

## **Mental Toughness of National Indoor and Outdoor Players of Karnataka State**

**Eshwara K A\* Vishwanth T\*\* Dr Manjunatha S K\*\*\***

\*Assistant Professor Department of Physical Education, College of Forestry, Ponnampet,

\*\*Assistant Professor Department of Physical Education, Horticultural College, Hiriyur.

\*\*\*Assistant Professor Department of Physical Education, Horticultural College, Mudigere.

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### **Abstract**

This study assesses the Mental Toughness of national Indoor and Outdoor players of Karnataka State. In this research work delimited to 7 outdoor events such as hockey, football, volley ball, kabaddi, kho-kho, cricket, ball badminton and 7 indoor events such as badminton, chess, table tennis, swimming, carom, wrestling, and boxing of national 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 sub scales of Rebound ability, Ability to Handle Pressure, Concentrations Ability, Confidence and Motivation was used to collect data from 175+175=350 samples randomly collected from the national indoor and outdoor players of Karnataka state.

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

### **INTRODUCTION**

Mental Toughness is a set of skills, beliefs, attitudes, thinking, and philosophies that enables us to enhance our thoughts, emotions, behaviors and philosophies, these skills give us confidence, motivate and help us in the pursuit of our aims, objectives and survivals. It is having a great commitment to our goals. Mental toughness is a word originally applied in the field of sports Psychology. It is consistently emerged as one of the most important Psychological characteristics of sports.

Mental Toughness in sports is a relatively new and growing area of sports Psychology. It will describe a player's strength, player's mental ability, player's mental toughness etc. It is having the natural psychological boundary that facilitate to generally cope better than our challenger with many demands and competition, day today activates, day today training, and lifestyle, sport places on a performer, and specifically, be more consistent and better than our opponents in remaining determined, focused, confident, and in control under pressure.

Mentally tough players will be successful in complete their goals, and their confidence may be derived from past performance successes, and past experiences. Physical and mental preparation, encouragement from coaches and family, positive self talk, and seeing others who have similar abilities complete their job successfully. Be calm and loose under pressure is critical to peak performance. In addition to these, players must develop challenge concentration or the ability to focus on what is important and slab out everything else. The ability to think positively and effectively handle pressure, doubts and negative thoughts that are common in sport are also vital aspects of mental toughness.

### **The Statement of Problem**

To Measure the Mental Toughness of National Indoor and Outdoor 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 is conducted on national indoor and outdoor players of Karnataka state. The subjects were not given any sort of coaching before conducting the test. Age concerned in between 18 to 30 years only. The study would be delimited to 7 outdoor events such as **hockey, football, volleyball, kabaddi, kho-kho, cricket, ball badminton** and 7 indoor events such as **badminton, chess, table tennis, swimming, carom, wrestling, and boxing** of national players of Karnataka state only. The study would be delimited to **25** questionnaires for each event. Total limited to **350** samples of **10,500** question/answers collected randomly from both the Indoor and Outdoor players of Karnataka State. Mental toughness will be measured through standard questionnaires.( Gold Berg 2006). Players representing the 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 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 players of Karnataka state.

### **The Significance of Study**

It helps to find out the mental toughness of national indoor and outdoor players of Karnataka state. the study will provide effective to measure the mental toughness of national indoor and outdoor players of Karnataka state. Coaches can use this study in order to know mental condition and the co-ordination of physical and mental ability of the players which selecting for potential competition. It helps the physical education teacher to recommend suitable exercise programmers to improve the mental toughness level such as in various level like schools , colleges, university, state players.

### **REVIEW OF RELATED LITERATURE**

1) **Rajesh Tripathi and Tara Singh (2010)** This studies in sport psychology indicate relationship between perceived motivational climate and goal orientation of athletes. Some studies have also revealed gender differences in perceived motivational climate and goal orientation in sport and related contexts.

2. **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.

3) **Bull, Shambrook, James, and Brooks (2003)** focused specifically on mental toughness in cricket and addressed two main objectives. First, to obtain a better understanding of what mental toughness is within cricket and, second, to identify how existing mentally tough English cricketers developed their mental toughness. Twelve English cricketers identified by 101 English cricket coaches as being among the mentally toughest during the previous 20 years were interviewed.

## **METHODOLOGY**

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 175+175=350 samples randomly collected from the national indoor and outdoor players of Karnataka state. Used for the study the was developed by (GOLD BERG 2006)

### **Selection of subjects**

The present investigation aimed at studying the mental toughness of national indoor and outdoor players of Karnataka state were randomly selected as a sample for this study. In indoor events are badminton, chess, table tennis, swimming, carom, wrestling, boxing Players. and outdoor events are hockey, football, volley ball, kabaddi, kho-kho, cricket, ball badminton) players of Karnataka state. A sample of **350 (both male and female)** players was randomly selected from various national indoor and outdoor players of Karnataka state. All the players whose age between 18 to 30 years. The total 10,500 questions were collected from indoor and outdoor players of Karnataka state.

### **Selection of the variable**

For the richness of this work the researchers used. A 30 items Mental Toughness scale of true or false reply with subscales of Rebound ability, Ability to Handle Pressure, Concentrations Ability, Confidence and Motivation was used to collect data randomly from the national indoor and outdoor players of Karnataka state.

#### **1. Rebound ability**

#### **2. Ability to handle pressure**

#### **3. Concentration ability**

#### **4. Confidence**

#### **5. Motivation**

### **Statistical Techniques**

The use of t ratio when scores are not on an interval is justifiable, as the assumption of normality upon which the parametric statistic is based may be violated without any considerable disruption to the test for significance. Hence the use of mean is justifiable to compute the “**T**” ratio in non-parametric condition also. Based on this statement the researcher takes “**T**” ratio as the means to calculate significance. The collected samples were compared and measured 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.**”

**Analysis and Interpretation of Data**

The data in the tabular form of mean, standard error of different between mean, mean difference and “T” ratio. This will enable us to get the overall picture of the Mental Toughness of national indoor and outdoor players in the national level competitions.

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

Sl.No	INDOOR PLAYERS Colum 1		OUTDOOR PLAYERS Colum 2	
1	Mean	852.4	Mean	709.8
2	Standard Error	17.69068	Standard Error	24.21446
3	Median	856	Median	710
4	Mode	#N/A	Mode	#N/A
5	Standard Deviation	39.55755	Standard Deviation	54.14518
6	Sample Variance	1564.8	Sample Variance	2931.7
7	Kurtosis	0.022266	Kurtosis	-0.50796
8	Skewness	0.676839	Skewness	-0.64664
9	Range	100	Range	130
10	Minimum	811	Minimum	631

11	Maximum	911	Maximum	761
12	Sum	4262	Sum	3549
13	Count	5	Count	5

**Summary, Conclusions and Recommendations**

The present study makes an attempt to study the mental toughness of national indoor and outdoor players of Karnataka state. The players are selected from various places 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.

However, winning competitive event is determined by the mental toughness. Which sportsmen have more strong mental toughness he/she will win the match or a competitions in successful manner. The present research unfolded the fact that the variable like Rebound ability, Ability to handle pressure, Concentration ability, Confidence and Motivation is a positive factor in increasing sports performance. which involves positive self-regard, efficiency and mastery, is a strong factor of winning and success in competitive events. A highly self-confidant person is found to excel and exhibit increased degree of performance than a person with lower self-confidence. Thus, self-confidence provides an examination of sports situation in favor of success. In this thesis the researcher selected seven indoor events like Badminton Chess, Table Tennis, Swimming, Carom, Wrestling and Boxing and in the outdoor events Hockey, Foot Ball, Volley Ball, Kabaddi, Kho Kho, Cricket and Ball Badminton.

**Conclusions:** Mental Toughness players possessed an ability to consistently perform exceptionally well under pressure, fight to the last point, overcome 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. Mentally tough players may respond differently than the common player. In the match conditions he play better then the opponent' players and he can achieve the goal in a systematic Manner.

**Findings of the study:** The proposed program has a positive effect on the level of psychological and mental toughness of the national indoor and outdoor players of Karnataka state.

2. There is a significant difference between Mental Toughness of national Indoor and Outdoor Players of Karnataka State.
3. In Rebounded ability the Indoor Players was found to be significant higher performance then the Outdoor Players.
4. In ability to handle the Pressure the Indoor Players was found to be major good performance then the Outdoor Players.

5. In Concentration ability the Indoor Players was found to be significant performance then the Outdoor Players.
6. In Confidence Indoor Players was found to be significant higher performance then the Outdoor Players
7. In Motivation Indoor Players was found to be significant performance then the Outdoor Players.
8. In Rebounded ability the Boxers stood first among all the 14 events. This will shows they have better Rebounded ability during the competitions.
9. In ability to handle the Pressure Chess Players stood first among all the 14 events. This will explain they have better ability to handle the Pressure during the competitions.
10. In Concentration ability Chess Players stood first among all the 14 events. This will explain they have superior memory power during the competitions.
11. In Confidence Chess Players stood first among all the 14 events. This will explain they have bigger Confidence during the competitions.

**Recommendations:** The present study was delimited to the national indoor and outdoor players mental toughness of Karnataka state. Similarly studies may also be extended for internationals competitions, Asian games, Olympics also.

2. Studies may also be apply for the men and women mental toughness level in sports performance.
3. Studies may also be apply for the government school children's and privet school children's mental toughness level in the sports performance categories.
4. The results of study would have been still more promising if statistical procedures like multiple classification analysis, multiple regression analysis and path analysis were employed to assess the impact of each independent variable on dependent variable. This requires an extended research.
5. It would be useful to investigate how mental toughness is developed in young athletes.
6. The present study was bordered to the national indoor and outdoor players mental toughness of Karnataka state. Likewise study may also be extended for government school children's and private school children's.

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