



Comparative study of mental toughness between high and low achievers of Kho-Kho players

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Abstract

The main purpose of the study was to compare the mental toughness between high and low achievers of kho-kho players. A total of hundred (100) subjects, comprising 50 high and low achievers of kho-kho players belongs to Jammu and Kashmir state. The Subjects were selected by using simple random sampling. The age of the subjects ranged between 18-28 years. To analyze the mental toughness of the groups I.e. Low and Achievers Of kho-kho players belongs to Jammu and Kashmir state. The following tests. The data pertaining to the study were collected by two standard questionnaires, Mental Toughness designed by Dr. Alan Goldberg. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of mental toughness of kho-kho players belongs to Jammu and Kashmir state and the level of significance was set at 0.05 levels ($p < 0.05$).

Keywords: mental toughness, Kho-Kho player's ange

Introduction

Mental toughness is a collection of attributes that allow a person to persevere through difficult circumstances (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, sport commentators, and business leaders. Coaches and sports commentators freely use the term mental toughness to describe the mental state of athletes who persevere through difficult sport circumstances to succeed. For example, it is often simply applied as a default explanation for any victory, which is highly problematic as an attribution.

Depression is described as a bunch of symptoms portrayed by sadness and "a loss of interest in everyday activities" (American Psychiatric Association, 1994) Depression is a mental disorder that involves body, mood, and thoughts. It is defined as a persistent mood disturbance, plus at least four of the following: sleep disturbance, changes in psychomotor activity, loss of ability to experience pleasure and interest, fatigue, feelings of worthlessness or guilt, difficulty in concentrating, and preoccupation with death or a wish to die (American Psychiatric Association, 1987) It affects the way one feels about him/her self and he/she can suffer from low-self-esteem.

Methodology

The main purpose of this study was to investigate the mental between high and low achievers of kho-kho players. It was hypothesized that there would be significant difference in mental toughness between high and low achievers of kho-kho players.

Sources of data

The intercollegiate high and low achievers of kho-kho players

falls under the jurisdiction of Jammu and Kashmir division were selected as subjects

Selection of the subject

100 subjects were selected for this study, 50 low and 50 high achievers players.

Sampling Methods

The subjects were selected by using random sampling method.

Criterion measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Mental toughness

The standard questionnaire of Mental Toughness designed by Dr. Alan Goldberg has been used for the collection of data.

Statistical analysis and interpretation of data

For the present study, the data were collected from the inter-collegiate of high and low achievers of kho-kho player's falls under the jurisdiction of Jammu and Kashmir. The data pertaining to mental toughness collected from 100 subjects were selected from each group and 50 Low achievers and 50 high achievers subjects i.e., through simple random sampling for testing the hypothesis. The data obtained from the responses given by the subjects on standard questionnaire of mental toughness was marked according to the key and analyzing by using 't' test to find out the significant difference in Mental toughness between high and low achievers of kho-kho players.

Findings

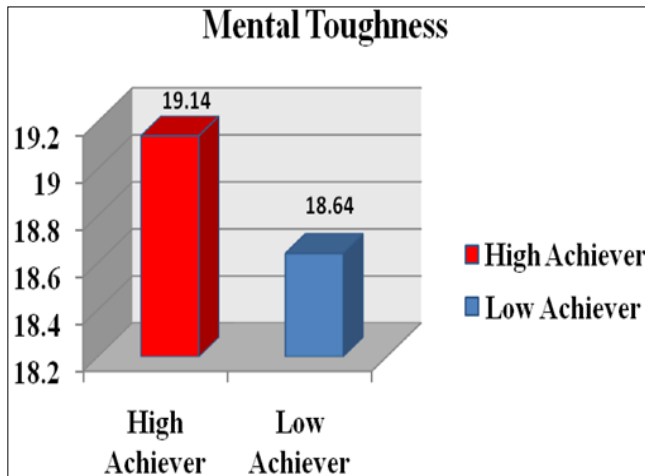
For the present study, the data were collected from the inter-collegiate of kho-kho players of different districts of Jammu

and Kashmir. The data pertaining to mental toughness collected from 100 subjects and 50 subjects were selected from each group i.e. 50 from high achievers and 50 from low achievers, through simple random sampling for testing the

hypothesis. The statistical result of the undertaken mental toughness between High And Low Achievers of Kho-Kho Players for verifying researcher’s hypothesis has shown in the following tables

Table 1: Comparison of mental toughness high and low achievers of Kho-Kho players

Group	Mean	S.D.	M.D	S.E	Degree of Freedom	O.T	T
High Achievers	19.14	2.04	0.5	0.41	98	1.19	2.00
Low Achievers	18.64	2.12					



Graph 1: Graphical representation of mean difference in mental toughness between high and low achievers of kho-kho players

and Nonathletic, Percept Motor Skills. 2008; 5(17).

Conclusion

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there was found insignificant difference in the Mental Toughness among high and low achievers of kho-kho players belongs to Jammu and Kashmir state, while applied ‘t’ test.

The researcher initially pre assumed that there will be a significant difference in the Mental Toughness high and low achievers of kho-kho players belongs to Jammu and Kashmir state After the statistical analysis interpretation of data it was found that there is insignificant difference in Mental Toughness High And Low Achievers of Kho-Kho Players belongs to Jammu and Kashmir state the tabular value exceeded than calculated‘t’ at the level of significance 0.05. Hence the researchers pre assumed has been rejected.

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