



Academic Sports Scholars



ASSESSMENT OF MENTAL TOUGHNESS AMONG 12TH SOUTH ASIAN GAMES KHO-KHO PLAYERS



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ABSTRACT

The purpose of the study was to compare the mental toughness among India, Srilanka and Nepal kho-kho players. The subject for this study was from 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 45 (Thirty) male Kho-Kho players, 15 players of India, 15 players of Srilanka and 15 player of Nepal were (17-30 years of age) selected. The Sports Mental Toughness Questionnaire developed by ADr. Alan Goldberg (2012) was selected for this. The selected variables was mental toughness. The obtained data were analyzed by applying analysis of variance 'F' test in order to find out the mental toughness among India, Srilanka and Nepal Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was significant difference in case of mental toughness where Indian and Srilankan kho-kho players are more mentally tough in comparison with the Nepal kho-kho players. On the other side there is no significant difference between India and Srilanka kho-kho players. The significant difference was found may be due to the reason that the Indian, Srilankan players are more confident, mentally tough, better intellectual ability, than Nepal teams.

KEYWORDS :mental toughness and India, Srilanka, Nepal kho-kho players

INTRODUCTION

"When the going gets tough, the tough get going" is one way to say it. Or, as one sports psychologist put it, mental toughness is "the ability to consistently perform toward the upper range of

your talent and skill regardless of competitive circumstances.”

Mental toughness is a term people use that will allow a person to become a better athlete (such as difficult training or difficult competitive situations in games) and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sports commentators, and business leaders.

“Toughness is a constellation of mental skills, all of which are learned that are characteristic of mentally tough competitors”(Loehr, 1982, p. 11).

"Toughness is the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances".

Toughness is not about having a "killer instinct" or being mean or cold. By being mentally tough, you can bring all your talent and skill to life consistently. Being able to use your emotional life effectively will help you perform at your prime more consistently

Mental toughness is "Having the natural or developed psychological edge that enables you to: generally, 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 your opponents in remaining determined, focused, confident, and in control under pressure." (Jones, Hanton, & Connaughton, 2002, p. 209)

Sport-specific studies of mental toughness have been conducted in cricket, soccer, gymnastics, and Australian football. These studies have not employed a common framework, although many have used the definition of mental toughness provided by either the Jones et al. study, or the Gucciardi et al. study.

Two studies suggest that foundational processes occur during development that allow a person to build mental toughness throughout life. For instance, a study of American soccer players, parents, and coaches found that parents provide a "generalized form" of mental toughness upon which coaches can build a sport-specific form of mental toughness. A similar study suggested that mental toughness development proceeds first through the development of a tough attitude (strong focus and strong self-belief); upon a tough attitude, an athlete learns how to develop mental toughness attributes needed for training, then for competition. Another study examined the developmental experiences of ten super-elite athletes and found that coaches and significant adults played an important role in mental toughness development through all stages of talent development.

Review of Literature

Upon reviewing the literature on mental skills, mental toughness consistently emerged as one of the most important psychological characteristics of sport. The literature clearly shows that mental toughness is imperative for peak sport performance. Gould, Hodge, Peterson, and Petlichkoff (1987), Gould, Eklund, and Jackson (1993a), Williams (1998), and Gould, Dieffenbach, and Moffett (2002), all state that mental toughness is an important psychological characteristic of sport performance. Unfortunately, many acknowledge the importance of mental toughness, but few fully understand it. “While athletes and coaches often talk about mental toughness, seldom has it been precisely defined” (Gould et al., 2002, p. 199). Coaches and athletes use this term daily without a clear understanding of its components or what it means to be mentally tough.

Criterion Measures

Mental Toughness: The Sports Mental Toughness Questionnaire developed by ADr. Alan Goldberg was also selected for this study, because it is most reliable, valid and suitable test to measure

mental toughness of sportsman.

Procedure

Total 45 male Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organised by India in Guwahati (Assam). The selected variable was Mental Toughness. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contact about the taken the data.

Measures

For the collection of data mental toughness questionnaire prepared by ADr. Allan Goldberg (2012) was administered. The questionnaire comprised of 60 questions/statements based on Handling Pressure (20 questions), Concentration (17 questions), mental rebounding (14 questions) and Winning attitudes (09 questions). Every statement had two possible responses i.e. true or false.

Hypothesis

It was hypothesized that there may be significant difference in Mental Toughness among India, Srilanka and Nepal Kho-Kho players.

Statistical Technique:

One way Analysis of variance (ANOVA) was employed to find out intra-group differences. Scheffe,s post hoc tests were also used for significant F value. To test the hypothesis, the level of significance was set at 0.05.

Finding of the study

Table:1 Descriptive statistic of International kho-kho players

	N	Mean	S.D.	S.E.	MIN.	MAX.
IND	15	17.73	3.78	.978	11	26
NEP	15	15.47	2.29	.593	12	20
SRI	15	17.87	1.68	.435	15	22
TOTAL	45	17.02	2.896	.432	11	26

Table-1 shows that mean and standard deviation of mental toughness of India was 17.73-3.78, Nepal was 15.47-2.29, Srilanka was 17.87-1.68.

Mean values of mental toughness

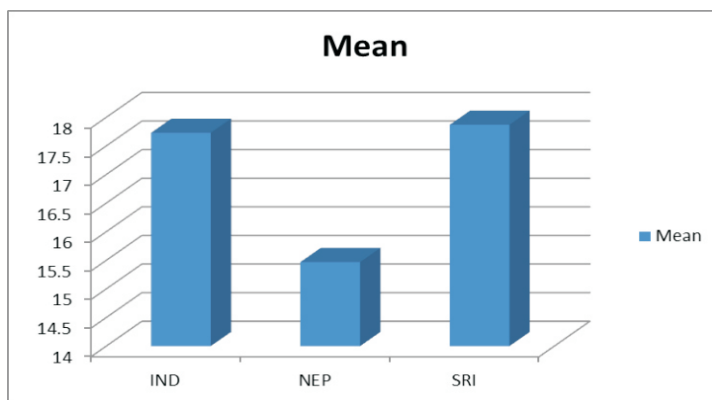


TABLE-2
Mental toughness

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	54.57	2	27.28	3.645*	.035
Within Groups	314.400	42	7.48		
Total	368.970	44			

Significant at 0.05 level (3,42)=2.44

Table-2: It appears from the table1 that there was significant difference of mental toughness among three countries as calculated F value(3.645) was greater than the tabulated F value (2.44) at 0.05 level of significance.

Table-3
Scheffe's Post hoc test Multiple Comparisons
Dependent Variable: score

	(I) sample	(J) sample	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
				Upper Bound	Lower Bound	Upper Bound	Lower Bound
Scheffe	IND	NEP	2.267	.999	.088	-.27	4.80
		SRI	-.133	.999	.991	-2.67	2.40
	NEP	IND	-2.267	.999	.088	-4.80	.27
		SRI	-2.400	.999	.067	-4.94	.14
	SRI	IND	.133	.999	.991	-2.40	2.67
		NEP	2.400	.999	.067	-.14	4.94
LSD	IND	NEP	2.267(*)	.999	.028	.25	4.28
		SRI	-.133	.999	.894	-2.15	1.88
	NEP	IND	-2.267(*)	.999	.028	-4.28	-.25
		SRI	-2.400(*)	.999	.021	-4.42	-.38
	SRI	IND	.133	.999	.894	-1.88	2.15
		NEP	2.400(*)	.999	.021	.38	4.42

* The mean difference is significant at the .05 level.

Table-3 Reveals that Indian, Srilankan kho-kho players perceived better mental toughness in comparison with the Nepal kho- kho players. There is no difference between Srilanka and India kho-kho players in case of mental toughness.

DISCUSSION:

The finding of the study reveals that there was significant difference in case of mental toughness where Indian, Srilankan kho-kho players are more mentally tough than in comparison with Nepal kho-kho players. There is no significant difference in case of mental toughness between India and Srilanka kho-kho players. The significant difference was found may be due to the reason that the Indian, Srilankan players prepared themselves mentally tough, more confident better planning, intellectual ability, than Nepal teams.

CONCLUSION:

1. The significant difference was found in case of mental toughness where Indian and Srilankan kho-kho players are more mentally tough in comparison with the Nepal team.
2. There is no significant difference was found in case of mental toughness between India and Srilanka.

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