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Dr. Lamlun Buhril

Associate Professor, Sports
Authority of Lakshambai
National College of Physical
Education, Trivandrum, Kerala,
India

Analysis of Mental Toughness of Offensive and Defensive Football Players

Dr. Lamlun Buhril

Abstract

Background - The purpose of study was to find out the difference between offensive and defensive football players in relation to mental toughness.

Procedure and Methodology - For purpose of the study 200 (100 offensive and 100 defensive) football players were selected randomly from different part of Kerala. The selected variable of offensive and defensive football players was mental toughness was measured by questionnaire. Statistical Technique- t-test was used to compare offensive and defensive football players in relation to mental toughness.

Result - Clearly indicates that there is no significant difference between offensive and defensive football players in relation to mental toughness which includes handling pressure, concentration, rebound ability, level of confidence and motivation

Conclusions: There is no significant difference was found between offensive and defensive football players in relation to mental toughness

Keywords: offensive, defensive, football, mental toughness

Introduction

Football is characterized by activities such as twisting, turning, stopping and quick movements as well as sprints, passing and shooting and also it involves lots of technical and tactical skills, football players also faced with so many mental and emotional challenges in addition to their physical demands during a match. It is assumed that these psychological challenges may differ among players of different levels. The development of sportsman to enable him to achieve high is not only confined to physical process of physical fitness; rather it is an accepted phenomenon that psycho-socio traits are also required to maintain the balance. Psychology as a behavioural science has made its contribution in improving sports performance. Quality game needs quality players and mental toughness played a key role in order to achieve success in every game played. Team manager Sir Alex Ferguson also agreed that mental toughness does contribute to their team success and it is also important component that applies during the local football league. It is not uncommon to hear coaches and athletes express their belief on how poorly their team performed against certain opponents or how they feel apart in crucial situations. In all competitive sports, the anxiety prone while participating in competitive sports. Anxiety is a type of emotional disturbance, it may be a motivating force or it may interfere with successful performances. Therefore mental toughness is an important component in the success of sports events. Perhaps, mental skills reduce the anxiety level and build up confidence among athletes. Furthermore, it also helps to create good imaginary and coping strategies in sports performance. Mental strength helps the athlete to perform consistently at the optimum level during the competition when needed. Therefore the role of sports psychological skills in achieving optimum level of performance in sports should not be underestimated. Success in sports is not only dependent on the physique of players and tactical aspects but also on psychological skills. The study of particular characteristics, factors and psychological competence that are relevant to sports performance emerged as one of the main research items in this particular domain. ([www.Soccer Psychology Tips.Com](http://www.SoccerPsychologyTips.Com))

Mental toughness is a measure of individual resilience and confidence that may predict success in sports, education and work place. As a broad concept, it emerged in the context of sports training, in the set of attributes that allow a person to become a better athlete and able to cope

Correspondence

Dr. Lamlun Buhril

Associate Professor, Sports
Authority of Lakshambai
National College of Physical
Education, Trivandrum, Kerala,
India

Difficult training and difficult competitive situations and emerge without losing confidence. Mental toughness is frequently colloquially to refer to any set of positive attributes that helps a person to cope with difficult situations. In recent decades, the term has been commonly used by coaches, sports psychologist, sports commentators and business leaders. Coaches and sports commentators freely used the term to describe the mental state of athlete who persevere through difficult sports circumstances to succeed. Mental toughness in sports is having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (completion, training, and lifestyle) that sports place on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident and in control under pressure. (Graham Jones, Sheldon Hanton and Declan Connaughton, 2012) [1].

Methodology

Sample: For the purpose of the study 200 (100 offensive and 100 defensive) football players were selected from different part of Kerala.

Tools: The questionnaire used for measuring mental toughness is prepared by Alan Goldberg. Which has four categories namely: handling pressure, concentration, rebound ability, level of confidence and motivation will be used.

Data Collection: The questionnaire will be distributed to the subjects, they are asked to give responses based on their personal feelings and based on what they were feeling at the present moment.

Data Analysis: The collected data were put to statistical treatment by computing“ to find out the differences if any, between the offensive and defensive football players in relation to mental toughness. The result has been presented in the following table:

Results

Table 1: Comparison of Rebound Ability between offensive and defensive football players

Variable	Player	N	Mean	SD	t	P
Rebound Ability	Offensive	100	2.43	1.58	-1.47	0.07
	Defensive	100	1.37	1.37		

Not Significant (p>0.01)

There was no significant difference between Offensive and Defensive football players for the variable rebound ability as indicated in Table 4.2. The mean score obtained for Offensive football players was 2.43, and for Defensive football players was 1.37, the corresponding standard deviation was 1.58 and 1.37respectively. The t obtained was -1.47, which was not significant at 0.01 level. From the mean value it was clear that, the Offensive football players had similar level of rebound ability with the Defensive football players.

Table 2: Comparison of Handling Pressure between Offensive and Defensive football players

Variable	Player	N	Mean	SD	t	P
Handling pressure	Offensive	100	2.91	1.58	-2.72	0.012
	Defensive	100	3.43	1.37		

Not Significant (p>0.01)

There was no significant difference between Offensive and Defensive football players for the variable Handling Pressure as indicated in Table 2. The mean score obtained for Offensive football players was 2.91, and for Defensive

football players was 3.43, the corresponding standard deviation was 1.58 and 1.37 respectively. The t obtained was -2.72, which was not significant at 0.01 level. From the mean value it was clear that, the Offensive football players had similar level of Handling Pressure with the Defensive football players.

Table 3: Comparison of Concentration between Offensive and Defensive football players

Variable	Player	N	Mean	SD	t	P
Concentration	Offensive	100	2.87	1.33	-1.24	.231
	Defensive	100	3.11	1.40		

Not Significant (p>0.01)

There was no significant difference between Offensive and Defensive football players for the variable concentration as indicated in Table 3. The mean score obtained for Offensive football players was 2.87, and for Defensive football players was 3.11, the corresponding standard deviation was 1.33 and 1.40 respectively. The t obtained was -1.24, which was not significant at 0.01 level. From the mean value it was clear that, the Offensive football players had similar level of concentration with the Defensive football players.

Table 4: Comparison of Level of Confidence between Offensive and Defensive football players

Variable	Player	N	Mean	SD	T	P
Confidence	Offensive	100	3.40	1.28	.110	.913
	Defensive	100	3.38	1.29		

Not Significant (p>0.01)

There was no significant difference between Offensive and Defensive football players for the variable Confidence as indicated in Table 4. The mean score obtained for Offensive football players was 3.40, and for Defensive football players was 3.38, the corresponding standard deviation was 1.28 and 1.39 respectively. The t obtained was .110, which was not significant at 0.01 level. From the mean value it was clear that, the Offensive football players had similar level of confidence with the Defensive football players.

Table 5: Comparison of Motivation between Offensive and Defensive football players

Variable	Player	N	Mean	SD	T	P
Handling pressure	Offensive	100	3.80	1.20	1.015	.208
	Defensive	100	3.62	1.30		

Not Significant (p>0.01)

There was no significant difference between Offensive and Defensive football players for the variable Motivation as indicated in Table 5. The mean score obtained for Offensive football players was 3.80, and for Defensive football players was 3.62, the corresponding standard deviation was 1.20 and 1.30 respectively. The t obtained was .208, which was not significant at 0.01 level. From the mean value it was clear that, the Offensive football players had similar level of Motivation with the Defensive football players.

Discussions on Findings

There is no significant difference was found between offensive and defensive football players in relation to mental toughness which includes handling pressure, concentration, rebound ability, level of confidence and motivation as calculated t value is lesser than tabulated t value.

The reason for achieving same significant difference in

Handling Pressure may be because both offensive and defensive football players has the ability to embraced the feelings of pressure positively.

As both players have the same intensity and required all the above mention aspects, the players will have higher concentration. It may be considered as the possible reason for achieving same level of concentration for both players.

In present generation of the game of football the game requires quick transaction of game play, quick reaction and counter attacking or defending during game situation. So could be the possible reason for both Offensive players and Defensive players to have similar level of Rebound Ability.

Soccer at any level is a game of confidence, when you have it, you're unstoppable. When confidence sinks, you don't perform up to your capabilities. It could be possible reason for achieving same level of confidence for both players

Without the motivation to succeed a player cannot survived the challenges soccer throw up. This could be a possible reason for achieving same level of motivation for both the players.

Conclusion

There is no significant difference was found between offensive and defensive football players in relation to handling pressure. There is no significant difference was found between offensive and defensive football players in relation to concentration.

There is no significant difference was found between offensive and defensive football players in relation to rebound ability.

There is no significant difference was found between offensive and defensive football players in relation to level of confidence.

There is no significant difference was found between offensive and defensive football players in relation to motivation.

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