss, instability, and limited support systems, making mental toughness essential for their well-being and success. Understanding their psychological strengths and areas for growth can guide interventions to enhance their emotional resilience and future opportunities.

Objectives of the study:

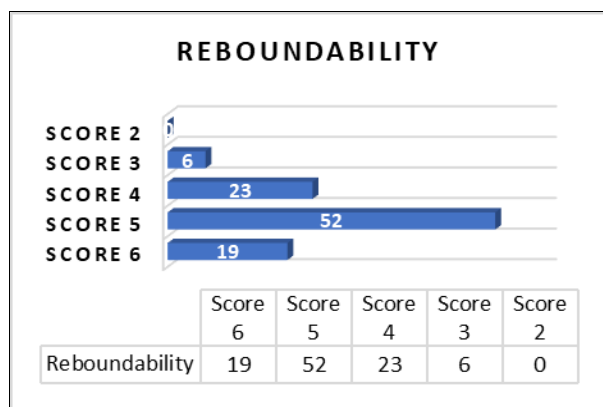
- To assess the reboundability of orphanage students.
- To assess the pressure handling of orphanage students.
- To assess the concentration of orphanage students.
- To assess the confidence of orphanage students.
- To assess the motivation of orphanage students.

Methodology

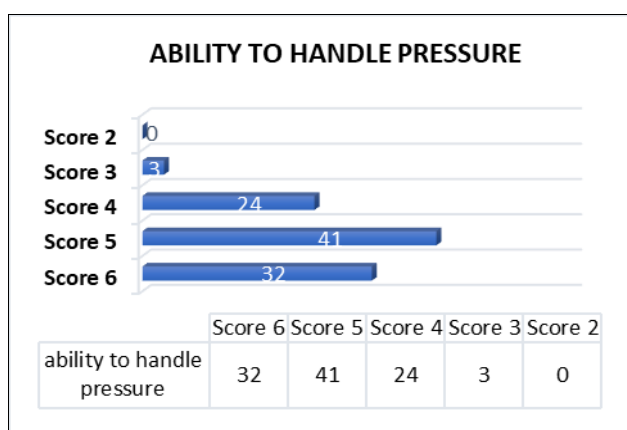
The researcher chose to conduct a survey with a total of 100 subjects (50 boys and 50 girls) aged between 14 to 17 years for the study from the orphanage homes of Gautambudha Nagar, Uttar Pradesh. The researcher chose the questionnaire by Dr. Alan Goldberg (1998) to analyse the students' responses to a series of statements about how they feel in a competitive situation. From the results it is possible to determine a measure of their level of mental toughness. The researcher used simple random sampling techniques as appropriate tool for selecting the desired subjects for the study. The researcher chose subjects who were not suffering from any psychological disorder.

Results**Data Interpretation****Table 1:** Section 1, Reboundability

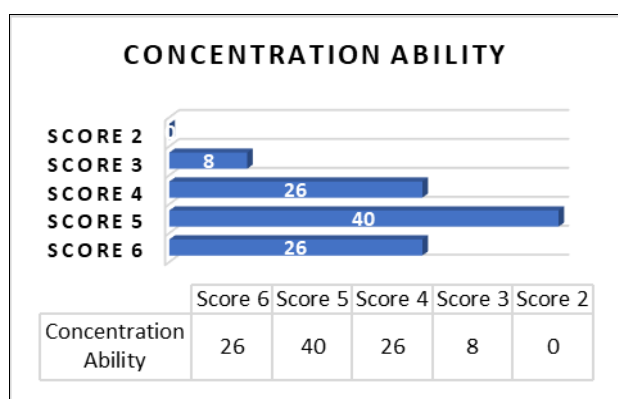
Score point	Score 6	Score 5	Score 4	Score 3	Score 2
No. of students	19	52	23	6	0

**Fig 1:** Reboundability**Table 2:** Section 2, Ability to handle pressure

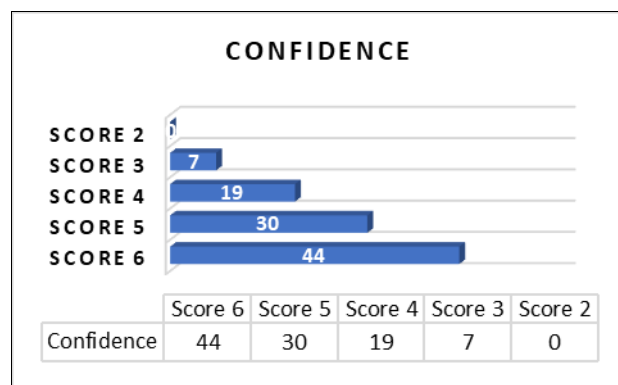
Score point	Score 6	Score 5	Score 4	Score 3	Score 2
No. of students	32	41	24	3	0

**Fig 2:** Ability to handle Pressure**Table 3:** Section 3, Concentration ability

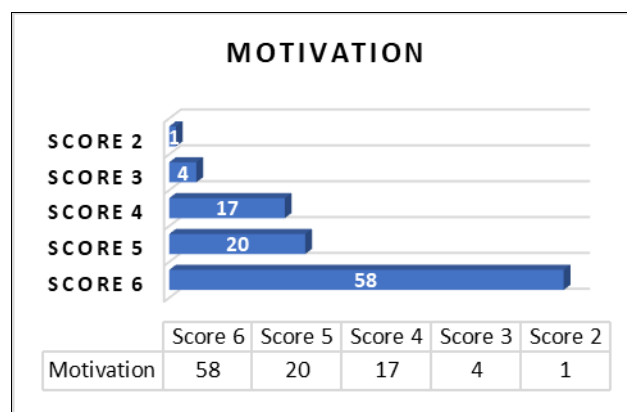
Score point	Score 6	Score 5	Score 4	Score 3	Score 2
No. of students	26	40	26	8	0

**Fig 3:** Concentration Ability**Table 4:** Section 4, Confidence

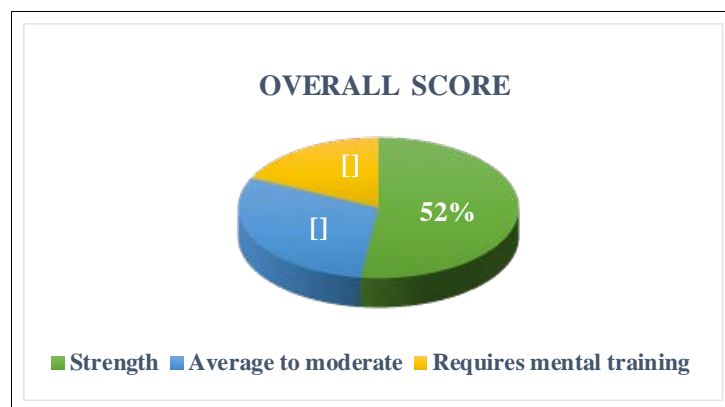
Score point	Score 6	Score 5	Score 4	Score 3	Score 2
No. of students	44	30	19	7	0

**Fig 4:** Confidence**Table 5:** Section 5, Motivation

Score point	Score 6	Score 5	Score 4	Score 3	Score 2
No. of students	58	20	17	4	1

**Fig 5:** Motivation**Table 6:** Overall Score

Category	No. of Students
Strength	52%
Average to Moderate	30%
Requires mental training	18%
Total	100%

**Fig 6:** Overall Score

As per the table, the data provides an overall assessment of students based on their mental attributes. A majority, 52%, fall into the Strength category, indicating strong mental resilience, confidence, and motivation. 30% of students are in the Average to Moderate range, suggesting they possess decent mental skills but may need some improvement. 18% of students fall under Requires Mental Training, highlighting the need for focused interventions to enhance their psychological skills. Overall, while most students display strong or moderate mental abilities, a notable portion would benefit from targeted mental training to improve their performance.

Findings

1. Reboundability: Challenges in Recovering from Setbacks

Only 43.33% of students affirmed (True) that they can recover from setbacks, while 56.66% disagreed (False). This indicates that a majority of students struggle with resilience, which could stem from emotional regulation difficulties. Research on childhood resilience suggests that children facing instability or trauma often experience difficulties in bouncing back from failures, making it crucial to develop structured interventions that promote mental strength.

2. Struggles with Handling Pressure

Only 38.33% of students reported (True) that they can effectively handle pressure, while 61.66% struggle (False). This suggests that a significant portion of students experience stress-related difficulties, which may negatively impact their academic, athletic, and social performance.

3. Concentration ability

The data reveals that a large proportion of orphanage students (71.33%) struggle with concentration, as only 28.66% reported having strong concentration abilities. Research indicates that children in institutional care may experience challenges with focus due to environmental factors, trauma, or lack of individualized support.

4. Confidence Levels: A Mixed Distribution

The data indicates that orphanage students are nearly evenly split in their confidence levels, with 49.83% affirming positive confidence and 50.16% struggling with it. This suggests that many students may experience fluctuating self-esteem, influenced by various personal and environmental factors.

5. High Motivation Levels

Unlike the challenges in concentration and confidence, the data shows that a significant majority of orphanage students (75.66%) feel motivated, with only 24.33% lacking motivation. This suggests that, despite potential hardships, many students possess an intrinsic drive to succeed.

Conclusion

According to research, children in orphanages frequently have low self-esteem as a result of uneven care, little reward for accomplishments, and a lack of positive role models. These students may acquire a more solid sense of self-worth if confidence-related concerns are addressed through self-development exercises, mentorship programs, and positive reinforcement. Overall, the findings highlight the necessity of a comprehensive intervention strategy that draws on the high levels of motivation already present while enhancing resilience, stress management, and self-confidence. Students'

ability to handle setbacks, effectively manage stress, and grow in self-efficacy can all be greatly enhanced by putting in place structured emotional support programs, personalized mentoring, and resilience-building techniques. The fact that students are highly motivated provides a positive foundation for intervention efforts since it implies that these kids can acquire the psychological skills, they need to overcome hardship and succeed in the long run if the correct support networks are in place.

Recommendations

- Conduct Regular Assessments and Program Evaluations
- Create a Supportive and Encouraging environment
- Develop Resilience-Building Programs
- Enhance Stress Management Training
- Establish Individualized Mentorship and Guidance Programs
- Facilitate access to psychosocial support services

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