

A Study on Mental Toughness among Sub-Junior U-16 Male and Female Volleyball Players

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Objective: The purpose of the present study was to find out the Mental Toughness among U-16 male and female volleyball Players. **Methodology:** The sample consisted of 12 male and 12 female volleyball players. The age of the subject is maximum 16 years for male and female. Subjects were selected from Uttar Pradesh Sub Junior national team. The subjects were evaluated for their Mental toughness administered by Mental toughness questionnaire of James E. Loher (1986). It has been observed that the competitors' personalities and characteristics win the event; highly successful athletes appear to have the psychological edge and are often referred to as "mentally tough" Although mental toughness is one of the most frequently used term in sports psychology, it is one of the least understood. For the analysis of data paired t-test was used. The level of significance was set at 0.05 levels. **Results:** Result of the study revealed that there was significant difference ($t > 0.05$) existed negative energy control, attention control and motivation and there was no significant difference ($t > 0.05$) existed among Self confidence, visualization and imagery control, positive energy control and attitude control of male and female U-16 volleyball Players. **Conclusion:** By the help of study it is concluded that there is significant difference was found of Mental Toughness among male and female U-16 volleyball Players.

Keywords: Mental toughness, Psychological edge.

INTRODUCTION

Volleyball is accepted all over the world as a very entertaining and spectacular game, it is the second most played game after football which is played all over the world. Good performance in any sport increases the thrill of the sport and attracts the interest of the audience. Performance in sports depends on many factors such as fitness, technical strategy, lifestyle, mental fitness.

Various types of behavior of players started being assessed by sports psychologists during the game and work was also done on training of sports psychology to increase the performance of players in sports. As a result, mental strength started developing among the players and the players were successful in keeping their performance stable even in adverse circumstances.

In volleyball game, mental behavior increases and decreases the performance of the players according to different situations. Mental toughness is dependent on genetic factors, but is also affected by environmental influences, so it can be deliberately developed According to Crust and Clough in developing mental toughness, an environment that supports, but also challenges, social support and learning through experience ending with one's own reflection is important.

Jones et al. defined mental toughness as a psychological quality that helps in coping with sports pressures and allows athletes to be consistently resolute in demonstrating psychological skills such as focus, motivation, confidence and control. Mental training is very important for volleyball players to

perform their best in volleyball competition and to showcase their best skills. It is very helpful in increasing the performance of players in sports.

OBJECTIVE OF THE STUDY

The objective of the present study was to examine the Mental Toughness among male and female U-16 volleyball Players.

METHODOLOGY

Selection of Subjects

The sample consisted of 12 male and 12 female volleyball players. The age of the subject is maximum 16 years for male and female. Subjects were selected from Uttar Pradesh Sub Junior national team.

Selection of Variable

Mental Toughness among male and female U-16 volleyball Players was selected as a dependent variable.

Tool Used

The subjects were evaluated for their administered mental toughness questionnaire of James E. Loher (1986).

Procedure

The subjects were evaluated for their administered mental toughness questionnaire of James E. Loher (1986). It has been observed that the competitors' personalities and characteristics win the event; highly successful athletes appear to have the psychological edge and are often referred to as "mentally tough" Although mental toughness is one of the most frequently used terms in sports psychology, it is one of the least understood.

Scoring

Mental Toughness of players measured by psychological performance inventory constructed by James E. Loher (1986) was used. It measures seven fundamental attributes of mental. The seven attributes are (a). Self confidence (b) negative energy control (c) attention control (d) visualization and imagery control (e) motivation (f) positive energy control and (g) attitude control.

Statistical Technique

Keeping in view the purpose of the study, the data was collected by mental toughness questionnaire of James E. Loher (1986). For the analysis of data paired t-test was used. The level of significance was set at 0.05 levels.

RESULTS

Data collected for the study was analyzed by using statistical technique 't' test and results are presented in the following tables.

Table 1: Shows Mean, standard deviation and 't' value of Self confidence

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	23.41	1.78	1.707
2.	Under 14 female	12	22.25	1.95	

* Significant at 0.05 level.

The above table shows the calculated 't' value 1.707 which is significant at 0.05 level, since this value is lower than the table value 2.074.

Table 2: Shows Mean, standard deviation and t' value of Negative Energy Control

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	23.16	2.85	2.555
2.	Under 14 female	12	20.16	2.24	

* Significant at 0.05 level.

The above table shows the calculated 't' value 2.555 which is significant at 0.05 level, since this value is higher than the table value 2.074.

Table 3: Shows Mean, standard deviation and t' value of Attention Control

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	20.91	2.23	2.546
2.	Under 14 female	12	23.33	2.01	

* Significant at 0.05 level.

The above table shows the calculated 't' value 2.546 which is significant at 0.05 level, since this value is higher than the table value 2.074.

Table 4: Shows Mean, standard deviation and t' value of Visualization and Imagery Control

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	24.00	2.08	2.011
2.	Under 14 female	12	22.33	1.55	

* Significant at 0.05 level.

The above table shows the calculated 't' value 2.011 which is significant at 0.05 level, since this value is lower than the table value 2.074.

Table 5: Shows Mean, standard deviation and t' value of Motivation

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	22.66	1.55	1.773
2.	Under 14 female	12	23.33	.984	

* Significant at 0.05 level.

The above table shows the calculated 't' value 1.773 which is significant at 0.05 level, since this value is lower than the table value 2.074.

Table 6: Shows Mean, standard deviation and 't' value of Positive Energy Control

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	22.75	3.49	1.130
2.	Under 14 female	12	21.83	1.99	

* Significant at 0.05 level.

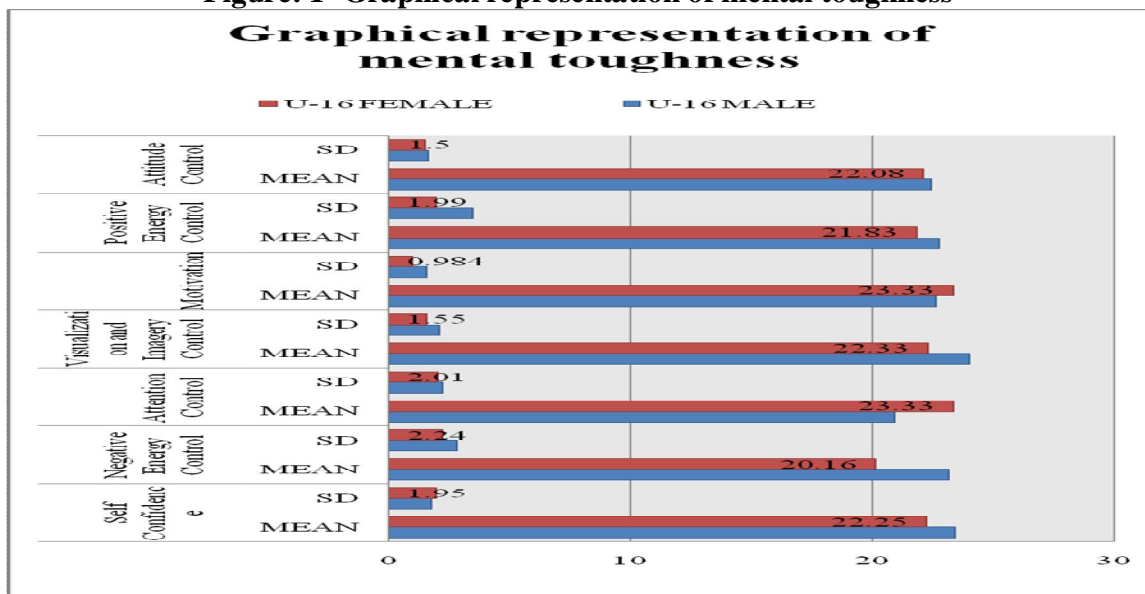
The above table shows the calculated 't' value 1.130 which is significant at 0.05 level, since this value is lower than the table value 2.074.

Table 7: Shows Mean, standard deviation and 't' value of Attitude Control

S.No.	Game	N	Mean	Standard Deviation	't' Value
1.	Under 14 Male	12	22.41	1.67	.616
2.	Under 14 female	12	22.08	1.50	

* Significant at 0.05 level. The above table shows the calculated 't' value .616 which is significant at 0.05 level, since this value is lower than the table value 2.074.

Figure: 1- Graphical representation of mental toughness



Result of the Study

Analysis of the data showed that there is a significant difference found between U16 Male and U16 Female Volleyball players in negative energy control and attention control. There is no significant difference in **Self confidence**, **motivation**, visualization and imagery control, **positive energy control** and attitude control of U16 Male and U16 Female Volleyball players. This is because

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they training and coaching they get prior to their competition as well as the exposure they get for competition is difference.

CONCLUSION

As one progresses up the chain of great athletic performers, it gets continually more difficult to beat the oppositions by raw physical talent and strength alone. The higher one gets, the more even the playing field becomes. Consequentially, sport performance is contingent upon mental preparation and psychological strength. As physical preparation for upcoming competitions begins so should mental preparation. The results of the study prove the characteristics of growth and developments of an individual.

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