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## Comparison on mental toughness between sedentary women and women who practicing in recreation volleyball

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### Abstract

The purpose of the study was to find out the differences in mental toughness between sedentary women and women who practicing volleyball as recreation women's belongs to thrissure district between the age group of 40 to 45years. The subjects were randomly selected and were shortlisted through purposive sampling. To analyze mental toughness of the subjects mental toughness Questionnaire (Dr. Alan Goldberg, 2004) was used. The statistical technique employed for this study was independent 't'-test at 0.05 level of significance. Statistical analysis indicates significant difference in mental toughness of sedentary women and women who practicing volleyball as recreation. Therefore, the hypotheses that there would be no significant difference between mental toughness woman's have been rejected, though practicing volleyball as recreation women's showed are significantly better sedentary women's in Pressure handling ability, Rebound ability, Motivation, Confidence and Concentration and Overall mental toughness.

**Keywords:** Mental toughness, sedentary women, recreation, volleyball

### Introduction

Sports, a part of physical education program, have grown so big that it has come to be recognized as a very strong social force. Some people claim a separate entity for sports, a separate study. The word physical education indicates that physical activity develops the learner. The common denominator in sport and physical education is movement activities. What may not be understood from the combined term is that the motor activities must be performed to develop skillful or artistic execution and also to develop the performer, physical education and sports together form a coherent systematic and scientifically sound program based on the current accepted principles.

Physical inactivity and the increased sedentary nature of our daily living habits are a serious threat to the body, causing major deterioration in normal physiological and psychological function. Such common and serious mental disturbances are mental toughness, stress, anxiety, depression, hyper tension, and the physical problems as coronary heart disease, obesity, and lower back problems have been either directly or indirectly associated with our lack of physical activity, so physical fitness and the mental wellness is one's richest possession.

Women are one of the main categories who face many physical and psychological problems. They fail to face psychological problems such as, mental toughness, stress, tension, anxiety and so on more than physical disturbance. Performing physical activity or sports helps to reduce both these mental and physical problems.

In this modern era, ninety percentages of women came out from the world of kitchen. They begin to work hard physically by doing exercise and sports, some spend their leisure time by playing team games such as volley ball, basket ball, hand ball etc. In this study the scholar try to find out the difference on mental toughness between sedentary women and women who practicing volleyball as recreation.

The purpose of the study it was hypothesized that there will not be any significant differences between sedentary women and women who practicing volleyball as recreation with respect to their mental toughness.

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### Objective of the Study

The objective of the study was planned with the aim to compare Mental Toughness between sedentary women and women who practicing volleyball as recreation.

To compare overall Mental Toughness between sedentary women and women who practicing volleyball as recreation.

### Materials and Methods

The subjects for this study are forty (20 sedentary women and 20 women who practicing volleyball as recreation Players) women's belongs to thrissure district between the age group of 40 to 45 years. To compare Mental Toughness between sedentary women and women who participating volleyball as recreation, t- test was applied at 0.05 level of significance.

### Description and Administration of Questionnaire

Mental toughness Questionnaire: A trait measure of mental toughness was used (The mental toughness questionnaire: MTQ; Dr. Alan Goldberg, 2004) <sup>[1]</sup>. This test consists of 30 questions includes both positive and negative statements. Each statement consists of two responses: True or False. The respondent made a tick (✓) any one of the responses that fit to them best. The MTQ assess five-factors: Rebound ability, Ability to handle pressure, Concentration, Confidence and Motivation. The purpose of the study was explained to them. The screening of the questionnaire was done to check that no questions are left unanswered.

### Data Analysis

For data analysis responses were expressed as mean and standard deviation. Independent't' test was performed for comparison between two group (sedentary women and women who participating volleyball as recreation),  $p < 0.05$  was considered statistically significant. Data analysis was performed using SPSS software under windows.

### Results

To compare Mental Toughness between sedentary women and women who practicing volleyball as recreation of mean, standard deviation and 't' tests were computed. On Mental Toughness, the means and standard deviations of the two groups along with the significance of difference by 't' test has been presented in table-1.

**Table 1:** Mean and standard deviation of mental toughness components between sedentary women and women who practicing volley ball as recreation.

Variables		Mean	Standard Deviation	'T' Value
Rebound ability	S.D	3.25	1.51	2.92
	W.P.V	4.4	0.88	
Pressure Handling Ability	S.D	2.8	1.28	2.44
	W.P.V	3.9	1.55	
Concentration	S.D	2.95	1.39	2.35
	W.P.V	3.25	1.51	
Confidence	S.D	3.25	1.51	2.72
	W.P.V	4	1.16	
Motivation	S.D	3.9	1.51	3.85
	W.P.V	4.17	0.57	
Overall Mental Toughness	S.D	3.23	1.44	2.85
	W.P.V	4.15	1.13	

S.D=sedentary women W.P.V=women who practicing volleyball as recreation

Significant at 0.05 levels

Table- 1 indicates that the means of volleyball practicing women's on Pressure handling ability, Rebound ability, Motivation, Confidence and Concentration and Overall mental toughness were 3.9, 4.4, 4.17, 4, 3.25 and 4.15 respectively which are higher than the means of sedentary women's in the mentioned components and the obtained 't' was 2.8, 3.25, 3.9, 3.25, 2.95 and 3.23 which was found to be significant at .05 level of confidence. This clearly denotes that volleyball practicing women's are significantly better than sedentary women's in Pressure handling ability, Rebound ability, Motivation, Confidence and Concentration and Overall mental toughness.

### Discussion

The results of the study indicate that there was significant difference in mental toughness components between sedentary and practicing volley ball as recreation women's. The analyzed data shows that practicing volley ball as recreation women's are significantly better sedentary women's in Pressure handling ability, Rebound ability, Motivation, Confidence and Concentration and Overall mental toughness. This may be attributed to the fact that the practicing volley ball as recreation women's 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, bouncing back from mistakes and being motivated, confidence level because they compete and manage challenging situations alone. They also have some extra edge and are significantly better in concentration ability.

This study may be utilized for the formulation of various training programmes. Women's with strong mental toughness would be able to manipulate situation and absorb pressure and bring goodwill to themselves.

### Conclusion

Results of this study are consistent with previous research studies that have demonstrated that overall mental toughness of practicing volley ball as recreation women's are better than sedentary woman's.

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