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## Comparison of mental toughness between players of team games and individual games

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### Abstract

The purpose of the study was to examine the mental toughness of players of team games and individual games. For the said objective 30 players from team games and 30 players from individual games of Thiruvavur district, Tamil Nadu who have participated at district level, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on hand ling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. The data were analyzed by using t-test. The significant difference was employed at 0.05 levels. The result of the study concluded that there was a significant difference in mental toughness between the players of team games and individual games. This clearly depicts that the mean value of mental toughness to the team game players were significantly higher than the individual game players.

**Keywords:** Mental toughness, team games, stressors

### Introduction

Mental Toughness is the capacity for an individual to deal effectively with stressors, pressures, challenges and perform to the best of their abilities irrespective of the circumstances in which they find themselves struggled. In sport there is an increasing awareness of how important psychological factors are within athletic performance and it is now being recognized that physical talent is not the only component which leads to success. Players, 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 sports 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. In the scientific and sport community, mental toughness is viewed as one of the most important attributes that will lead to a successful athletic performance. At the highest level it is often the mental game which separates the elite performers from the good performers. In sport there has been very little scientific attention focusing around mental toughness and this is seen as very surprising considering that it became necessary to compare mental toughness between players of team games and players of individual games of Thiruvavur district, Tamil Nadu.

### Methods

For the purpose to compare the mental toughness, 30 players from team games and 30 players from individual games of Thiruvavur district, Tamil Nadu who have participated at district Level, were randomly selected to serve as subjects. For the collection of data Mental Toughness Questionnaire prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 statements based on handling pressure (20 questions), concentration (17 questions), mental rebounding (14 questions) and winning attitude (9 questions). Each statement has two possible responses i.e. true or false. The data were analyzed by using t test and the level of significance was fixed at 0.05 levels.

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### Result and Discussion

To find out the significant differences in mental toughness between players from team games and players from individual

games of Thiruvavur district, Tamil Nadu t-test was employed at 0.05 level of significance. The statistical analysis of data pertaining to the mental toughness is given below:

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

Groups	Mean	S.D	Difference Between Mean (DM)	't' ratio
Players of Team Games	42.63	8.71	6.8	3.49*
Players of Individual Games	35.77	6.1		

't' (58) = 2.00

It is clearly evident from table No. 1 that there was a significant difference in mental toughness between the players of team games and individual games of Thiruvavur district, Tamil Nadu. The calculated 't' value of 3.49 was found to be more than that of the tabulated value of 2.00 at 0.05 level. Thus, the mental toughness of the players of team games was significantly higher than the mean mental toughness of the players of individual games of Thiruvavur district, Tamil Nadu.

This may be attributed due to the reality that the players of team games get themselves occupied more to prepare mentally for various competitions and participate in competition as a team which develops team cohesion to them. Hence it is necessary to train players of individual games more than the players of team games to enhance the mental toughness. These outcomes may be utilized to develop the various training plans.

### Conclusions

The result of the study revealed that the mental toughness of the players of team games was significantly better than the mean mental toughness of the players of individual games of Thiruvavur district, Tamil Nadu.

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