

Mental toughness in state level football players: A comparative study

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Abstract

This study was conducted the first objective of the study was to characterize the level of mental toughness of male football players. And the second objective of the study was to compare the mental toughness between state male football players of various district of Madhya Pradesh State. The Sample of the present study was drawn for 74 male football players for the various district football players. Each district for the equal subjects and the age of the subject range level of 18 to 28 years were selected in Neemuch and Mandsaur district, Madhya Pradesh State, and subject using availability simple random sampling. All subject represent from the Madhya Pradesh state, India. Based on the expert's opinion and personal understanding the. To assess mental toughness, 6 dimensional mental toughness inventory, prepared by Tiwari (1994) was adopted. The inventory is highly reliable and valid. Before the test, the procedure of the questionnaire and the purpose of the test were briefly explained to the all subjects for better understanding and to increase the motivation level. To find out the difference in mental toughness of subjects comprising of two pre defined groups'' test was used. On the basis of results, it may be concluded that there was no significant difference found in mental toughness between the mean scores of various district of male football players of Madhya Pradesh State. There was no significant difference in level of mental toughness within male football players of various districts, Madhya Pradesh.

Keywords: Neemuch, Mandsaur, football, mental toughness

Introduction

Modern sports training and coaching are much related with psychological variables, after the emergence of sports psychology as distinct scientific discipline, many attempts have been made to help coaches and athletes in their pursuits in a number of ways like assessing various psychological demands, providing psychological techniques, identifying problems and using various psychological intervention programs for enhancing sports performance (Cox, 2002) [2]. Mental toughness is one of the psychological qualities that are highly valued in sports. Today, a sports psychologist's role is more accepted as a part of the regular coaching staff for teams and for individual athletes. The roles of sports psychologists are numerous, but they primarily teach athletes mental game skills to improve their performance and learning (Patrick, 2016) [9]. FIFA report (2014) [4] by Prof. Dr. Astrid Junge, Head of Research at the FIFA – Medical Assessment and Research Centre (F-MARC) documented expression of emotional and cognitive behavior disorder by footballers of top level, wherein they experience high level of stress due to physical training load as well as high expectation of performance along with potential conflicts within them. The discussion correlates with the report of (WHO, 2003) [10] expressing development of mental disorder in 1 out of 4 person in a lifetime and about 450 million people suffering from mental disorder. The report reflected football being no different from general population and reflecting that psychological factors contributed to risk of injury and to a prolonged recovery from injuries along with development of mental and behavior disorder. Mental toughness provide psychological edge to cope better

than opponent players and also to be consistent in remaining determined, confidence, focused and handle pressure (Jones, 2002) Mental toughness is an ability of athlete to witness positive responses to situations to persist and refuse to give in (Gould, 1987) [7] includes of motivation (Gould, 1987) [7], concentration (Goldberg A. 1998) [13], and confidence (Goldberg A. 1998) [13]. Those who are elite athletes and those who can become elite athletes do not possess the same characteristics. Those who can become elite athletes do need to have certain core domains which can be useful for developing the characteristics possessed by elite athletes along with the necessary intervention techniques consisting of regulating and modifying external influencing factors which can facilitate learning of required behaviors associated with transformation into elite athletes. Research by Durand-Bush & Salmela (2001) [3] has show that elite athletes possess significantly higher levels of mental skills than the less elite athletes. Characteristics like Commitment and self-confidence have consistently been associated with high level Performance. Abbott and Collins (2004) [1] reach the same conclusion and mention psychological skills such as goal setting, realistic performance evaluation, imagery and commitment as factors that may potentially distinguish between successful and less successful elite level athletes. Therefore, development and maintenance of mental skills is considered important for the evolution of talent and thus creating scope for research in the identified area.

Objective

1. The first objective of the study was to characterize the level of mental toughness of male football players.

- The second objective of the study was to compare the mental toughness between state male football players of various districts, Madhya Pradesh State.

Methodology

Following methodological steps are used for the present study:-

Sample

The Sample of the present study was drawn for (N= 74) male football players for the various district football players. Each district for the equal subjects (37) and the age of the subject range level of 18 to 28 years were selected in Neemuch and Mandsaur district, Madhya Pradesh State, and subject using availability simple random sampling. All subject represent from the Madhya Pradesh state, India.

Tools

Based on the expert’s opinion and personal understanding the. To assess mental toughness, 6 dimensional mental toughness inventory, prepared by Tiwari (1994) was adopted. The inventory is highly reliable and valid. Before the test, the

procedure of the questionnaire and the purpose of the test were briefly explained to the all subjects for better understanding and to increase the motivation level.

Procedure

As per availability and convenience Mental toughness inventory prepared by Tiwari *et al.* (1994) was administered to selected subjects. After scoring mental toughness as per author’s manual, it was tabulated according to their respective study groups. To find out the difference in mental toughness of subjects comprising of two pre defined groups, ‘t’ test was used. The result is presented in table 1.

3. Result

Table 1: Comparison of mental toughness between Neemuch and Mandsaur District Players

Groups	N	M	SD	MD	t -ratio
Neemuch	37	21.08	3.45	1.27	1.56
Mandsaur	37	19.81	3.54		

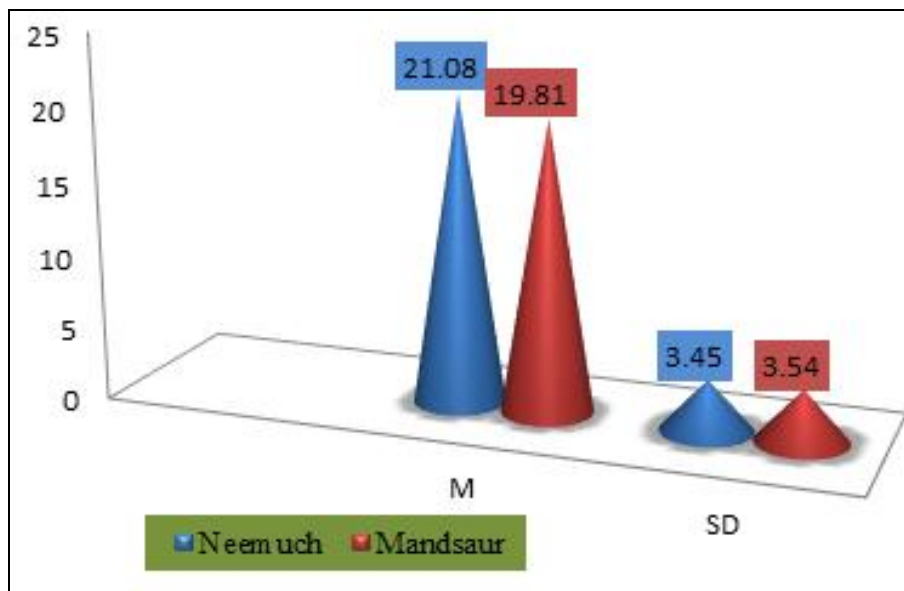


Fig 1: Graphical Representation of mental toughness between Neemuch and Mandsaur Male football Players

Conclusion

Within the Limitation of the present study the following conclusions were drawn:

- On the basis of results, it may be concluded that there was no significant difference found in mental toughness between the mean scores of various district of male football players of Madhya Pradesh State.
- There was no significant difference in level of mental toughness within male football players of various districts Madhya Pradesh.

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