

Assessment of mental toughness between volleyball and kho-kho Indian players of 12th South Asian games: A comparative study

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Abstract

The purpose of the study was comparison of mental toughness between Volleyball and Kho-Kho Indian players. The subjects for this study were 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 24 (Twenty four) male Kho-Kho players, 12 players of Kho-Kho and 12 player of Volleyball were (19-30 years of age) selected. The selected variable was Mental Toughness. The obtained data were analyzed by applying independent 't' test in order to comparison of Mental Toughness differential between Indian Kho-Kho and Volleyball players. The level of significant was set at 0.05. The Sports Mental Toughness Questionnaire developed by Dr. Alan Goldberg (2012) was selected for this study. There was no significant difference of Mental Toughness between India and Bangladesh Kho-Kho players because the calculated value 0.655 was less than the table value 2.074 at 0.05 level of significance. Indian Kho-Kho and Volleyball team won the gold medal in the 12th South Asian Games and defeat to the Bangladesh and Srilanka in the final match. It could happen because Indian players involved themselves more to prepare mentally and trained hard to participate in South Asian Games.

Keywords: mental toughness, kho-kho and volleyball Indian players

Introduction

Recent research has attempted to explore the concept of mental toughness in sport more thoroughly, and it appears that, while some people are naturally more tough-minded than others, people can be 'toughened-up' with the correct approach to training.

In Search of Mental Toughness Sport psychologists (researchers and practitioners), coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance. Athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect mental toughness. Despite widespread agreement on the importance and benefits of mental toughness and calls to identify psychological attributes that create champions, high quality research into mental toughness is limited.

The definition that resulted from this study is as follows: "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, and lifestyle) that sport places on a performer, and specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure"

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.

Objective of the study

The objective of the present study was to make a comparison of mental toughness between Volleyball and Kho-Kho Indian male players of 12th South Asian Games.

Selection of Subjects

For the purpose of present study 24 male Volleyball and Kho-Kho players (12 players of Volleyball, 12 players of Kho-Kho) were selected from 12th South Asian Games which was held in Guwahati, Assam (2016).

Procedure

Total 24 male Volleyball and Kho-Kho Indian players (24-35 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was motivation. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data.

Tool Used

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

Measures

Mental toughness was measured by applying mental toughness questionnaire developed by Dr. Alan Goldberg (1998). Mental toughness questionnaire consists of 30 items measuring the

mental toughness in five areas, i.e. rebound ability, ability to handle pressure, concentration, confidence and motivation. There was only true/false answers option in this questionnaire and subjects have to tick only one option

Hypothesis

It was hypothesized that there may be significant difference in mental toughness between Volleyball and Kho-Kho Indian players

Statistical Technique

The obtained data were analyzed by applying independent ‘t’ test in order to comparison of motivation and mental toughness differential between Volleyball and Kho-Kho Indian players. The level of significant was set at 0.05.

Results

Table 1: Comparison of mental toughness between Volleyball and Kho-Kho Indian Players

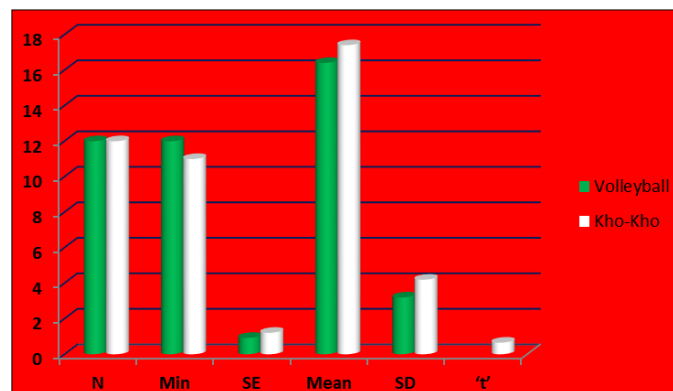
Team	N	Min	SE	Mean	SD	‘t’
Volleyball	12	12	.924	16.41	3.20	.655
Kho-Kho	12	11	1.21	17.41	4.20	

$t'(2, 22) = 2.074$

Finding

From the above table-1, It is revealed that there was no significant difference in case of mental toughness test as calculated ‘t’value [0.655] was less than tabulated ‘t’value [2.074] at 0.05 level of significance. Thus it may be concluded that there was no significant difference between Volleyball and Kho-Kho Indian players related to mental toughness test.

Graphical Representation of Table



Discussion of Finding

The finding of the study reveals that no significant difference was found in case of mental toughness between Volleyball and Kho-Kho Indian players. Indian Volleyball male team won the gold medal in the 12th South Asian Games and defeat to the Sri Lanka in the final match. Indian Kho-Kho male team won the gold medal in the 12th South Asian Games and defeat to the Bangladesh in the final match.

Conclusion

Within the limitation of the study the following conclusion may be drawn

- There is no significant difference in case of mental toughness between Volleyball and Kho-Kho male Indian players

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