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## Relationship between mental toughness and will to win with skill of footballers

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### Abstract

Almost every nation in the world attaches great importance to the development of physical fitness and sports in order to improve the nation's health and for the well being of the future generation. The acquisition of new standards may be attributed to better understanding of human organization in relation to physical and motor performance qualities the purpose of this study was to see the *Relationship between mental toughness and will to win with skill of footballers*". Age ranged 17-25. For this purpose 40 subjects were randomly selected. For conducting this study the administration of mental toughness and will to win questionnaire of Allen Goldberg and by Anand kumar and P.S. Shukla's. Was used and also Soccer Skill: The soccer skill was measured by Warner Test of soccer skills. To analyze the data Pearson's product moment method was employed. As per statistical analysis significant difference was found in mental toughness and Will to Win.

**Keywords:** mental toughness, will to win and footballers

### Introduction

The participation in modern sports is influenced by various, physiological, and psychological factors. During training, besides good physique and physical fitness of the athlete, main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contests in the national and international competitions.

### 1. Mental toughness

It is a widely used experience in modern sports. The term "mental toughness; liberally refers to any set of positive attributes that helps a person to cope with difficult situations It is a quality, which differentiates the winner from the loser, the champion from the rest of the field. Basically, sportsmen with mental toughness have the ability to raise their game to the highest level at crucial moments in a match. Thos also implies that the mental toughness gives them the necessary focus and ability to concentrate on the job in hand. Mental toughness is "the ability of perform consistently towards the upper range of your talent and skill regardless of competitive circumstances."

### 2. Will to Win

The ability to do whatever is necessary in life to achieve your goals in life, sports, or any endeavor you undertake. The will to win is a phrase held by only those who truly believe in the will to do something that others believe one cannot do.

### 3. Footballers

A Footballer is a sports person who plays Football.

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**Methodology**

Subjects For that study 40 players from sports background of different colleges of SGBAU were randomly selected to serve as subject



**Tools**

The mental toughness questionnaire of Allen Goldberg (1995) was used to measure the mental toughness of the selected subjects and Will to win questionnaire of Anand kumar and P.S. Shukla's

**Statistical Analysis**

The data obtained from the responses given by the subjects on standard questionnaire of mental toughness and will to win which was marked according to the key and analyzing by using Pearson's product moment method was employed independently for each selected variable. Further the level of significance was set at .05 levels.

**Findings**

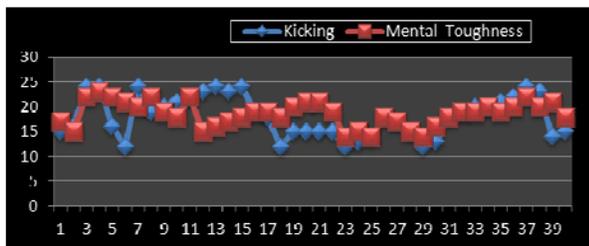
The findings of statistical treatment have been shown in the following tables.

**Table 1:** Relationship between Mental Toughness and Right Foot Kicking Ability for Distance among the Footballers

Variables	Coefficient of Correlation (r)	Relationship
Mental Toughness	0.368*	Positive Low

\*Significant at .05 level of confidence r .05 (38) 0.304

An analysis as shown in table-1 indicated that right foot kicking ability had significantly positive correlation to mental toughness (r=0.368) were statistically significant as the value obtained were much higher than the tabulated value (0.304) required, to be significant at 0.05 level with 38 degree of freedom. Right foot kicking ability had significantly low relationship to mental toughness.



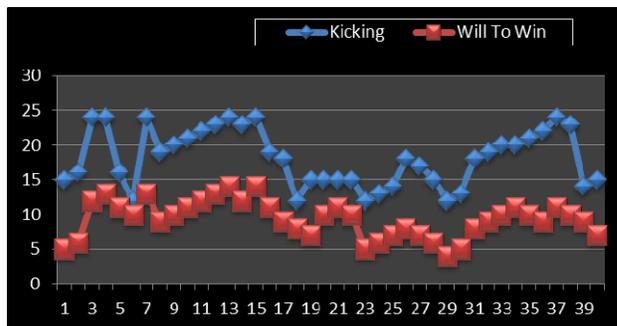
**Graph I:** Relationship between Mental Toughness and Right Foot Kicking Ability for Distance among the Footballers

**Table 2:** Relationship between Will to Win and Right Foot Kicking Ability for Distance among the Footballers

Variables	Coefficient of Correlation (r)	Relationship
Will To Win	0.782*	Positive Average

\*Significant at .05 level of confidence r .05 (38) 0.304

An analysis as shown in table-2 indicated that right foot kicking ability had significantly positive correlation to will to win (r=0.782) were statistically significant as the value obtained were much higher than the tabulated value (0.304) required, to be significant at 0.05 level with 38 degree of freedom. Right foot kicking ability had significantly average relationship to will to win.



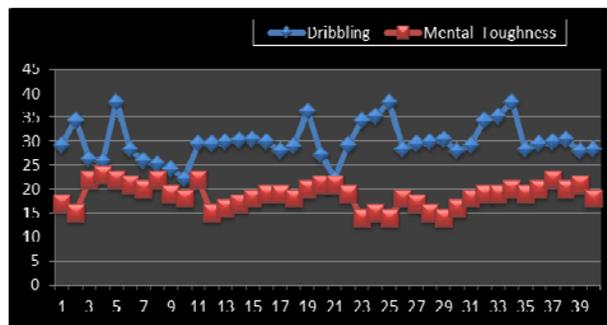
**Graph II:** Relationship between Will to Win and Right Foot Kicking Ability for Distance among the Footballers

**Table 3:** Relationship between Mental Toughness and dribbling ability for Distance among the Footballers

Variables	Coefficient of Correlation (r)	Relationship
Mental Toughness	-0.308*	Negative Low

\*Significant at .05 level of confidence r .05 (38) 0.304

An analysis as shown in table-3 indicated that dribbling ability had significantly negative correlation to mental toughness (r= -0.308) were statistically significant as the value obtained were much higher than the tabulated value (0.304) required, to be significant at 0.05 level with 38 degree of freedom. Dribbling ability had significantly low relationship to mental toughness.



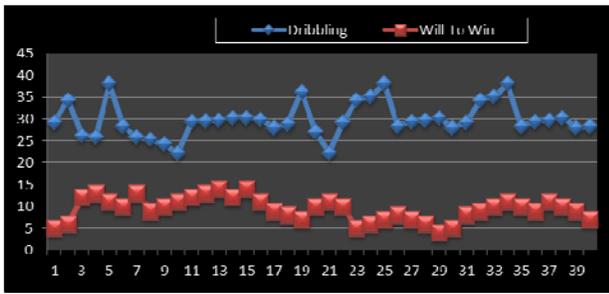
**Graph III:** Relationship between Mental Toughness and dribbling ability for Distance among the Footballers

**Table 4:** Relationship between Will to Win and dribbling ability for Distance among the Footballers

Variables	Coefficient of Correlation (r)	Relationship
Will To Win	-0.266	Very Low Negative

\*Significant at .05 level of confidence r .05 (38) 0.304

An analysis as shown in table-4 indicated that dribbling ability had significantly negative correlation to will to win (r= -0.266) were statistically insignificant as the value obtained were less than the tabulated value (0.304) required, to be significant at 0.05 level with 38 degree of freedom. Dribbling ability had significantly very low relationship to will to win



**Graph IV:** Relationship between Will to Win and dribbling ability for Distance among the Footballers

**Conclusion**

With the limitations of the study and from the statistical analysis of the collected data it is concluded that.

1. The right foot kicking ability had significantly low relationship to mental toughness.
2. The right foot kicking ability had significantly average relationship to will to win.
3. The dribbling ability had significantly low relationship to mental toughness.
4. Therefore dribbling ability had significantly very low relationship to will to win.

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