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## A comparative study of mental toughness of team players and individual game players of different PSEB schools of Punjab

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### Abstract

To fulfill the purpose of this study, total sixty boys between the age group of 16-18 years were selected as subjects for the study. Out of these 30 players from team games and 30 individual game players of different P.S.E.B schools of Punjab.

For the collection of data, mental toughness questionnaire prepared by Alan Goldberg (1995) was administered. The questionnaire was comprised of 60 questions/statements based on handling pressure. (20 questions) concentration (17 questions), mental rebounding (14 questions) and aptitude (9 questions) It was found that there was significant difference in mental toughness between the players of team games and individual games of different P.S.E.B Schools of Punjab.

**Keywords:** comparative study, mental toughness, different PSEB schools of Punjab

### Introduction

Mental toughness is a widely used experience in today's sports. It is trait, which differentiate the winner from the loser and the champion from the rest of the field. Basically a sportsman with mental toughness has the ability to raise their game to the highest level at tensed moments in a match.

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

Players, whether from team games or individual games are constantly under stress and anxiety while competing in tournament; they struggle for each pint and often put their best efforts to get success. In competition, there are situations that require the utmost concentration to face difficult circumstances. Therefore, we consider it necessary to attempt a comparative study mental toughness of team and individual players of different P.S.E.B Schools of Punjab.

### Material and Methods

For the purpose of study mental toughness 30 team game players, 30 individual game players of different P.S.E.B Schools of Punjab randomly selected to serve as subjects. For the collection of data mental toughness questionnaire prepared by Alan Goldberg (1995) was administered. 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 to possible responses that are true or false. To analyze the data, collected by Administering the questionnaire to all the subject in different tournament of P.S.E.B. 't' test was employed.

The Statistical analysis of the data pertaining to the mental toughness as given below.

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**Table 1:** Significant difference between the players of team and individual games of different p.s.e.b schools of Punjab

Groups	Mean	S.D	Difference between mean	't'-ratio
Players of team games	43.1	8.69	6.9	3.47*
Players of Individual games	36.2	6.10		

't' -0.05(58) = 2.00

It is evident from table-1 that there was significant difference in mental toughness between the players of team games and individual games of different P.S.E.B schools of Punjab, Since the calculated 't' value 3.47 was found to be more than tabulated value of 2.00 at 0.05 level. Thus, data provide sufficient evidence to ensure that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games of P.S.E.B schools of Punjab.

### Findings

To find out the significance differences in mental toughness between the players of team and individual games of different P.S.E.B schools of Punjab, 't' test was employed at 0.05 level of significance.

### Discussion

The findings of the study revealed that there was significant difference in the mental toughness between the players of team game and individual games of different P.S.E.B schools of Punjab. This clearly indicates that the mean mental toughness of the players of team games is significantly higher than the main mental toughness of the player of individual games of P.S.E.B schools of Punjab. Therefore we came to the fact that the players of team games involve themselves more to prepare mentally for various competition and participate in competition as a team which help them to share the pressure of the competition therefore necessary steps to be taken in training to enhance the mental toughness of players of individual games these results may be utilized in the formulation of various training programs.

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