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Comparison of the sports competition anxiety and mental toughness among male hockey and football players

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Abstract

The purpose of the study was to compare sports competition anxiety and mental toughness among male Hockey and Football players.

Also, an attempt was made to investigate the mental toughness among male Hockey and Football players (and also compare the sub factors of mental toughness).

The subjects of the study were 200 male Hockey and Football players. They were representatives of their college level in the age group of 18-25 years chosen randomly from various parts of Thrissur in Kerala. There were 100 athletes taken in each category of the sport mentioned above. The Sports Competition Anxiety Test Questionnaire (SCAT, Martens, 1990) and The Psychological Performance Inventory of Mental Toughness Questionnaire (Alan Goldberg, 2004) were administered as the tools to measure the Sports Competition Anxiety and Mental toughness of the subjects respectively.

Descriptive statistics such as mean and standard deviation of the scores were calculated to summarize the collected raw data. Independent sample t test was applied to compare the two groups with respect to the anxiety and the mental toughness.

The level of significance was fixed at 0.05 level. A calculated P value less than 0.05 is considered to be statistically significant.

Keywords: comparison, sports competition, mental, toughness, hockey, football players

Introduction

A sport is the concrete, visible and effectual facet of physical education. Competitive sports are the quintessence of physical education—the observable, measurable and objective outcome of the combined effect of skill, nutrition, training and fitness. Performance, achievement and excellence are the explicit objective of competitive sports. Competitive sports are the domain of the highly talented and trained who aims to fight for “prize, privileges, prestige and praise”. Though receptive in essence, sport and competition are like body and soul (Kamlesh, 2000) [5]. Mental toughness has been equated with better understood concepts from psychology such as resilience and hardiness. The term resilience is often used interchangeably with mental toughness. However, psychologists define resilience as a positive process of coping with stress and adversity, as opposed to a collection of psychological attributes or personality traits. Hardiness has been suggested as a similar construct to mental toughness. Hardiness has typically been constructed as a personality trait, which is generally seen as stable throughout the lifetime. This differs from the conceptions of mental toughness offered by both Jones *et al.* and Gucciardi *et al.* These authors both conceive of mental toughness as unstable, arising in development, fluctuating over time, and varying for an individual performer between different sport and life scenarios.

Delimitation

- The study was delimited to be college level male Hockey and Football players between the ages of 18-28.
- The study was further delimited to Anxiety and Mental Toughness
- The study was further delimited to selected colleges from Kerala state.

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Significance of study

1. The further study will relieve the significant difference between Anxiety and Mental toughness of kerala state in India.
2. The finding of the study will add to the existing knowledge in this area and beneficial for the children and Physical Education.
3. The result of the study will also give the institution, government and other sports authorities about the capacities and abilities of the students and thereby help them to improve the standard and keep their record.
4. To motivate students to improve their lifestyle by active participation in physical activities and sports.

Methodology

Selection of the subject

For the purpose of the study, a total of 200 college level men Hockey players and Football players were randomly selected from Kerala as the subjects. Equal number of subjects were taken from Hockey (N=100), Football (N=100) and these two categories were taken into consideration for the present study.

Selection of test item

1. Sports Competition Anxiety Test (SCAT)
2. The Psychological Performance Inventory of Mental Toughness

Statistical techniques

In order to examine the hypothesis of study, descriptive statistics such as mean, standard deviation (SD), and comparative statistics such as Independent sample 't' test were used.

Statistical Analysis

The data collected from various subjects were subjected to

statistical analysis using appropriate statistical tools. The following statistical tools were employed in the present investigation.

Descriptive statistics: Descriptive statistics such as mean and standard deviation of the scores were calculated to summarize the collected raw data.

Independent sample t test: Independent sample t test has been applied to compare the two groups with respect each Anxiety and Mental toughness.

Level of significance: The level of significance was fixed at 0.05 levels.

P value: A calculated P value less than 0.05 is considered to be statistically significant.

Comparison of Hockey and Football players based on Mental Toughness

The data relating to Mental toughness of Hockey and Football players were collected and the mean and SD were calculated.

Computation Score Of 'T' Test For The Comparison Of Hockey And Football Players Based On Rebound Ability

Variable	Group	N	Mean	SD	T	Df	P
Rebound Ability	Hockey	100	3.56	1.15	2.98	198	0.003*
	Football	100	3.09	1.06			

*Significant at 0.05 levels

From Table 1, t test showed that there exist a significant mean difference in the Rebound Ability of Hockey and Football players (t=2.98). The inference is that Mental toughness scores of the Hockey group (Mean=3.56, SD=1.15) is higher than the Football group (Mean=3.09, SD=1.06). The comparative bar diagram of the Rebound Ability of Hockey and a Football group is shown in Figure 1.

Computation score of 't' for the comparison of hockey and football players based on the ability to handle pressure

Variable	Group	N	Mean	SD	T	DF	P
Ability to handle pressure	Hockey	100	4.14	1.08	4.34	198	0.000*
	Football	100	3.47	1.09			

* Significant at 0.05 level

Variable	Group	N	Mean	SD	T	DF	P
Level of confidence	Hockey	100	4.34	.97	3.19	198	0.002*
	Football	100	3.84	1.22			

From Table 2, t test showed that there exist a significant mean difference in the Ability to handle pressure in Hockey and Football players (t=4.34). The inference is that Mental

toughness scores of the Hockey group (Mean=4.14, SD=1.08) is higher than the Football group (Mean=3.47, SD=1.09).

Computation score of 't' for the comparison of hockey and football players based on concentration ability

Variable	Group	N	Mean	SD	T	DF	P
Concentration Ability	Hockey	100	4.18	1.13	5.33	198	0.000*
	Football	100	3.35	1.06			

* Significant at 0.05 level

From Table 3, t test showed that there exist a significant mean difference in the Concentration Ability of Hockey and Football players (t=5.33). The inference is that Mental

toughness scores of the Hockey group (Mean=4.18, SD=1.13) is higher than the Football group (Mean=3.35, SD=1.06).

Computation score of 't' for the comparison of hockey and football players based on the level of confidence

	Hockey		Football	
Anxiety	F	%	F	%
Low	76	76.0	55	55.0
Average	9	9.0	2	2.0
High	15	15.0	43	43.0

*significant at 0.05 level

From Table 4, t test showed that there exist a significant mean difference in the Level of confidence of Hockey and Football players ($t=3.19$). The inference is that Mental toughness scores of the Hockey group (Mean=4.34, SD=.97) is higher than the Football group (Mean=3.84, SD=1.22).

Level of Anxiety in Hockey and Football Groups

From Table 8, the Hockey player's majority of respondents (76.0%) have low level of Anxiety. The Football player's majority of respondents (55.0%) have low level of Anxiety.

Conclusions

Within the limits and limitations of the present study and on the basis of the results, the following conclusions may be drawn. It is seen that the Mental Toughness variables such as Rebound Ability, Ability to handle pressure, Concentration Ability, Level of confidence and Motivation scores of athletes in Hockey and Football shows significant difference. The Mental toughness scores of the Hockey group (Mean=20.85, SD=3.51) is higher than the Football group (Mean=17.66, SD=3.00). The observed mean differences in mental toughness scores are statistically significant by t test. It showed that there exists significant mean differences in the Mental toughness of Hockey and Football players ($t=6.89$).

It is evident that athletes in Hockey have a high level of mental toughness compared to athletes in Football. And this helps them to exhibit higher performance in sports competitions.

The Anxiety scores of the Football group (Mean=20.32, SD=3.51) is higher than the Hockey group (Mean=17.62, SD=3.29). The observed mean difference in Anxiety scores is statistically significant by T test. It showed that there exists a significant mean difference in the anxiety of Hockey and Football players ($t=-5.59$).

It is clear that athletes in Hockey have the lowest level of Anxiety compared to athletes in Football. And this helps them to exhibit higher performance in sports competitions.

Summary

The purpose of the study was to compare sports competition anxiety and mental toughness among male Hockey and Football players.

Also, an attempt was made to investigate the mental toughness among male Hockey and Football players (and also compare the sub factors of mental toughness).

The subjects of the study were 200 male Hockey and Football players. They were representatives of their college level in the age group of 18-25 years chosen randomly from various parts of Thrissur in Kerala. There were 100 athletes taken in each category of the sport mentioned above. The Sports Competition anxiety Test Questionnaire (SCAT, Martens, 1990) and The Psychological Performance Inventory of Mental Toughness Questionnaire (Alan Goldberg, 2004) were administered as the tools to measure the Sports Competition Anxiety and Mental toughness of the subjects respectively.

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