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A comparative study of mental health and mental toughness of individual and team sports person

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Abstract

Sports have become the object of universal attention and interest in contemporary society; they are also in arena for intricate ideological rivalry. The reason for this is that they represent a complex, multifunctional social phenomenon. They are capable of exerting an influence on social production, human behavior patterns and social relationships. The aim of the present study was to investigate the relationship between mental health and mental toughness among sports persons. Participants were total of 40 subjects (N=40) male sports persons (Individual=20 and Team=20) were chosen within the age range of 15-18 years. Data were collected using The subject's Mental Health was assessed by using from Thier personality inventory (TPI -20) Developed by Peter Becker (1989). The Mental Toughness Questionnaire (MTQ-40) Alan Golberg's (1998). Results revealed that there existed significant difference of mental health and mental toughness of individual and team sports persons. The implications for the present study were deliberated.

Keywords: Mental toughness, mental health, individual, and team sports person

Introduction

Mental health is an important component of health. It is described as individual's level of psychological well-being, or an absence of mental disorders. It includes our emotional, psychological, and social well-being. Mental health is defined as "a state of well-being in which every individual realize his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community". (World Health Organization, 2014). Mental toughness describes the capacity of an individual to deal effectively with stressors, pressures and challenges, and perform to the best of their ability, irrespective of the circumstances in which they find themselves. (Dr. Peter Clough, 2002). The word mental toughness is a personality trait which we can define as people mindset which they adopt in all works they do. We people are living in a highly pressurized world that demands excellence and good performances every single day. Mentally toughness makes people show positive, confident attitude towards the challenges and stressors of life. Having a rock solid mindset, being nimble and malleable, and maintaining focus on goal is what differentiates the champions from the challengers.

A number of psychological factors have been uncovered and their importance in sport has been highlighted due to the growth in the field of sport psychology. One significant factor which may affect an athlete's performance, and even their psychological well-being, is whether the sport involves a solo individual performance or a team performance. There are a number of fundamental differences in team and individual sport athletes that are important to be uncovered so that the right support can be put in place for athletes where necessary. Due to the increasingly competitive nature of sport a number of characteristics such as motivation, self-confidence, coping strategies, self-esteem, and mental toughness, all play a vital role in the success of an athlete and the maintenance of their psychological well-being. Also, due to the variation in modern day sport along with a number of differences in environmental stimuli and stressors found in each sport, it is important not to assume that athletes from all sports are the same. There are also variety of factors in sport disciplines and competition in terms of the type of sports because athletes experience specific psychological behaviors.

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The demands in team sports are different from that of individual sports. The nature of sports makes an individual to behave in a certain manner. In individual sports, performance criteria is one dimensional while in group sports performance depends on the teammates performance. In team sports, athletes are involved with teammates and spend a lot of time practicing with teammates and have more interaction with one another, in contrast in individual sports athletes spend a lot of time alone in practicing. In some of individual sports athlete have more time for mental skills practice and they do so in a quiet environment while distraction and loss of concentration are part of the team sports. In individual sports, the outcome is either winning or losing and there isn't tie. These factors can cause and explain, distinguish different sports in terms of psychological features that athletes use.

Objective

To study of Mental Health and Mental Toughness of Individual and Team Sports Persons.

Hypothesis

H₀: It was hypothesized that there would be significant differences of mental health and mental toughness of individual and team sports persons.

H₁: It was further hypothesized that Team sports persons would possess significantly better mental health and mental toughness than Individual sports persons.

Methodology

For the purpose of the present study a total of 40 subjects (N=40) male sports persons Individual (n=20) and Team

(n=20) were chosen, within the age range of 15-18 years was selected. In order to collect the data randomly selected by adopting purposive sampling technique. Descriptive comparative method was used to assess the Mental Health and Mental Toughness of Individual and Team sports persons and to compare between the two groups.

Instruments

The following tests were administered on participants:

1. The subject's Mental Health was assessed by using from Thier personality inventory (TPI -20) Developed by Peter.
2. The Mental Toughness was measured by using Mental Toughness Questionnaire (MTQ-40) and score was recorded in number.

Procedure

The data pertaining to this study were collected by administering aforesaid questionnaires on the selected subjects.

Statistical analysis

To determine the significant differences in the variables of mental health and mental toughness of Individual and Team sports person's descriptive statistics were used. The "independent sample test" was applied to find out the significant differences between Individual and Team Sports Persons. To test the hypotheses, the level of significance was set at 0.05.

Results

Table 1: Descriptive statistic of Mental Health and Mental Toughness of Individual and Team Sports Persons

Sports Person		N	Mean	Std. Deviation	Std. Error Mean
Mental Health	Individual	20	49.8000	4.71950	1.05531
	Team	20	52.4000	3.71908	.83161
Mental Toughness	Individual	20	17.9500	1.43178	.32016
	Team	20	19.1500	4.35618	.97407

Table 1 shows the descriptive statistics of Mental Health and Mental Toughness of Individual and Team sports persons.

Team sports persons possess higher level of Mental Health and Mental Toughness than Individual sports persons.

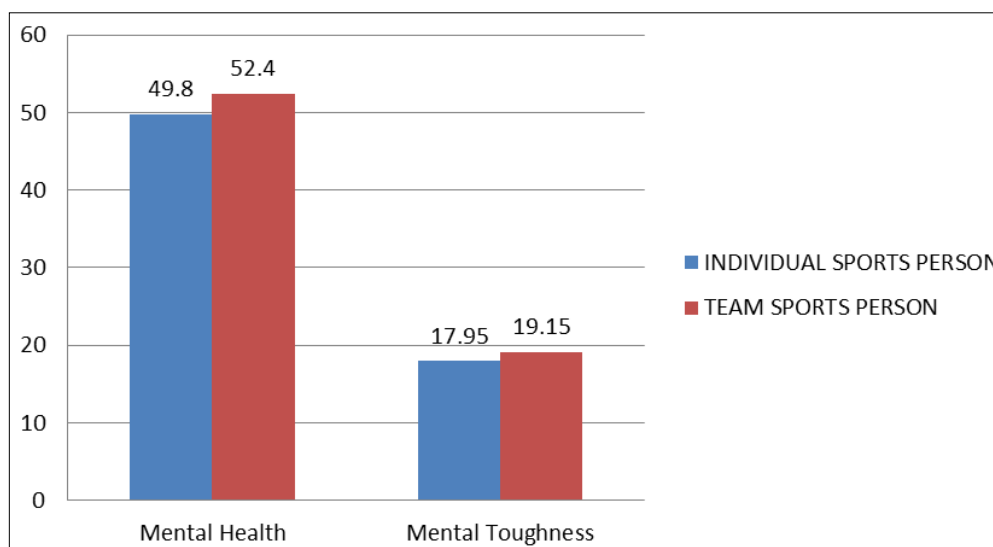


Fig 1: Graph of Mean of Mental Health and Mental Toughness between Individual and Team Sports Persons

The above graph shows that the Mean score of Team sports persons Mental Health is 52.4 and Mental Toughness 19.15 which is higher than Individual Sports Persons who have a

mean score of Mental Health 49.8 and Mental Toughness 17.95.

Testing Of Hypothesis

Table 2

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Mental Health	Equal variances assumed	.657	.423	-1.935	38	.060	-2.60000	1.34360
	Equal variances not assumed			-1.935	36.030	.061	-2.60000	1.34360
Mental Toughness	Equal variances assumed	19.367	.000	-1.170	38	.249	-1.20000	1.02534
	Equal variances not assumed			-1.170	23.058	.254	-1.20000	1.02534

Table 2 shows the statistical analysis for Mental Health and Mental Toughness using independent sample t test. Since the significant value is greater than 0.05 equal variance is assumed. The calculated t value for Mental Health and (-1.935) and Mental Toughness (-1.170) for df 38 shows that there is a significant no difference in Mental Health and Mental Toughness between Individual and Team Sports persons at 0.05 significance level (p=0.001).

Discussion

From the findings of Table-1 revealed that there were significant mean differences in Mental Health and Mental Toughness of Individual and Team sports Persons. Individual sport requires a different set of dynamics that govern success. Individual players is against his competition every competition opportunity is chance to beat once personal best. And hence to achieve these results, individual needs a high amount of self-reliance, discipline, focus and passion. Success and failure are of individual alone to bear it. Where individual can rely on himself in individual sports. Further individual sports promote a higher amount of discipline to keep oneself accountable. The opposite of an individual sports would be a team sport. Team sports promote cooperation, no matter the individual talents of the players must work together and rely on teammates in order to succeed. The responsibility for success is equally shared out between all members of the team is the biggest draws of team sports. Team dynamics in harmony yield great results, but in disharmony can be disastrous. A team brings in various kinds of characters and that allows to know them well and adjust oneself to play dynamics. To appreciate the value of every teammate's abilities, strengths can contribute to shared goal, and that can make more supportive, patient and optimistic person on and off the field.

Conclusion

From the findings of the study we can conclude that there is a significant difference in Mental Health and Mental Toughness of Individual and Team sports persons. Also Team sports persons possess higher level of Mental Health and Mental Toughness than Individual sports persons. The literature says that in Team Sports are involved with teammates and spend a lot of time practicing with teammates and have more interaction with one another hence that can be attributed to this particular fact wherein the teammates motivate each other and also help them to come out of setbacks. Finally, we can conclude that the Team Sports Persons scored high in Mental Health and Mental Toughness and the Team Sports settings influence better.

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