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**K Shahnaz Begum**  
 Guest Lecturer, JNRM College,  
 Port Blair, Andaman and  
 Nicobar Island, India

**Dr. Alok Kumar Singh**  
 Assistant Professor, MATS  
 University, Raipur,  
 Chhattisgarh, India

## A comparative study of mental toughness between individual game and team game players

**K Shahnaz Begum and Dr. Alok Kumar Singh**

### Abstract

The purpose of this study was to compare the Mental Toughness between Individual Game and Team Game players. For the purpose of this study a total of 80 subjects (N=80) were chosen, Individual Game (n=40) and Team Game (n=40). The subjects were chosen using Quota sampling technique from PUP Patiala. Mental Toughness was measured using Dr. Alan Goldberg Questionnaire which consisted of thirty questions measuring five attributes namely Concentration, Confidence and motivation. Independent sample “t” test was used to compare the Mental Toughness between Individual Game and Team Game players. The results showed that there is a significant difference between Team Game Players and Individual Game players in terms of Pressure Handling and Overall Mental Toughness with Team Game players scoring higher in all three attributes. Whereas there was no significant difference in terms of Concentration, Confidence and Motivation but Team Game players scored higher in motivation and Individual Game players scored higher in concentration, whereas both groups had the same score for confidence.

**Keywords:** Mental toughness, concentration, confidence, motivation, team game, individual game

### Introduction

Scholar has reviewed the literature available on the mental toughness and found mental toughness is a comprehensive term which may farther be subdivided into six variables. High performance in sports is a collective outcome. Important of mental toughness in sports can be easily understood if we try to analyse the role of six variables in the performance.

A literature has supported that motivation players a vital role in the mental toughness. Similarly, self-confidence, Attention control, goal setting and visual & imagery, Attitude control have significant role to play in performance of an athlete.

### Methodology

#### Sampling technique

For the present study the researcher used Quota sampling technique to select the sample from the population because the entire population for the study was not known.

#### Sample size

From the population 80 subjects were chosen for the present study. Individual Game 40 players and Team Game 40 players. The subjects were selected as given in the table below.

**Table 1:** Distribution of sample

Individual game			
Contact game		Non-contact game	
Boxing	Wrestling	Badminton	Shooting
10	10	10	10

**Table 2:** Show the team game

Team game			
Contact game		Non-contact game	
Handball	Hockey	Volleyball	Cricket
10	10	10	10

**Corresponding Author:**  
**K Shahnaz Begum**  
 Guest Lecturer, JNRM College,  
 Port Blair, Andaman and  
 Nicobar island, India

**Tools used for data collection**

The mental toughness questionnaire was used to evaluate the mental toughness of the subjects. This questionnaire is a Free Online Resource by Dr. Goldberg. It is a sport specific questionnaire to evaluate overall mental toughness. It consists of thirty questions. The questionnaire encompasses five subscales namely rebound ability, pressure handling, confidence, concentration and motivation each consisting of six questions. The subjects had to respond by either saying True or False. Each correct answer gives one point and a wrong answer gives zero point. The score for this questionnaire ranges from zero to thirty. A score of 6 in any one of the five subscales indicates a special strength in that area. A 5 indicates solid skill and 4 or less highlights that particular area as a mental weakness that needs to be addressed. A score of 26-30 indicates strength in overall mental toughness. Scores of 23-25 indicates average to moderate skill in mental toughness. Scores of 22 or below mean that you need to start putting more time into the mental training area.

**Procedure**

To enhance the cooperation of the subjects the researcher personally met the subjects, explained the purpose of investigation and gave a clear instruction regarding the method for answering the questions. The researcher distributed the questionnaire booklet for marking the responses. The researcher in person in a face to face relationship administered the entire questionnaire. The subjects went through the instructions, read each statement carefully and indicated their responses. All the filled in questionnaires were collected from the subjects and scoring was done according to the scoring key. Usually an individual took 5 to 10 minutes in completing the test.

**Statistical tools**

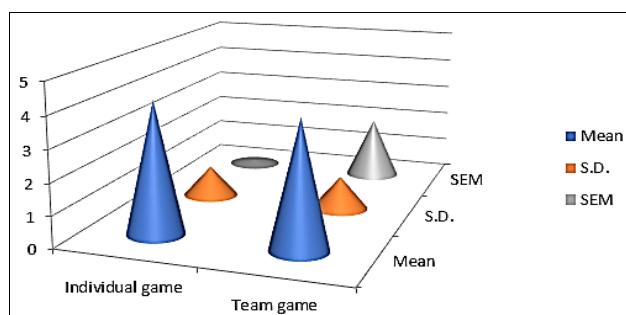
The “independent sample t test” was applied to find out the significant differences between Individual Game and Team Game players. The level of significance was set at 0.05.

**Results**

**Table 3:** Descriptive statistic of concentration between individual game and team game players.

	Game type	N	Mean	S.D.	SEM
Concentration	Individual game	40	4.19	1.002	.127
	Team game	40	4.01	1.065	.137

Table 4 shows the descriptive statistics of Pressure Handling of Individual Game and Team Game Players. Individual Game players show higher level of Concentration than Team Game players.



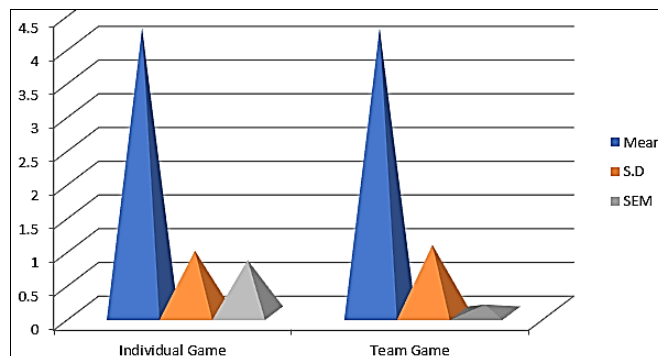
**Fig 1:** Graph of mean of concentration between individual game and team game players.

The above graph shows the Mean of Concentration of Individual Game and Team Game players. It can be seen that the mean score of Team Game players is 4.01 which is lower than Individual Game players who have a mean score of 4.19.

**Table 4:** Descriptive statistic of confidence between individual game and team game players.

	Game type	N	Mean	S.D.	SEM
Concentration	Individual game	40	4.23	.929	.79
	Team game	40	4.23	1.016	.130

Table 4 shows the descriptive statistics of Pressure Handling of Individual Game and Team Game Players. Individual Game players and Team Game players show the same amount of confidence.



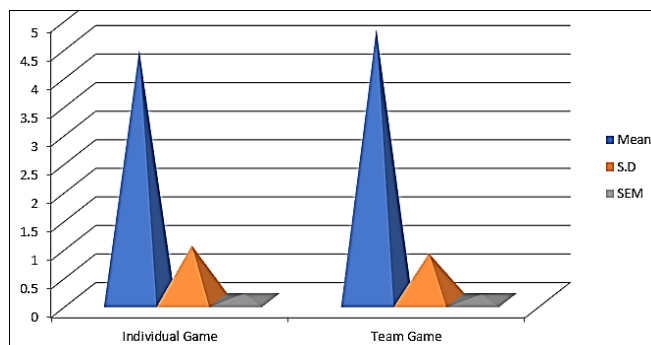
**Fig 2:** Graph of mean of confidence between individual game and team game players.

The above graph shows the Mean of Confidence of Individual Game and Team Game players. It can be seen that the mean score of Team Game players is 4.23 which is same as Individual Game players who have a mean score of 4.23.

**Table 5:** Descriptive statistic of motivation between individual game and team game players.

	Game type	N	Mean	S.D.	SEM
Concentration	Individual game	40	4.38	.959	.123
	Team game	40	4.75	.821	.104

Table 5 shows the descriptive statistics of Pressure Handling of Individual Game and Team Game Players. Team Game players possess higher level of Motivation than Individual Game players.



**Fig 3:** Graph of mean of motivation between individual game and team game players.

The above graph shows the Mean of Motivation of Individual Game and Team Game players. It can be seen that the mean score of Team Game players is 4.75 which is higher than Individual Game players who have a mean score of 4.38.

### **Discussion**

After the findings it was observed that the Team Game players possessed better ability in Motivation and Overall Mental Toughness. Whereas Individual Game players possessed better Concentration ability. But for Confidence both sets of Groups showed similar ability. Although there was a difference between the groups the research hypothesis can be accepted only for Motivation and Overall Mental Toughness. Whereas there is no significant difference between Individual Game and Team Game players when it comes to Concentration and Confidence.

### **Conclusion**

We can conclude on the behalf of findings that there is a significant difference in Mental Toughness between Individual Game and Team Game players wherein Team Game players possess a higher level of Mental Toughness. Also, there is a significant difference between Individual Game and Team Game players in terms of mental toughness which is motivation with Team Game players attaining higher scores in both. The literature says that in Team Games athletes are involved with teammates and spend a lot of time practicing with teammates and have more interaction with one another hence the better Motivation can be attributed to this particular fact wherein the teammates motivate each other and also help them to come out of setbacks. 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, therefore we can conclude that higher concentration of Individual Game players because of this particular reason. Finally, we can conclude by saying that as the Team Game players scored high in most of the attributes of Mental Toughness and the Team Game settings influence better Mental Toughness of individuals hence in this study we can see that the Mental Toughness of Team Game players is higher. Also, as observed on the basis of research that there is also the potential for difference in mental toughness from one sports and event to the other we can see that in this research the researcher has found a significant difference in Mental Toughness between Individual Game and Team Game players.

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