



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2023; 8(2): 169-171

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www.theyogicjournal.com

Received: 01-07-2023

Accepted: 13-08-2023

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Comparative study of mental toughness of university basketball and national basketball players

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Abstract

Mental strength is more impacted by climate than by spaces, and subsequently, it very well might be critical in any setting that requests execution under tension and is faced with deterrents and issues. Because of the urgent job that psychological durability plays in sports, this exposition thought about the psychological sturdiness of competitors in battle sports with ball. For this review, a sum of fifty (N=30) between college competitors were picked, 15 from University Basketball and 15 from National Basketball Players, with ages going from 18 to 23. The competitors' psychological sturdiness was assessed utilizing mental toughness (Mental toughness-MTQ 48). University Basketball players and National Basketball Players competitors were looked at as far as their degrees of game mental strength utilizing an autonomous t-test, with 0.05 picked as the critical edge. For University Basketball players and National Basketball Players, the mean upsides of the factors were responsibility/inspiration 2.86 and 3.40, fixation 2.53 and 2.93, certainty 2.86 and 2.66, and control under tension 2.60 and 2.80, individually. Autonomous t-test results uncovered no massive contrasts in different elements, but there were huge contrasts between University Basketball players and National Basketball Players in the responsibility/inspiration variable.

Keywords: Sport brain science, mental sturdiness, basket baller

Introduction

Sports performance is not just a function of physiology (fitness factors) and biomechanics (for instance, technique variables), but psychological aspects also play a significant influence in performance. However, every athlete has to be under a certain amount of stress in order to perform at their best. That threshold is influenced by things including heredity, coping mechanisms, and prior experiences. As with anything else in life, stress can be acute, episodic, or chronic while playing sports. In sports, whether during a friendly competition between friends or a championship game, it tends to be episodic. Acute stress actually serves as a challenger; if it is not linked, it may develop into an episodic stressor that can interfere with play as well as impact one over the long run.

Mental toughness

A person's level of confidence and mental toughness is a metric that may be used to forecast success in the job, in school, and in sports. It emerged as a wide concept in the context of sports training, in the context of a collection of qualities that allow someone to improve as an athlete and be able to handle challenging training and competitive conditions and come out on top without losing confidence. The phrase has gained popularity in recent years among coaches, sport psychologists, sports writers, and business executives. Mental toughness is more important for athletic achievement than any other single characteristic. In the first studies on mental toughness, 82% of National Basketball Players trainers ranked it as an important component in their athletes' performance (Sharma, 2022) ^[15]. There are several reasons why success is greatly aided by a positive outlook or mental toughness. A top athlete needs to be resilient under pressure, confident in themselves, and free of any personal issues. They must be driven to succeed and be aware that they are capable of everything they set their minds to.

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Mental toughness and sport

A person's mental toughness is a term that is frequently used to refer to any collection of good traits that enable them to handle challenging circumstances. Coaches and sports analysts frequently use the phrase "mental toughness" to describe athletes who persevere under trying sporting circumstances in order to triumph. Numerous studies that link mental toughness to sports success or achievement support this. It is, however, frequently used as a blanket justification for any triumph, which is extremely problematic as an attribution. Numerous studies demonstrate the importance of the concept of mental toughness in sports performance. In terms of team and individual sports as well as the essence of the activity, University basketball and National Basketball Players are both distinct. Both groups require us to confront our opponents, and there is a chance that this could result in some bodily contact, which could slow down the game. The researcher therefore planned to investigate any differences in mental toughness between these two groups. The comparison of University Basketball Players mental toughness to National basketball players was therefore thought to be worthwhile by the researchers.

Methodology

Selection of subjects

Purposive sampling was employed to choose the individuals for the current investigation. A total of thirteen (N=30) inter-university basketball players, 15 from each of the sports of National Basketball, with ages ranging from 18 to 23 years old, were chosen as the study's participants.

Criterion measure

MTQ-48 Mental Toughness Questionnaire was the instrument used to gather the data. Four aspects of mental toughness, including commitment/motivation, focus, control under stress, and confidence, are measured by the questionnaire. Each variable contained six statements, and the subject had to check the one that, in his/her opinion, applied to him. If not, the statement may be left blank.

Collection of data

The subjects were given the questionnaire and requested to fill it out after the researcher obtained permission from the relevant parties to gather the data. The researcher answered any queries that the individuals had and cleared up any confusion.

Analysis of the data

To acquire a general notion of the distribution of the data prior to statistical analysis, descriptive statistics such the arithmetic mean (AM) and standard deviation (SD) were produced. To determine if the difference was significant, a two-sample t-test was utilized. The significance level was set at.05.

Results

Table 1: Independent t-test of Commitment/Motivation

Group	N	Mean	T value	P Value
University Basketball Players	15	2.86	2.117	0.04
National Basketball Players	15	3.40		

*At 0.05 level of significance

The mean commitment/motivation value for the university basketball and National Basketball Players groups is 2.86 and

3.40, respectively, according to Table 1. Since the computed p value of 0.04 is less than the 0.05 level of significance, we draw the conclusion that there are substantial differences in commitment and motivation between University basketball and national basketball players.

Table 2: Independent t-test of Concentration

Group	N	Mean	T value	P Value
University Basketball Players	15	2.53	1.629	0.11
National Basketball Players	15	2.93		

*At 0.05 level of significance

The mean concentration for the University basketball and National Basketball Players groups is 2.53 and 2.93, respectively, according to Table 2. Since the computed p value of 0.11 is more than the 0.05 level of significance, we draw the conclusion that there is no discernible difference in concentration between University Basketball and National basketball players.

Table 3: Independent t-test for Confidence

Group	N	Mean	T value	P Value
University Basketball Players	15	2.86	0.702	0.489
National Basketball Players	15	2.66		

*At 0.05 level of significance

The mean concentration for the university basketball and National Basketball Players groups, respectively, is 2.86 and 2.66, according to Table 3. We draw the conclusion that there is no significant difference in the degree of confidence between University basketball and national basketball players since the estimated p value, 0.489, is more than the 0.05 level of significance.

Table 4: Independent t-test for Control under Pressure

Group	N	Mean	T value	P Value
University Basketball Players	15	2.60	0.648	0.522
National Basketball Players	15	2.80		

*At 0.05 level of significance

The mean concentration for the university basketball and National Basketball Players groups, respectively, is 2.60 and 2.80, according to Table 4. Since the estimated p value of 0.52 is more than the threshold of 0.05 level of significance, we draw the conclusion that there is no discernible difference in control under pressure between university basketball and National Basketball Players.

Discussion

University Basketball and National Basketball Players players' levels of dedication is same considerably, as seen in Table 1. Tables 2, 3, and 4 demonstrate that there was no discernible difference between the University basketball and National Basketball Players in terms of confidence, focus, and control under pressure.

Conclusion

According to the findings, there was a significant difference between university basketball and National Basketball Players athletes' levels of dedication and drive. The ability to focus, remain confident, and maintain control under pressure differs little between university basketball and National Basketball Players athletes. Because of the physical attributes of their opponents, basket ballers may become apprehensive, which eventually saps their drive. The majority of the athletes in this

sports appear to be in the 'survival zone,' which indicates that they are not usually giving it their all. They must enhance their mental abilities through the mental skill training if they want to achieve their ultimate aims. Training in mental toughness enables athletes to overcome their mental weaknesses and perform at their peak during competition.

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