

A comparative study on the mental toughness level of individual and team game players

Joginder¹, Rohit²

Abstract: Mental toughness is a skill that is typically associated with successful competition performance. The value of mental toughness in competitive sports has been discussed in the literature (A.S. Goldberg, 1998; K. Hodge, 1994; J. Tunney, 1987; R.M. Williams, 1988). Several outcomes are subject to change because of how typically unpredictable sports are. Those who participate in competitive sports rapidly realize that winning is about more than just improving one's physical capabilities. Being physically and mentally capable is one thing; being able to put those skills to use when needed is quite another. Every sports contest involves a struggle of will between the mind and body, which is blatantly obvious in a competitive environment (J.E. Loehr, 1982). This study compares the level of mental toughness among participants in individual and team games. A total of 50 intercollegiate level players were selected for this study out of which 25 players were from the individual game and 25 were from team games. The age of players ranges between 18 to 25 years. The mental toughness of the players was measured by using the Mental Toughness Questionnaire 18 (MTQ) developed by Cherry (2005). The Revised Mental Toughness Questionnaire measures athletes' competitive desire, focus, resiliency, and self-confidence. The result of the study revealed that there is no significant difference in mental toughness (MT) between individual game team games. The data also showed there is no significant difference in mental toughness (MT) between hockey and handball players of team games. Again the result of the study revealed that there is no significant difference in mental toughness (MT) between archery and athletics players of an individual game.

Key Words: Mental toughness, Competitive desire, Focus, Resiliency, and Self-confidence

INTRODUCTION

Sport is about physical movements and expressing your emotions. It is necessary to study the things required for physical movements and increase physical fitness. Both physical and mental developments develop while playing. Athlete increases their physical fitness by taking different pieces of training for physical development. Physical fitness requires peace of mind.

The real test of a player's superior sportsmanship comes during the actual competition. Sport has become a psychological activity filled with aggression, tension, anxiety, fear, stress, and adjustment. Today competitive games, teams, and individual athletes play to win and this attitude toward winning competitions and individual competitions creates more mental anxiety.

Being mentally tough involves being able to maintain concentration in the face of difficulty and having the fortitude to accept defeat while still being adamant about succeeding. The idea of mental toughness in athletics has been studied and developed for a long time. (A.S. Golberg, 1998; J.E. Loehr 1986). Coaches and athletes agreed that psychological elements associated with mental toughness account for at least 50% of success. (J.E. Loehr, 1982; 1986). Researchers discovered that the mental part accounts for 90% of what separates the winning team when two teams have the same strengths, skills, and propensity to win (B. Gouldsmith, 2006). Recently, the concept of mental toughness has gained significance as it relates to good athletic performance (D.

Gucciardi, S. Gordon, J. Dimmock, 2009; G. Jones, S. Hanton, D. Connaughton, 2007; S. Bull, C. Shambrook, W. James, J. Brooks, 2005; D. Gould, K. Dienffenbach A. Moffett, 2002; P.J. Clough et al. 2002) suggested mental toughness is a trait-like construct that allows individuals to remain relatively unaffected by competition or adversity. A factor often associated with successful performance in competition is mental toughness.

METHODOLOGY

Selection of subjects

A total of 50 intercollegiate level players were selected for this study out of which 25 players were from the individual game and 25 were from team games. The age of players ranges between 18 to 25 years.

Variable

The mental toughness of the players was measured by using the Mental Toughness Questionnaire 18 (MTQ) developed by Cherry (2005). The Revised Mental Toughness Questionnaire measures athletes' competitive desire, focus, resiliency, and self-confidence to assess their mental toughness.

Scoring

Participants read a statement and then circled the number that corresponded best to them according to the sport they were currently involved in. A five-point scale was used, with "1" indicating that an athlete strongly agreed (more mentally tough) and "5" indicating that (s) he strongly disagreed with the statement (less mentally tough).

RESULTS

Table 1 Mean and SD value on the mental toughness of Individual and team sports

Group	N	Mean	SD	T-Value	Significance
Individual Game	25	39.08	6.87	0.34	Not Significant
Team Game	25	38.36	7.86		

Significant at 0.05 levels

Table 2 Mean and SD value on the mental toughness of Archery and Athletics players of Individual games

Individual Game	N	Mean	SD	T value	Significance
Archery	17	41.17	5.43	.767	Not Significant
Athletics	8	39.37	5.57		

Table 3 Mean and SD value on the mental toughness of Hockey and Handball players of Team games

Team Game	N	Mean	SD	T value	Significance
Hockey	6	39.50	8.01	.634	Not Significant
Handball	19	36.89	8.97		

The mean values and standard deviation of Individual and team sports of MT are presented in Table 1. The study revealed that there is no significant difference between Individual and team game sports on mental toughness. When we saw the level of mean value, we found that team game players' scores were less than individual players' scores. But this difference was not found significant at 0.05 level.

The mean values and standard deviation on the mental toughness of archery and athletics players are presented in Table 1.2. The data showed that there is no significant difference between archery and athletics players' mental toughness. When we saw the level of mean value, we found that athletic players' scores were less than archery players' scores. But this difference was not found significant at 0.05 level.

The mean values and standard deviation of hockey and handball players on MT are presented in Table 1.3. The study revealed that there is no significant difference between hockey and handball team game players on mental toughness. When we saw the level of mean value, we found that handball players' scores were less than hockey players' scores. But this difference was not found significant at 0.05 level.

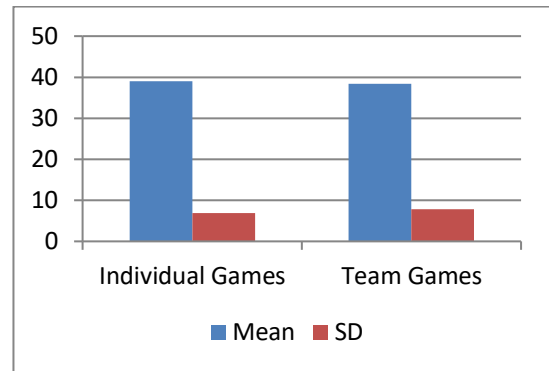


Fig. 1 Graphical representation for T-test analysis on the mental toughness of Individual and team games players

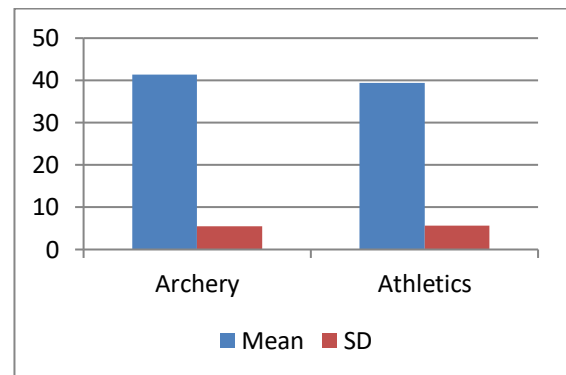


Fig. 2 Graphical representation for T-test analysis on the mental toughness of Individual and team games players

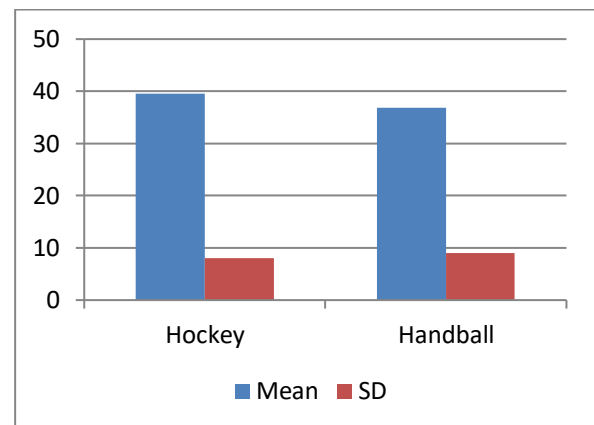


Fig. 3 Graphical representation for T-test analysis on the mental toughness of Individual and team games players

CONCLUSION

No significant difference was found in Overall Mental Toughness between Individual and team games of inter-college players. The same is also found between archery and athletics; hockey and handball. We found a minor difference in the mean value but not the level of significance. This could be largely due to the similar nature of both archery and athletics; hockey and handball players.

But in the case of individual and team game players, it will be the further investigation subject to a large sample.

Conflict of Interest: No conflict of interest among authors.

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