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Comparative study on hardiness among male combat game athletes

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Abstract

The purpose of the study was to compare the hardiness level between the male combat game athletes (Boxers, judokas and wrestlers) for which 56 athletes (18 boxers, 18 judokas and 18 wrestlers) were selected from various colleges of Panjab University, Chandigarh having age ranged from 18-26 years. Hardiness scale developed by K. Allred and T. Smith in 1989 was used to measure the psychological hardiness of combat game athletes. This questionnaire consists of 40 items that reflect the hardiness of athletes. Analysis of variance (ANOVA) with significant level at ($p < 0.05$) was used to examine the variances between the groups. It was found that no significant differences were observed on the variable hardiness between the combat game athletes (boxers, judokas and wrestlers). So it can be concluded that male combat game athletes (boxers, judokas and wrestlers) were equally developed.

Keywords: Hardiness, combat game athletes

Introduction

Hardiness is associated with various psychological style such as good health, resilience and good performance under a variety of nerve-racking circumstances and is possibly a valued personality style for highly challenging settings and professions (Bartone, 2008) [3]. "Hardiness is a combination of three attitudes (commitment, control, and challenge) that together provide the courage and motivation needed to turn stressful circumstances from potential calamities into opportunities for personal growth by Maddi" (2006) [8]. Robinson (2003) [9] suggested that sports these days is an organized event involving several crores of rupees, infrastructure, management and resources required for the competition. Better performance is associated with mental skills, physiological and psychological attributes which needed to be identified by the coaches, sportsperson and team owners to make it reliable.

Bartone, Spinose, Robb and Pastel (2008) [4] says that hardiness is the psychological characteristics that is associated with performance, better health status and resilience in wide variety of stressful situations. Hanton, Evans and Neil (2003) [6] founded that hardiness and personality construct a sports specific situation and hardiness is the important element in the construction of personality which provide supports to the fact that skill level is a vital variable showing individual difference when measuring the competitive anxiety. Hardy, Jones and Gould (2002) [5] hardiness and optimism is two personality factors which influence athletes coping efforts. Hendrix, Acevedo and Herbert (2000) [7] studied hardiness in athletes and found

that athletes which having low hardiness level have greater issues of athletic training, lower levels of personal accomplishments, greater emotional exhaustion and depersonalization.

Methodology

A total of 56 players were selected as subjects for the present study. The age of the subjects ranged from 18-26 years. Out of 56 subjects, 18 were boxing inter-college players, other 18 were judo inter-college players and the another 18 were wrestling inter-college players of Panjab University, Chandigarh. Comparison was made between these combat game athletes. The data was collected in their free time without any distraction.

Instrument

Hardiness scale developed by K. Allred and T. Smith in 1989 was used to measure the psychological hardiness of combat game athletes. This questionnaire consists of 40 items that reflect the hardiness of athletes.

Results

Descriptive statistics were computed for all measures. The data obtained were analysed with the help of statistical software SPSS.

Table 1: Analysis of Variance (ANOVA) results with regard to Hardiness among Male Combat game athletes (boxers, judokas and wrestlers)

Source of Variance	Sum of Squares	df	Mean Square	F-ratio	Sig.
Between Groups	288.259	2	144.130	.581	.563
Within Groups	12659.444	51	248.224		
Total	12947.704	53			

F 0.05 (2,53)

Descriptive statistics of female combat game athletes on the variable Hardiness

It was evident from the table-1 that Analysis of Variance (ANOVA) among male boxers, judokas and wrestlers on the variable Hardiness shows that, there was no significant mean differences among male boxers, judokas and wrestlers on hardiness with $F(2,51) = 0.581$ ($p > 0.05$) Findings revealed that judokas exhibited higher level of hardiness as compared to boxers and wrestlers.

The graphical representation of the male combat game athletes (boxers, judokas and wrestlers) on the variable Hardiness is presented on figure-1.

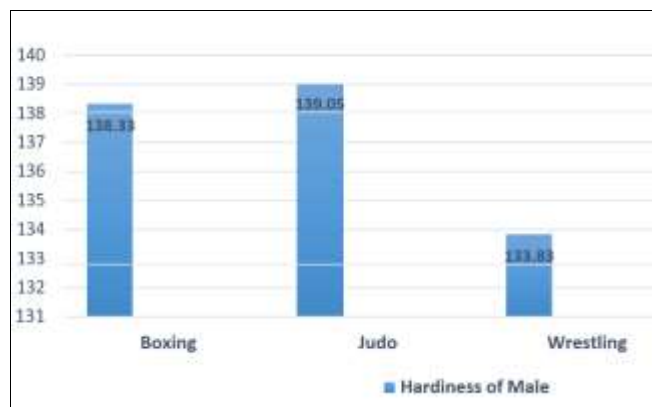


Fig 1: Graphical Representation of Mean comparison with regard to male boxers, judokas and wrestlers on the variable Hardiness

Discussions

The present study was designed with the purpose of comparing the hardiness A perusal at Analysis of Variance (ANOVA) it was observed from the findings of table-1 with regard to the variable Hardiness of Males combat game athletes revealed that there was insignificant difference in Hardiness of Males (Boxers, Judokas and Wrestlers). It can also be summarized from the observed results that the boxers, judokas and wrestlers were equally developed on being more engaged, confident and adaptable in the face of adversity. They also have positive outlook and sense of purpose. By comparing the means values of the combat game athletes it

was observed that Male Judokas exhibited higher level of Hardiness as compared to the boxers and wrestlers. Ahmed and Singh (2017) [1] studied on the hardiness level of football and judo players and no significant difference was found between them. Wieser and Thiel (2014) [10] found a significant difference in the hardiness level between national and international footballers.

Conclusions

From the results of the present study, it was found that no significant difference was found between the male combat game athletes (boxers, judokas and wrestlers) with regard to the variable hardiness. From the above findings we can conclude that boxers, judokas and wrestlers were equally developed in the hardiness.

Limitations of the study

Mood of the respondent while giving answers to the items will be considered as limitation of the study. Questionnaire has its own boundaries. Any bias might enter into the subject's answer and on this account, it may be considered as the limitation of the study. Further, the life style of the subjects can also influence the results, as it is beyond the control of researcher. Socio economic factors, were not controlled by the researcher. Therefore, can be considered as limitation of the study.

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