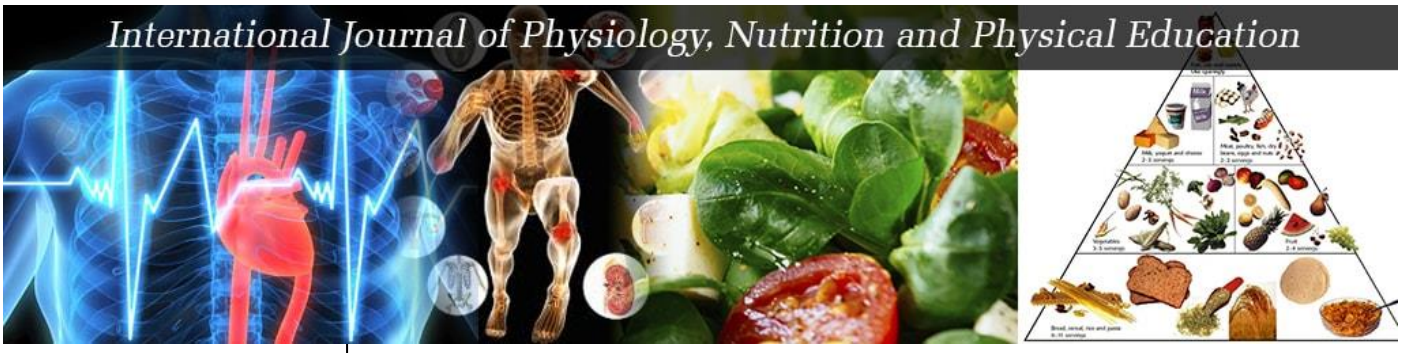

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Impact of twelve weeks cross training protocol on mental toughness among college level male athletes

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Abstract
In the present study it was planned to check the Impact of twelve weeks cross training protocol on mental toughness among college level male athletes. To achieve the purpose of the present research, total one hundred (N=100) of college level male athletes of Gurgaon district (Haryana) were selected as subjects. The age of the subjects was ranged from 20 to 28 years. To test the Mental toughness of selected subjects, mental toughness inventory (MTI) developed by Middleton (2005) was used by the researcher. After the collection of relevant data, to know the impact of twelve weeks cross training protocol on selected anthropometric parameters and mental toughness of college level male athletes, t-test was employed on mean values of pre and post-tests with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent. There was no significant impact of twelve weeks cross training protocol on Mental Toughness of College level male athletes.

Keywords: Twelve, cross training, toughness, SPSS

Introduction

Mental Toughness is the capacity to consistently manage one' perfect performance state amid troubles in competition it is learned, not acquired. To perform players invariably requires a good technique and mental skill. For this player need to overcome good and bad times in performances It is currently recognized that physical ability, as well as Mental Toughness, are essential attributes in the scientific and sports community for successful athletic performance. In sports, there has been almost no scientific consideration paid to this, and the absence of research has considered it to be a standout amongst the most abused and minimum understood terms in the region of sports psychology. Despite the fact that this term is used by a collection of mentors, entertainers, and game analysts anyway starting late specialists described it significantly were the first to recognize mental qualities the scientists directed an examination which looked reactions from 160 tip top competitors and 131 master mentors from 31 individual and group activities. The data analyzed found 12 essential segments of Mental Toughness. These are – group solidarity, readiness aptitudes, aggressiveness, inspiration level, adapting abilities, certainty support, subjective expertise, control and objective directedness, ownership of physical and mental prerequisites, mental strength, morals, and religious feelings.

Mental Toughness Training Programs So as to successfully show competitors how to end up rationally extreme, and to besides empower competitors to make and upgrade the explicit properties related to such a build, the execution of mental sturdiness preparing programs, inside a competitor's general preparing routine, are increasing expanding proportions of help and consideration in the realm of sports Specifically, mental durability preparing programs are centered around creating and enhancing t key mental abilities related to mental strength and have been appeared to be a powerful procedure for improving and boosting athletic execution. There have been various investigations that have looked effect and viability of an explicitly arranged mental strength preparing the program for a collection of games, including equestrian, tennis, separate running, exercise room marathon and cricket to give a few models. Every one of the psychological strength preparing programs used in these investigations were seen to be powerful to upgrade execution, and were moreover very evaluated by the majority of the members, in perspective of the aftereffects of a social approval survey.

Methodology and Procedure

In the present study it was planned to check the Impact of twelve weeks cross training protocol on mental toughness among college level male athletes. To achieve the purpose of the present research, total one hundred (N=100) of college level male athletes of Gurgaon district (Haryana) were selected as subjects. The age of the subjects was ranged from 20 to 28 years. To test the Mental toughness of selected subjects, mental toughness inventory (MTI) developed by Middleton (2005) was used by the researcher. After the collection of relevant data, to know the impact of twelve weeks cross training protocol on selected anthropometric parameters and mental toughness of college level male athletes, t-test was employed on mean values of pre and post-tests with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent.

Results of the Study

Table 1: Comparison of mental toughness among college level male athletes

Components	Group	Mean	SD	t- value
Mental Toughness	Pre-test	238.43	1.98	0.92
	Post-test	237.82	2.56	

$t_{.05}$ (99) =1.98

Table no. 1 shows the Pre-test & Post-test Mean, SD and t – values for Mental Toughness of College level male athletes. The table statistically reveals that the calculated t – value of Mental Toughness 0.92 is less than table value 1.98. Hence it proves that with the application of twelve weeks cross training protocol there was no significant difference between Pre-test and Post-test in Mental Toughness variable of College level male athletes. The values of table no.1 are also illustrated in figure no. 1.

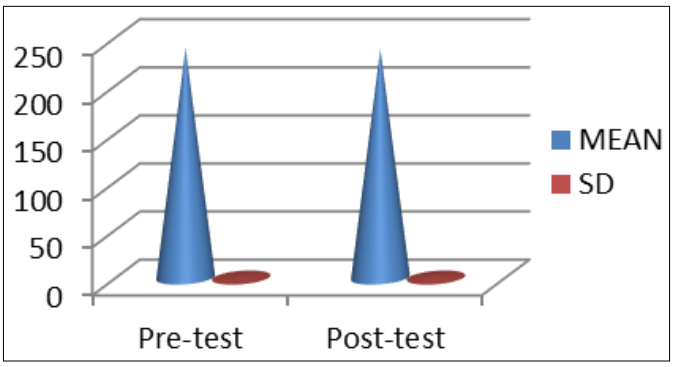

Fig 1: Comparisons of mean and SD for mental toughness among college level male athletes

Conclusions

The result of the study revealed that there was no significant difference between the pre-test and post-test values of Mental Toughness among College level male athletes. Therefore the present study confirms that, twelve – weeks cross training protocol has no significant effect on Mental Toughness among college level male athletes.

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