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## A comparative study of mental hardness of team and individual players of different schools of Uttar Pradesh

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### Abstract

The purpose of this study was to evaluate the relationship between motor abilities and smash skill of badminton players for which 80 badminton players (50 boys and 30 girls) were selected from various badminton coaching centers of Haryana having age ranged from 13 to 16 years. Motor abilities namely agility, balance, flexibility, explosive power (SBJ&VJ), reaction time, speed, strength were measured by conducting 10 yards shuttle run, Stork balance, bend and reach, standing broad jump (SBJ), Sargent jump (VJ), Nelson hand reaction, 30 meter dash, sit-up tests. Hicks smash skill test were used to assess the badminton skill of the selected subjects. Pearson Product moment coefficient of correlation with significant level at ( $p < 0.05$ ) was used to examine the correlations between smash skill and agility, balance, flexibility, explosive power, reaction time, speed, strength. Pearson Product moment coefficient of correlation and with significant level at ( $p < 0.05$ ) was used to examine the correlations between smash skill and agility, balance, flexibility, explosive power, reaction time, speed, strength.

**Keywords:** Mental hardness, Handling pressure, mental rebounding, Winning attitude.

### 1. Introduction

Mental hardness is a widely used experience in modern sports. It is a quality, which differentiates the winner from the loser, the champion from the rest of the field. Basically, sportsmen with mental hardness have the ability to raise their game to the highest level at crucial moments in a match. Those also implies that the mental hardness gives them the necessary focus and ability to concentrate on the job in hand.

Mental hardness is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the players.

Sports persons, whether from team games or individual games, are constantly under stress and anxiety while competing in tournament; they struggle for each point and often put their best efforts to get success. In competition, there are situation that require the utmost concentration to face difficult circumstances. Therefore, observing the felt requirement, we consider it necessary to attempt a comparative study of mental hardness of team and individual players of different schools of Uttar Pradesh.

### 2. Materials and Methods

#### Subjects

For this study 30 team game players and 30 individual game players of different schools of Uttar Pradesh were randomly selected to serve as subject.

### 3. Tools

The mental hardness questionnaire of Allen Goldberg (1995) was used to measure the mental hardness of the selected subjects. The questionnaire was comprised of 60 questions/ statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions), and winning attitude (9 questions). Every statement will have two possible responses i.e. true or false.

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#### 4. Procedure

The questionnaire developed by Allen Goldberg was distributed to the subjects and method was explained for responding each item carefully.

#### 5. Statistical Analysis

In order to compare the mental hardness between team game and individual game players of different schools of Uttar Pradesh, the statistical technique 't' test was used. The 't' test is

usually applied when comparing two mean. Further the level of significance was set at .05 level.

#### 6. Results

To find out the significance difference in mental hardness between the players of Team and individual games of different schools of Uttar Pradesh 't' test was employed at 0.05 level of significance which has been presented in Table- 1

**Table 1:** Significance Difference in Mental Hardness between the players of Team and Individual games of different schools of Uttar Pradesh

Groups	Mean	S.D	t-Test	d.f	Tab.'t'
Players of Team games	42.6	8.72	3.52	58	5.5*
Players of Individual games	35.8	6.06			

\*Significant at 0.05 level  $t_{0.05}(58) = 2.00$

It is evident from table-1 that there was significant difference in mental hardness between the players of team games and individual games of different schools of Uttar Pradesh, since the calculated 't' value 03.52 was found to be more than tabulated value 2.00 at 0.05 level. Thus, data provides sufficient evidence to ensure that the mean of mental hardness of the players of team games is significant higher than the mental hardness of the players of individual games of schools of Uttar Pradesh.

#### 7. Discussion

The result of the study revealed that there was significant difference in mental hardness between the players of team games and individual games of different schools of Uttar Pradesh. This clearly indicates that the mean of mental hardness of team game players were significantly higher than the mean of mental hardness of the players of individual games of schools of Uttar Pradesh. This may be attributed to the fact that the players of team games involve themselves more to prepare mentally for various competitions and participate in competition as a team which helps them to share the pressure of the competition. The result of Jalili, F. et al. (2011) [5] consistent with findings of this study that indicated there was a significant difference between individual and team students athletes and non-athletes in mental toughness, the team athletes in mental toughness was higher than individual athletes and non-athletes. Therefore necessary care needs to be taken in training to enhance the mental hardness of players of individual games. These results may be utilized to formulation the various training programmes. Players with strong mental hardness would be able to manipulate situation and absorb pressure and bring goodwill to themselves.

#### 8. Conclusion

Based on the results of the present investigation it may be concluded that the mental hardness of team game players was better than individual game players.

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