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**A COMPARATIVE ANALYSIS OF WILL TO WIN
AND MENTAL TOUGHNESS AMONG VARIOUS
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THEIR PLAYING EXPERIENCE**

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A Comparative Analysis of Will to Win and Mental Toughness among Various Levels of Cricketers According To Their Playing Experience

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Abstract – The present study was carried out to analyse the role of mental toughness and will to win among various levels of cricketers according to their playing experience. A total of thirty (N=30) male subjects, Out of which ten (N=10) beginners, ten (N=10) intermediate and ten (N=10) advanced cricketers were purposively selected for the collection of data. The age of the subjects was ranged between 18 to 28 years. Mental toughness was measured with questionnaire developed by Goldberg (1998) and Will to win was measured with questionnaire prepared by Kumar and Shukla (1988). ANOVA was applied to find out the difference in mean scores among beginners, intermediate and advanced cricketers. Where 'F' values found significant in ANOVA, then LSD post-hoc test was applied to see the mean difference between three groups through SPSS. The level of significance was set at 0.05. The results revealed that the advanced players are significantly better as compared to intermediate and beginners with regard to Mental Toughness. However, the will to win among beginners, intermediate and advanced cricketers was found in-significant.

Keywords: Mental Toughness, Will To Win, Beginners, Intermediate And Advanced Cricketers.

INTRODUCTION:-

Mental toughness is having the natural or developed psychological edge that enables you to generally cope better than your opponents with the many demands (e.g., competition, training, lifestyle) that are placed on you as a performer. Specifically, to be more consistent and better than your opponents in remaining determined, focused, confident, resilient, and in control under pressure (Jones et al, 2002)

Sport at the highest level is heavily characterised by a demand to excel at superior levels and perform under conditions that are considered extremely demanding and testing (Jones, Hanton, & Connaughton, 2007, p. 243). For this reason, psychological attributes such as Mental Toughness construct, are becoming commonly accepted as major contributors to overcoming adversity and achieving performance success.

An additional form of pressure that athletes come into contact with stems from the desire for success and achieving a 'win'. Athletes' lives change drastically after they experience their first significant win: they experience additional demands and heightened expectations, and their free time becomes scarce with outside pressure from the media, sponsors, fans and

the public, all wanting to be involved in their lives in some way (Kreiner-Phillips & Orlick, 1993).

Numerous studies have demonstrated the impact of psychological factors "mental toughness" and "will to win" on sports performance.

MATERIALS AND METHODS:

The present study was conducted on male cricketers and based on the playing experience, they were further divided into three groups. Purposive sampling was used for the study.

The present study was conducted on male sportsmen and based on their playing experience, they were further divided into two groups. The cricketers who had represented at least three universities were categorized into advanced players, the cricketers who had represented one university were categorized into intermediate players and further those who were in B.PEd first year and had no experience of playing universities were categorized into beginners. Purposive sampling was used for the study. The data was collected in Lakshmi Bai National Institute of Physical Education, Gwalior. 30 subjects were selected for the present study, which were further

classified into three groups of 10 subjects each of advanced, intermediate and beginners . The age of the students selected for the present study was delimited to 18 – 28 years.

TOOLS:

Will to win and mental toughness questionnaires were used to measure the psychological constructs of will to win and mental toughness of cricketers of various levels.

PROCEDURE:

The data was collected from 30 cricketers out of which on the basis of playing experience they were further divided into 3 groups of beginner, intermediate and advanced of 10 cricketers each.

STATISTICAL ANALYSIS:

One way ANOVA was used to compare the psychological variables i.e. Will to win and mental toughness among the various groups of cricketers. And the post hoc test LSD was used where required.

RESULTS:

The results of mental toughness and will to win of amateur and experienced cricket players are presented in tables and interpretations are given accordingly.

Table 1 - Anova among beginners, intermediate and advanced levels of players with regard to Concentration ability.

		Sum of squares	df	Mean Square	F	Sig.
concentration	Between Groups	8.600	2	4.300	4.117	.028
	Within Groups	28.200	27	1.044		
Confidence	Between Groups	10.400	2	5.200	6.750	.004
	Within Groups	20.800	27	.770		
Handle pressure	Between Groups	24.267	2	12.133	8.211	.002
	Within Groups	39.900	27	1.478		
motivation	Between Groups	.067	2	.033	.037	.963
	Within Groups	24.100	27	.893		
reboundness	Between Groups	11.667	2	5.833	6.011	.007
	Within Groups	26.200	27	.970		
Mental toughness(total)	Between Groups	193.267	2	96.633	5.858	.008
	Within Groups	445.400	27	16.496		

In table the F-value 4.117 is significant for confidence ability at 5% level because its p value ($=.028$) is less than .05. In table the F-value is significant for concentration ability at 5% level because its p value

($=.004$) is less than .05. In table 1 the F-value 8.211 is significant for handling pressure at 1% level because its p value ($=.002$) is less than .01. In table 1 the F-value .037 is insignificant at 5% level because its p value ($=.963$) is more than .05. In table 1 the F-value 8.211for reboundness is significant at 1% level because its p value ($=.007$) is less than .01. Thus the null hypothesis of no difference is rejected at 5% level hence the post hoc LSD test will be applied.

Table 2- post-hoc test among beginners, intermediate and advanced levels of players with regard to Concentration ability.

Mental toughness	Multiple Comparisons LSD				
	Dependent Variable: concentration, confidence, handling pressure, reboundness, overall mental toughness				
	(I) group	(J) group	Mean Difference (I-J)	Std. Error	Sig.
Concentration ability	beginner	intermediate	-.50000	.45704	.284
	intermediate	advanced	-.80000	.45704	.091
	advanced	beginner	1.30000*	.45704	.008
Confidence ability	beginner	intermediate	-1.00000*	.39252	.017
	intermediate	advanced	-.40000	.39252	.317
	advanced	beginner	1.40000*	.39252	.001
Handling pressure	beginner	intermediate	-1.00000	.54365	.077
	Intermediate	advanced	-1.20000*	.54365	.036
	Advanced	beginner	2.20000*	.54365	.000
Reboundness	beginner	intermediate	-.50000	.44054	.266
	intermediate	advanced	-1.00000*	.44054	.031
	advanced	beginner	1.50000*	.44054	.002
Overall mental toughness	beginner	intermediate	-2.70000	1.81639	.149
	intermediate	advance	-3.50000	1.81639	.065
	advance	beginner	6.20000*	1.81639	.002

*. The mean difference is significant at the 0.05 level.

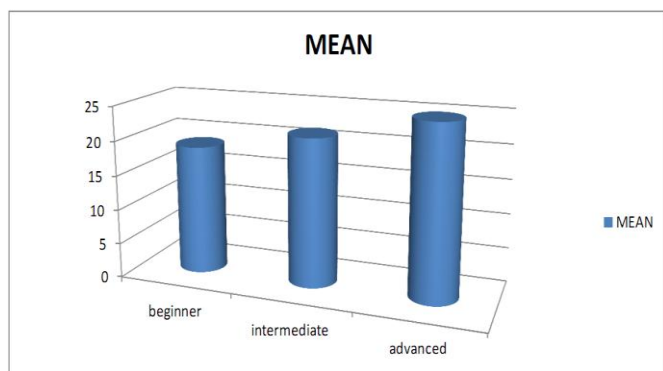
The post hoc LSD reveals that the advanced players are significantly better than intermediate and beginners with regard to concentration ability, confidence ability, handling pressure, reboundness, mental toughness(total). On the other hand the intermediate players are also significantly better than the beginners with regard to concentration ability ,confidence ability, handling pressure, reboundness, mental toughness(total).

Table 2 - Anova among beginners, intermediate and advanced levels of players with regard to Will to Win.

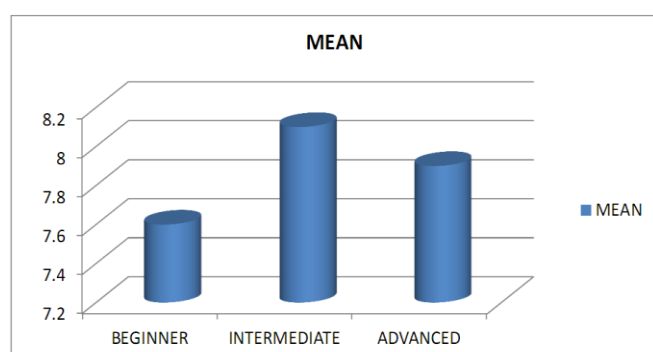
ANOVA

will to win					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.267	2	.633	.472	.629
Within Groups	36.200	27	1.341		
Total	37.467	29			

In table 2, the F-value .472 is insignificant at 5% level because its p value ($=.629$) is more than .05. Thus the null hypothesis of no difference is fail to be rejected at 5% level hence the post hoc LSD test will not be applied. Hence it shows that there is no significant difference between the groups with regard to will to win.



Graph 1- depicting the mean values of the three groups on the mental toughness factor.



Graph 2- depicting the mean values of the three groups on the will to win factor

DISCUSSION

The purpose of the research was to analyse the differences among the various levels of players according to their playing experience in mental toughness and will to win.

The results of table-1 reveals that the advanced players are significantly better than intermediate and beginners with regard to concentration ability, confidence ability, reboundness, handling pressure and mental toughness (total). On the other hand the intermediate players are also significantly better than the beginners with regard to concentration ability, confidence ability, reboundness, handling pressure and mental toughness(total).

KUAN and ROY (2007) also found that medallist displayed a better self-confidence than the non-medallist. CONNAUGHTON et al., (2008) pointed out that mentally tough performer behaved under the extreme pressure of high level competition and possessing total commitment to goal achievement.

GOLDBERG (1992 e 1998) described that ability to bounce back from setbacks and handle competitive pressures helps to improve the sports performance. CONNAUGHTON et al., (2008) pointed out that

mentally tough performer behaved under the extreme pressure of high level competition and possessing total commitment to goal achievement.

Rathore et al. (2009) wherein they found that the team game players were more mentally tough as compared to individual game players on the variable mental toughness. Mohammad et al. (2009) found that Malaysian professional football players are at excellent level in mental toughness.

The results of table-7 shows that there is no significant difference between the groups with regard to motivation. It would be because of fact that the scores in motivation were high among the groups stressing the fact that the players of the various levels were equally motivated to play.

The results of table-12 shows that there is no significant difference with regard to will to win among the groups PANT et al., (2013) within the limitation of the study it was concluded that there was no difference on will to win among individual and team game male players at university level and further pointed out that at given level that means they are almost same on this psychological attribute at the university level.

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