

# Analysis of Mental Toughness among the Sprinters and Kabbadi Players

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**Abstract**— “Nerves held is victory beheld”- whether it is a group game or individual event today the pioneer sportsmen are near perfect, everyone is scientifically trained, technologically aided and every small component of performance is concentrated and carefully handled. The margin of victory is ever decreasing and sometimes determined by 100<sup>th</sup> fraction of second/ a point. Thus it becomes a prime question- what makes the difference? When all pioneers are equally trained and are capable of performing equally. The present study was conducted on 40 sports persons who participated at inter collegiate competitions in short distance or sprints (100 and 200 mts) and Kabaddi to ascertain the difference in mental toughness among the sprinters and kabbadi players. The result of the study proves that sprinters had higher level of concentration than the kabbadi players, the kabbadi players had significantly higher ability to handle pressure and Rebound-ability than the sprinters..

**Index Terms**— Mental toughness, rebound ability, concentration, sprinters and kabbadi players.

## I. INTRODUCTION

“Nerves held are victory beheld”- whether it is a group game or individual event today the pioneer sportsmen are near perfect, everyone is scientifically trained, technologically aided and every small component of performance is concentrated and carefully handled. The margin of victory is ever decreasing and sometimes determined by 100<sup>th</sup> fraction of second/ a point. Thus it becomes a prime question- what makes the difference? when all pioneers are equally trained and are capable of performing equally. Many successive sportsperson reveal that, everything is in mind and that is what makes the difference. This paves the way to equally pay importance to the psychological aspects. And ‘mental toughness’ is one such dimensions of psychology which has a major role in determining the performance of sportsperson.

## II. OBJECTIVITY

The objective of the present study is to bring forth the difference in the selected Mental Toughness variables among sprinters running 100, 200,400mts and the kabbadi players.

### III. METHODOLOGY

The present study was conducted on 40 sports persons who participated at inter collegiate competitions in short distance or sprints (100, 200 and 400mts) and Kabaddi.

Total of 20 athletes (short distance runners) and 20 kabbadi players were selected separately . The age of the subject selected ranged from 19 to 25 years.

### IV. HYPOTHESIS

It is hypothesised that there exists significant difference in selected variables of Mental Toughness among sprinters and kabbadi players.

### V. ADMINISTERING THE QUESTIONNAIRE

The Mental Toughness questionnaire designed by Alan Gold berg was administered to assess Rebound ability, ability to handle the pressure and concentration among the subjects selected. Significant difference was established as per the students T-test at 0.05 level of significance. The critical value for 0.05 level of significance for the sample group of 20 is 2.09\*.

### VI. ANALYSIS OF THE DATA COLLECTED

Average score, Standard Deviation and T-test of Mental Toughness among sprinters and kabbadi players were as mentioned in the table below:

TABLE I.

PARTICULARS	SPRINTERS		KABBADI PLAYERS		T-TEST VALUE
	Mean	S.D	Mean	S.D	
Rebound-ability	3.20	1.28	3.60	1.19	1.07
Ability to handle pressure	3.30	1.38	4.35	1.09	3.20*
Concentration	4.10	0.97	3.20	1.47	2.20*

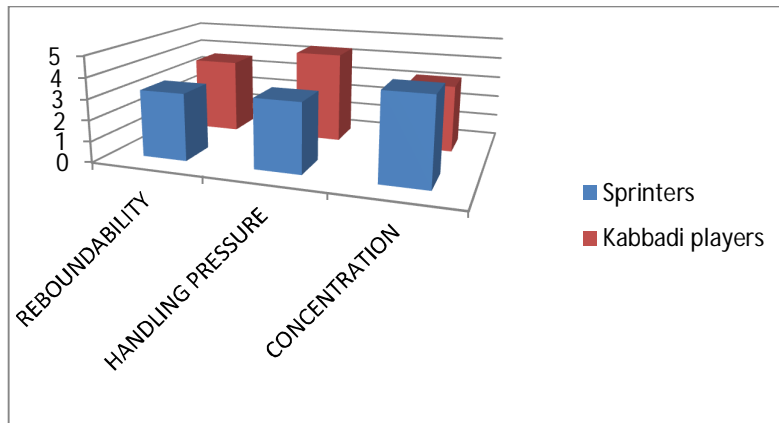
The average score of the Mental toughness variable “rebound-ability” among sprinters and kabbadi players were 3.20 and 3.60 respectively, number of subjects being 20 each. The standard deviation was 1.28 and 1.19. The ‘T’ test score was 1.07. The quality of rebound-ability was better among the kabbadi players and the ‘t’ test value of 1.07 shows that there was no significant difference among among sprinters and kabbadi players in the variable “rebound-ability” at 0.05 level of significance according to the ‘t’- test.

The average score among the Mental toughness variable “ability to handle pressure” among sprinters and kabbadi players were 4.35 and 3.30 respectively, number of subjects being 20. The standard deviation was 1.09 and 1.38. The ‘T’ test score was 3.20\*. The ability to handle pressure was significantly better among the kabbadi players and the ‘t’ test value of 3.20\* shows that there existed significant difference among sprinters and kabbadi players in the variable “ability to handle pressure” at 0.05 level of significance according to the ‘t’- test.

The average score among the Mental toughness variable “concentration” among sprinters and kabbadi players were 4.10 and 3.20 respectively, number of subjects being 20. The standard deviation was 0.97 and 1.47. The ‘T’ test score was 2.20\*.

The quality of concentration was significantly better among the sprinters and the ‘t’ test value of 2.20\* shows that there existed significant difference among sprinters and kabbadi players in the variable “concentration” at 0.05 level of significance according to the ‘t’- test.

Average score s of selected variables of Mental Toughness among sprinters and kabbadi players.



## VII. DISCUSSION OF FINDINGS

Variables of Mental Toughness are considered as those which not only determine the personality or sociability of a sportsman, but on the whole it influences the competitive performance which is the actual motive of the sports person. In the above study it was hypothesized that there exists significant difference among the selected Mental Toughness variables of sprinters and kabbadi players. The result of the study proves that kabbadi players had higher level of Rebound-ability than the team game sportsmen, they also had significantly higher level of ability to handle pressure than the sprinters and the sprinters had significantly higher level of concentration than the kabbadi. Thus the hypothesis stating there exists significant difference in selected variables of Mental Toughness among sprinters and kabbadi players is rejected with respect to the mental toughness variable “rebound-ability” as it is observed that though there was difference, there existed no significant difference among the sprinters and kabbadi players as per the T-test at 0.05 level of significance, but the hypothesis stating- there exists significant difference in selected variables of Mental Toughness among sprinters and kabbadi players is accepted with respect to variables “ability to handle pressure” and “concentration” as there existed significant difference at 0.05 level of significance as per the T-test and kabbadi players.

## VIII. CONCLUSION

It is concluded that sprinters had better “concentration” than kabbadi players and kabbadi players had better “rebound-ability” and “ability to handle pressure”.

## REFERENCE

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