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Comparative study on football among Punjab and Haryana National level players

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Abstract

The purpose of the study was to compare the mental toughness among Punjab and Haryana National level football players. Mental toughness skills are an asset to have in all areas of life. It is an important attribute that leads to successful performance. It can be utilized at all levels of performance and is not solely for elite performers. The mentally toughest players were more independent, taking greater personal responsibility for their development. The present research is an attempt to find the significant difference between among Punjab and Haryana National level football players on the basis of mental toughness. Samples of 30 participants were selected from among Punjab and Haryana National level football teams. All the participants were in the age range of 18 and 24. The mental toughness questionnaire by Loehr was used to assess the mental toughness among football players. It consists of 18 statements based on 5-point scale viz., Strongly agree, Agree, Neutral, Undecided disagree, strongly disagree. The statistical technique (t-test) was used to check the significance at 0.5 level of confidence. Result of the study showed that there was a significant difference showing that players from Punjab had better mental toughness than the players from Haryana.

Keywords: mental toughness, mental toughness skills, football.

Introduction

Mental toughness is a measure of individual resilience and confidence that may predict success in sport, education and the workplace. As a broad concept, it emerged in the context of sports training, in the context of a set of attributes that allow a person to become a better athlete and able to cope with difficult training and difficult competitive situations and emerge without losing confidence.

Football is the most exciting game played world over. Almost every country in the world has its set of football teams and football fans. people are aware that India also has a national football team that participates in various international football events. But the National Football team performed very well under Syed Abdul Rahim during 1950s and 1960s and also qualified for the World Cup. It was in the 1950 FIFA Competition that India got a chance to play. However, it withdrew before the commencement of the tournament. Football fans in India support football teams belonging to different countries but at heart are waiting for India to participate in the World Cup.

Hypothesis of the study: It was hypothesized that there would be a significant difference among among Punjab and Haryana National level football players on mental toughness.

Methodology: The purpose of the study was to compare the among Punjab and Haryana National level football players on the basis of mental toughness. In order to achieve the purpose of the study players were selected randomly from different Nationals. They were informed about the proceedings of the study and they willingly accepted to be a part of it. The age was ranged between 18 and 24 years. Mental Toughness Questionnaire was used to collect the data on the selected subjects

Result and Discussion

The result of the present study in statistical form are presented in Table 1.

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Table 1: Mean scores, Standard Deviations and t-ratio of Mental Toughness on Punjab and Haryana Football players

Group	N	Mean	S.D.	't' value	Level of significance
Punjab	15	33.08	1.57	1.33	0.05
Haryana	15	32.74	2.17		

From the findings it is revealed, that there is a significant difference between Punjab and Haryana football players ($t=1.33$), on the basis of mental toughness. The mean value of Punjab players was 33.08 which is greater than the mean value of 32.74 obtained by the players from Haryana. Therefore, The Punjab players seems to have better mental strength as compared to Haryana players. This may be due to different coaching style, more involvement in the game, parental motivation, and more exposure by participating in football competitions. Thus the hypothesis is accepted.

Conclusion

Based on the result of this study, it was concluded that there is a significant difference on Mental Toughness among Punjab and Haryana National level football players.

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