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

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Abstract

The purpose of this study was to compare the mental toughness of players of team sports and individual sports. For the purpose investigation 40 female team sports and 40 female individual sports (Total=80 players) were selected as subjects of the study. Their age was ranged 18 to 22 year. Find out mental toughness in team sports and individual sports of Amravati. The collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statement based on mental rebounding (14 questions) and mental toughness (9 questions). Each statement has two possible responses i.e. true and false. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant. The result of the study concluded that there was statistically significant difference in mental toughness of the players of team sports and individual sports of Haryana. It is clear that the mean mental toughness between of the player of team sports is significantly higher than the mean mental toughness of the individual sports.

Keywords: Mental toughness, mental toughness, mental rebounding, team sports, individual sports

Introduction

Mental toughness refers to a collection of psychological characteristic which are central to optimal performance. Athletes, coaches, and sport psychologists have consistently implicated mental toughness as one of the most important psychological characteristics related to success in sports. Over the last few decades, numerous studies have been conducted to examine the role of mental toughness in sporting success. However, its conceptualization and measurement are without consensus. The purpose of this study is to systematically review some of the emerging definitions and conceptualizations, and examine how mental toughness could be nurtured. This review considers both qualitative and quantitative approaches to the study of mental toughness with the specific focus on the models and the development of the measurement of this construct. Although these discussions centre on the general aspects of mental toughness, we believe many of the issues have relevance to scholars and practitioners who are interested in the measurement of psychological variables as they pertain to sport, exercise, and other performance or achievement contexts.

Methodology

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

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Table 2: Shows team game and non-contact game

Team Game			
Contact Game		Non-Contact Game	
Handball	Hockey	Volleyball	Cricket
10	10	10	10

Table 3: Significant Difference of Mental Rebounding Between the Players of Team Sports and Players of Individual Sports

	Game Type	N	Mean	S.D.	SEM
Mental rebounding	Individual Game	40	3.01	1.006	.128
	Team Game	40	4.09	1.045	.140

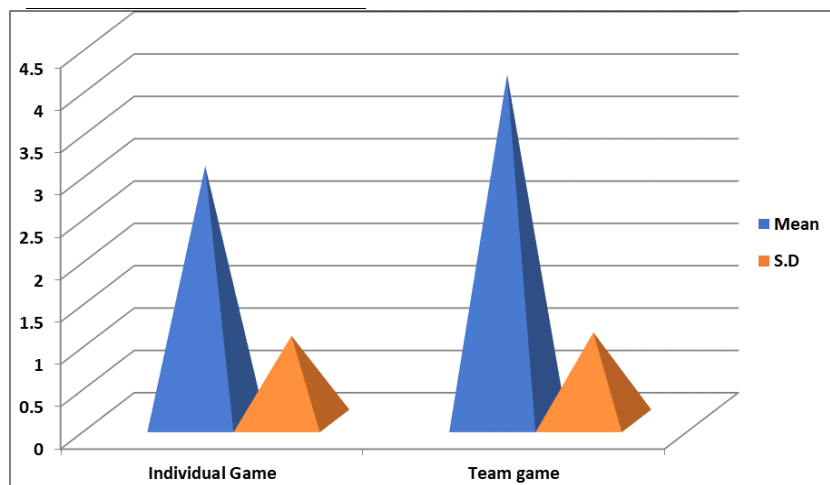


Fig 1: Figure 1 shows Significant Difference of Mental Rebounding between the Players of Team Sports and Players of Individual Sports

Table 4: Significant Difference of Mental Toughness between the players of Team Sports and Players of Individual Sports

	Game Type	N	Mean	S.D.	SEM
Mental toughness	Individual Game	40	19.89	1.676	.243
	Team Game	40	20.43	1.986	.267

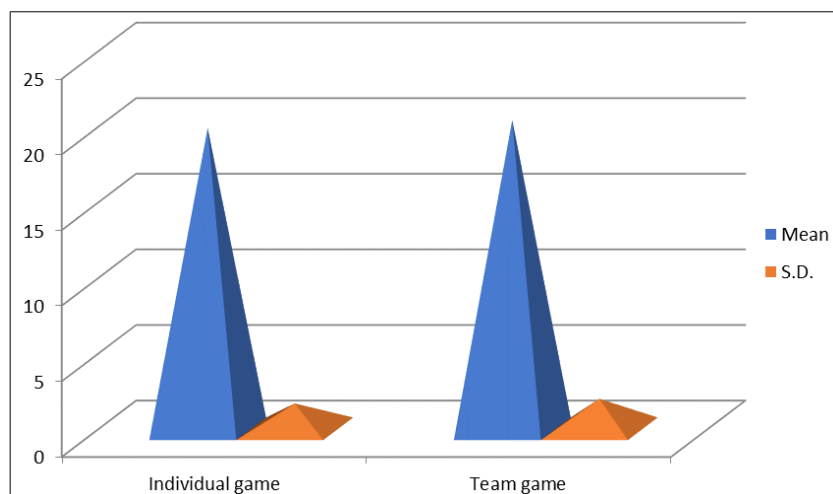


Fig 2: Shows Significant Difference of Mental Toughness between the players of Team Sports and Players of Individual Sports

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. 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.

Procedure and Methodology

In the present study a sample of 40 female team sports and 40 female individual sports (Total=80 players) of Haryana. The collection of data Mental Toughness Questionnaire prepared

by Allen Goldberg was administered. The questionnaire was comprised of 60 statement based on mental rebounding (14 questions) and mental toughness (9 questions). Each statement has two possible responses i.e. true and false. For the analysis of data, collected by administering the questionnaire to all the subject's t- test was employed at 0.05 level of significant.

Results and Discussion

To find out the significant difference in mental toughness between of players of team sports and individual sports. The analysis of data, collected by administering the questionnaire to the entire subject's t- test was employed at 0.05 level of significant. The statistical analysis of data pertaining to mental toughness is given below. Finding of the study show that all there was significant the players of team sports and individual sports of Haryana. It is clearly indicates that mean

mental toughness of the players of team sports is significantly high than the mean mental toughness of the players of individual sports of Haryana player. This may be attributed due to the reality that the players of prepare mentally for various competition and develop team composition in them and it also help them to distribute the pressure of the completion. It is necessary to train players of team sports to enhance mental toughness. These outcomes may realize to develop the various training plans.

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