

## **A Comparative Study on Mental Toughness of National Indoor Badminton and Outdoor Hockey Players of Karnataka State**

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### **Abstract**

This study was evaluate the Mental Toughness of National Indoor Badminton and Outdoor Hockey players of Karnataka State. In this research work delimited Badminton and Hockey players of Karnataka state only. The study was conducted to gather baseline information on the “**Mental Toughness**” status of National Indoor and outdoor players of Karnataka state. A descriptive research design was used because of the interest of the researcher to get an accurate assessment of the psychological characteristics under observation. A 30 items Mental Toughness scale of true or false responses with subscales of Rebound ability, Ability to Handle Pressure, Concentrations Ability, Confidence and Motivation was used to collect data from 25+ 25 samples randomly collected from the national Indoor Badminton and Outdoor Hockey players of Karnataka State.

**Key word:** Mental Toughness, Rebound ability, Ability to handle pressure, Concentration ability, Confidence, Motivation

### **INTRODUCTION**

Mental toughness is often referred to as winning the inner game of mind and in sports. It is having an effective mental attitude is a clear advantage not only in competitive sports but also in our personal fitness, health, and training goals. Our mental toughness and mental attitude also affects our emotions, physiology, sociological and psychological behavior in positive way. It is about exploring, challenging and changing our thought an as a result our emotion, action, behavior and physiology, so that productive and helping us get where we want to go. Mental toughness is a discipline, an attitude and a philosophy that we can use in many areas of our lives and existence toughness facing the challenges, and limits of life.

#### **The Statement of Problem**

To Measure the Mental Toughness of National Indoor Badminton and Outdoor Hockey players of Karnataka State. and study the Rebound ability, Ability to handle pressure, Concentration ability, Confidence, Motivation level of the players.

#### **The Delimitation of Study**

The study was delimited to Mental Toughness of national Indoor Badminton and Outdoor Hockey players of Karnataka State. Subjects were not given any sort of coaching before conducting the test. The player’s age concerned in between 18 to 30 years only. The study would be delimited to **hockey, badminton** players of Karnataka state only.

#### **The Limitations of Study**

The mental toughness will be measured with questionnaire of the subjects would be considered is of the limitation of the study. The study is limited to the information gathered from the national indoor and outdoor players of Karnataka state. The researches depended solely on the information provided by players, participants. The height and weight of the subjects were not taken into

consideration. at the collection of data the player's behavior and thus academic workload were behind the control of the researcher. not checked the pre and post test of player's performance. In information received could not verify by checking other sources.

**Hypotheses**

It is hypothesized that the National Indoor Badminton players may have significantly better degree of performance related Mental Toughness factors like rebound ability, ability to handle pressure, concentration ability, confidence level and motivation than the National Outdoor hockey players of Karnataka state.

**The Significance of Study**

It helps to find out the mental toughness of national Indoor Badminton and Outdoor Hockey players of Karnataka state. The study will provide effective to measure the mental toughness of national indoor and outdoor players of Karnataka state.

**REVIEW OF RELATED LITERATURE**

**Garry Kuan and Jolly Roy (2007)** This study examined the association between goal orientations and mental toughness and its influence on performance outcomes in competition. Wushu athletes (n = 40) competing in Intervarsity championships in Malaysia.

**METHODOLOGY**

The study was conducted to gather standard information on the "Mental Toughness" status of national indoor Badminton and outdoor Hockey players of Karnataka state. A descriptive research design was used because of the interest of the researcher to get an accurate assessment of the psychological characteristics under observation. A 30 items Mental Toughness scale of true or false responses with subscales of Rebound ability, Ability to Handle Pressure, Concentrations Ability, Confidence and Motivation was used to collect data from 25+25=50 samples randomly collected from the national indoor and outdoor players of Karnataka state. Used for the study the was developed by (GOLD BERG 2006)

**Statistical Techniques**

t-ratio test is applicable in this work. The collected samples were compared and measurement by the application of the "T-Test: Two-Sample Assuming Equal Variances, Mean, standard Error, Median, Mode, Standard Deviation, Sample Variance, Kurtosis, Range, t Stat, P(T<=t) one-tail, t Critical one-tail.

**Statistical Application of National Indoor Badminton and Outdoor hockey Players Mental Toughness level.**

	INDOOR		OUTDOOR
<b>No</b>	BADMINTON		HOCKEY
	PLAYERS		PLAYERS Colum
	Colum 1		2
	Mean	126.6	Mean 99
	Sample		
	Variance	70.3	Sample Variance 38

Minimum	113	Minimum	90
Maximum	135	Maximum	96
Observation	5	Count	5

In this research work found the major findings in the national badminton and national hockey players of Karnataka state is Pearson correlation is -0.39, observed mean difference is 27.6, variance differences is 149.3 and T critical two tail value is 2.77. This indicates that the national indoor badminton players were better in mental toughens concept compare to the national outdoor hockey players of Karnataka.

### **Summary, Conclusions and Recommendations**

In this work we found National Indoor Badminton players have more Mental Toughness then the outdoor players of Karnataka state. The study examines the effect of Rebound ability, Ability to handle pressure, Concentration ability, Confidence and Motivation also considered in the present investigation. It is believed that sports quality is like speed, endurance, flexibility, agility and strength is more important to achieve in the play field but apart from that mental toughness, factors like Rebound ability, Ability to handle pressure, Concentration ability, Confidence and Motivation is more and more essential to achieve higher performance in indoor and outdoor sports.

### **Conclusions**

which sports person have more mental toughness they can easily overcome the difficulty and challenges with increased strength of mind and give of their best at all times in training, practice and matches. Such players have become role models for many aspiring and talented young players. S

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