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Effect of urban-rural belongingness on mental toughness of intercollegiate male cricket players of Maharashtra

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Abstract

In the present study mental toughness of intercollegiate male cricketers from urban and rural areas of Maharashtra was compared. 30 urban male intercollegiate cricket players and 30 rural male intercollegiate cricket players were selected as sample. The sample for the present study has a domicile of Maharashtra. The age range of the sample was 19 to 25 years. To assess mental toughness of selected male cricket players, Mental Toughness Questionnaire prepared by Tiwari (2007) was used. It consists of sub variables i.e. self-confidence, motivation, attention control, goal setting, visual and imagery control and attitude control which can be measured by 48 items. Results reveal that mental toughness of urban male cricket players of Maharashtra is significantly higher as compared to rural male cricket players of Maharashtra at.01 level of significance. On the basis of results, it may be concluded that rural male cricket players from Maharashtra needs specific psychological training to enhance their mental toughness, an essential psychological factor of sports performance.

Keywords: Cricket, mental toughness, urban-rural settings

Introduction

Cricket is played over length and breadth across our country. It is popular in urban as well as rural areas in India. Cricket players from urban and rural area takes part in various competition. It has been a trend that intercollegiate urban male cricket players excel more as compared rural male cricket players. It is not that rural cricket player lack necessary physical and technical skills but it may be possible that they do not have psychological potential to excel. One such variable is mental toughness. It has been opined by Loehr (1986) [9] that those people who remain calm and collective during pressure situations are mentally tough. According to him mentally tough athletes use their positive energy during play when situation becomes tense. The components which form mental toughness are self-confidence, ability to control fear, anger and frustration, focus, positive mental image, to persevere to achieve something, and attitude control respectively. Fourie and Potgieter (2001) [6] definition of mental toughness comprise of motivation level, coping skills, confidence maintenance, cognitive skill, discipline and goal directedness, competitiveness, possession of prerequisite physical and mental requirements, team unity, preparation skills, psychological hardiness and ethics. According to White (2001) [13], a set of personal characteristics which is used to guard against life pressure constitutes mental toughness. Jones (2002) [7, 8] defined mental toughness as developed mental edge that enables an athlete to maintain focus, confidence, determination and control consistently. Jones, Hanton, and Connaughton (2002) [7, 8] defined mental toughness as "having the natural or developed psychological edge that enables an athlete generally, to cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than the opponents in remaining determined, focused, confident, and in control under pressure." In modern sport, mental toughness is associated with elevated performance. The relationship of mental toughness with sports performance has been advocated by researchers like Sheard (2009) [11], Boroujeni *et al.* (2012) [4], Bhardwaj *et al.* (2014) [2], Singh (2015), Cowden (2016) [5] in their scientific evaluation. Although number of psychological studies have been conducted on cricket players notably by Neha *et al.* (2014) [10], Ashraf (2016) [1], Boora (2016) [3]

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but so far mental toughness among male cricket players of Maharashtra has not been analysed on the basis of urban rural settings. Hence the present study was planned.

Objectives

The objective of this study was to compare mental toughness of urban and rural intercollegiate male cricket players of Maharashtra.

Hypothesis

It was hypothesised that urban male intercollegiate cricket players will possess more magnitude of mental toughness as compared to rural male intercollegiate cricket players.

Materials and Methods

Following methodological steps are used for the present study:-

Sample

30 urban male intercollegiate cricket players and 30 rural male intercollegiate cricket players were selected as sample. The sample for the present study has a domicile of Maharashtra. The age range of the sample was 19 to 25 years. The sample was selected purposively

Tools

To assess mental toughness of selected male cricket players, Mental Toughness Questionnaire prepared by Tiwari (2007) was used. It consists sub variables i.e. self confidence, motivation, attention control, goal setting, visual and imagery control and attitude control which can be measured by 48 items. This questionnaire is highly reliable and valid.

Procedure

Mental Toughness Questionnaire prepared by Tiwari (2007) was administered to 60 male intercollegiate cricket players in a peaceful environment. After scoring response as per author's manual, it was tabulated according to their respective study groups. Independent sample 't' test was used for comparative data analysis. Result is given in table 1.

Result and Discussion

Table 1: Comparison of mental toughness between Urban and Rural Intercollegiate Male Cricket Players of Maharashtra

Groups	N	Mean	S.D.	't'	Level of Significance
Urban Male Cricket Players	30	207.46	17.24	2.13	.05
Rural Male Cricket Players	30	192.76	33.61		

Entries in table 1 clearly indicate supremacy of intercollegiate urban male cricket players over intercollegiate rural male cricket players on mental toughness. The calculated $t=2.13$, $p < .05$ also confirms this finding statistically. The reason lies in upbringing and surrounding of rural cricket players. Urban players are adept to new challenges in urban lifestyle whereas the rural male cricket players live in bit laid back surroundings. The reason may be in the form of fierce competition faced by urban male cricket players from childhood and by virtue of that they develop superior mental skills as compared to rural male cricket players.

Conclusion

On the basis of results, it may be concluded that urban male intercollegiate cricket players are mentally more tougher as compared rural male intercollegiate cricket players of Maharashtra. Hence rural male cricket players from Maharashtra need specific psychological training to enhance their mental toughness, an essential psychological factor of sports performance.

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