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A comparative study of mental toughness between urban and rural interuniversity volleyball players

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Abstract

This study was conducted to compare mental toughness of rural and urban origin interuniversity volleyball players. 100 male volleyball players (Ave. age 23.31 yrs) who took part in interuniversity volleyball tournament were selected as sample. The selected sample comprise of equal number of subjects from urban and rural belongingness. Mental toughness questionnaire prepared by Tiwari (2004) was used in the present study to collect data. Results reveal that mental toughness of urban male volleyball players is significantly higher as compared to rural male volleyball players at .01 level of significance. On the basis of results, it may be concluded that psychological qualities such as mental toughness which is related with sports performance can be differentiated in interuniversity volleyball players on the basis of their urban-rural belongingness.

Keywords: Urban-rural belongingness, volleyball, mental toughness

1. Introduction

People who remain calm and collective during pressure situations are mentally tough, this was opined by Loehr (1986) [3]. According to Loehr mentally tough athletes use their positive energy during play when situation becomes tense. The components which form mental toughness are self confidence, ability to control fear, anger and frustration, focus, positive mental image, to persevere to achieve something, and attitude control respectively. One of the psychological variable i.e. mental toughness has been considered most valuable as far as sports performance is concerned by sports psychologists. The usefulness of mental toughness in relation to sports performance has been very well documented by researchers like Boroujeni *et al.* (2012) [1], Levy *et al.* (2012) [2], Moradi *et al.* (2013) [4], Richard *et al.* (2014) [6], Mostafa (2015) [5]. Although mental toughness in sports has been studied extensively, it has not been studied in the light of urban and rural belongingness of volleyball players. Hence the present study was planned to compare mental toughness among interuniversity volleyball players on the basis of their urban rural belongingness.

1.1 Hypothesis

It was hypothesised that mental toughness in volleyball players will differ significantly on the basis of their urban rural belongingness.

2. Materials and Methods

Following methodological steps are used for the present study:-

2.1 Sample

100 male volleyball players (Ave. age 23.31 yrs) who took part in interuniversity volleyball tournament were selected as sample. The selected sample comprise of equal number of subjects from urban and rural belongingness. Hence 50 urban and 50 rural male volleyball players were selected randomly.

2.2 Tools

To assess mental toughness, 6 dimensional mental toughness inventory, prepared by Tiwari (1994) was adopted. The inventory is highly reliable and valid.

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2.3 Procedure

As per availability and convenience Mental toughness inventory prepared by Tiwari *et al.* (1994) was administered to selected subjects. After scoring mental toughness as per author's manual, it was tabulated according to their respective study groups. To find out the difference in mental toughness of subjects comprising of two pre defined groups, 't' test was used. The result is presented in table 1.

3. Result and Discussion

Table 1: Comparison of mental toughness between Urban and Rural Male Volleyball Players

Groups	Mean	S.D.	't'	Level of Significance
Urban Male Volleyball Players (N=50)	191.20	32.96	4.04	.01
Rural Male Volleyball Players (N=50)	159.28	44.97		

A close look at entries in table 1 shows that mental toughness in urban male volleyball players (M=191.20) is significantly higher as compared to rural male volleyball players (M=159.28). The reported $t=4.04$, which is statistically significant at .01 level, confirms the above finding. The result indicate that urban volleyball players are mentally tougher than rural male volleyball players. This may be due to fact that urban players face stiff competition in all fields of life right from their early schooling days. This may be the reason that urban male volleyball players are mentally more tough than rural male volleyball players.

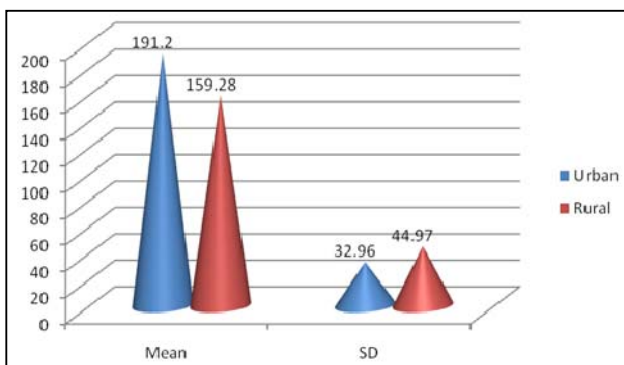


Fig. 1: Graphical Representation of mental toughness between Urban and Rural Male Volleyball Players

4. Conclusion

On the basis of results, it may be concluded that urban-rural belongingness certainly influence mental toughness of male volleyball players.

5. References

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