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## Compare the mental toughness and group cohesion between successful and non-successful kabaddi players

**Dr. C Durai and G Anantharaj**

### Abstract

The purpose of the study was to compare mental toughness and Group cohesion between successful and non-successful kabaddi players. To achieve the purpose forty eight Kabaddi players (24 successful and 24 non successful) between the age group of 18 to 22 years were randomly selected from various colleges during the intercollegiate tournaments of Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu. Mental toughness and Group Cohesion of the players was collected by using Sports Mental Toughness Questionnaire (SMTQ) and Group Environment Questionnaire (GEQ). The Collected data was statistically analyzed by independent 't' test and it was tested by 0.05 level of confidence to find the significant difference between the selected groups. The result shown that, there was a significant difference exists on mental toughness and Group cohesion between successful and no-successful kabaddi players.

**Keywords:** Mental toughness, group cohesion and kabaddi

### Introduction

Kabaddi is a game played between two teams of seven players, in which individuals take turns to chase and try to touch members of the opposing team without being captured by them (Rush Scieall, 1995) [1].

Mental toughness is the ability to consistently maintain an ideal performance state during the heat of competition. (Barnes, Simons, 1996) [2]. Group cohesion was defined as "the dynamic process which is reflected in the tendency for a group to stick together and remain united in the pursuit of its goals and objectives. Sopa & Pomohaci Marcel (2014) [3], described in group sports, mainly in performance based activities, high group cohesion is considered to be very helpful, and has led to better performance.

Achievement in team games or sports must need more mental toughness because the mental ability of a person may differ depends upon the game situation. In a crisis situation the team must remain united mentally to achieve the goal. Hence the researcher wants to know the difference between success and non-success player on mental toughness and Group cohesion.

### Purpose of the study

The purpose of the study is to compare the mental toughness and group cohesion between successful and no-successful kabaddi players

### Methodology

To achieve the purpose of this study, 48 kabaddi players (24 Successful and 24 Non-successful) were randomly selected between the age group of 18 to 22 years were randomly selected from various colleges during the intercollegiate tournaments of Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu. Mental toughness and Group cohesion were selected as independent variables. Data were collected by using Sports Mental Toughness Questionnaire (SMTQ) and Group Environment Questionnaire (GEQ). The collected data was statistically analyzed by using independent 't' test at 0.05 level of confidence. From the table I, the mean values of successful and non-successful Kabaddi players were 36.79 and 30.63 respectively, the obtained 't' test value is 2.81 which is greater than table value of 2.01 with df 46 at 0.05 level of confidence.

### Correspondence

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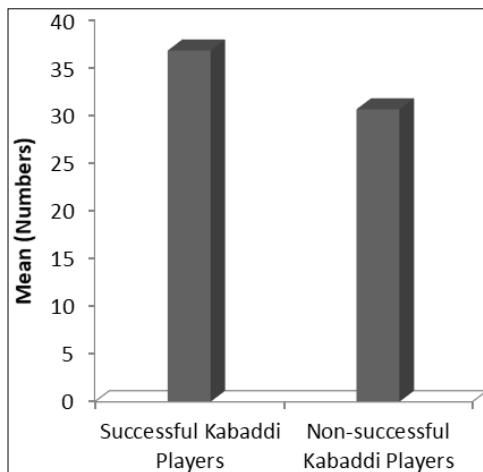
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It was concluded that there was a significant difference exists between successful and non-successful Kabaddi players on mental toughness.

**Table 1:** Summary of mean and independent 't' test on mental toughness of successful and non-successful kabaddi players

Group	Number	Mean	SD	't' value
Successful Kabaddi Players	24	36.79	4.45	
Non-Successful Kabaddi Players	24	30.63	5.45	2.812*

\* 't' (46) = 2.01



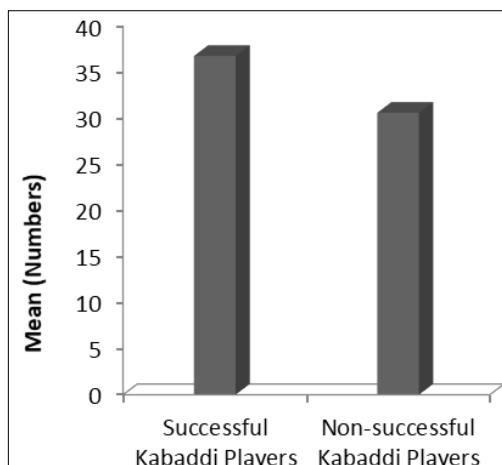
**Fig 1:** Mean values of successful and non-successful kabaddi players on mental toughness

**Table 2:** Summary of Mean and Independent 'T' Test On Group Cohesion of Successful and Non-Successful Kabaddi Players

Group	Number	Mean	SD	't' value
Successful Kabaddi Players	24	101.46	14.76	
Non-Successful Kabaddi Players	24	89.17	13.63	2.99*

\* 't' (46) = 2.01.

From the table II, the mean values of successful and non-successful Kabaddi players were 101.46 and 89.17 respectively, since the obtained 't' test value is 3.86 which is greater than table value of 2.00 with df 58 at 0.05 level of confidence. It was concluded that there was a significant difference exists between successful and non-successful Kabaddi players on group cohesion.



**Fig 2:** Mean values of successful and non-successful kabaddi players on group cohesion

### Conclusions

- There was a significant difference on compare the mental toughness between successful and no-successful kabaddi players.
- There was a significant difference on group cohesion between successful and no-successful kabaddi players.

### Discussion

Sukashant S Patil found the similar result in his study, A comparative analysis of mental toughness in different level sportsmen revealed that there was a significant difference found in sportsmen and non-sportsmen.

Rahim, Misagh, Minoo & Shahram (2009) [5], Found that significant relationship between group cohesion and collective efficacy, and highlight the interdependence in team sports, which can significantly affect the need for group cohesion and collective efficacy that contribute to team performance.

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