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## A comparative study of mental toughness of team and individual players of different schools of Gwalior

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### Abstract

The purpose of the study was to examine mental toughness between team and individual game players of different Schools of Gwalior. For the collection of data Mental Toughness Questionnaire prepared by Dr. Alan Goldberg was administered on 30 team game players and 30 individual game players of different Schools of Gwalior selected randomly to serve as subjects. To analyze the data, collected by administering the questionnaire to all the subjects in different tournaments of Gwalior, t-test was employed.

The findings of the study revealed that there was statistically significant difference in mental toughness between the players of team games and individual games of different Schools of Gwalior.

**Keywords:** Mental toughness, t-test, questionnaire, significant difference

### Introduction

Mental toughness is a widely used expression in modern sports. 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. This 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 to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion to get the better of the player.

Sports persons, whether from team games or individual games, are constantly under stress and anxiety while competing in tournaments, they struggle for each point and often put their best efforts to get success. In competition, there are situations that require the utmost concentration to face difficult circumstances. It is always questionable that which players, team games or individual game, possess better mental toughness. Therefore, observing the felt requirement, I consider it necessary to attempt a comparative study of mental toughness of team and individual players of different schools of Gwalior.

### Materials and Method

For the purpose to examine mental toughness, 30 team game players and 30 individual game players of different Schools of Gwalior were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Dr. Alan Goldberg was administered. The questionnaire was comprised of 60 questions / statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Every statement will have two possible responses i.e. true or false. To analyze the data, collected by administering the questionnaire to all the subjects in different tournaments of Gwalior, t-test was employed.

### Results

To find out the significant differences in mental toughness between the players of team and individual games of different Schools of Gwalior, t-test was employed at 0.05 level of significance. The statistical analysis of data pertaining to the mental toughness is given below:

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**Table 1:** Significant Differences between the Players of Team Games and Individual Games of different Schools of Gwalior

Groups	Mean	S.D.	Difference between Mean	't' ratio
Players of Team Games	42.6	8.72	6.8	3.507*
Players of Individual Games	35.8	6.06		

It is evident from table-1 that there was significant difference in mental toughness between the players of team games and individual games of different Schools of Gwalior, since the calculated 't' value 03.507 was found to be more than tabulated value 2.00 at 0.05 level. Thus, data provides sufficient evidence to ensure that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games of CBSE schools, Rajasthan.

### Discussion

The findings of the study revealed that there was statistically significant difference in mental toughness between the players of team games and individual games of different Schools of Gwalior. This clearly indicates that the mean mental toughness of the players of team games is significantly higher than the mean mental toughness of the players of individual games of different schools of Gwalior. This may be attributed to the fact that the players of team games involve themselves more to prepare mentally for various competitions and participate in competition as a team which helps them to share the pressure of the competition. Therefore, necessary care needs to be taken in training to enhance the mental toughness of players of individual games. These results may be utilized to formulate the various training programmes.

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