

AN EFFECT OF MENTAL TOUGHNESS ON DIFFERENT LEVEL OF PARTICIPATION IN SOCCER PLAYERS

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ABSTRACT

Many a time sportsmen are accused of not having mental toughness which is indispensable for high level performance. Thus, mental toughness becomes one of the most important aspects to be developed. Therefore, it has become the need of the hour to assess the degree of mental toughness in order to take necessary steps to improve the performance. The sample of the present study comprised of 40 male and female university badminton players of India. Keeping the view the purpose of the study they were divided into two groups: All India Intervarsity (N=30) and Intercollegiate (N=20) male soccer players. The result indicated that significance difference between all India intervarsity and intercollegiate male soccer players in the mental toughness level. It is evident that all India intervarsity and intercollegiate male soccer players in mental toughness test differed significantly on mental toughness as the obtained t-value of 1.688 is much more than the tabulated value $t_{0.05 (58)} = 1.671$.

Key Words: Mental Toughness, Handling Pressure, Concentration, Mental Rebounding and Winning Attitude.

INTRODUCTION

Successful athletes are supposed to be not only Physically Tough but Mentally Tough as well. The reason for this originates out of the realization that top sports are a ruthless, cold, and hard business, where there is no place for the tenderspirited. Tutko's (1974) characterization of such trait indicates that the "Mentally Tough" athlete can take rough handling; is not easily upset about losing, playing badly, or being spoken to harshly; can accept strong criticism without being hurt; and does not need too much encouragement from his coach.

Sport psychologist (researchers and practitioners), coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance (see Goldberg, 1998; Gould & Dieffenbach, 2002; Hodge, 1994; Tunney, 1987; Williams, 1988). In early work on the issue, Loehr (1982, 1986) emphasized that athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect mental toughness.

Jones, Hanton, and Connaughton (2002) conducted a qualitative study of elite athletes, aiming to define mental toughness and to determine

the essential attributes required to be a mentally tough performer.

Cohn (1991) interviewed professional collegiate golfers and found them to be highly focused and immersed in the task at hand, performed effortlessly and automatically, felt physically relaxed and mentally calm, and felt in control of themselves and their performance. Garfield and Bennet (1984) interviewed numerous elite athletes, who reported being mentally and physically relaxed, confident, focused on the present, highly energized, usually aware, and in control when playing well.

Scarnati (2000) discusses an aspect of leadership that is beyond technical competence and practice by highly successful people. Mental toughness is defined as "between the ears" toughness. He also provides the method to deal with stressful situation and despotic bosses. The author emphasizes that the mind is where battles are truly won and lost. Kaiser (1981) conducted a study on pain tolerance. The purpose of this study was to determine any relationship or differences in pain tolerance and mental toughness with in collegiate football players. The conclusion of this study was evident between the pain tolerance and mental toughness with in collegiate football players

Golby, Shread and Lavalee (2003) examined the relaxation between

demographic characteristics of rugby players and selected aspects of psychological performance in rugby league football. The finding concern with previous work indicating superior hardiness is related to improved performance in sports. Fourie and Potgieter (2001) investigated the component of mental toughness as reported by 131 expert coaches and 160 elite athletes from 31 sports codes. The finding of the study is rated the effectiveness of coaches and sport psychologists in strengthening the characteristic of mental toughness more highly than athletes did.

METHODOLOGY

Subject and Design

For the purpose of this study, both the samples were considered the true representative of the entire badminton population of Indian at the time their assessment of the psychological variables was done.

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the mental toughness. The questionnaire on mental toughness prepared by Alan Goldberg (1986) has sixty items.

The present study was conducted on 60 male soccer players of India. Keeping in view the objectives, the players were categorized into two main groups: Intercollegiate (N=30) and All India Intersports (N=30) male soccer players. The sample representing the inter collegiate male soccer players consisted of those players who are members of inter college male soccer team of different colleges of Dr. Bhim Rao Ambedkar University Agra and the sample representing All India Intersports Man Football players who participated in the All India Intersports Man Football championship, 2008 held at Goa University, Goa from 10/11/2008 to 16/11/2008.

Statistical Analysis

This was a comparative study of two groups of team game players for finding out difference in criterion. Measure the mean difference of these groups were tested for significance by 't' test and level of significance was set at 0.05 level.

Analysis of Data and Result of the Study

There are at least two levels at which data are categorized, presented and analyzed statistically in this study. The psychological status of all India intersports (30) and intercollegiate (30) male soccer players has been compared.

Mean and Standard Deviation of All India Intersports and Intercollegiate Male Soccer Players India on Mental Toughness Variable

Mean scores and standard deviations of the two groups on mental toughness variable are presented in Table – 1.

Table-1

Variable	All India Intersports Players		Intercollegiate Players	
	Mean	S.D.	Mean	S.D.
Mental Toughness	36.6	7.85	33.46	6.41

Comparison of Mental Toughness of All India Intersports and Intercollegiate Male Soccer Players

't' test of mental toughness is given in Table-2 and graphically portrayed in Figure-1

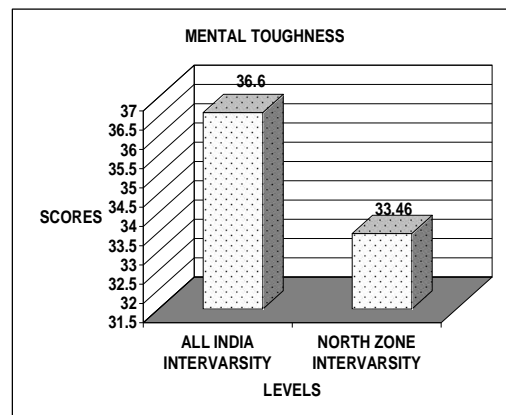


Fig.1: Comparison of Mental Toughness of All India Intersports and Intercollegiate Male Soccer Players.

Table-2
Significance of Difference of Mean
in Mental Toughness on Male and
Female Badminton Players

Group	Mean	Mean Difference	SEM	T-value	Significance level
All India Intersivity	36.6	3.14	1.86	1.688	0.05
Intercollegiate	33.46				

* Significant at .05 level
Tab t.0.5 (58) = 1.671

RESLUT

It is observed from the Table-2 that means index score has increase by 3.14 after the test. Since calculated 't' > Tabulated 't' (1.688>1.671). The result indicated that significance difference between all India intersivity and inter-collegiate male soccer players in the mental toughness level. It is evident that all India intersivity and inter-collegiate soccer players in mental toughness test differed significantly, as the obtained t-value of 1.688 is much more than the tabulated value t 0.05 (58) = 1.671.

DISCUSSION

From the analysis of data significance difference is found between All India Intersivity and Intercollegiate players in the mental toughness level. It is evident that all India intersivity and intercollegiate players in mental toughness test differed significantly, as the obtained t-value of 1.688 is more than the tabulated value t 0.05 (58) = 1.671.

The performance of soccer has been regularly influenced to a great extent by skills, Psychological variables and psychological compo-nents for the University players. In modern soccer game, psychological factors, fitness and rudiments of the game have been over emphasized at any level of competition. Each player is necessarily required to be continuously stable and fit physically and psychologically. This puts a great deal of demand physically and mentally.

The present study found significant difference. All India inter-varsity players had shown high mental toughness in comparison with inter-collegiate players. (Golby, Shread and Lavalee, 2003; Jones, 2002; Daniels, 1972; Fourie and Potgieter, 2001; Gould, Hodge, Peterson, & Petlichkoff, 1987; Gould, Dieffenbach, & Moffett, 2002). The highly mental toughness was measured and significant differences were found. The reason may be inter-collegiate players seem to loose against the players whom they think better. Some players have also the tendency of getting injured before the big matches. Most of the players are not able to perform well due to nervous-ness. Most of the intercollegiate players think about their past poor performances but they concentrate only on the game after the start of the match. They also get distracted by what others say or do before the match. Most intercollegiate players think about their mistakes during rest of the match, which affect

their further performance. They are not able to let go off any unfair thing if happens to them in the match. But All India Intervarsity players have well experienced confidence and exposure level also high. He participates many times in the tournament, he not gets distracted by what others say or do before the match. Most of the All India Intervarsity players not think about their mistakes during rest of the match, which affect their further performance.

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