

A comparative study of mental toughness between national level S4 and S6 category swimmers

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Abstract

The purpose of the present study was to compare the mental toughness between national level S6 and S4 swimmers. The study was conducted by selected 20 swimmers, who were represented national from both S4 and S6 category. Their age ranging from 18-25 years. Questionnaires were used as a tool to find out the mental toughness. Dr. Alan Goldberg's modified questionnaire was selected and used for the study. It was hypothesized that there would be a significant difference between the national level S6 and S4 swimmers. The t- test was employed to compare the degree of mental toughness between national level S6 and S4 swimmers. To analyze the score t-test was employed; the level of significance for testing the hypothesis is set at 0.05 level of confidence. There was no significant difference found between S6 and S4 swimmers. The S4 swimmers fared better than the S6 swimmers when mental toughness is considered.

Keywords: mental toughness, S6 swimmers and S4 swimmers

Introduction

Mental toughness is a huge terminology in the sphere of sports; the role of mental toughness is incredible. It leads to self-belief, self-confidence and makes to enhance the performance. It has the ability to create and maintain positive feelings, in the stage of difficult hinders and dilemma. Success for all the athletes is mental toughness.

The good way of true success and achievement for athletes is mental toughness. The requirement of mental toughness develops mental capacity to excess by running through the pain and discomfort the body and it projects tough and tougher.

Success is not final and failure is not fatal. This proverb has to be cultivated in the minds and practices of all the athletes.

According to Coach Pat Connelly - what is important is working hard to do better than runners done in the past, and better than some other athletes in their next race.

In present situation most of the swimmers and coaches are updating with the issues of mental toughness

Sport psychologists (researchers and practitioners), coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance (Goldberg 22, 1998; Hodge 23, 1994; Tunney 24, 1987; Williams 25, 1988) ^[1, 2, 4, 5]. In early work on the issue, Loehr (1982, 1986) ^[6, 7] emphasized that athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect mental toughness. Similarly, Gould, Hodge, Perterson, and Petlichkoff (1987) ^[8] emphasized that coaches feel that mental toughness is important in achieving success, while Norris 28 (1999) has emphasized the importance of mental toughness in developing champion athletes: Despite widespread agreement on the importance and benefits of mental toughness and calls to identify psychological attributes that create champions, high quality research into psychological skill training is limited. If an 800 meter runner appeared to lack speed towards the end of a race, an effective coach would observe this and design a training program to address this situation. Similarly, if psychological factors

require attention, the intervention must be tailored to specific needs. However, whereas physical skill or lack of it can be directly observed, psychological factors are often hidden.

The recognition and general acceptance of the severally physically disabled person as an individual, entitled to basic human rights and privileges is relatively new in our society. History shows that in the 17th and 18th centuries people attributed severe physical disabilities to evil spirits and the curse of various gods. "In Ancient Sparta, individual with any type of disability were placed on the mountain side allowed to perish solely for eugenic reasons. Some persons known to us as cerebral palsied individuals were often used as court jesters for amusement because of their involuntary movements their unsteady gaits and queer speech.

Physical educators are working in an era in which assumptions about the nature of handicapped persons are changing. Changing assumptions and changing facts about the handicapped give rise to new policies for conducting physical education for the handicapped. Judgments from the court that have been converted into federal statutes give rise to new responsibilities to physical education and recreational personnel who conduct programs for handicapped individual. Every disabled person, either physically or mentally, should have the right to live in world that does not see him or her as a handicapped, but as a person with a unique set of abilities and life potentials. Regardless of this ideal, many people look at individual differences as problem, as opposed to professionally enlightening challenges.

Hypothesis

It was hypothesized that there would be a significant difference in mental toughness among the National Level S4 and S6 swimmers.

Purpose of study

The main purpose of the study was to compare the mental toughness of the S4 and S6 swimmers.

Methodology

The study attempts to compare the mental toughness between S4 and S6 swimmers. Mental toughness test was conducted on selected 20 each S4 and S6 swimmers, who were represented at nationals. The age group of the subjects was ranged between 18 to 25 years. These samples were tested with the help of Dr. Alan Goldberg’s mental toughness questionnaire to find out Psychological variable. The collected data were tabulated for the purpose of analysis. The t-test was used for

testing the hypothesis for significance of mean difference in the mental toughness scores of s4 and S6 swimmers compared by using the statistical formula. All the statistical calculations were carried out with the help of SPSS windows package.

Statistical analysis and discussion

Table showing the Mean, Standard Deviation and T-value for mental toughness S4 and S6 swimmers.

Table 1

Variable	S4 category			S6 category			t value
	No. of sample	Mean	SD	No. of sample	Mean	SD	
Variable	20			20			
Rebound ability		3.3	1.52		3.84	1.39	1.089
Ability handle pressure		3.75	1.33		4.25	1.01	1.248
Concentration		3.05	1.19		3.45	1.31	0.914
Confidence		4.6	1.09		4.47	1.11	0.376
Motivation		3.3	1.3		3.45	1.45	0.429

It is evident from the table and clearly depicts that there is no significant difference in variance for Rebound ability between S4 and S6 swimmers are 3.30 and 3.85 respectively, the standard deviation is 1.52 and 1.39. The t-test value is 1.089. There is no significant difference between the S4 and S6 swimmers of Rebound ability, because the t-ratio is less than table value (2.09). S6 swimmers have better Mental Toughness of Rebound ability than the S4 swimmers.

It is evident from the table and clearly portrays that there is no significant difference in variance for Ability to handle pressure between S4 and S6 swimmers are 3.75 and 4.25 respectively, the standard deviation is 1.33 and 1.01. The t-test value is 1.248. There is no significance difference among S4 and S6 swimmers of Ability to handle pressure, because the t-ratio is less than table value (2.09). S6 swimmers have better Mental Toughness of Ability to handle pressure than the S4 swimmers.

It is evident from the table and clearly explains that there is no significant difference in variance for Concentration between S4 and S6 swimmers are 3.05 and 3.45 respectively, the standard deviation is 1.19 and 1.31. The t-test value is 0.914. There is no significance difference among S4 and S6 swimmers of Concentration, because the t-ratio is less than

table value (2.09). S6 swimmers have better Mental Toughness of Concentration than the S4 swimmers.

It is evident from the table and clearly defines that there is no significant difference in variance for Confidence between S4 and S6 swimmers are 4.60 and 4.75 respectively, the standard deviation is 1.09 and 1.11. The t-test value is 0.376. There is no significance difference among S4 and S6 swimmers of Confidence, because the t-ratio is less than table value (2.09). S6 swimmers have better Mental Toughness of Confidence than the S4 swimmers.

It is evident from the table and clearly depicts that there is no significant difference in variance for Motivation between S4 and S6 swimmers are 3.30 and 3.45 respectively, the standard deviation is 1.30 and 1.45. The t-test value is 0.429. There is no significance difference among S4 and S6 swimmers of Motivation, because the t-ratio is less than table value (2.09). S6 swimmers have better Mental Toughness of Motivation than the S4 swimmers.

It can also be observed that there would be no significant difference between the S4 and S6 swimmers. Hence the stated research hypothesis was rejected and null hypothesis is accepted.

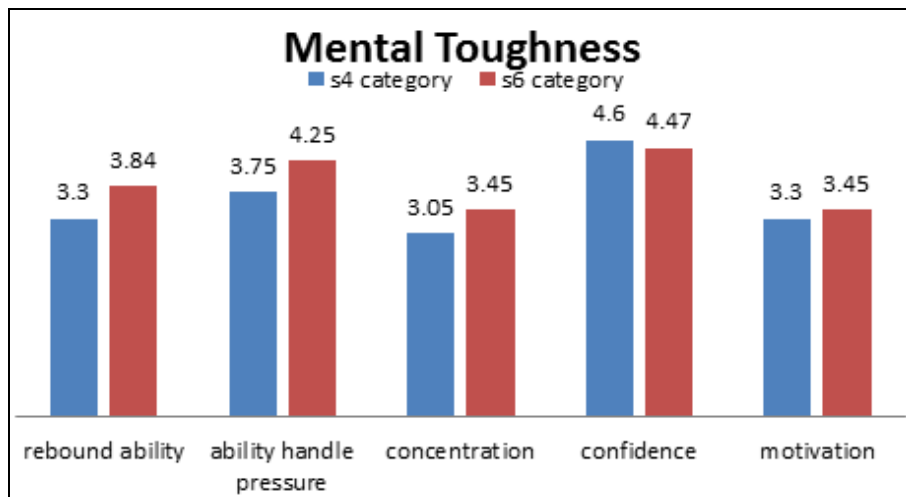


Fig 1: Graph showing the mean value of Mental Ability between S4 and S6 swimmers

Conclusion

On the basis of systematic study with all the limitations it was concluded that, there was no significant difference between S4 and S6 swimmers. The S6 swimmers fared better than the S4 swimmers when mental toughness is considered. The S6 swimmers are mentally tougher than S4 swimmers. Thus the S4 swimmers need more psychological training.

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