



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2016; 2(6): 268-270
www.allresearchjournal.com
Received: 03-04-2016
Accepted: 04-05-2016

Sunil Kumar
Assistant Professor,
Lakshmbai National Institute
of Physical Education, North
East Regional Centre,
Guwahati, Assam, India.



N Suhindar Singh
Assistant Professor,
Lakshmbai National Institute
of Physical Education, North
East Regional Centre,
Guwahati, Assam, India.



Dr. Santu Mitra
Assistant Professor, Dept. of
Physical Education, Visva
Bharti, West Bengal, India.

Correspondence
Sunil Kumar
Assistant Professor,
Lakshmbai National Institute
of Physical Education, North
East Regional Centre,
Guwahati, Assam, India.

Comparison of mental toughness between male and female volleyball players of 12th south Asian games

Sunil Kumar, N Suhindar Singh and Dr. Santu Mitra

Abstract

The purpose of the study was comparison of mental toughness between male and female Volleyball players. The subject for this study were 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 36 (Thirty six) male and 36 female Volleyball players, India, Nepal, Sri Lanka male and female were (21-35 years of age) selected. The selected variable was Mental Toughness. The obtained data were analyzed by applying independent 't' test in order to comparison of Mental Toughness differential between male and female Volleyball players. The level of significant was set at 0.05. The Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg (2012) was selected for this study. There was no significant difference of Mental Toughness between male and female Volleyball players because the calculated value -.396 was less than the table value 2.00 at 0.05 level of significance. The finding of the study reveals that there was no significant difference in case of mental toughness. It may be due to the reason that the players were almost of the same level of skill level, more emotionally stable, good fitness level. They are able to control pressure in critical situation. Both have the eagerness to win the gold medal of 12th South Asian Games which must have been the probable cause for insignificant difference

Keywords: mental toughness, male and female Volleyball players

1. Introduction

A key question for sport and exercise psychologists is whether champions have simply inherited the dominant psychological traits necessary for success or whether mental toughness can be acquired through training and experience. Recent research has attempted to explore the concept of mental toughness in sport more thoroughly, and it appears that, while some people are naturally more tough-minded than others, people can be 'toughened-up' with the correct approach to training.

The definition that resulted from this study is as follows: "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, and lifestyle) that sport places on a performer, and specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure"

Mental toughness in Australian Football is a collection of values, attitudes, behaviors, and emotions that enable you to persevere and overcome any obstacle, adversity, or pressure experienced, but also to maintain concentration and motivation when things are going well to consistently achieve your goals. Gucciardi, Gordon, & Dimmock, 2008 [5], p. 278

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) [4].

2. Review of Literature

Upon reviewing the literature on mental skills, mental toughness consistently emerged as one of the most important psychological characteristics of sport.

The literature clearly shows that mental toughness is imperative for peak sport performance. Gould, Hodge, Peterson, and, Gould, Eklund, and Jackson (1993a) [8], Williams (1998) [9], and Gould, Dieffenbach, and Moffett (2002) [7], all state that mental toughness is an important psychological characteristic of sport performance. Unfortunately, many acknowledge the importance of mental toughness, but few fully understand it. “While athletes and coaches often talk about mental toughness, seldom has it been precisely defined” (Gould *et al.*, 2002, p. 199) [7]. Coaches and athletes use this term daily without a clear understanding of its components or what it means to be mentally tough.

Balaji and Jesudass (2011) [10] studied to find out the differences in Mental Toughness among Cricket Players of different age groups. To achieve this purpose, ninety Cricket players at the age group of 10-21 years were selected from Chennai District, who regularly practice the game and participate in various tournaments. —Mental Toughness Questionnaire a standardized sports psychological inventory designed by Dr. Goldberg, was responded by all the subjects. The collected data was analyzed using simple analysis of variance (ANOVA). The results of the study showed that there was a significant difference in Mental Toughness among Cricket Players group 18 -21 years showed significantly greater mental toughness than the other two age groups. This may be due to their experience in the game.

Bhambri *et al* (2005) [11]. studied the effect of psychological interventions such as general relaxation, imagery and combination of both on the mental toughness dimensions of table-tennis players. The study was carried out on 32 national level table –tennis players in the age group of 12-17 years. Loehr psychological performance inventory was administered to assess their mental toughness on seven variables viz. self-confidence, negative–energy, attention control, visual and imagery control, motivational level, positive energy and attitude control. The data obtained was analyzed using ANOVA, t test and percentage distribution. The results indicate that all the 3 psychological interventions enhanced mental toughness dimensions of sportspersons. However combined intervention consisting of both relaxation and imagery therapies showed the maximum effect on mental toughness dimensions.

Mohamad *et al.* (2009) [12] explore the effect of higher score of mental toughness in the early stage of the league towards winning among Malaysian football players. The instrument used in this study was the questionnaire of Psychological Performance Inventory (PPI), Loehr, 1986 [14]. The difference between the mental toughness between the categories of elite and non-elite, professional and amateur players was measured. Other than that, the relationship between the players’ category, status and achievement with the seven dimension of mental toughness (Self-confident (SC), Negative energy control (NE), Attention control (AT), Visual imagery control (VI), Motivational (MT), Positive energy control (PE) and Attitude control (AC) was evaluated. The results from the descriptive analysis showed that the mental toughness of Malaysian football players is at an excellence level.

3. Objective of the study

The objective of the present study was to make a analysis of mental toughness between male and female Volleyball players of 12th South Asian Games.

3.1 Selection of Subjects

For the purpose of present study 36 male and 36 female Volleyball players (12 players of India 12 players of Nepal, 12 players of Srilanka) male and female were selected from 12th South Asian Games which was held in Guwahati, Assam (2016).

3.2 Procedure

Total 36 male and 36 female Volleyball players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was mental toughness. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about taken the data.

3.3 Tool Used

Mental Toughness: The Sports Mental Toughness Questionnaire developed by A Dr. Alan Goldberg was also selected for this study, because it is most reliable, valid and suitable test to measure mental toughness of sportsman.

3.4 Measures

Mental toughness was measured by applying mental toughness questionnaire developed by Dr. Alan Goldberg (1998) [13]. Mental toughness questionnaire consists of 30 items measuring the mental toughness in five areas, i.e. rebound ability, ability to handle pressure, concentration, confidence and motivation. There was only true/false answers option in this questionnaire and subjects have to tick only one option.

3.5 Hypothesis

It was hypothesized that there may be significant difference in Mental Toughness between male and female Volleyball players of 12th South Asian Games.

3.6 Statistical Technique

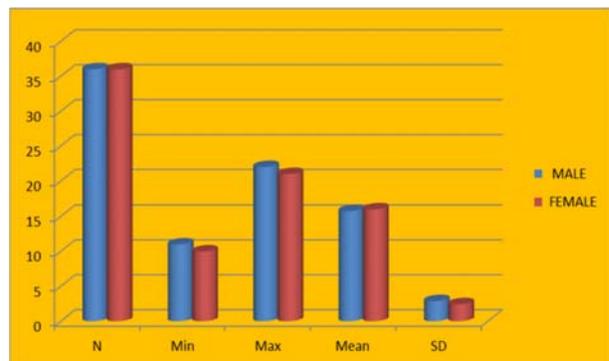
The obtained data were analyzed by applying independent ‘t’ test in order to comparison of Mental Toughness differential between male and female Volleyball players. The level of significant was set at 0.05.

4. Result

Comparison of Mental Toughness between male and female Volleyball Players

Team	N	Min	Max	Mean	SD	‘t’
Male	36	11	22	15.78	2.88	-.396
Female	36	10	21	16.03	2.44	

*t_(2, 70) = 2.00



From the above table-1, It is revealed that there was no insignificant difference in case of mental toughness test as calculated 't' value [-.396] was less than tabulated 't' value [2.00] at 0.05 level of significance. Thus it may be concluded that there was no insignificant difference between male and female Volleyball players related to mental toughness test, in which mean intrinsic motivation test is insignificantly higher for male and female Volleyball players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

5. Discussion of Finding

The insignificant difference in mental toughness between male and female Volleyball players may be due to the reason that the players were almost of the same level of skill level, more emotionally stable, good fitness level. They are able to control pressure in critical situation. Both have the eagerness to win the gold medal of 12th South Asian Games which must have been the probable cause for insignificant difference.

6. Conclusion

Within the limitation of the study the following conclusion may be drawn

There is no significant difference in case of mental toughness between male and female Volleyball players.

7. Reference

1. Gangopadhyay SR. sports psychology, publisher, s S.R. Gangopadhyay, 2002.
2. Kutty Suresh K. Foundation of sports and exercise psychology, first edition, 2004.
3. Ajmer Singh. Essential of physical education, Kalyani publishers, Delhi, 2008.
4. Jones G, Hanton S, Connaughton D. What Is This Thing Called Mental Toughness? An Investigation of Elite Sport Performers. *Journal of Applied Sport Psychology*. 2002; 14(3):205-218. doi:10.1080/10413200290103509.
5. Gucciardi D, Gordon S, Dimmock J. towards an Understanding of Mental Toughness in American Football. *Journal of Applied Sport Psychology*. 2008; 20(3):261-281.
6. Gucciardi DF. The relationship between developmental experiences and mental toughness in adolescent cricketers. *Journal of sport & exercise psychology*. 2011; 33(3):370-93.
7. Gould D, Dieffenbach K, Moffett A. Psychological characteristics and their development in Olympic champions. *Journal of Applied Sport Psychology*. 2002; 14:172-204.
8. Gould D, Eklund R, Jackson S. Coping strategies used by U. S. Olympi wrestlers. *Research Quarterly for Exercise and Sport*. 1993a; 64:83-93.
9. Williams MH. *The ergonomics edge: Pushing the limits of sports performance*. Champaign, IL: Human Kinetics, 1998.
10. Balaji P, Simson Jesudass E. Mental Toughness Differentials among Cricket Players at Different Age Groups. *Rec. Res. Sci. Tech*. 2011; 3(6):54-56.
11. Bhambri E, Dhillon PK, Sahni SP. *journal of the Indian Academy of Applied Psychology*. 2005; 31(1-2):65-70.
12. Mohamad. *Research Journal of International Studies - Issue the affect of Higher Score of Mental Toughness in*

the Early Stage of the League towards Winning among Malaysian Football Players. 2009; 12:67-78.

13. Dr. Alan Goldberg. A comparative study of mental toughness and will to win among batsmen and bowlers in cricket, *International journal of research pedagogy and technology in education and movement sciences (ijems)*. 1998.
14. Loehr JE. *Mental toughness training for sports: Achieving athletic excellence*. Lexington, MA: Stephen Greene Press, 1986